

**Marine refuelers**

Marine reservists fuel Northern Edge units, Page A-3

**Hero Games**

JBER troops compete with local first responders in 3rd Annual Hero Games, Page B-1



www.jber.af.mil/news

# ARCTIC WARRIOR

Volume 2, No. 25

Joint Base Elmendorf-Richardson

June 24, 2011



Pvt. Ryan J. Larson

**Stryker Soldier killed in Afghanistan**

USARAK news release

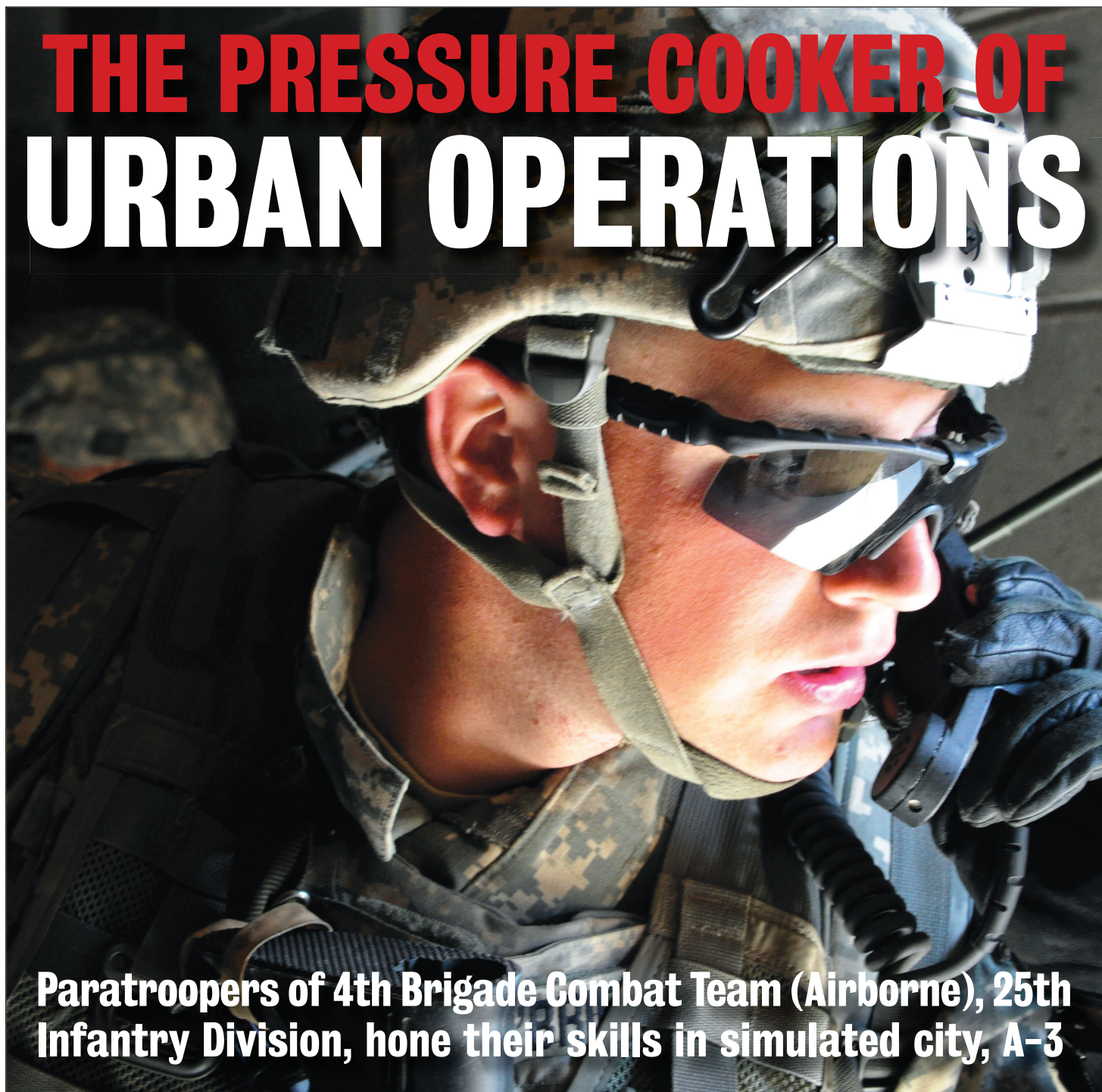
One Fort Wainwright Soldier was killed and two were wounded when their Stryker vehicle hit an improvised explosive device while on a mounted patrol in Kandahar Province, Afghanistan at 9:35 a.m. (Afghanistan time), June 15.

