



THE LEADER

Vol. 39, No. 27

Grand Forks Air Force Base, N.D. ♦ www.public.grandforks.amc.af.mil

July 9, 2004



319th Air Refueling Wing ♦ Warriors of the North

Inside:

Weekend weather

Today	78/61	Partly cloudy
Saturday	86/63	Partly cloudy
Sunday	84/60	Partly cloudy
Monday	81/58	Partly cloudy



*Weather information courtesy
319th Operations Support Squadron weather flight*

**Commissary
grand
opening**

Page 3



**Lab
aces
inspection**

Page 4



**They
want
you**

Page 8



Come out, enjoy Friends & Neighbors Day

By Col. Mark F. Ramsay
319th Air Refueling Wing commander

I'd like to personally invite you, your family and friends Saturday to the first Friends and Neighbors Open House we've had at Grand Forks Air Force Base since 1998! In fact, this is a great weekend to visit the greater Grand Forks area to watch the Prairie Rose Games as well.

At the base, we'll open our gate off of Highway 2 at 9 a.m., and welcome the public to our aircraft parking area from 10 a.m. to 4 p.m. We have worked hard to put

together a great Open House, and I'm confident we have something that every member of your family will enjoy.

You can witness firsthand how we live at austere air bases in places such as Afghanistan and Iraq. We've built a tent city named "Camp Red River" that will be staffed with many talented airmen. In fact our airmen, both officer and enlisted, will be available throughout the Open House to answer your questions.

America's Tuskegee Airmen, true legends and heroes from World War II, will be here to sign autographs and tell war stories. We'll also have vintage World War II aircraft and a P-51 fighter simulator.

The University of North Dakota will have a very visible presence including team members from several of their world class athletic programs and aircraft from their world class aerospace program.

We'll also have about a dozen modern military fighter, bomber, cargo and trainer aircraft on our ramp, along with the crews that fly them. Of course we'll proudly display one of our own magnificent

KC-135R aircraft. We're also planning a children's play area to keep the younger generation happy. We'll have lots of food, beverage and souvenir vendors available to satisfy your hunger, thirst or search for a keepsake item.

At noon we'll have a patriotic opening ceremony which will include a pass by one of our KC-135R aircraft as well as F-16s from Fargo.

And for those who like great entertainment and music, we've got six hours of non-stop entertainment in one of our hangars, plus the ever popular military working dog demonstration by our superb security forces team.

As you know, the events of

September 11, 2001, forever changed our ability to open our gates as freely as we have done in the past.

To ensure public safety and protect precious taxpayer resources at the base, you will complete airline style security screening before entering the show area. This will only take a few minutes. I ask that you respect our required security measures and bring only those items you need for your visit. Don't forget to bring your camera and lots of film.

This weekend is shaping up to be another grand summer weekend in the region. I can't wait to see all of you once again at our Friends and Neighbors Day Open House 2004!



Photo by Staff Sgt. Scott T. Sturkol

Col. Mark Ramsay
319th Air Refueling Wing commander

Commander's Call

Col. Mark F. Ramsay, 319th Air Refueling Wing commander, will hold a Wing Commander's Call at 7 a.m. and 3 p.m. in Hanger 523, Wednesday. Military members must attend one of the two times.

Col. Ramsay will also hold a town hall meeting at 7 p.m. in the base theater. All civilians are encouraged to attend. This is an ATWIND event.

7

Consecutive DWI-free days

Goal is zero DWIs.



THE LEADER



Graphic by Staff Sgt. Monte Volk

Cover: The base Open House is 10 a.m. to 4 p.m. Saturday. Aircraft on display include: B-52, F-16, UH-1 "Huey" helicopter, A-10, UH-60 Black Hawk, T-38, C-5, C-21, C-47, P-51 Mustang, P-51 Simulator, TBM-3 Avenger, F4U-5N Corsair, UND's Seminole and Warrior aircraft and the AB-222 Life Flight Helicopter.

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Col. Mark Ramsay _____ Wing commander
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New commissary opens doors

Compiled from staff reports

Tuesday will be a historic day for Grand Forks Air Force Base when it opens the doors of the new commissary.

For over 40 years, the base has supported countless missions stretching to the four corners of the earth. During these 40 some years, the commissary has been here supporting those left behind – family members.

The base supports a population of over 6,000 and a military retiree population of more than 2,500 retiree's and their families locally.

The new commissary is over 50,000 square feet and replaces the previous commissary which is over 43 year old.

“The new commissary boasts a bigger deli/bakery section and a spacious produce department,” said Roy Hunnewell, commissary director. “There is also more frozen and chill space and more items to choose from.”

The newest things the customers of will see is the rotisserie chicken.

The commissary will continue to have

name brand products at prices more than 30 percent lower than can be found off base in a new modern facility said Mr. Hunnewell.

The old commissary is scheduled to be demolished by September and our Cold War Park will be built in its place.

During demolition, Tuskegee Airman Avenue and Eielson streets will see an increase in truck traffic.

The commissary will have its grand opening ceremony at 9:30 a.m. Tuesday. Everyone is invited. The Commissary opens its doors to shoppers at 10 a.m.



Photos by Airman 1st Class Patrice Clarke

James Norfleet hangs a sign in the fifth aisle of the new commissary. All commissaries throughout the Defense Commissary Agency have similar uniform looks.

