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ARCTIC WARRIOR

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Joint Base Elmendorf-Richardson

July 8, 2011



ARCTIC COWBOYS

Alaska National Guard 1-207th Aviation supports command group in Iraq mission

By Sgt. TJ Moller
 U.S. Forces-Iraq Public Affairs

BAGHDAD, Iraq — Operations in Iraq depend on generals making decisions and troops executing them. Attending scheduled and unscheduled meetings, on and off base, is a part of the leadership's decision-making process and flights are needed to support this.

Alaska Army National Guard Soldiers of B Company, 1st Battalion, 207th Aviation Regiment, have the essential mission of supporting Gen. Lloyd J. Austin, commanding general U.S. Forces-Iraq; Lt. Gen. Frank G. Helmick, deputy commanding general of operations, USF-I; and Lt. Gen. Michael Ferriter, deputy commanding general for advising and training.

The mission here is to support the generals and distinguished visitors and get them to where they need to go, said Capt. Todd Miller, commander of B/1-207th Avn., Alaska Army National Guard.

There is no such thing as routine for this



TOP: Chief Warrant Officer 2 Joshua Cormier (left), aviator with B Company, 1st Battalion, 207th Aviation Regiment, and Capt. Todd R. Miller, aviator and company commander of B/1-207th Avn. perform flight checks on their UH-60 Black Hawk helicopter before a mission.
ABOVE: A crew chief with B/1-207th Avn. waits as the crew shuts down the aircraft following a short flight from Taji. (Photos by Sgt. TJ Moller/USF-I PA)

experienced, Alaska-based unit as the generals' schedules are ever changing.

Each general has a dedicated flight set, comprised of aircraft which are maintained and always ready to go.

The missions are comprised of flights not more than 30 minutes, said Chief Warrant Officer 2 Joshua Cormier, an aviator with B/1-207th Avn. With schedule changes every

day, it keeps it exciting.

The crews continue to communicate with the general's flight coordinators to keep up to date on flight requirements, Miller said. "If there is an unscheduled flight, we try to have a less than one hour recall."

Flight operations in Iraq entail a lot

See Arctic Cowboys, Page A-3

Arctic Sappers train and build at Donnelly Training Area

By Army captains Richard Packer and James Kwoun
 6th Engineer Battalion

The 6th Engineer Battalion (Combat) (Airborne) spent most of the last month north of the Alaska Range testing the unit's ability to conduct full-spectrum engineer operations in an exercise dubbed Operation Tundra Wolf.

"This field exercise was truly a complex operation, an airborne operation, an air mobile raid, horizontal and vertical construction projects, demolitions, convoy live fire ranges, and scenario-based training events," said Lt. Col. Marc Hoffmeister, commander of the 6th Engineer Battalion.

Platoons were dispersed across various project sites at forts Wainwright and Greely, the Yukon Training Area, Donnelly Training Area, the Cold Regions Test Center and the Northern Warfare Training Center, effectively separating the units by as much as 100 miles.

The large battalion footprint afforded the benefit of testing the staff's ability to exercise its command and control procedures, Hoffmeister said.

It also gave the battalion's Forward Support Company an opportunity to practice maintenance and sustainment operations across a wide area of operations.

The field exercise started with an airborne operation into Donnelly Drop Zone by airborne engineers followed by a separate ground convoy which traveled more than 300 miles from Joint Base Elmendorf-Richardson to Donnelly Training Area to link up with the paratroopers.

With network access communications provided by an attached command post node team provided by the 59th Signal Battalion, the engineers established the battalion tactical operations center and company command posts, while the platoons were dispatched to their assigned project locations.

The engineers not only rehearsed their combat operations during the exercise. The maneuvers gave the Soldiers an opportunity to take on

See Sappers, Page A-3

JBER begins campus-dining concept for Airmen

By Erin Tindell
 Air Force Personnel, Services and Manpower Public Affairs

Airmen at the six Air Force Food Transformation Initiative pilot installations will experience more variety for their meal choices when the program expands to a campus-style dining concept this summer.

The initiative, known as FTI, is a pilot program launched in October 2010 with a goal to better serve the dining needs for today's Airmen.

The pilot locations are Joint Base Elmendorf-Richardson, Fairchild Air Force Base, Wash.; Little Rock Air Force Base, Ark.; MacDill Air Force Base, Fla.; Patrick Air Force Base, Fla.; and Travis Air Force Base, Calif.

Campus-style dining launched at Patrick and MacDill, Tuesday.

Currently, Airmen who are part of the essential station messing program are only authorized to use

their meal cards at the installation dining facility.

Under FTI's campus-style dining concept, Air Force Services Agency officials said Airmen will be able to use their meal cards at most force support squadron non-appropriated fund dining venues, expanding their ability to eat meals at several locations.

"Today's Airmen want a variety of dining choices and quality meals at a reasonable price," said George Miller, AFSVA food and beverage operations chief. "Offering Airmen more dining options throughout the installation not only gives them more freedom, but creates a community atmosphere."

FTI initially fostered a greater sense of community when the pilot installation dining facilities opened in late 2010 to all members of the installation, including civilians, family members, contractors and retirees.

Additionally, the dining facilities added new and healthier menu

options and increased operating hours to allow diners more time to eat meals throughout the day.

Campus-style dining is just one more aspect of this initiative to re-engineer the Air Force dining delivery model for the first time in nearly 64 years.

FTI also incorporates non-appropriated food venues such as clubs and bowling center and golf course snack bars.

"Services is committed to delivering exceptional quality of life programs to our Air Force communities," Miller said. "This is just another exciting initiative we developed to ensure our most important asset, our people, is taken care of. We will continue to make changes and improve upon this program to deliver even more benefits and efficiencies."

For more information about Air Force foodservice operations and other quality of life programs, visit www.usafservices.com or www.myairstorcelife.com.



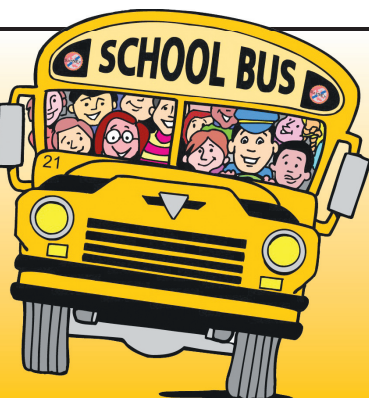
Customers prepare plates from the salad bar. Under the campus-style dining concept, Airmen will be able to use their meal cards to eat at nonappropriated fund dining venues like the Kashim Club's Warehouse Grill. (Photo by Airman 1st Class Jack Sanders/JBER PA)

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THINK OPSEC

WHAT IS OPERATIONS SECURITY?

OPSEC IS AN ANALYTIC PROCESS USED TO DENY THE ADVERSARY INFORMATION GENERALLY UNCLASSIFIED CONCERNING OUR INTENTIONS AND CAPABILITIES BY IDENTIFYING, CONTROLLING AND PROTECTING INDICATORS ASSOCIATED WITH OUR PLANNING PROCESSES OR OPERATIONS.

File photo

Editorial & Opinion



File photo

Motorcycle safety

Engaged leaders make a difference

Maj. Gen. Raymond P. Palumbo
U.S. Army Alaska
commanding general

With the price of gasoline around \$4 a gallon and the onset of beautiful summer days, many Soldiers and civilians are choosing motorcycles as their primary mode of transportation. However, as motorcycle use increases, so does the number of inexperienced riders and accidents.

The U.S. Army Combat Readiness/Safety Center provides Army senior leaders with information about recent accidental fatalities. The following vignette describes yet another tragedy for our Army.

A private was riding a borrowed 2006 Suzuki motorcycle at a high rate of speed (90 mph in a 55 zone) when he attempted to negotiate a curve. The motorcycle began to drift across the lane when the private attempted to brake, locking the wheels and causing him to lose control. The motorcycle ran off the left side of the road, hit a road sign and then struck a tree. The Soldier was ejected from the motorcycle, causing him to sustain critical injuries after he was thrown a distance of 67 feet. He died on April 15 after the family authorized doctors to remove him from life support. The Soldier was wearing a helmet but had no other personal protective equipment; nor was he licensed or trained to operate a motorcycle.

Was this a preventable accident? Chances are good that one or more of this Soldier's friends saw him riding prior to this without the proper equipment. A good battle buddy could have averted this tragic outcome.

Was this a preventable accident from a leadership perspective? Engaged leaders ensure riders are trained, licensed and motorcycles are inspected, but they cannot make safe decisions for the Soldier. Individual responsibility is the one



Maj. Gen. Raymond P. Palumbo

variable an engaged leader cannot control, but the Soldier can.

Leaders promote a culture in which Soldiers understand the importance of good personal risk management. Our continued success in preventing mishaps depends on strong leadership. We need to make sound personal composite risk management part of everything we do, including in our personal lives. Engaged leaders keep Soldiers alive.

While we place a great deal of emphasis on engagement in Soldier safety, leaders need engagement in their chain of command as well. Taking care of Soldiers is a tremendous responsibility, and leaders at all levels need support from their peers and superiors to

make it happen. We must remember that no one is exempt from wearing a helmet, following the speed limit or calling a cab when he or she has had too much to drink.