Pvt. Ryan Jeffrey Larson, 19, of Friendship, Wis., who died from the explosion, entered the Army in June 2010, completed Basic Training at Fort Benning, Ga., and arrived at Fort Wainwright in October 2010.

Larson, and the two wounded Soldiers were assigned to the 1st Stryker Brigade Combat Team, 25th Infantry Division, at Fort Wainwright. They deployed with their 4,000-Soldier brigade to Afghanistan in support of Operation Enduring Freedom in April 2011.

The conditions of the two wounded Soldiers are listed as not seriously injured.

## THE PRESSURE COOKER OF URBAN OPERATIONS



Paratroopers of 4th Brigade Combat Team (Airborne), 25th Infantry Division, hone their skills in simulated city, A-3

## Military aviators break service barriers

Alaskan Command news release

Naval pilots begin training at Pensacola, Fla., and then branch off for individual service training. For two weeks every two years, many of them once again join forces for Exercise Northern Edge.

During the exercise, Naval and Air Force pilots fly several hours each day over the skies and waters of Alaska to hone their aerial combat skills, and ensure America's military assets can seamlessly transition from one branch to the next to complete a mission.

"The training here is simple, it is an integration of Air Force, Navy and some Marine air assets in order to coordinate a joint defense of the

U.S.," said Navy Lt. j.g. Joe Early, an E-2C Hawkeye flight officer. "It's rare that we work to this level together and it's pretty awesome to see the coordination that has to happen between all the branches."

With coordination comes communication. The Navy is on the ocean, Air Force is on land and the Marines are somewhere in between, Early explained.

Often pilots get so bogged down with working with each other, they forget how to communicate with each other, the Frederick, Md., native said. This training helps bring it all together and higher headquarters can make changes to how the services work together. Building this level of

communication will one day allow communication to be transparent from service to service.

Each military branch uses different words to try to express the same thing, so the Navy and Air Force terminology doesn't always mesh.

"We are different cultures with different terminologies," said Navy Cmdr. Jeremy Brunn, the Strike Fighter Squadron 137 executive officer and F/A-18 Super Hornet pilot. "We've gotten better over the years and joint-force doctrine has pushed us to joint terminology. We do a good job taking lessons learned."

Early said these differences come from the second level of

pilot training.

Everyone starts out going to the same "middle school" – basic pilot school. Then they go to different "high schools" – service-specific training – and now everyone is working together in "college" or Exercise Northern Edge, he explained.

"You learn the same thing in "high school," but with a different twist to it," he said. "Everyone socializes differently, but when you come back in 'college' and have to work together then what happens is a basic reformation of a group dynamic.

"Coming from different places helps us see different aspects of the missions," he continued. "If we are all looking at the same thing the same way, then we might miss something important. It helps us think way outside the box. Mission completion relies upon thinking outside the box."

Though these missions are only simulations of what pilots may

face in aerial combat, they are vital learning experiences.

Each mission includes nearly 12 hours of planning – it's a big foot print, explained Brunn, a San Diego native. He said his junior pilots are used to such long planning hours, but he says it's also been eye opening for them to see this type of joint environment and the possibilities that can come from it.

"It's been great to come here and have all the pilots learn to integrate with their Air Force counterparts on a much larger scale than they have before and with a much higher operational tempo," he added.