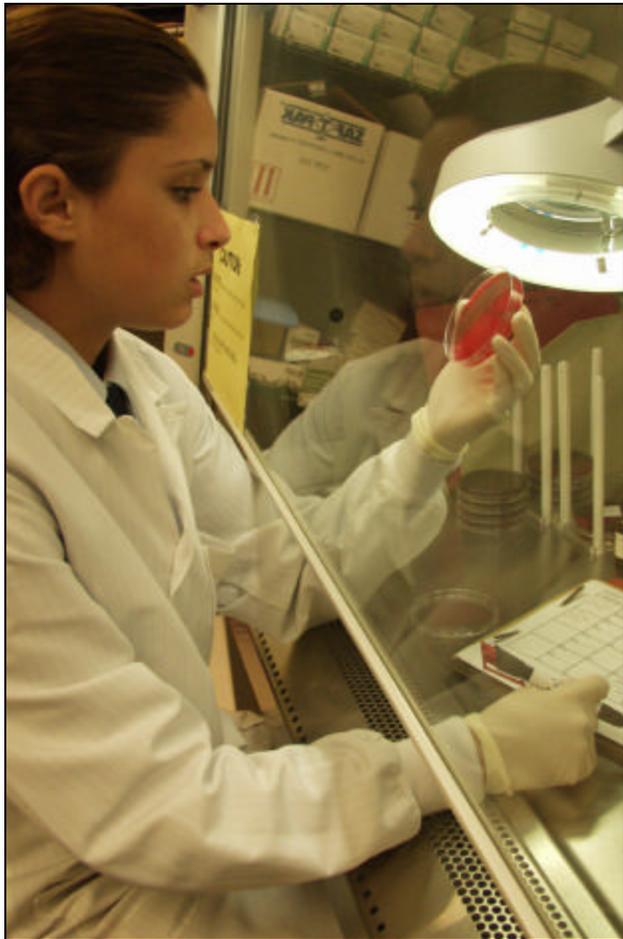


Todd Ludecker stocks shelves in preparation for the Commissary Grand Opening at 9:30 a.m. Tuesday. The commissary opens for shoppers at 10 a.m.

Lab aces College of American Pathology inspection

By Airman 1st Class Patrice Clarke
Public Affairs

Members of the 319th Medical Group's laboratory seem to have extra pep in their steps and larger smiles on their faces lately. The six member lab team just completed their College of American Pathology Inspection and received a 99.9 percent overall, which to the lab is good...but they are used to it. The inspection, which has over 650 items on the checklist, covers every aspect and area of the lab from urinalysis to taking blood.



"Most civilian and all military labs have to complete a CAP inspection every two years," said Tech. Sgt. Toby Handy, Non-commissioned Officer in charge of the lab.

In the last six years – which is three inspections – the lab has received only two discrepancies.

"Two to seven discrepancies is considered good," said Sergeant Handy. "What we have been doing here the past couple of years is unheard of."

CAP inspectors, who are the best in their profession, inspect the lab's record management system, safety programs, and medical procedures.

"We spent over 100 extra hours at the lab preparing for this inspection," said Sergeant Handy.

"A lot of mornings we were here early working on our own checklist to get ready for the inspection," said Senior Airman Paula Finegan, technical supervisor.

The lab has to be manned by at least one person on weekends.

"Almost every weekend that one person would be working weekend duty and would have at least two

other people here just working on their checklist," said Airman Finegan.

For Airman Finegan, the inspection held a different significance.

"This was my first CAP inspection, and being a supervisor while doing it made me a little nervous," said Airman Finegan. Her anxiety, come to find out, wasn't needed at all. Microbiology, the section Airman Finegan supervises, received zero discrepancies.

"I wanted to start a precedent for the rest of the CAP inspections to come," said Airman Finegan. "cause there will be more to come."

"We couldn't have done this without the help and assistance of everyone in the lab," said Sergeant Handy. "From the lieutenant, to the airman, we all put in a lot of time and hard work to get here."

So if members of the lab are poking their patients with a bigger smile and a little more flourish, remember they know what they are doing and have the CAP inspection scores to prove it.



Photos by Airman 1st Class Patrice Clarke

(Above) One of the most recognized activities the lab does is taking blood.

(Left) Senior Airman Paula Finegan, technical supervisor for microbiology, analyzes a culture in the lab. All the sections of the lab working together achieved their high CAP scores.



Photos by Staff Sgt. Monte Volk

High profile

Staff Sgt. Larry Lopez, 319th Civil Engineer Squadron, replaces the bolt supporting a klaxon alert light. The klaxon lights are a safety devices to warn the base populace that an alert is in progress. All personnel (military, family members, civilians including government workers and contractors) must pull over to the side of the road to allow alert personnel to respond to their aircraft.

All personnel must stay to the side of the road until alert route lights are turned off. All response vehicles have flashing amber dome lights, and non-alert personnel will give right of way to these emergency response vehicles (police, fire, ambulance, etc.).

Alert routes and lights are located on Steen Boulevard; 6th and 7th Avenues; G, H, J, Eielson, and Holzapple streets.



Base, local leaders discuss regional disaster response

By Capt. Patricia Lang
Public affairs

Hundreds were injured as a fierce tornado blew through Larimore, Emerado, then Grand Forks and into Minnesota, and hundreds were killed from pneumonic plague spread at a downtown event. Or so the two scenarios read as more than 40 community leaders discussed regional disaster response at the Prairie Rose Chapel Annex in May.

Area police work together with base personnel, as do the fire fighters, but this gathering of mayors and emergency

planners was the first in recent memory, said Maj. Charles Huhtala, 319th Air Refueling Wing scenario planner and Chief of Wing Exercises. While the need for integration has been frequently discussed, the impetus for this meeting arose from 319th Air Refueling Wing Commander Mark Ramsay's direct experience.

Colonel Ramsay arrived at his previous assignment just outside of Washington, D.C., at Andrews AFB, Md., in early 2001. He told community leaders, "If someone looked me in the eye then and told me the World Trade Center Towers would collapse, the

Pentagon would be attacked, anthrax would be mailed to kill, and a sniper would paralyze communities, I would have said, 'You're nuts.'" All those events came to pass that same year, so Colonel Ramsay said he knew when he came to Grand Forks he needed to bring everyone together to "put faces to names" and discuss disaster response.

It's important to "think and act regionally," said Grand Forks Mayor Michael Brown, "as that's how we'd respond to these things, if we have a major disaster." He said the main concern was "how do we take care of people, as that's our role in government."

East Grand Forks Mayor Lynn Stauss, who led his community during the 1997 Red River flood that forced thousands to evacuate, reminded people, "You never know when it can happen to you."

Two findings emerged, said Col. Ramsay, the importance of communication and coordination.

"We probably asked more questions than we got answers," Colonel Ramsay said. "We'll walk away with a better understanding of each other, and strengthen our interpersonal relationships." The group plans to reconvene this fall to further tighten disaster response procedures.

AEF Battlelab tests universal aircraft jacks

By 2nd Lt. Anthony Vincelli
124th Wing Public Affairs

BOISE, Idaho (AFPN) — Any Airman who has ever worked on the flightline during a rotation in the desert knows that the aerospace ground equipment he or she uses is often specific to a particular airframe.