Engagement is a two-way street and requires constant interaction between Soldiers and leaders, with everyone looking out for and learning from one another.

As we move into the height of the riding season, ensure all Soldier riders, regardless of rank and experience, understand both the joys and hazards of motorcycle ownership. Training, education and PPE all go a long way toward keeping riders safe on the road, but there's no substitute for leader engagement.

Arctic Warriors!

Hold the line

Don't fall victim to spirit of apathy

Commentary by Air Force Lt. Col. Christian Averett
755th Aircraft Maintenance Squadron commander

Recently, an Airman stopped by my office to outprocess before PCSing out. This sharp first-termer was on his way to pursue his commission as an officer and asked me to provide some thoughts on leadership.

Given the fact there is no shortage to the number of books on leadership at the local bookstore, I thought this was a pretty tall order. I quickly thought about some points that on the surface are pretty simple but in practice are often easier said than done.

First off, know your coworkers. As our Air Force family gets smaller and our professional lives seem to get increasingly more hectic, it is vital to be aware of what is going on in our coworkers' lives.

This allows us to help celebrate and recognize their accomplishments such as knocking out their Community College of the Air

Force or the birth of their first child. It also allows us to help ease the stressors that may be negatively affecting their behavior such as marital problems or a Physical Training failure.

Second, give subordinates everything they want. Give those good troops what they want: long, distinguished careers or at least a fulfilling enlistment. This is easily achieved by things such as recognizing them with quarterly or annual awards, submitting them for decorations, and giving them that strong push for an early promotion.

The same rule applies for those troops that aren't so good. They deserve honest feedback and reasonable opportunities to correct substandard behavior. However, if that doesn't work then give them what they want, which may include nonjudicial punishment, an Article 15 or below the zone to civilian.

Third, don't fall victim to apathy – hold the line and maintain the standards. This is generally the most difficult because frankly, it's tough being the "bad guy".

Although many argue our expectations and standards are archaic, Air Force standards and those of our military in general are what distinguish us from the corporate world. Our standards rise above and transcend cultural, generational and occupational differences.

Finally, maintain balance in your life and find your physical, intellectual and spiritual outlets. While we all like to think of ourselves as invaluable contributors at work, it's important to not be consumed by work. I've been to far too many retirements where the newly minted retiree stood there sobbing apologetically to family members about all the unnecessarily missed soccer games and piano recitals.

It sounds harsh but go home – you're just not that important. The mission will still get accomplished if you take leave or get permission to head out early in order to attend that big ticket event for your family.

These tips have carried me thus far through my career and will hopefully carry that soon to be butter bar through the rest of his.

No pencil eraser for risky social media mistakes

Commentary by
Tech. Sgt. Barbara Plante
944th Fighter Wing
Public Affairs

In February 2010, Pentagon officials authorized using social networks on unclassified military computers. They believe the benefits of social media outweigh security concerns.

However, operational security has always been a military constant and that has not diminished with the advent of social media. If anything, it has become more important because of what we can say and where we can say it.

Loose lips and unchecked gossip on social media sites can bring down social media pages and have the potential to harm military operations and missions, as Sailors and Marines serving aboard the amphibious assault ship Bataan learned in May. Escalating arguments and "the airing of dirty laundry" led Fleet Forces Command to shut down the ship's official Facebook page, citing OPSEC concerns.

"Numerous cases regarding OPSEC violations have arisen on several sites," said a spokesperson for the Bataan Amphibious Ready Group. "This makes it very difficult to support a social networking site, while keeping the mission clear and our Sailors safe."

"Once the command has conducted a thorough review, the page will be brought back online, but the ability for guests to post comments will be re-

moved in the short term."

It is a privilege to be able to use social media sites from military computers. With that privilege comes responsibility.

"Enjoy using social media as a means to keep in touch with loved ones and friends, especially while deployed, but always be mindful to protect the mission and your own personal critical information when posting," said Air Force Lt. Col. Jeffrey McMillen, 944th Fighter Wing OPSEC program manager.

As in the past, every military member and civilian employee is responsible for OPSEC.

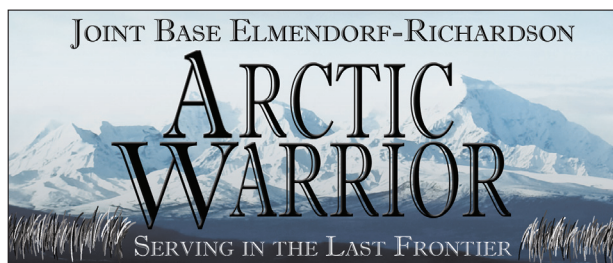
"When tempers flare, it is best to disengage from public forums and Internet communication," McMillen said. "Cool heads are better than angry ones at protecting critical information, as well as avoiding embarrassment."

"Remember, there's no such thing as a No. 2 pencil eraser for the Internet," he continued. "It's like publishing a book: Once it's out there, it's out there."

The idea that terrorists, foreign governments or spies might be looking for secrets from Facebook pages might seem a bit far-fetched, but the enemy is watching.

Ultimately, social media is just another form of communication where OPSEC rules must be followed.

These same rules have been around for decades. The only thing that has changed is the technology and the speed of communication.



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Panetta pledges 'no hollow force' on his watch

By Jim Garamone
American Forces Press Service

WASHINGTON — New Defense Secretary Leon E. Panetta pledged there will be no hollow force on his watch.

The secretary made the commitment in a message to the Defense Department released after he took the oath of office July 1. DoD General Counsel Jeh Johnson administered the oath in the secretary's office. Taking the oath transferred responsibility for the department from Robert M. Gates.

Panetta also pledged to be a tireless advocate for service members and their families. "You and your families will always be foremost on my mind and at the top of my agenda," he said.

The secretary will not hesitate to do what needs to be done to defend America. He also will fight for the needs "of the men and women who serve in harm's way, and the families who support them," he said. "Even as the United States addresses fiscal challenges at home, there will be no hollow force on my watch. That will require us all to be disciplined in how we manage taxpayer resources."

Panetta met with Deputy Defense Secretary William J. Lynn III, and participated in a "tank" meeting with the members of the Joint Chiefs, said Doug Wilson, assistant secretary of defense for public affairs. Panetta and his wife, Sylvia, also had lunch in his Pentagon office with Navy Adm. Mike Mullen, chairman of the Joint Chiefs of Staff, and his wife, Deborah.

The secretary, who served as the director of the CIA, has been intimately involved with operations around the world since the beginning of the Obama administration. The nation is at war, he said, and must prevail against its enemies.

"We will persist in our efforts to disrupt, dismantle and ultimately defeat al-Qaida," he said. "The successful operation that killed Osama Bin Laden — a mission that showcased American military strength and precision — is a major step toward that goal."

In Afghanistan, the secretary said service members must continue to work with Afghan security forces and coalition partners to transition security responsibility to the Afghans

by 2014. The goal must be an Afghanistan that never again becomes a safe haven for terrorists, he said.

The transition of American troops in Iraq is well under way with more than 100,000 U.S. service members out of the nation, and 48,000 due to leave by the end of the year.

"As we continue our transition out of Iraq, we must cement a strategic relationship with the Iraqi government, one based not solely on our military footprint there but on a real and lasting partnership," Panetta said. "It is in America's interests to help Iraq realize its potential to become a stable democracy in a vitally important region in the world and to reinforce that responsibility, for the future security of Iraq must belong to the Iraqis themselves."

The secretary has a long public service

career that began as an Army intelligence officer in 1964. He also served in the House of Representatives from California, director of the Office of Management and Budget and White House chief of staff in President Clinton's administration. Throughout his career, he said, he has focused on being disciplined with the taxpayers' money, but not short-changing security.

"We must preserve the excellence and superiority of our military while looking for ways to identify savings," he said. "While tough budget choices will need to be made, I do not believe in the false choice between fiscal discipline and a strong national defense. We will all work together to achieve both."

The secretary noted he is taking office just before Independence Day. He said his parents — who immigrated to California from Italy — believed it was important to give

something back to their adopted country.

"I will never forget my father's words: 'to be free, we must also be secure,'" Panetta said. "As Americans come together to commemorate what we and those before us have accomplished, and as I take on my new role, my thoughts are with you and your families."

"You are making personal sacrifices to preserve our liberty, serving on front lines around the world," he continued. "You are fighting to keep America safe. Rest assured that I will fight with you and for you."

As he was sworn, Panetta noted there's "no higher responsibility for a secretary of defense than to protect those who are protecting America."

Panetta said in the days and weeks ahead, he will meet with all levels of military personnel and DoD civilians.



Secretary of Defense Leon E. Panetta, then Central Intelligence Agency director, presents Agency contributions to Marine Corps "Toys for Tots" campaign, Dec. 15, 2010. (CIA file photo)

Sappers

From Page A-1

some real-world construction projects such as resurfacing roads, constructing mock villages for live fire training, widening roads at the CRTC and renovating a hangar for elements of the 16th Combat Aviation Brigade at Fort Greely.

All construction projects involved meeting real customer needs throughout U.S. Army Alaska installations. Using troop labor for the projects saved money and allowed Soldiers to train on skills that would otherwise be difficult to practice.