As the training comes to an end this week, the pilots will take with them new experiences to share with fellow pilots. Also, the military aviation community will have even more information to ensure future operations and exercises run smoothly and forces are able to operate together on short notice.



Air Force Master Sgt. John Dunhaim, an in-flight refueling technician with the 168th Air Refueling Wing, Alaska Air National Guard, controls the boom while an F-16C Falcon with the 18th Aggressor Squadron, Eielson Air Force Base, receives fuel, June 16. (Photo by Air Force Staff Sgt. Lakisha A. Croley)



Aviation Structural Mechanic 2nd Class Zachary Seamans performs pre-flight maintenance checks on an E-2C Hawkeye, June 16, 2011. (Photo by Mass Communication Specialist 2nd Class Rufus Hucks)

PRESORTED STANDARD  
 U.S. POSTAGE  
**PAID**  
 ANCHORAGE, AK  
 PERMIT NO. 220

**Index**

Editorial and opinion.....A-2

Briefs and announcements.....A-8

Chaplain's corner.....B-2

Community calendar.....B-3

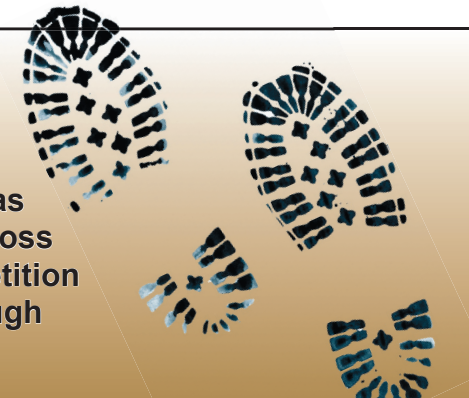
Sports.....B-1

Movie times.....B-7

Health.....B-9

**Tough hike**

Soldiers carry 35-pound rucksacks five kilometers uphill as part of the ongoing Cross Country Series competition which continues through the summer, Page B-4



## The Cooling-Off Rule When and how to cancel a sale

Alaska Better Business Bureau  
News release

If you buy something at a store and later change your mind, you may not be able to return the merchandise. But if you buy an item in your home or at a location that is not the seller's permanent place of business, you may have the option.

The Federal Trade Commission's Cooling-Off Rule gives you three days to cancel purchases of \$25 or more. Under the Cooling-Off Rule, your right to cancel for a full refund extends until midnight of the third business day after the sale.

The Cooling-Off Rule applies to sales at the buyer's home, workplace or dormitory, or at facilities rented by the seller on a temporary or short-term basis, such as hotel or motel rooms, convention centers, fairgrounds and restaurants. The Cooling-Off Rule applies even when you invite the salesperson to make a presentation in your home.

Under the Cooling-Off Rule, the salesperson must tell you about your cancellation rights at the time of sale. The salesperson also must give you two copies of a cancellation form (one to keep and one to send) and a copy of your contract or receipt. The contract or receipt should be dated, show the name and address of the seller, and explain your right to cancel. The contract or receipt must be in the same language that's used in the sales presentation.

Some types of sales cannot be canceled even if they do occur in locations normally covered by the Rule. The Cooling-Off Rule does not cover sales that:

- are under \$25;
- are for goods or services not primarily intended for personal, family or household purposes. (The Rule applies to courses of instruction or training.);
- are made entirely by mail or telephone;
- are the result of prior negotiations at the seller's permanent business location where the goods are sold regularly;
- are needed to meet an emergency. Suppose insects suddenly appear in your home, and you waive your right to cancel;
- are made as part of your request for the seller to do repairs or maintenance on your personal property (purchases

made beyond the maintenance or repair request are covered).

Also exempt from the Cooling-Off Rule are sales that involve:

- real estate, insurance, or securities;
- automobiles, vans, trucks, or other motor vehicles sold at temporary locations, provided the seller has at least one permanent place of business;
- arts or crafts sold at fairs or locations such as shopping malls, civic centers, and schools.