Heavy aircraft jacks, in particular, are not one-size-fits-all equipment. After all, people cannot use the same set of jacks to lift a C-17 Globemaster III in the air that they would a C-5 Galaxy.

Enter the Air Expeditionary Force Battlelab at nearby Mountain Home Air Force Base, and its latest development — the Mobile Aircraft Jacks Equipment Kit.

The jacks are designed to replace many of the airframe-specific jacks currently used by Air Force aircraft maintainers, said project officer Tech. Sgt. Ronald Newpher.

“These jacks can be used on many of our heavy aircraft, including the C-5, C-17, B-1 Lancer, C-130 Hercules, KC-135 Stratotanker and even the B-52 Stratofortress,” Sergeant Newpher said. “By using one type of jack for several different airframes, we can dramatically reduce the deployment time and amount of cargo we deploy with.”

Aerospace ground equipment, like

aircraft jacks, makes up 40 percent of a standard cargo deployment package, battlelab officials said. Much of it is bulky and airframe or mission specific.

This jacking system, however, is much smaller because instead of needing the typical diesel-engine-driven hydraulic pump, it is driven by air pressure. Four jacks and all the associated equipment can fit on two standard cargo pallets. This space savings translates to cost savings for the Air Force, Sergeant Newpher said.

“We have estimated that by pre-positioning the new jacks in the (area of responsibility), the Air Force could save \$2.5 million during every (air and space expeditionary force) rotation — that’s every 15 months,” Sergeant Newpher said.

Battlelab officials and representatives from the jacking system’s manufacturer were at Gowen Field here recently to test the system for the first time on a C-130 aircraft. The test was also an opportunity for the customers — Air Force maintenance specialists — to try the system out.

“We are familiar with the standard B-4 jacks, so it was a little difficult at first to get used to this new system,” said Senior Master Sgt. Al Goodman, a C-130 flight chief for the Idaho Air National Guard’s 124th Aircraft Maintenance



U.S. Air Force photo by 2nd Lt. Anthony Vincelli

Air Expeditionary Force Battlelab officials and maintainers from the 124th Aircraft Maintenance Squadron perform a concept demonstration on an Idaho Air National Guard C-130 Hercules aircraft here June 23. The aircraft was successfully hoisted into the air using the new universal jacking system developed by battlelab staff.

Squadron at Gowen Field. “But I can definitely see the benefit of having a nearly universal system like this when you are dealing with different types of aircraft in a deployed environment.”

Sergeant Newpher said the learning curve is low with the new system and that any extra time spent on getting the jacks into position will be made up when the aircraft is raised off the ground.

“It takes less than 10 minutes to get the aircraft in the air once the jacks are set,” he said.

In addition, the system also supplies a deployable load tester, which is not currently available.

The battlelab staff is in the final phase of this initiative. They have completed

tests on several aircraft and are still collecting user inputs to make necessary modifications. Officials have not determined if or when these will be used in a real-world scenario, but for now, the testing is going well, Sergeant Newpher said.

The next steps in the process of eventually introducing this product to the Air Force will be completed with the help of officials at Warner Robins Air Logistics Center at Robins AFB, Ga.

They will help find a manufacturer and assist in the approval process necessary to turn this idea into a working product that Air Force people can use.

“I hope to one day return to working on the flightline and turn a wrench on one of these jacks,” Sergeant Newpher said.

AF symbol now official

By Staff Sgt. Melanie Streeter
Air Force Print News

WASHINGTON -- The Air Force symbol is now official, four years after the service first applied for trademark protection.

"I'm proud our symbol is now an official part of our heritage," said Air Force Chief of Staff Gen. John P. Jumper. "It represents our storied past and links our 21st Century Air Force to our core values and capabilities."

The decision to designate it as the official symbol of the Air Force demonstrates the service's conviction to preserving the symbol's integrity and should ease concerns that the symbol is temporary or remains a test. Trademark protection designates the symbol as exclusive property of the Air Force and gives the service authority to control and enforce its use.

A team of lawyers, public affairs officers, artists and historians are working to expand guidance and standards for the use of the symbol. An official Air Force Instruction will be released in fiscal 2005.

In the meantime, the intent is to expand use of the symbol today and protect it for the future. Use must be consistent with applicable Air Force instructions and symbol guidelines posted at www.af.mil/library/symbol/.

When Air Force officials began testing the symbol in 2001, it appeared on a

limited number of base entry signs and water towers and a small number of aircraft and vehicles. Acceptance during the test was so widespread that in 2002, 90 percent of Airmen surveyed thought the symbol was already official.

"Since then, I've seen Airmen wear it, drive it, eat it, carry it, embroider it and even brand it," said Maj. René Stockwell, of the Air Force public affairs national outreach and communications division, who manages the symbol Trademark licensing program.

The service is licensing use of the symbol on a variety of commercial goods, from candy and furniture to tires and jewelry, which allows Airmen to display their service pride off-duty.

On duty, the symbol is featured on optional military tie tacs, the proposed utility uniform and gray boots, the Air Force lightweight blue jacket and is being showcased in Air Force marketing campaigns.

"We've used the symbol to help encourage people to join, Airmen to stay and [to] build understanding, appreciation and support for America's Air Force," Major Stockwell said.

Any commercial use of the symbol, by individuals or companies, requires completion of a license agreement with the Air Force, Major Stockwell said.

People with questions not covered online can e-mail the Air Force Symbol office at afstory@pentagon.af.mil.



Photo by Airman 1st Class Patrice Clarke

SERTOMA festival

Airman 1st Class William Kelly, Security Forces Raven team member, shows how the sights of an M-4 Carbine work to one of several hundred people at the SERTOMA Fourth of July festival in downtown Grand Forks. Airman Kelly is one of a seven-member base Raven team. All Ravens carry the M-4, which will eventually replace the M-16.

News Briefs

Community Area Update

The phase 2 restoration project of the community area starts July 15. The old commissary parking lot, the parking area in between the community activity center, theater and family support center, will be closed for the rest of the summer.

Other alternate parking areas include the new commissary parking lot; the parking lot east of the community activities center and south to the library. Overflow parking is available in the base exchange parking lot.

For details call Mr. Scott Rudolf at 747-4589.