Soldiers of the of the 84th Engineer Support Company (Airborne) resurfaced a Fort Greely trail into an all-weather road, allowing year-round access to more of the installation's training areas.

"Our Soldiers are excited to be of service to Fort Greely and make contributions that will have long-lasting impacts for years to come" said Capt. Bradley Pietzyk, 84th ESC commander.

As a multi-functional unit, the 6th Engineer Battalion is capable of conducting both combat and general engineering. However, the battalion's construction capabilities are the most flexible because they can be applied during peace and war, as well as in any theater of operation, leaders said.

"Vertical and horizontal construction are valuable capabilities that have utility in all operational environments, from combat operations to theater security cooperation engagements with partner nations," Hoffmeister said. "Our unit's ability to manage and execute multiple construction projects as well as combat operations over a large geographic area was validated through this training exercise."

The battalion also conducted demolitions certification on Donnelly Training Area's Lampkin Range and trained select Sappers on advanced urban explosive breaching techniques.

Third Platoon, 56th Engineers had the opportunity to conduct an air mobile raid into Tanana Flats to destroy a range tower using explosive and mechanical reduction techniques.

"Demolition is a core skill set that all Army engineers should be familiar with, regardless of their specialty," said Capt. Melbourne Arledge, 56th Engineer Company commander.

The demolition training was especially valuable, according to 2nd Lt. Michelle Zak, a platoon leader in the 84th ESC.

"The demo range gave our Soldiers an opportunity to grow our ability to work with explosives," Zak said. "Demolitions are a basic skill essential to every Sapper, but many construction specialties get few opportunities to train with them. It was very exciting and we all enjoyed it, but we were also very careful and took the mission very seriously."

In addition to construction projects and demolitions certification, eight platoons rotated through a challenging, scenario-based training lane. Each platoon executed a convoy operation through a route that was filled with Soldiers role-playing enemy personnel and civilians on the battlefield, testing the units' proficiency in select battle drills.

current operational experiences in Afghanistan," 2nd Lt. Nickolas Lewis, officer in charge on the scenario-based training lane said. "The battalion intelligence section created scripts and scenarios designed to realistically challenge not only the individual Soldier, but also the ability of the squad leaders and platoon leader to integrate training at the platoon level."

The goal of these scenario-based training lanes was to prepare platoons for the lethal and non-lethal challenges of the current operating environment, according to Maj. Otis Register, operations officer for the 6th Engineer Battalion (Combat) (Airborne).

"Each platoon was tested on their ability to process detainees, conduct escalation of force measures, establish traffic control

points, exploit captured enemy documents, and react to improvised explosive devices," Register said.

After participating in scenario-based training, each platoon executed a convoy live fire exercise, which tested gunners on their proficiency in moving engagements.

"As Army engineers, we need to be well versed in the full spectrum of engineer operations, ranging from combat effects to construction operations," Hoffmeister said. "We train hard to be equally prepared to conduct key leader engagements, to develop a project's scope of work, to conduct our primary mission of construction operations, or rapidly transition to support combat operations in response to the changing conditions of the operational environment."

RIGHT: Army 1st Lt. Megan Hedman of 84th Engineer Support Company (Airborne), 6th Engineer Battalion (Combat) (Airborne), supervises a Soldier operating a 130G Grader during a construction project on Donnelly Training Area at Fort Greely during Operation Tundra Wolf. The outpost road improvement project converted a fair-weather trail into an all-weather road, making the route safe to travel year round. (Photo by Lt. Col. Marc Hoffmeister/6th Engineer Battalion)

BELOW: Sgt. David Corcoran, right, and Sgt. Wesner Takeo, center, analyze the situation while Spc. William Cleveland, left, provides forward security at a hasty traffic control point during the scenario-based training lane on Donnelly Training Area, Fort Greely, during Operation Tundra Wolf. (Photo by Capt. Richard Packer/6th Engineer Battalion)



Army Staff Sgt. Rob Pike, a UH-60 Black Hawk helicopter crew chief, with B Company, 1st Battalion, 207th Aviation Regiment, checks the aircraft's weapons system while he waits for passengers to load. (Photo by Sgt. TJ Moller/MNF-I PA)

Arctic Cowboys

From Page A-1

more than picking up and dropping off personnel. This veteran company, known as the Arctic Cowboys, augmented in support of two maintenance sections as well as a refueling section. The unit works almost independently.

With each flight set supporting its general for 12 hours a day, every role is essential for a successful mission, Cormier said.

Pilots need their crew chiefs to be an extra set of eyes and operate the aircraft's weapons system, while smooth flight operations depend on aircraft maintenance and skilled flight operators.

B Company's two-man flight operations team has the job of maintaining itineraries, generating risk assessments and updating flight crews on weather conditions among other duties, said Sgt. Kathryn Ross, flight operator, B/1-207th Avn.

"We brought everything we need to be self sufficient," said Chief Warrant Officer 4 Benjamin Herning, maintenance officer with B/1-207th Avn. "We rely very little on other people. That way if something breaks, we're not waiting for someone else to fix it. We can fix it ourselves, and that's probably the biggest thing we've got going."

"The maintenance is where we make our money," Cormier said. "If our aircraft are ready to go all the time, we don't have to worry about canceling missions."

With nearly 4,000 flight hours this deployment and a constant demand on the Soldiers to be reactive, the unit has had a successful deployment so far without dropping any flights.

"With the mission like this, everybody becomes an expert on their specialized part of the mission, and everybody knows everybody else's job," Miller said. "My unit has been together for a long time, and it shows in their performance and their ability to work with limited resources and get the mission done quickly."

Briefs and Announcements

Dining facility closure

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

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

First-time enrollment

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

Parents will be able to enroll all students July 20, 10 a.m.–2 p.m., July 21, 4–7:30 p.m., and July 23 10 a.m.–2 p.m. at the ASD Education Center, 5330 E. Northern Lights Blvd.

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

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

For more information, call 742-4000.

Cycling trek

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

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

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

Soldiers who have gained approval from their chain of command to participate in the ride must confirm their intent to take part in the event to U.S. Army Alaska Community Relations Chief Mary Rall, no later than July 22, by calling 384-2019 or e-mailing mary.rall@us.army.mil.

Change of Command

The 3rd Operations Group change-of-command ceremony is 3:30 p.m., July 15, at Hangar 20.

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

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

Housing surveys

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

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

Inputs through the surveys are

key to ensuring the right decisions are made.

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

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

Renters insurance

Starting this week, Aurora Military Housing is providing free renters insurance to tenants of all Joint Base Elmendorf-Richardson housing.

The renters insurance will be provided, at no cost, to all existing and future JBER residents under a blanket policy with Great American Insurance.

For those tenants currently under the Aurora Allstate Policy, conversion to the new policy will be totally transparent and will be taken care of by Aurora.

Aurora will continue to honor its reimbursement arrangement with those tenants who have previously elected renters insurance coverage by an insurer other than Allstate.

These tenants will be grandfathered under the previous reimbursement option and will continue to receive reimbursements during their stay with Aurora.

The new policy coverage limits are very similar to those previously provided by Aurora and are as follows:

Deductible – \$250
Personal Property – \$20,000 per loss
Personal Liability – \$100,000 per tenant household, per occurrence

Personal Liability/Medical Payments – \$1,000 per person/\$1,000 per accident

Fire Legal Liability – \$100,000 per tenant household, per occurrence.

As this limited coverage is provided as part of residency, Aurora encourages residents to examine their needs and independently seek supplemental coverage if necessary.

This is a brief explanation of the coverage; please refer to the policy for precise terms, conditions, coverage's and limitations. A copy of the insurance policy will be available at the Aurora Military Housing office or visit www.auro-ramilitaryhousing.com.

MiCare registration

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

More than 2,400 patients have already signed up to take advantage of the ability to communicate with their primary care clinicians online. Registered patients also have access to electronic records, allowing them to view and maintain their health records.

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

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

To register, visit the Military

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

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

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

Sports physicals

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

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

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

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

Road closures

Construction fence installation in the Moose Crossing neighborhoods has begun with road closures.

Roads affected by the closures include Bengal Way, Goodwin Avenue and Campos Avenue.

For more information, call 868-1911.

Housing construction

Aurora Military Housing is ready to begin constructing new homes in Moose Haven and Kodiak neighborhoods.

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

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

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

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

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

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

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

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

the future.

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

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

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

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

Furnishings management

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

The FMO also has appliances for Airmen residing off base, for longterm use. Delivery and pick-up is provided for 90-day loaner furniture and appliances. The FMO also has longterm furniture for ranks E-1 through E-5.

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

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

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

Employee assistance

The Employee Assistance Program is confidential, voluntary, and at no cost to the employee. The screening and referral service is provided to supervisors, civilian employees, their spouse, retired military and disabled veterans.

For the supervisor, the EAP provides expert consultation and training for organizational leadership, (management, supervisors and union stewards) regarding the problematic or troubled employee, enhancing the work environment and improving employee performance.

For the employee and all other eligible clients, the EAP provides confidential problem identification and assessment services. For cases where referrals are required, case monitoring and follow-up is provided.

The EAP also conducts training for civilian employees on topics such as drug-free workplace, workplace violence, customer relations and other tailored training that contributes to the overall welfare of the civilian workforce.

For more information contact George Mongar at 384-0863 or in person at Building 658, 1st floor on 5th Street.

Rental Partnership

The Rental Partnership Program is available to all eligible active-duty members and consists of two options.

The first option, RPP Plus, includes utilities and sometimes cable costs providing an easier

budget with a set rental payment year round.

The other option, RPP 5 percent Below Market, saves the member five percent off the rental fee that other tenants pay however utilities are paid for by the tenant.

Both options are made available with no deposits or fees to the member with the exclusion of pet fees as it may apply.

This program is designed to provide active-duty military personnel, enlisted and officers, accompanied and unaccompanied with affordable off-base housing.

An allotment must be executed under either option of the RPP for the rental payments which is made directly to the landlord resulting in a more trouble free transactions.

See RPP officials at the Capital Asset Management Office, Building 6346, Arctic Warrior Dr., or call at 552-4328 or 552-4374 for further information and assistance regarding this program.

Find housing

Visit the Automated Housing Referral Network at www.ahrn.com to find housing before packing up.

Sponsored by the Department of Defense, the website listings include available community rentals, military housing, shared rentals, temporary lodging and military for sale by owner listings.

Listings include property descriptions, pictures, maps, links to local schools and contact information.

Service members who would like to rent their homes, sell their homes, or are looking for another service member as a roommate in their current homes, may post an ad free of charge on the site.

For more information, call 552-4439.

Military Pathways

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

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

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

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

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

Waste disposal

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

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

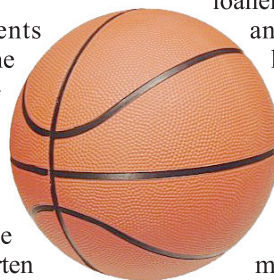
During trash pickup, if the above items are found loose, the containers will not be serviced.

Thrift shops

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

The Bargain Shop, 8515 Saville Ave., is open Tuesday and Wednesday, 10 a.m.–2 p.m.

The Airman's Attic is open Mondays, Wednesdays and Fridays, 10 a.m.–2 p.m.



Airmen and military working dogs of 673d Security Forces Squadron train jointly with TSA officers and dogs

K-9

EXPLOSIVES TRAINING



ABOVE: Air Force Staff Sgt. Anthony Richison and his German shepherd Dax of 673d Security Forces Squadron wait for K-9 explosives training to begin at Hillberg Ski Area on Joint Base Elmendorf-Richardson, June 20. Police and military working dogs can be trained to smell miniscule traces of explosives and drugs, even if the substances are in a sealed container. (Photos by Justin Connaher/JBER PA)

RIGHT: Air Force Staff Sgt. Matthew Byrnes of 673d SFS, practices bite work with Belgian Malinois Dusty during K-9 explosives training at Hillberg Ski Area. Explosive-detecting dogs can sniff out threats at airports as well as improvised explosive devices in combat.

BELOW: Air Force Staff Sgt. Matthew Byrnes of 673d SFS talks with Scott Trent, a K-9 officer at Ted Stevens Anchorage International Airport, and his Belgian Malinois Elvis at Hillberg Ski Area. The two agencies joined forces to conduct joint training and to share techniques for employing dogs to detect explosives.



Leisure

There's still time to get some reds, Page B-4

Community

FSS gift cards always a good bet, Page B-2



www.jber.af.mil/news

ARCTIC WARRIOR

Volume 2, No. 27

COMMUNITY

July 8, 2011



Rabbit, McHugh lakes offer great hikes

Commentary by David Bedard
JBER Public Affairs

When I woke up the morning I write this, I had never been so sore despite the hundreds of miles I logged during Army cross-country marches. I'm as bow-legged as John Wayne and it feels like a disgruntled orangutan tried vigorously to rip my legs out of their sockets. Still, I am quite satisfied I was finally able to complete a McHugh Lake Trail to Rabbit Lake Trail hike of some 10 miles and surmounting 2,900 feet in elevation. During my first attempt, my party had taken the wrong trail and decided to settle for a casual hike. During my second attempt — undertaken during late spring last year — we turned around at mile four when we ran into snow at

high altitude. McHugh Lake and Rabbit Lake are actually two trail systems which intersect at Rabbit Lake, a glacier-fed body of water which is nestled at the top of a mountain, surrounded by even higher mountain peaks. If you want to see the pastoral lake, Rabbit Lake Trail certainly is the easiest way to do so, covering a relatively relaxing elevation gain of 1,200 feet in 4.4 miles. Hikers can also see Rabbit Lake via a roundtrip of McHugh Lake Trail, but the hike becomes nearly 14 miles and the return trip involves scrambling down rocky, slippery trails. Oftentimes, coming down can be more dangerous than the ascent. Our plan was to drop my car off at the Rabbit Lake trailhead

and drive to the McHugh Lake trailhead. That way, we get a challenging hike to Rabbit Lake while enjoying a leisurely descent back to my car. This method can be used with several area hikes and has the added bonus of not having to see the same scenery twice. I packed for just about any contingency. Though it looked to be a warm, sunny day, I nonetheless packed a waterproof and breathable jacket as well as polypropylene underwear, gloves, fleece hat and survival blanket. I packed a half-gallon of sports drink and put a half-gallon of water in my hydration pack. Because it was a long hike, we ate a high-energy breakfast and packed lunches along with lots of high-carbohydrate snacks.

ABOVE: After a rain squall, the sun peeks through the clouds along McHugh Lake Trail. (Photo courtesy of Janie Kerr)
LEFT: Anchorage resident Jeremie Sheperd walks toward Rabbit Lake, Sept. 11, 2010. The lake rests at the top of a mountain which in turn is at the base of North Suicide Peak. Taken with a digital SLR, the photo is wider than what is possible with a point-and-shoot camera. (Photo by David Bedard/JBER PA)

For anything but short hikes, I would recommend renting a satellite phone. Cell phone reception is nonexistent in remote locations. Even on well-trafficked trails, by the time help arrives via a runner, an injured hiker can succumb to hypothermia. A satellite phone is not dependent upon cellphone towers and can transmit a call for help from anywhere on the planet. Satellite phones can be rented at the Outdoor Adventure Program \$10 daily and \$40 weekly with calls checking in at \$2 per minute. It doesn't hurt to carry a GPS to help navigate and to provide grid coordinates which can be relayed to rescue personnel in case of an emergency. Be wary of using a cellphone as a GPS as many do not have GPS receivers built in, instead relying on triangulation by cellphone towers which will be out of range. For this hike, I carried a shotgun loaded with heavy, high-velocity slugs. There is much debate as to whether bear spray is better than a firearm. In either case, both forms of protection are only to be used as a last resort. Make lots of racket through conversation or noise-makers to warn bears of human presence. For more bear safety tips, visit <http://dnr.alaska.gov/parks/safety/bears.htm>. During our hike, we saw three black bears — two very close to the trail. We also saw two moose which can also be dangerous. Most of the time, animals do not pose a hazard, but I was glad I

had my shotgun just in case. That being said, it was a pleasure to see such amazing creatures. Additionally, we saw Dall sheep, ground squirrels and had a close encounter with a sizable porcupine. Partway into the hike, a cold squall bucketed rain on our party. Though my rain jacket protected my body's core, I was wishing I had bothered to pack rain pants. It isn't fun having to deal with soaked pants. Lt. Dan Taylor of "Forrest Gump" fame and every Army sergeant I've known had it right: it's important to look after your feet. I was so glad I packed three extra pairs of socks — I ended up using two of them along with the moleskin I squirreled away. Though I trained six weeks for the hike, I do not recommend a ten-mile trail as a first summer hike. No amount of cardiovascular exercise at sea level could fully prepare me for respirating heavily at nearly 3,000 feet. It isn't that high when compared to Denali, but the air is certainly thinner than I am used to. It took us more than four hours to make the first four miles and we were pretty tuckered out. The first leg of the hike up to this point was a precipitous climb. Don't be discouraged, as the remainder of the ascent to Rabbit Lake is far more gradual. Still, it was discouraging when a man probably ten years our senior passed us on the trail ... running. Granted, he wasn't carrying a pack, See Get Out, page B-9



Alaska National Guard 'makes the cut' on Discovery Channel

By Air Force 2nd Lt. Bernie Kale
Alaska Air National Guard

CAMP DENALI, Alaska — A cable show aimed to take viewers into the intense world of military elite forces training will highlight the Alaska Air National Guard's 210th, 211th and 212th Rescue Squadrons. A camera crew with the Discovery Channel's "Surviving the Cut" series filmed the Guard members performing water rescue and in-air refueling operations this week near Homer. "Surviving the Cut" shares the personal quest of men committed to making it into the military's most coveted and elite units including Special Forces Divers, Marine Recon, Air Force Pararescue, Navy EOD, Marine Snipers and Army Rangers," according to the show's website. Here in Alaska, the Discovery Channel is featuring the Alaska Air National Guard's rescue squadrons' unique ability to perform rescue operations in adverse Alaskan conditions, according to Michael Graber, "Surviving the Cut" videographer. "It's hard not to get exciting video,"

Graber said. "What they do by nature is pretty extreme and high-speed. The hard part is to be aware of all the moving pieces and not get in the way but also to be there when things happen." While Graber finds the training exciting, for pararescuemen like Tech. Sgt. Shane Hargis, it's the real-world missions here in Alaska that they enjoy the most. "I like having the alert mission and know we're helping the community twenty-four-seven," said Hargis, a Guardsman from the 212th Rescue Squadron. "That's why pararescuemen like to come up here — because we are the busiest unit." "I think that if the people of Alaska don't realize it yet, they should appreciate the fact that a phone call away they have absolutely the highest trained and most skilled rescue personnel on the planet," Graber said. The camera crew is scheduled to leave Saturday after a week of filming with the rescue squadrons. "Surviving the Cut" premieres on the Discovery Channel July 11.