School, sports physicals

The 319th Medical Group conducts its annual school and sports physical clinic July 30, beginning at 12:30 p.m., for ages 3 to 18. Parents of children starting school, competing in high school sports or participating in youth center sporting activities are encouraged to make an appointment during this time.

The clinic has a full range of staff devoted to ensuring your child is physically fit to participate in sports activities, as well as conducting counseling on injury prevention and healthy lifestyles.

Parents are asked to complete their portion of the "ND School Physical Form 1" or other entry forms prior to arriving at the clinic.

School forms are available at the family practice reception desk. All children must be accompanied by a parent or legal guardian for all visits.

To schedule an appointment, call the TriCare appointment line at (701) 594-3000 and ask for a school/sports physical appointment.

Airmen donate \$6.7 million

AIR FORCE PERSONNEL CENTER – Air Force people are giving more than \$6.7 million to this year's Air Force Assistance Fund campaign — \$800,000 more than last year.

The fund raises money for four Air Force-related charities that benefit active-duty, Reserve, Guard, retired Air Force people, surviving spouses and families.

"The 2004 campaign raised more money than any other since 1989 when we had twice as many people in the Air Force," said Mr. John Lowrance, project officer for the AFAF campaign. "The generous gifts donated by our active duty, Guard, Reserve and retired members shows a real appreciation for the help these charities provide our Air Force family."

"The 2004 campaign raised more money than any other since 1989 when we had twice as many people in the Air Force," said Mr. John Lowrance, project officer for the AFAF campaign. "The generous gifts donated by our active duty, Guard, Reserve and retired members shows a real appreciation for the help these charities provide our Air Force family."

This year's campaign was helped by 18,000 new contributors. About 71 percent of donations are designated for the Air Force Aid Society, the largest of the four charities said Mr. Lowrance.

Airmen are asked during the campaign to contribute to one or more AFAF charities through cash, check or payroll deduction. The charities include the Air Force Aid Society, the Air Force Enlisted Foundation, the Air Force Village Indigent Widow's Fund and the General and Mrs. Curtis E. LeMay Foundation.

This was the 31st year for the campaign. For more information on the AFAF, visit <http://www.afpc.randolph.af.mil/votefund>.

VA improves access to VGLI

WASHINGTON – The Department of Veterans Affairs announced veterans will now be able to access their Veterans' Group Life Insurance accounts at any time of the day or night from any computer or telephone.

Using a secure Web site, the VGLI Online Account Access system allows veterans to obtain basic information on their account through the insurance Web site at www.insurance.va.gov.

Veterans will be able to view their current amount of coverage, premium rate and billing method, as well as change their billing address.

In the future, veterans will have access to additional online tools allowing them to change their method and frequency of payment.

Users' privacy will be protected by the latest cybersecurity measures.

Veterans can also access their account information through a new VGLI interactive voice response system that allows veterans to obtain account information through the telephone.

Veterans can call VA at 1-800-419-1473 any time, day or night, by using their telephone keypad and can hear recorded information on their accounts. They can also request certain changes to their VGLI accounts, such as billing frequency and payment method, as well as order certain forms via mail or fax.

Public notice

Grand Forks Air Force Base has published the Final Draft of the Integrated Natural Resources Management Plan.

An environmental assessment has been conducted and a "finding of no significant impact" has been determined for the action.

Anyone who would like to view the plan should contact the Grand Forks Air Force Base Library within the next 30 days. Comments and questions should be addressed to the Grand Forks AFB Public Affairs Office at (701) 747-5017.

Special duty briefing team answers questions

Individuals interested in becoming members of the elite Military Training Instructor Corps need to attend a special duty assignment opportunities briefing at 10 a.m. July 15, in the Warrior Airmen Recreation center.

The briefing is given by the Air Education and Training Command Special Duty Briefing Team who, in most cases, can expedite special duty application packages.

There are few jobs in the Air Force more challenging, satisfying and rewarding than a special duty assignment.

"If you're a senior airman through master sergeant with less than 17 years total active service, the AETC Special Duty Briefing Team may have the answer to your Air Force future," said Master Sgt. Charles Brown, Chief of the Recruiting Screening Team. "Recruiters are responsible for the number and quality

of young men and women who enlist and begin their Air Force careers. Only the best need apply."

In addition to volunteers, recruiting officials encourage those people identified by the Air Force Personnel Center and approved by their commanders for recruiting duty to attend the briefing, as well as individuals in a mandatory retraining career field.

"Everyone remembers their MTI," said Master Sgt. Jodie Cameron, MTI Recruiting Team Superintendent. "The MTI sets the stage for each individual's success in the Air Force and mentors hundreds of new Air Force members.

The job is filled with substantial rewards for those who want to have a hand in molding tomorrow's Air Force."

Applicants from all Air Force specialties are eligible to apply and are encouraged to attend. Spouses are highly encouraged to attend.



Base theater

Today, 7 p.m.

Raising Helen (PG-13)

Helen (Kate Hudson) is a young assistant to the boss (Helen Mirren) of a modeling agency, and she's about to get a promotion. But her career plans are put on hold after her sister and brother-in-law are killed in a car crash, leaving her to care for their three kids. She gets help from her older sister, Jenny (Joan Cusack), and a pastor (John Corbett).



Saturday, 4 p.m.

Shrek 2 (PG)

Saturday, 7 p.m.

The Day After Tomorrow (PG-13)

July 16, 7 p.m.

Shrek 2 (PG)

Tickets: \$1.50 children, \$3 adults
For details, call 747-3021/6123.

Base chapel

CATHOLIC:

Sunday Mass: 9 a.m. Sunflower Chapel

Weekday Mass: 11:30 a.m. Monday, Wednesday, Thursday, Sunflower Chapel

Reconciliation: 8:30 to 8:45 a.m.

Sunday, Sunflower Chapel, or by appointment by calling 747-5673.

For details on educational programs, call Jane Hutzol at 747-3073.

PROTESTANT:

Traditional Worship: 10:30 a.m.

Sunday, Sunflower Chapel

Contemporary Worship: 6 p.m.

Sunday, Prairie Rose Chapel

Men of the Chapel Bible Study: Noon

Monday, Prairie Rose Chapel conference room

Young Adults: 6 p.m. Friday, Chaplain (Capt.) Brian Swain's home. Call 747-4359 for details.

Women's Bible Study: 7 a.m. Monday, Prairie Rose Chapel. Call 594-3916 for details.