An Alaska Air National Guard HH-60 Pave Hawk helicopter hovers above the F/V Kittywake to hoist a pararescueman and victim during a water training exercise June 30. The training was documented by a camera crew from Discovery Channel's "Surviving the Cut" for an upcoming season. (Photo by Air Force 2nd Lt. Bernie Kale, Alaska National Guard PA)

Choosing correct team not just for March Madness pools

By Army Chaplain (Capt.)
Chad Thompson
1-40th Cavalry (Airborne)

Every year around March, our nation goes through an interesting phenomenon, beginning when the NCAA basketball tournament brackets come out.

People who normally could care less about college basketball suddenly start rooting for teams they have never heard of before.

For three weeks out of the year, people invest their time, emotions, and energy in this tournament.

For the hard-core sports fan, the challenge of putting your

basketball knowledge up against the experts, your friends, or the President of the United States is exciting and breeds a competitive spirit. All for what?

To see if you chose the right team.

Joshua and the children of Israel faced a similar dilemma. They entered the land of Canaan, fought many battles, and encountered new civilizations.

Along with the abundant and rich traditions and natural resources in this Promised Land came new challenges.

The people in Canaan worshipped gods other than the God of

Israel. These new deities attracted the attention of some of the Israelites and caused some to be tempted to violate the command to have no other gods.

Today we face similar challenges. There are many things in our rich cultural environment which distract us from God.

These "other gods" may include our desire for material wealth, inappropriate entertainment, including pornography and other addictions, just to name a few.

Joshua and his people provide for us a template for choosing to be on God's team.

First, remember all the good

things God has done for us.

The Israelites reflected on God's mercy and power in delivering them from Pharaoh, leading them through the wilderness and into the Promised Land.

Second, make a choice. Joshua declares, "...but as for me and my house, we will serve the Lord." (Joshua 24:15)

Third, Joshua and his people made a covenant or a promise to each other to serve God.

We, too, can promise ourselves, our families, friends and those we worship with that we choose God's team.

Fourth, Joshua wrote the cov-

enant in the book of law.

Today we see businesses, non-profit organizations and even the military crafting mission statements to provide a common vision or goals to its members.

Following Joshua's example we could craft our own mission statement of discipleship as a visual reminder of our inner commitment to God.

In the NCAA basketball tournament, only one team can win.

The same is true in the competition between good and evil. Scripture tells us who will be victorious.

Our opportunity is to choose each day which team we will be on.

One DoD self-service logon for multiple sites available

By Brian P. Smith
TriWest Healthcare Alliance

There is a logon that allows military families access to certain Department of Defense benefit websites with one username and password: it's the DoD Self-Service Logon.

Having a DS Logon can mean remembering just one username and password for some DoD and Veterans Affairs websites.

To request your single logon:

- Sponsors with a Common Access Card or Defense Finance and Accounting Service myPay Login ID may request a DS Logon at myaccess.dmdc.osd.mil/dsaccess.

- Eligible beneficiaries can request a DS Logon at TRICARE Service Centers.

- Sponsors and family members can also request a DS Logon through the VA eBenefits portal.

It's safe and secure

If the sponsor does not use the CAC or DFAS method to request a DS Logon, beneficiaries must finish a verification process known as in-person proofing to be granted full DS logon access.

To help protect your identity, users need full, or Level 2, access to view or change personal information through the websites below. You can complete the verification process at a TSC.

National Guard and Reserve members who can't go to a TSC

for validation may be eligible to complete a remote proofing process (For more information, visit www.tricare.mil/reserve).

After in-person (or remote) proofing, your DS Logon can be used to access these DoD and VA sites:

- Beneficiary Web Enrollment (www.dmdc.osd.mil/appj/bwe): Manage TRICARE Prime enrollments and update contact information.

- Reserve Component Purchased TRICARE Application (www.dmdc.osd.mil/appj/reservetricare): Purchase TRICARE Reserve Select and TRICARE Retired Reserve coverage.

- TRICARE Online (www.tricareonline.com): Set appointments and refill prescriptions at certain military treatment facility locations.

- myDoDBenefits (mydodbenefits.dmdc.osd.mil): Access and update information that goes directly into the Defense Enrollment

Eligibility Reporting System.

- VA eBenefits (www.ebenefits.va.gov): Apply for Veterans Affairs benefits, download your Certificate of Release or Discharge from Active Duty (DD Form 214) and view benefits status.

- DS Logon Self-Service (myaccess.dmdc.osd.mil/dsaccess): Activate and manage your DS Logon account.

What kind of identification is needed for in-person proofing?

Beneficiaries need two current forms of approved ID; at least one must be a government-issued photo ID. DMDC's list of approved IDs: www.dmdc.osd.mil/appj/dsaccess/pub/FAQ.do.

What about the secure www.triwest.com account?

Your [triwest.com](http://www.triwest.com) account does not use the DS Logon option. A [triwest.com](http://www.triwest.com) username and password are required to manage your health care through a [triwest.com](http://www.triwest.com) account.

Go to www.triwest.com/Registrar to learn more.



FSS gift cards make giving fun even easier

By Gary Lott
Air Force Services Agency
Strategic Marketing

SAN ANTONIO — Air Force Services Agency officials here said the joy of giving will be a little easier after the launch of an Air Force-wide gift card program.

Installations worldwide now provide Force Support Squadron gift cards available for use throughout all FSS activities.

Officials said the cards are simple to purchase and easy to use, giving Air Force members special purchasing power.

"The overwhelming benefit of the new gift card is the convenience,"



said Frank Black, AFSVA chief of community programs.

"It takes the worry out of what to give someone for a special occasion. The card can also be used for anything FSS activities offer, from lunch at the bowling center to white-water rafting down the Colorado River," Black said.

The gift cards are sold at many FSS point of sale outlets.

The patron decides how much to load on the card, from \$5 to \$1,500.

The cards are reloadable, and balances can be checked anytime online at www.myfssgiftcard.com.

"Patrons will also be glad to know the FSS gift card never expires, and penalty fees are never assessed," said Fred McKenney, AFSVA food and beverage division chief. "That means people can take as much time as they want to use the card."

FSS gift cards are standardized so they can be used at any installation regardless of where they're purchased.

Officials said the gift card program is easier to manage than coupons and FSS bucks.

The cards are more durable than paper coupons and can be swiped like credit cards.

For more information about FSS gift cards, visit www.myfssgiftcard.com or www.elmendorf-richardson.com, or call the 673d FSS at 552-5900.

673d Force Support Squadron Richardson Events

Open to All!

STEP Right Up TO THE BEST

SHOW IN TOWN
THE 2011 U.S. ARMY
SOLDIER SHOW

★ ★ ★

FOR THE SOLDIER,
BY THE SOLDIER.

FORCE
Support Squadron

The U.S. Army Soldier Show, proudly presented by Family and MWR, returns with a LIVE 90-minute musical performance!

Don't miss this memorable night of music, dance and celebration. Admission is FREE.

ARMY Entertainment
I.A.M. STRONG
NAVY FEDERAL Credit Union

July 27 • 7:30 p.m. • Buckner Physical Fitness Center
Contact 384-9006 for more information.

Scoop up some
Everyone's Welcome!
Open to 18 years old & older!

Summer

TRY OUR \$10 BUFFET!

Weekly Texas Hold'em games Thursdays at 5 p.m.
The tournament will cover 12 weeks of qualifying rounds.
Each week the top 8 finalists qualify for the FINAL GAME on
JULY 28, 2011.
Weekly Cash Prizes for 1st, 2nd & 3rd!

Sign-up at 5 p.m.,
Cards fly around 6 p.m.!

Chill
Building 655
384-7619

TOURNAMENT DATES

MAY 05 2011
MAY 12 2011
MAY 19 2011
MAY 26 2011
JUN 02 2011
JUN 09 2011
JUN 16 2011
JUN 23 2011
JUN 30 2011
JUL 07 2011
JUL 14 2011
JUL 21 2011
JUL 28 2011
FINAL

www.elmendorf-richardson.com

Join FSS Richardson
Outdoor Recreation
out on the
water this summer!

JULY CAMPING SPECIAL
Get a 2 man tent, 2 sleeping bags and a cook stove
\$20 per day.

MATANUSKA RIVER RAFT TRIP
July 23 from 7 a.m. - 5 p.m.
for \$100 per person.

Fee includes safety gear and transportation. Bring lunch, wet weather gear (preferably water proof) and a change of clothes. Avoid cotton clothing. NO WADERS OF ANY KIND. Meet at ODR 7 a.m. to pick up equipment.

Minimum sign up for trips is 6. Maximum sign up is 12.

**FSS Richardson
Outdoor Recreation
Call 384-1475.**

Swing on into fun...

Hill & Creek Courses at
MOOSE RUN GOLF COURSE
—ALASKA—

"NINE AND DESSERT" AT MOOSE RUN GOLF COURSE
JULY 23 AT 5:30. PLAY A 9 - HOLE SCRAMBLE.

COME OUT FOR A GREAT TIME!
Monday Nights Nine and Dine.
Tuesday Nights Family Golf.

428-0056 • Building 27000
Visit us at: www.mooserungolfcourse.com

Come see the fight of the year!

Tickets sold now through day of fights at the Arctic Chill, Building 655.

Jaxx Steel - VS - The Holy Sheik
NWA CHAMPION

JULY 16
7 - 9 p.m.
at the Kashim Club!

Call 384-9023/7619 for details.

- MK II -vs- Chainsaw Charlie
- Ak Lighting -vs- Mr. Douglas
- David Rage -vs- Del Sol
- Silas Young -vs- Angel Armoni
- Micheal Maddness -vs- Nick Danger (Alaska Heavy Weight Champion)

Community happenings

FRIDAY-SUNDAY
Bear Paw Festival
 Eagle River hosts the Bear Paw festival, featuring events like the Teddy Bear Picnic, Bicycle Safety Rodeo, Dog-and-owner look-alike contest, Running with the Bears, and a salmon cook-off. The Grand Parade is one of the largest in the state, and carnival rides and games are available.
 For information, visit www.bearpawfestival.org or call 694-4702.

Bear Paw Pageant
 High school students in the Chugiak-Eagle River area are invited to apply for scholarships through the Bear Paw Pageant. Up to \$1,500 in scholarships are available for community service and for those chosen as the Bear Paw King and Queen. For information, contact the Chugiak-Eagle River Chamber of Commerce at 694-4702 or visit www.cer.org.

MONDAY
3rd MEB hosts unit organizational day
 The 3rd Maneuver Enhancement Brigade will host an organizational day from 8 a.m. until 1:45 p.m. behind Buckner Physical Fitness Center. The event is open to Soldiers and families of the brigade and will include food and games, as well as Soldier-and-spouse team events, combat skills relays, and endurance events.
 For information, call 384-0197.

THURSDAY- JULY 20
Elmo's Healthy Heroes
 Sesame Street Live returns to the Sullivan Arena at 7 p.m. Thursday, 10:30 a.m. and 7 p.m. July 15, 2 p.m. July 16, and 1:30 p.m. and 4:30 p.m. July 17.
 For more information, call 279-0618.

JULY 18
673d Medical Group annual golf tournament
 The 673d Medical Group hosts its annual golf tournament at Eagleleglen Golf Course starting at 7 a.m.
 The event is open to everyone with base access, and will have four-man teams. Prizes will be awarded.
 For prices and more information, call 580-3247 or email maryann.chapman@elmendorf.af.mil.

JULY 30
Arctic Warrior Half-Marathon and 5K race
 The Arctic Warrior Half-Marathon and 5K races kick off at 9 a.m. at the Talkeetna Theater on Fighter Drive. Participants must check in on July 28 or 29 between 5 and 7 p.m. at the parking lot of Lowe's on Muldoon to collect bibs and base access passes.
 Race day check-in is between 8 and 8:40 a.m. for the half-marathon and from 8:45 until 9:15 a.m. for the 5K. Tickets are \$45 and \$25 respectively.
 For information, email arctic-warriorhalfmarathon2011@gmail.com or call 552-3649.

AUG. 2-5
Executive Transition Assistance Program
 JBER is hosting an Executive Transition Assistance Program Seminar Aug. 2 through 5 from 7 a.m. to 4:30 p.m. at the Military & Family Readiness Center (Log Cabin). The program is open to all PACAF colonels and chief master sergeants as well as USARAK colonels and sergeants major. Priority is given to those retiring or separating within two years. Registration closes July 15.
 For more information, call the MFRC at 552-9290 or 552-8068.

AUG. 11
Annual MOC golf tourney
 The 381st Intelligence Squadron and Alaska Mission Operations Center will host the Top III 4th Annual Golf Tournament at Eagleleglen Golf Course.
 Space is limited to 36 four-person teams. All military and civilians are welcome; prizes will be awarded. Start time is 7 a.m. Ticket price includes greens fees, cart, and a door-prize ticket.
 For information or to reserve a spot, call 552-4590 or email whipkey@elmendorf.af.mil.

AUG. 13 AND 14
Alyeska Resort Blueberry Mountain Arts and Music
 A celebration of the lush blueberry season, this outdoors event features more than two dozen arts and crafts booths in the Hotel Alyeska Pond Courtyard, as well as live music and blueberry concoctions.
 For information, call 754-1111 or visit www.alyeskaresort.com.

ONGOING
Anchorage baseball
 Through Aug. 3, the Mulcahy Stadium hosts the Anchorage Bucs and the Anchorage Glacier Pilots baseball.
 Outstanding collegiate players from around the world join forces to create the Alaska Baseball League, and many future major-league players have competed with the teams. Schedules are available on the website.
 For information, visit www.anchoragebucs.com or www.glacierpilots.com, or call 561-BUCS.

Aurora: The Great Northern Lights show
 There isn't much darkness in Alaska this time of year, but it's still possible to see the Northern Lights set to beautiful music.
 The 40-minute program runs every day and begins every hour at the Alaska Center for the Performing Arts.
 Visitors should enter on the 6th Avenue side of the building. Discounts are available.
 For information, visit www.alaskapac.centertix.net or call 263-2993.

Spenard Farmers' Market
 Local items and Alaska-grown, -caught, -baked and -made items are available under the windmill in Spenard.
 Everything from fresh oysters, organic bread, garden starts, kettle corn and reindeer sausage is available, including live music, every Saturday from 9 a.m. until 2 p.m.
 For information, call 563-6273 or email spenardfarmersmarket@gmail.com.

Market and festival
 Local farmers and artisans sell their goods Saturdays and Sundays in a festival atmosphere.
 Enjoy free lively entertainment and great food while browsing more than 300 booths. Market days run through Sept. 11 - Saturdays and Sundays from 10 a.m. until 6 p.m. at the Third Ave. and E Street parking lot.
 For information, call 272-5634 or visit www.anchoragemarkets.com.

Model Railroading
 The Military Society of Model Railroad Engineers meets at 7 p.m. Tuesdays with work sessions at 1

p.m. Saturdays in basement Room 35 of Matanuska Hall, 7153 Fighter Dr. Anyone interested in model railroading is invited.
 For more information, call 552-5234 or 952-4353, visit www.trainweb.org/msmrrre or email bjorgan@alaska.net.

Farmers' market
 Non-profit, farmer-directed market at 15th and Cordova, offering fruits, vegetables, herbs, flowers, plants, and animal products.
 Offerings and vendors vary seasonally; open Saturdays from 9 a.m. until 2 p.m. through Oct. 15.
 For information, e-mail info@anchoragefarmersmarket.org.

Family Advocacy support programs available
 The New Parent Support Program hosts several activities for families with young children up to age 3.
 Family Advocacy also offers anger management classes, classes for new fathers and nursing mothers, as well as other programs for service and family members. "Dads 101" and "Home Improvement" are also featured.
 For more information, call Family Advocacy at 580-5858.

Museum unravels the "History of Basketry"
 The Anchorage Museum presents "Unraveling the History of Basketry" through the end of the year exhibiting baskets from Haida, Tlingit, Tsimshian, and Yup'ik baskets.
 For more information, call 929-9200, or visit www.anchoragemuseum.org.

Planetarium shows
 Through 3-D graphics, surround sound and a dome screen, the Anchorage Museum's planetarium offers a fascinating way to learn about astronomy, the solar system and more.
 For more information, call 929-9200, or visit www.anchoragemuseum.org.

"All That Glitters: Images from Alaska's Gold Rush"
 This new exhibit uses historical photos to tell the stories of optimistic prospectors when fortune hunters stampeded north during Alaska's gold rushes.
 The Last Frontier was filled

Chapel services

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

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

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

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

with strategies and obstacles, disappointments and windfalls.
 For more information, call 929-9200, or visit www.anchoragemuseum.org.

Wired Cafe for Airmen
 The Wired Cafe is located at 7076 Fighter Dr., between Polaris and Yukla dormitories.
 The cafe was built to serve Airmen who live in the dormitories with a home-away-from-home atmosphere.
 The cafe has wireless Internet and programs throughout the week. There are also free home-cooked meals Thursdays, served at 6:30 p.m.
 For information, call 552-4422.

Experience 673FSS Elmendorf-Richardson

Adventure, Explore, Live ...Alaska!

Summer 2011

Outdoor Adventure Program

\$45

Whitewater Rafting Eagle River
 July 13, 14, 20 & 27
 5 - 8 p.m.
 July 16 & 30
 10 a.m. - 1 p.m.
 2 p.m. - 5 p.m.