JEWISH:

Call Synagogue B'nai Israel at 775-5124.

MUSLIM, BUDDHIST, ORTHODOX,

OTHER:

Call 747-5673 for details.

Heir Force

Katelyn Renae Padilla, 6 pounds, 4 ounces, born June 4 to Staff Sgt. Ramon and Amanda Padilla, 319th Civil Engineer Squadron.

Cheyenne Marie Wood, 8 pounds, 2 ounces, born June 8 to Airman 1st Class Mathew and Melissa Wood, 319th CES.

Monica Anne Warner, 7 pounds, 5 ounces, born June 14 to Tech Sgt. Robert and April Warner, 319th Logistic Readiness Squadron.

Aidan James Ackert, 7 pounds, 13.2 ounces, born June 15 to Capt. Christopher and Allison Ackert, 319th CES.

Seth Wayne Forehand, 9 pounds, 6.4 ounces, born June 19 to Airman 1st Class Curtis and Jennifer Forehand, 319th CES.

Bryan Douglas Caley, 8 pounds, 6.6 ounces, born June 19 to Tech Sgt. Steve and Teresa Caley, 319th AMXS.

Logan Anderson Carns, 7 pounds, 6 ounces, born June 20

to Tech Sgt. John and Angela Carns, 319th Operations Support Squadron and 319th Air Refueling Wing staff respectively.

Jasmin Alecia Anderson, 8 pounds, 2.1 ounces, born June 23 to staff sergeants Claude and Shaleika Anderson, 319th Medical Group.

Isobel Bjork Perez, 8 pounds, 6 ounces, born June 26 to Senior Airman Marivel and Paul Perez, 911th Air Refueling Squadron.

Christian Romeo Diaz, 7 pounds, 13.3 ounces, born June 26 to Senior Airman Romeo and Amanda Diaz, 319th AMXS.

Anna Kristine Cascanett, 10 pounds, 9.6 ounces, born June 28 to Senior Airman Louis and Rebecca Cascanett, 319th Communications Squadron.

Ashley Rose Gereau, 8 pounds, 8 ounces, born June 28 to Tech Sgt. Neil and Tara Gereau, 319th CES.

Open House bus route stops

All routes start in housing at 9:30 a.m. and run throughout the Open House until 4:30 p.m. All passengers must have their ID cards. No coolers, large bags/back packs are allowed on any buses.

Sun Flake Bus

Sun flake Circle & Unit 6107
Sun flake Circle & Unit 6103
Sun flake Circle & Unit 6204
Sun flake Circle & Unit 6207

Lewis & Clark Housing Bus

Cedar Street & Kentucky
Kentucky Street & Ash
March & Louisiana
Cedar Street & Louisiana
March & Louisiana
Street & Teak
I Street & Aspen

Louisiana Bus

Louisiana Street & Hickam

Louisiana Street & Maxwell
Louisiana Street & Nevada
Louisiana Street & Redwood Drive
Louisiana Street & Spruce
Louisiana Street & Teak
Louisiana Street & Aspen
New Jersey & Dogwood Drive

J Street Bus

J Street & Maxwell
J Street & Poplar
J Street & Redwood Drive
J Street & Spruce
J Street & Teak
J Street & Aspen

I Street Bus

I Street & Holly
I Street & Maxwell
I Street & Poplar
I Street & Red Wood Drive
I Street & Spruce
I Street & Teak
I Street & Aspen

Camp Red River

This year's tent city display, Camp Red River, provides the public with a wide representation of our operational mission at a forward deployment location. Eight base and local organizations provide technical subject matter experts to address topics covering lodging and dining to mobile communications.

A special treat at Camp Red River is the display provided by Mr. Steven Jacobson from the local Red River Chapter of the American Red Cross. His team will demonstrate how the Red Cross mission goes beyond the continental United States to take care of our troops deployed to distant lands. In addition to displays in tent city, the 319th Civil Engineer Squadron is providing a variety of heavy equipment—from snow plows to electrical generators.

The displays in Camp Red River include: lodging, recreation and library, chapel; Red Cross, first aid and medical, deployed contracting, mobile communications, life support, readiness (chemical warfare) and deployable engineering.



Friends & Neighbors Day events, attractions

All base families are encouraged to come out, enjoy the day and talk with the local community.



Seven World War II 'Red Tailed Angels' coming to base for Open House

On March 24, 1945 a large wave of bombers were on their way to hit Berlin, The Heart of the Third Reich. Those brave B-17s would have been near helpless against the interceptors of the Nazi Luftwaffe if the fighters of the 332nd Fighter Group weren't watching over them.

The 99th Fighter Squadron and its brothers,

the 100th, the 301st and 302nd formed the 332nd Fighter Group, a unique unit of African-Americans. The 99th received three presidential unit citations during World War II. They received one for providing the longest bomber escort in 1945, another for service in Sicily during June to July in 1943 and then again for serv-

ice in Cassino during May of 1944. In addition to the awards and medals, the 99th also holds the title for losing the fewest planes under their watch during World War II giving them the nickname, "Red Tailed Angels". We also know the "Red Tailed Angels" as the Tuskegee Airmen.

Grand Forks Air Force Base is honored to

have seven members of the Tuskegee Airmen, Lt Col Charles "A-Train" Dryden, Val Archer, Lt Col Alexander Jefferson, Capt Richard Macon, Lt Col Harry, Lt Col Washington Ross, and USNR Burton C. Lowe visiting during the base's Friends and Neighbors Open House Saturday.

Tips for an enjoyable day

To ensure everyone has a safe and fun time the 319th Medical Group provides the following reminders:

- Wear comfortable shoes
- Wear a hat and sunglasses to minimize sun exposure and eye strain
- Drink plenty of water throughout the day to avoid dehydration. DO NOT bring glass containers
- Use sun tan lotion with a SPF of at least 30 and reapply often to prevent sunburn
- Bring mosquito repellent; plastic container will facilitate getting through the metal detectors
- Using hand sanitizer can significantly reduce your chances of getting a "stomach bug"
- Dress appropriately by layering your clothes; the weather in North Dakota can change over the course of a day.

In the case of an emergency there is a First Aid Station located in the Fire Station and medical personnel will be circulating throughout the crowd.

Area Events

Drama, music in North Dakota air

Escape from the daily routine with a trip to summer theatre. Find drama and music in the air this summer in productions ranging from Broadway musicals to distinctly Dakotan entertainment.

‘Oklahoma!’

Through July 25

Fort Totten

The Indian territory now known as the state of Oklahoma, soon after the beginning of the 20th century, is the setting for this Rodgers and Hammerstein musical favorite being performed at the Fort Totten Little Theatre. Performances are at 7:30 p.m. each Wednesday, Thursday, Saturday and Sunday. A 2 p.m. matinee will be held July 25. Tickets are \$15. VIP seats and dinner are available for \$35 by reservation only. Information: 701-662-8888; Web site: www.totten-trailinn.com

Fort Abraham Lincoln Melodrama

Through Aug. 7

Mandan

While visiting Fort Abraham Lincoln State Park, plan to attend the melodramas held each Thursday, Friday and Saturday evening through Aug. 7. Melodramas are plays similar to those seen back in the 1870s when General Custer lived at the fort. They are held in the granary on Cavalry Square. The cost is \$5. Information: 701-667-6380; Web site: www.fortlincoln.com

Disney’s ‘Beauty and the Beast’

Through Aug. 7

Walhalla

Frost Fire Theatre offers this dazzling production with memorable songs and a beautiful love story. A buffet dinner is also available prior to the musical. Set in the breathtaking Pembina Gorge seven miles west of Walhalla in the covered outdoor amphitheater, Frost Fire Theatre is now in its 20th year. Call for performance times. Tickets are \$20 for adults and \$9.50 for kids under 12. Information: 701-549-3600; Web site: www.frostfiretheatre.com

‘Bully, the Play’

Through Sept. 5

Medora, N.D.

“Bully, the Play” offers an incredibly personal view of one of our greatest presidents, Theodore Roosevelt. In the one-act play, Teddy himself relives the joys and sorrows of his courageous life as cowboy, family man and 26th president of the United States. The daily performance is at 4 p.m. at the Medora Community Center. Tickets are \$7 for adults and \$3 for students. Information: 701-623-4444; Web site: www.medora.com/today/attractions.asp

‘Kiss Me, Kate’

July 15-Aug. 1

Fargo

Members of the Trollwood Performing Arts School will perform this Cole Porter Broadway musical comedy at Trollwood Park amphitheater. “Kiss Me, Kate” is about the intrigues in a modern-day theatrical troupe that is performing “The Taming of the Shrew.” Actors, orchestra members and crew are students in grades eight-12. Performances are set for 8 p.m., July 15-17, 21-25 and July 28-Aug. 1. General admission tickets are \$11 for adults and \$6 for children. Information: 701-241-4799; Web site: www.trollwood.org

‘Annie Get Your Gun’

July 22-Aug. 1

Bismarck

This musical by Irving Berlin contains some of America’s most beloved songs and the story of sharp shooter Annie Oakley of Buffalo Bill’s Wild West Show fame. The play will be held in the beautiful Sleepy Hollow Arts Park at 8:30 p.m. each evening. Bring your lawn chair early and pick up a picnic dinner at the concession stand. Tickets are \$9 for adults, \$8 for seniors and \$5 for children. Information: 701-319-0895; Web site: www.shst.org

‘1776’

July 22-25, 29-31, Aug. 1

Grand Rapids

It’s the summer of 1776 and John Adams, Benjamin Franklin and Thomas Jefferson are trying to convince the second Continental Congress to vote for independence. The play puts a human face on the pages of history. The play will be held in the historic LaMoure County Memorial Park auditorium. Evening performances are at 8 p.m.; Sunday matinees are at 2 p.m. Reserved seats are \$8; general admission \$6. In addition, “The Frog Prince” will be performed by the Missoula Children’s Theatre Aug. 6-7. Information: 701-883-5230; Web site: www.lcsmt.com

‘Groovy!’

July 20-Aug. 15

New Rockford

Groove to the “Life, Love, and Music of the 60s” at a musical review at the Niven-Adams Opera House in New Rockford. The popularity of past reviews inspired two talented local residents to conceive this year’s show. Performances are at 8 p.m., July 20-24, 27-30, Aug. 3-7, 10-13; and at 2:30 p.m. Aug. 1, 8 and 15. Tickets cost \$15. Information: 701-947-2174; Web site: www.dprca.com

‘Joseph and the Amazing Technicolor Dreamcoat’

Aug. 5-8, 12-16

Grand Forks

Andrew Lloyd Webber and Tim Rice’s enduringly popular musical favorite “Joseph and the Amazing Technicolor Dreamcoat” is being performed by the Crimson Creek Collegiate Players. This lively interpretation of the biblical story of Joseph of Canaan has charmed audiences around the world with its excitement, energy and eclectic musical variety. Showtime is 7:30 p.m. at the Empire Arts Center in downtown Grand Forks. Tickets are \$13 for adults, \$10 for seniors and \$5 for students. Information: 701-777-4090; Web site: www.crimson-creek.org

For more information, check out the calendar of events on the North Dakota Tourism Web site at www.ndtourism.com. It’s an opportunity to have an adventure without venturing far from home.

First night of “summer sounds”

Grand Forks, ND – Monday is the first day of a new live music program “Summer Sounds” at the Empire Arts Center.

The show features PluckStruck, Jon Fetch and PeatMoss. The show starts at 7:30 p.m. Tickets are \$5 for adults and \$4 for students and may be purchased at the door.

PluckStruck is a unique chamber music ensemble featuring classical guitarist Jeff Anvinson and vibraphonist James Popejoy. The duo explores the sound palate of the guitar and vibraphone in a variety of settings.

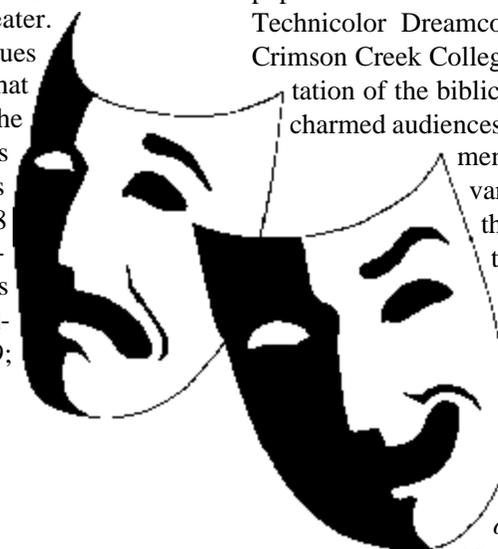
Jon Fetsch’s music could be described as a juxtaposition of scattered influences, maybe a kind of “joyful noise.” He enjoys experimentation and does not adhere to a fixed structure.