Looking for something fun to do after work?
 Have family and friends visiting from out of town? Why not treat them to an exciting evening of whitewater rafting! Join us for this two hour trip filled with excitement and adventure down scenic Eagle River.

\$40

Russian River Fishing Trip
 Not a guided trip. Round trip transportation July 18 & 25, 6 a.m. - 5 p.m.
 Cost \$40 per person, 8 years old and up.

Sit back and leave the driving to us! We'll deliver you to the world renowned Russian River for a full day of salmon fishing. Catch the great Russian River Reds while enjoying the beautiful Kenai Peninsula.

Waders, fishing poles, and tackle can be rented through ORC. Fishing licenses may be purchased at ODR.

FSS ELMENDORF OUTDOOR ADVENTURE PROGRAM

For Reservations call 552-4599

Reservations must be made in advance.

ECO Challenge

July 15 - 4. Event Race - 4.5 mile cross country run, 9 mile bike ride, half mile Kayak, 4 mile hike with weighted back pack (men 35lbs, women 25lbs) Race. Time of Event 9 a.m. for individuals and 11 a.m. for teams. Teams consist of 2 - 4 members. Team sign-ups begin July 1 at the Fitness Center, last day for teams to sign up is July 13. Individual's sign-up 8 a.m. day of the event at Hillberg. Prizes to the top 2 places in Men's and Women's and the top team. Other prizes will be given away Event is held at the Hillberg Ski Hill.
 For more information call
FSS Elmendorf Fitness Center 552-5353

Book Your Adventurer Today With ... Information, Tickets & Travel

Ride the rail...

Discounted Alyeska Tram tickets are available at ITT for only \$ 12 for 13 years old and older and \$ 8 for ages 6- 12 years old.

Want to see 26 Glaciers in a day?

Stop by our office and check out our discounts on Day Cruises with Phillips 26 Glacier Cruises. We also have great deals on day cruises with Major Marine and Alaska Heritage Tours.
 Day Cruises are the best way to enjoy Prince William Sound and the Kenai Fjords National Park!

Gear up for fishing!

We offer fishing charters for Alaska Streamers in Cooper Landing. Fish for a half day for \$ 135.00 per person or a Full day for \$ 225.00 per person.
 Saltwater Excursions also offers a half-day salmon charters starting at \$ 174.50 per person!

Anchor River Lodge sits on a bluff overlooking the Cook Inlet. It is a beautiful bed and breakfast, just 15 minutes drive from Homer. A great place to stay on your next fishing trip! Rates start at \$ 125.00 per night, rate includes continental breakfast **Minimum 2 night stay required

907-753-2378/9497

Get out and enjoy summertime in Alaska!

U.S. troops beat the Russian, take home salmon in MWR trip



TOP, LEFT: Air Force Master Sgt. Michael Hapgood, on temporary duty at Joint Base Elmendorf-Richardson from the 72nd Aerial Port Squadron at Tinker Air Force Base, Okla., brings in a red salmon June 27. Hapgood participated in the 673d Force Support Squadron/Morale Welfare and Recreation fishing trip to the Russian River, near Cooper Landing, Alaska, on the Kenai Peninsula.
ABOVE: A red salmon from the Russian River, near Cooper's Landing, Alaska, fights the hook. Red or sockeye salmon are plentiful in the Russian and Kenai rivers during the summer and are famous for putting up a hard fight. Large sockeye can weigh up to 12 pounds and are known as the tastiest of salmon. (Photos by Steve White/JBER PA)

Goal-setting app available for iPad, iPhone; coming soon for Droid phones

By Megan Neunan
 Armed Forces Press Service

WASHINGTON – “A lot of times we push off getting back to stuff because we can’t get to it. The goal-setting now is right there in your pocket,” said Sam Rhodes, the action officer responsible for a mobile-phone app that helps service members set resilience goals.

The free app for iPhones and iPads, developed by Rhodes and a team at the Maneuver Center of Excellence, Fort Benning, Ga., and the Signal Center of Excellence at Fort Gordon, Ga., was released one month ago. It is the i-version of the Resilience Goals Book under the Comprehensive Soldier Fitness program.

The app allows Apple users to set goals within their personal beliefs and then set up e-reminders to stay on top of them. It can be downloaded at www.apple.com/itunes/affiliates/download/.

Soldiers can also email what they tap out directly to first-line supervisors.

“It’s the first thing a Soldier can help himself with,” Rhodes said of the app and setting goals. “I think it provides a high degree of structure that everyone needs – I found that I needed – as we return from war and prepare to go to war.”

Rhodes retired as a command sergeant major, with 30 months of a 32-month tour in combat, and was diagnosed with post-traumatic stress disorder, or PTSD, in 2005. Now he works for the Directorate of Training and Doctrine at Fort Benning.

He said goal-setting is the number one way to enhance Soldier performance, and people who know about the app have latched on to the approach. Downloads to iPhones and iPads doubled from the product’s first to second week, from 196 downloads to 411.

In just three weeks, 552 users downloaded the app.

The hard-copy goal book has been out for more than a year, and, since December, could be downloaded as a 44-page PDF too. Design and development of the mobile application started in January. Rhodes explained the point of going the iPad and mobile phone route.

“I don’t want to say we targeted younger Soldiers, but if younger Soldiers use some-

thing, the older generation of Soldiers – (ask) guess what we have to do? Just like email,” he said.

The Resiliency App exhibits a trend toward the innovative use of existing resources to help Soldiers. At least, that is Rhodes’ thinking. He only wishes goal setting were emphasized when he returned from theater.

“I didn’t have any of that,” he said, but added that since the Army realized what was happening with post-traumatic stress, it has been great about helping Soldiers.

Rhodes specifically mentioned the app as a small way to combat increasing suicide rates in the Army, but was careful to emphasize it benefits the general population, not just PTSD sufferers.

A search in the App Store for “Goal Setting – Comprehensive Soldier Fitness” will turn up the Resiliency App on iPhones and iPads. The genuine app is represented by the CSF logo, with “Goal Setting” in yellow letters backed by an Army star.

“I was in a classroom and talking to about 60 people the other day,” Rhodes said, “and 50 percent of them had an iPhone and 50 percent of them had a Droid. The biggest question was ‘when can I get this on the Droid? My buddy’s got it already.’”

An Android-compatible version will be released sometime this month, Rhodes said.



More iPhone and iPad users set goals on the Army’s Resiliency App this month. Next month, a version for Droid debuts. (Photo by Brian Gebhart/Army News Service)

Births

JUNE 18

A son, Anthony Lee Koch, was born 21.5 inches long and weighing 8 pounds, 13 ounces, at 3:28 p.m. to Lisa A. Koch and Army Staff Sgt. Michael L. Koch of Company A, 725th Brigade Support Battalion.

JUNE 19

A son, Mannie Osagie Akewe, was born weighing 7 pounds, 5 ounces, at 9:25 p.m. to Oare Becky Akewe and Army Staff Sgt. Eitegi M. Akewe of the U.S. Army Alaska Noncommissioned Officer Academy.

A son, Michael James Van Gilder was born 21 inches long and weighing 9 pounds, 5 ounces, at 11:12 p.m. to Julia Van Gilder and Air Force Capt. Matt Van Gilder of the 611th Air Support Squadron.

JUNE 20

A son, Lukas Cole Meheut, was born 20 inches long and weighing 6 pounds, 9 ounces, at 1:59 p.m. to Brittney Nycole Meheut, daughter of Sgt. Aaron Vaughn of G Company, 377th Parachute Field Artillery Regiment.

A son, Malik Taron Singleton Tabor, was born 22 inches long and weighing 9 pounds, 6 ounces, at 2:47 p.m. to Airman 1st Class Shakina Tanay Singleton of the 673d Communications Squadron and Spc. Paul Demetrius Tabor.

A son, Hunter Harley-David Holmes, was born 21 inches long and weighing 9 pounds, 9 ounces, to Tech. Sgt. Lexi L. Holmes of the 361st Recruiting Squadron and Air Force Master Sgt. Ryan D. Holmes of the 732nd Aircraft Maintenance Squadron.

JUNE 23

A son, Blake Xavier Dizon, was born 20 inches long and weighing 7 pounds, 9 ounces, at 6:30 p.m. to Nicole Anne Martinez-Dizon and Tech Sgt. Lawrence Richard Dizon of the 673d Communications Squadron.

JUNE 24

A son, Raychaad Smith Dejoie, was born 22.5 inches long and weighing 9 pounds, 4

ounces, at 10:53 a.m. to Esthere Milord Dejoie and Spc. Rodolphe Dejoie of Company E, 3rd Battalion, 509th Infantry Regiment.

A son, Hector Hugo Guillen, was born 21 inches long and weighing 7 pounds, 5 ounces, at 11:31 a.m. to Hester L. Guillen and Spc. Hector H. Guillen of the 425th Brigade Special Troops Battalion.

A daughter, Mazie Lynn Newsom, was born 18.5 inches long and weighing 7 pounds, 6 ounces, at 5:56 a.m. to Heidi Ann Newsom and Spc. Colby Heath Newsom of the 1st Battalion, 501st Infantry Regiment.

JUNE 26

A daughter, Alleyah Marie Hatfield, was born 21 inches long and weighing 8 pounds, 3 ounces, at 10:48 p.m. to Jessica Renae Hatfield and Spc. Ryan Thomas Hatfield of Headquarters and Headquarters Company, 3rd Maneuver Enhancement Brigade.

JUNE 27

A son, Jaxson Logan Uhl, was born 21 inches long and weighing 7 pounds, 5 ounces, at 7:47 a.m. to Katie J. Uhl and Sgt. Brock T. Uhl of the 84th Engineer Battalion.

JUNE 28

A son, Kashton Kenneth Fristoe, was born 21.5 inches long and weighing 8 pounds, 3 ounces, at 2:52 p.m. to Naomi Mae Fristoe and Senior Airman Kevin Bryan Fristoe of the 381st Intelligence Squadron.

A son, Wyatt James Holland, was born 19 inches long and weighing 7 pounds, 2 ounces, at 12:34 a.m. to Grace Elizabeth Holland and Sgt. James Dawson Holland II of the 98th Maintenance Company, 17th Combat Sustainment Support Battalion.

JUNE 29

A daughter, Emily Brooke Madden, was born 19.5 inches long and weighing 6 pounds, 7 ounces, at 1:31 p.m. to Mallory Brooks Madden and Pvt. Corey

Edward Madden.

JULY 1

A son, Landon Mathew Michael Westcott, was born 20 inches long and weighing 7 pounds, 8 ounces, at 2:33 a.m. to Jamie Westcott and Airman 1st Class Evan Westcott of the 962nd Aircraft Maintenance Unit.

JULY 2

A son, Trayton Rayce Dutcher, was born 19 inches long and weighing 7 pounds, 7 ounces, at 5:38 a.m. to Tara Lynn Dutcher and Senior Airman Douglas Allen Dutcher Jr. of the 525th Aircraft Maintenance Unit.

JULY 4

A son, Tristan Alan Frederick, was born 21 inches long and weighing 7 pounds, 6 ounces, at 9:12 p.m. to Air Force Capt. Jaclyn Frederick of the 962nd Airborne Air Control Squadron and Brian Alan Frederick.

Air Force opens NAF internships for spring 2012 college juniors, seniors

By Ashley M.D. Murphy
AFSA intern program manager

SAN ANTONIO - College students can intern in Air Force

youth and recreation programs – and get paid for it.

The Air Force Services Agency Student Intern Program is open to college

juniors, or older, to become Air Force nonappropriated fund employees at nearly any Air Force installation and earn college credit at the

same time.

The program was established by the Office of Secretary of Defense and Headquarters Air Force Airmen and Family Services in 2009, as a way to recruit and retain high performing students for future careers with the Air Force. While the focus is primarily on child and youth programs, it was recently expanded to familiarize interns with a variety of support functions such as community centers, outdoor recreation, arts and crafts, libraries, and Airman and Family Readiness centers.

According to JoAnne Dimitriou, AFSA plans and force management director, the Student Intern Program integrates classroom theory with on-the-job work experience in child, youth and school-age programs.

“Working with military families allows me to serve my country and those who serve,” said April Osz, student intern with the child

development center at Keesler Air Force Base, Miss. “It also allows for me to make a difference in so many families’ lives. I know I am working with the best program out there and that is an extremely wonderful feeling.”

“The most challenging part of the internship has been finding balance,” Osz said. “There are so many obstacles to tackle working in the CDC; between daily operations, trainings, scheduling, the budget and extra programs. Management puts in a lot of extra hours and heart to ensure their programs are a success. The team works very hard to see that everyone is happy, including coworkers, staff, parents and children. That is an extremely difficult job.”

The program is open to all college students with at least two years of education completed. They can request to be placed at any Air Force installation in the world.

The application process

starts with Purdue University, which partnered with OSD to publicize and manage similar internship programs across the Department of Defense. Students are required to fill out an application, write an essay, and provide letters of recommendation and transcripts, before being considered. Purdue provides incoming interns a week-long orientation.

“Interns tour a local Air Force installation, and spend the week learning about the benefits of being an Air Force NAF employee,” said Amy Schott, Purdue University cooperative extension intern coordinator.

Students can visit www.ag.purdue.edu/extension/military for more information. Applications are currently being accepted for Spring 2012.



Courtesy photo

At the movies

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

Now playing



PIRATES OF THE CARIBBEAN: ON STRANGER TIDES

Rated: PG-13
Playing: Friday at 7 p.m.
Run time: 136 minutes
Starring: Johnny Depp, Penelope Cruz, Geoffrey Rush

Captain Jack Sparrow (Depp) crosses paths with a woman from his past (Cruz), and he's not sure if it's love – or if she's a ruthless con artist who's using him to find the fabled Fountain of Youth. Jack finds himself on an unexpected adventure in which he doesn't know who to fear more: the notorious Blackbeard or the woman.

Now playing



THE HANGOVER PART TWO

Rated: R
Playing: Saturday at 7 p.m.
Run time: 102 minutes
Starring: Bradley Cooper, Ed Helms, Zach Galifianakis

Two years after the bachelor party in Las Vegas, Phil, Stu, Alan, and Doug jet to Thailand for Stu's wedding. Stu's plan for a subdued pre-wedding brunch, however, goes seriously awry. The wolfpack must retrace their steps through strip clubs, tattoo parlors and cocaine-dealing monkeys on the streets of Bangkok as they try to find Teddy before the wedding.

Ensure easy enrollment with early opportunity

News Release
 Anchorage School District

All families with a middle- or high-school student attending the

Anchorage School District for the first time are welcome to attend a special early enrollment opportunity.

Parents will be able to enroll all students at one location and speak with ASD department representatives to assist them in areas such as assessment, nursing services, counseling, community services, before and after school care, and more.

To complete enrollment, parents must bring:

- Proof of residency, such as a utility or phone bill, contract of



Courtesy graphic

- Current official record of im-

munization, due by the first day of school.

The required vaccinations are:

- Diphtheria, pertussis and tetanus
- Polio
- Measles, mumps and rubella
- Hepatitis A
- Hepatitis B
- Varicella (two doses are required for K-6)
- Bring your students with you that you are registering.

Plan to spend two hours to complete the enrollment and registration process.

The following services will also be available:

- Immunizations
- Interpreters
- English Language Learner testing
- School counseling services
- District and school resources

The early-enrollment clinics will be held at the Anchorage School District Education Center at 5530 E. Northern Lights Blvd. on July 20 from 10 a.m. until 2 p.m.; July 21 from 4 p.m. until 7:30 p.m. and July 23 from 10 a.m. until 2 p.m.

Get Out

From Page B-1

but boy howdy was he moving fast.

We also encountered a fresh-faced young woman who hiked McHugh Lake to Rabbit Lake and was on her way back. She looked like she was out for a casual stroll on the Coastal Trail and she described the hike as "only" 14 miles.

We were five miles into our hike and we were already begging for helicopter evacuation. The lesson learned is to be mindful of varying levels of fitness within your hiking group and to pace accordingly.

Most of the photos taken for this article were shot on an inexpensive point-and-shoot camera by Janie Kerr who has no formal photo training. Point-and-shoot cameras are very capable in outdoors light and can focus sharply from near to far because of their small sensors. They are also easy to carry and quick to bring into action.

Other photos are from last year's Rabbit Lake trail hike and were taken with a professional SLR camera and lens kit. Because of the quality of the glass, the SLR photos are sharper. Due to harboring a large sensor, an SLR can usually only focus in a narrow range unless the aperture is stopped down.

Carrying the SLR was a nuisance on last year's short hike and would have been a major burden on this year's more arduous hike.

With either camera, composition is the most important factor. Don't just take a photo standing up, arms extended; move the camera around until what you see in the viewfinder or on the screen is interesting. It only takes a little bit of creativity to go from boring shots to stunning compositions.

Though mostly on a downward slope, the last three miles of the hike were the toughest because of sore feet and aching joints. Still, we were thrilled to see my car which was our ticket to the nearest pizza joint.

For experienced hikers and those who have worked their way up, I would highly recommend the McHugh Lake to Rabbit Lake hike.

For less experienced hikers, I would recommend shorter hikes such as the Twin Peaks Trail at Eklutna Lake before working up to more advanced hikes like this one.

With abundant wildlife, gorgeous vistas and a rigorous workout, it's tough to beat a Rabbit Lake hike for a unique Alaska adventure.



Rain clouds brush mountain peaks along McHugh Lake Trail, July 4. (Photos courtesy of Janie Kerr)



McHugh Creek is a small stream which runs parallel to the McHugh Lake Trail. McHugh and Rabbit lakes rest in a depression at the foot of Suicide Peaks.



An outdated sign warns hikers of bear danger due to a fresh moose kill on the McHugh Lake Trail. Fresh kills can attract bears which may defend their new source of food.

6/22/11
 Species: Unknown
 AREA: McHUGH LAKE TRAIL
 FRESH MOOSE KILL ON TRAIL
 TRAIL CLOSED BETWEEN RABBIT
 and McHUGH LAKES AND TURNAGAIN
 ARM TRAIL
 QUESTIONS: CHUGACH SP 345-5044