Gregory Norman, also known as PeatMoss, performs acoustic blues. He has been taking part in Showtime at the Empire live music program within the last year. Gregory Norman is also the MC for the Summer Sounds shows.

Fishing for Donors

The Dak-Minn Blood Bank holds its annual Fishing for Donors promotion through July 31.

Fishing-related prizes will be given away during daily drawings. The grand prizes, including a two-night stay at Ballard’s Resort, will be given away at the end of the event. Free cholesterol checks will be available August. For appointments call 780-LIFE (5433) or email espaeth@altru.org. During the summer, office hours are Monday through Thursday, 9:30 a.m. to 6 p.m.



Base Activities

Sunday

Super Sunday brunch

The Northern Lights Club ATWIND



Sunday Brunch is today from 10:30 a.m. to 1:30 p.m. Cost is \$8.25 for adults and \$4.25 for children 5 to 12 and children four and under free. The next brunch is July 25.

Tuesday

Youth craft class

The skills development center offers a three day craft class "Red, White & Blue" for ages 4 to 12 beginning today. Class times are 10:30 a.m. to noon for ages 4 to 7 and 1 to 2:30 p.m. for ages 8 to 12. Cost is \$3 for each or \$7.50 for the three-day session. Pre-registration is required.



Wednesday

Valley Fair trip

Date: July 17

Depart: 5 a.m. from Outdoor Recreation



Return: Late same evening

Cost: \$50 per person which includes transportation and admission fee to Valley Fair and the Water park.

Ride the Steel Venom, drop from Power Tower, cool-off at the Whitewater Country Water Park, and lots more! Sign up by Wednesday at Outdoor Recreation.

Boater safety course

Want to rent a boat? Outdoor Recreation requires this free class before you can rent powered watercraft from us. North Dakota law requires youth ages 12-15 to pass an approved boater safety course before they can operate watercraft over

ten horsepower, including personal watercraft. Additionally, many insurance companies offer a premium discount to boat owners who complete this course. Sign up at Outdoor Recreation.

Class Dates: Wednesday and July 28 from 5:30 to 8 p.m.

Thursday

Youth canoe trip

There is a youth canoe trip to Fordville on July 20 for ages 9 – 18. Trip will depart at 9 a.m. from the Youth Center and will return at 4 p.m. Youth will need appropriate clothing, a towel, water shoes, a bag lunch, and a signed parent permission slip. Life jackets are available and mandatory. Cost is \$ 10 for members and \$12 for non-members. Sign up at the Youth Center by July 15, need 15 to hold the trip.

Ice cream social

There will be an "Ice Cream Social" at the Youth Center July 17 for ages 6 to 12 at 6 p.m. and ages 13 to 18 at 8 p.m. Join your friends to socialize and make your own ice cream sundaes! Cost is \$3 for members and \$5 for non-members. Sign up by July 15 at the Youth Center.

Fun bus

The Youth Program's Fun Bus will be coming to Teak and Willow playground today from 3 to 5 p.m. Games, arts & crafts, tournaments, and a variety of summer-time activities for school-age youth will be offered by the Youth Center staff.

Member's Mayhem

Another "Member's Mayhem" is July 16 at the Northern Lights Club. This is a free all-ranks, club-member, social with

carved baron of beef and many other delicacies. For questions contact the Northern Lights Club, 747-3392.

Upcoming

Parent advisory meeting

The next Parent Advisory meeting is 4:15 p.m. July 21 at the Child Development Center. All families of the Child Development Center, Youth Programs, and Family Child Care are welcome to attend.

Our speaker is Capt. Deneisbeck and the topic is "Learn about protecting your child from sunburn, ticks, and mosquitoes and updating your child's immunization records." Please call 747-3042 for more information.

Summer reading program

The summer reading program is at the library from 1:30 to 2:30 p.m. July 13, 20 and 27. Youth grades first to sixth and families can participate for free. Registration continues throughout the summer program dates for the reading program.

Library

The summer reading program runs through July 27 at the library. Youth in grades first to sixth and families can participate. Programs are: Wagon Train Around the Library – For every hour of reading time, receive a wagon to add to the wagon train around the library. The goal is to get around the library by the end of summer.

Barnes & Noble Reading Certificates

Every registered child gets a chance to earn a certificate for a free book for every eight books read by or to the child. Each child can earn two certificates.

Lewis & Clark Game

Registered participants will receive a reading log sheet for the game.

For every landmark accomplished, a prize will be awarded. For every finished game, participants receive a chance at prize drawings at the end of the Summer Reading Program. Play as many times as you can. For details call the library at 747-3046.

Read by mail program

The Summer Read by Mail Program runs through Aug. 7. Youth grades K to 2, 3 to 5 and 6 to 8 can participate in this program by stopping by the youth center to register online.

Youth can read different books, take a test and watch their points go up over the summer. Youth can turn in their points to receive prizes. For details call 747-3150. Receive an ATWIND game piece for registering.

Air Force marathon

The 8th Annual Air Force Marathon is Sept. 18, at Wright Patterson Air Force Base. Several new award categories have been added including Top Male and Female major command finisher's and total MAJCOM participation.

The 26.2-mile course traverses historical places including the USAF Museum, the AF Institute of Technology, Huffman Prairie Flying Field and the Wright Brothers Memorial Monument.

General John W. Handy, Air Mobility Command commander encourages AMC participation in this fit to fight event.

Festivities include a two-day sports exposition, pre-race pasta dinner, race day opening ceremony, and a post-race party.

For more information visit <http://afmarathon.wpafb.af.mil>.

How runners master the 5-K

The 5-K is the most popular race distance in America, the logical first race distance for most recreational runners, and a distance considered critically important even by Olympic marathoners. Here are 10 essential training principles you need to follow for your first (or your fastest) 5-K.

1. Run 3 or More Days a Week

New Jersey coach Bob Gordon believes that beginning runners can get by on 3 training days per week. The higher your goals, the more training days you should log. If you race a 5-K and find yourself fading during the last mile, there are two likely explanations: You went out too fast; or you lacked endurance because you hadn't done enough days of consistent training. To cure the first, you have to start slower and race smarter the next time. To eliminate the second, simply get with the program.

2. Include a Weekly Long Run

Champion master's runner Janice Eittle recommends one long run every week. Intermediate and advanced runners should build up to 8 miles or more. Beginners will obviously do less. A realistic long-run goal for a first-time 5-K runner: 4 miles. Do your long runs at a slow and comfortable pace. If necessary, take a 1-minute walking break every mile.

3. Increase Your Mileage

Even though the 5-K is the shortest of the popular road-race distances, you still need adequate mileage to run it well. We suggest a bare minimum of 8 miles a week. "Some runners make the mistake of concentrating only on speed, and neglecting their endurance," says Gordon. "But you need to keep your mileage up." If you neglect mileage, you begin to lose your aerobic base, and the 5-K is a mostly aerobic distance.

4. Build Up Gradually

Coach Bob Williams of Portland, Oreg., tells his runners they need to be patient and increase their training on a slow-but-sure schedule. Rome wasn't built in a day. Same goes for distance runners. "No matter what your age or ability level, training for the 5-K requires

gradual adaptation," says Williams. "You'll be most successful when you avoid burning yourself out." One time-honored rule: Increase your weekly mileage by no more than 10 percent per week.

5. Do Tempo Runs

On tempo runs, you run faster than your everyday pace for 15 to 30 minutes. Most coaches describe the effort level as "comfortably hard." Tempo runs increase your speed and endurance, and accustom you to pushing yourself more than normal in your training. Williams suggests you start with 15-minute tempo runs, and work up to 25 or 30 minutes. For beginning runners, he advises a pace that's 30 to 35 seconds per mile slower than 5-K race pace. As you gain strength, the pace can get faster: to 20 to 30 seconds per mile slower than 5-K pace. If you don't know your 5-K pace, follow the "comfortably hard" guideline. You'll quickly hone in on the effort that works for you.

6. Or Try "Mini-Tempo Runs"

Some runners find it simpler to do 1-mile repeats—what we might call "mini-tempo runs" because they're shorter than traditional tempo runs, and you get recovery breaks between them. Also, many runners like the security and exactness of a track or measured course. But don't try to run these 1-milers hard and fast. It's important to follow the basic rule of tempo running: Run at a pace that is 20 to 30 seconds per mile slower than your 5-K race pace. Run two to four mini-tempos in a workout, with a 3-minute jog between them.

7. Switch on the Speed

Building your mileage and doing tempo runs are the keys to your success. But at some point, you'll also want to add a little speed work. The classic speed workout is "quarters," which used to be quarter miles (or 440 yards), but is now usually 400 meters. Coach Roy Benson in Atlanta has his beginning runners do quarters at a pace 20- to 30-seconds per mile faster than their normal 5-K race pace. In other words, if you can race a 5-K at 8-minutes per mile (2:00 per quarter), you would run these laps at about 7:40 pace, or 1:55 per quarter.

8. Run Pickups

An even easier form of speed work is pickups on the grass or roads. In a pickup, you gradually accelerate to a hard pace (but not all-out), and then hold that pace for just 10 to 20 seconds. After the pickup, you return to your normal relaxed pace for 2 to 4 minutes, and then do another pickup.

A simple speed workout of this kind might include four pickups. As you get stronger and more confident, add more pickups in a gradual manner: five, six, seven, eight.

9. Vary Your Speed Distances

Bob Schul won the Olympic 5000 meters in 1964, and now coaches runners in Dayton, Ohio. He comes from a school of training where the precision of the training is less important than the "feel" you develop while running speed work. His runners do some of their speed training quite easy and some of it quite hard.

More important, they vary their distances. They don't just run quarters all the time. They'll run 800s, 400s, 200s, and even shorter distances. A favorite Schul workout: fast 150-meter repeats with 50 meters of walking between repeats.

10. Run Negative Splits

This approach is used most frequently in the marathon, but it also applies to speed work and other races.

The idea: to finish the race or workout faster than you started it. Research and real-life experience have shown that the negative-splits approach leads to the best distance-running results.

Williams advises his runners to run negative-splits workouts on the track. For example, you might run four 400-meter repeats in 2:00, 1:57, 1:54, and 1:50. Williams likes the way the negative-splits approach teaches you to get faster as you're getting more fatigued. "That's the way races go, after all," he notes. "You get a little more uncomfortable with each passing mile."

An added benefit of negative-splits training and races: In races, you'll catch a lot of other runners in the last mile. Ah, the sweetness of a well-run 5-K.

WELLNESS TIP

Drinking on the weekends, in many instances, leads to alcohol dependence

- Excess drinking can cause liver damage (cirrhosis), malnutrition, heart disease, some cancers (including cancers of the breast, stomach, pancreas, mouth and esophagus), high blood pressure, brain damage, and is responsible for a high percentage of accidents, especially car crashes
- Heavy drinkers are more likely than nondrinkers to commit suicide and engage in violent actions
- The severe damage done to families and relationships is harder to measure, but it's just as real



For more information, contact your local ADAPT Program office

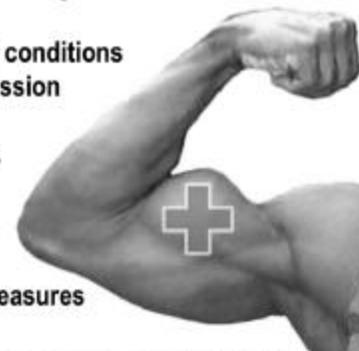
SOURCE: AMC Command Surgeon Office

InfoGraphic by Tech. Sgt. Mark Diamond

WELLNESS TIP

Why does AMC have a medic as a key member of the threat working group?

- They provide medical intelligence -- timely, disease-specific information that is collected, evaluated and distributed to safeguard health
- Public Health medics monitor global medical conditions to mitigate diseases that could impact the mission
- Regional medical threats are passed to base-level authorities for local threat mitigation
- When a disease threat exists (e.g., West Nile Virus), medics provide key preventive measures



SOURCE: AMC Command Surgeon Office

InfoGraphic by Tech. Sgt. Mark Diamond