To cancel a sale, sign and date one copy of the cancellation form. Mail it to the address given for cancellation, making sure the envelope is post-marked before midnight of the third business day after the contract date. (Saturday is considered a business day; Sundays and federal holidays are not.) Because proof of the mailing date and proof of receipt are important, consider sending the cancellation form by certified mail so you can get a return receipt. Or, consider hand delivering the cancellation notice before midnight of the third business day. Keep the other copy of the cancellation form for your records.

If the seller did not give cancellation forms, you can write your own cancellation letter. It must be post-marked within three business days of the sale.

You do not have to give a reason for canceling your purchase. You have a right to change your mind.

If you cancel your purchase, the seller has 10 days to:

- Cancel and return any promissory note or other negotiable instrument you signed;
- refund all your money and tell you whether any product you still have will be picked up; and
- return any trade-in.

Within 20 days, the seller must either pick up the items left with you, or reimburse you for mailing expenses, if you agree to send back the items.

If you received any goods from the seller, you must make them available to the seller in as good condition as when you received them. If you do not make the items available to the seller – or if you agree to return the items but fail to – you remain obligated under the contract.

If you have a complaint about sales practices that involve the Cooling-Off Rule, visit [ftc.gov](http://ftc.gov) or call toll-free 877-382-4357.

# Editorial & Opinion

## Remembrance

### Air Force NCO reflects on the discipline of 'being'

Commentary by  
Senior Master Sgt. Mike Sanders  
Alaskan Command

For the last three years now it has been a desire for me to remember – to strengthen – the memories that have so delicately been prepared to dwell on. This Memorial Day was no different.

It was a day I was able to remember how God has demonstrated sacrifice to our nation. It was a day I remembered the men and women who sacrificed their lives for the sake of our values and our freedoms. It was a day to remember their selflessness.

It was also a day to demonstrate that what they did for us counted.

Recently, my pastor shared a story about a family who suffered a great loss and it was his words which resonated with me – “Make it count!” As I reflected on his words, I thought of how we must remember loss and suffering are part of this world we live in, just as happiness and joy are here on earth as well.

Additionally, it's how we deal with these things which compels us to some type of action. Maybe we do something or simply reflect on it. Perhaps, it is to bring God glory. But how do we understand that as human beings? Possibly just that – are we to “be” or to “do”?

As a human “being,” we often believe we are to always “do” something. Sometimes it's all

right to just “be” as I have come to find out.

Many people desire to go out and do something either for themselves or for others, but simply to do something. Now there is nothing wrong with that, but I believe we must ask ourselves what is the “why” behind the doing. Is it selfishness or selflessness? One way to do figure out the why is to simply “be.”

In this day and age, how does a human “being” be? Many of us are bombarded with so many distractions such as technology, special events, and activities. On top of that, why would anyone want to just “be?”

I believe not everyone truly understands what it means to “be.” Some words that could describe “be” are exist, rest, use up, occupy, stay, embody, or comprise. Many of these associated words are familiar to us, but how does one fit this concept into our lives?

Not long ago, I went through a little thing called post traumatic growth, which caused me to want to accomplish as much as I could and to do it to the absolute best of my ability.

Well, that's acceptable as long as it doesn't consume your every thought. I was on the edge until I received some wise counsel and applied it somewhat to my life. The counsel was that it's okay to just “be.” Not only that, but it is sensible to “do” as well – all in

proper balance!

As I reflected on this past Memorial Day, I hoped to have persevered with a trike ride which would have taken me a mile for every year of my life. I managed 40 of those miles until my hamstrings started cramping.

However, the mileage was not the concern at hand – it was to go out and do something to honor and remember those men and women who unselfishly gave up their lives – that was the “do” part.

Just as well, I wanted to cherish some of the memories which have now slipped behind me, like my son being baptized in the Shenandoah River on another Memorial Day, seeing my wife naturally give birth to my daughter, surviving stage IV throat cancer with a 55 percent chance of survival, recently celebrating 25 years of marriage, and most recently, an answer to prayer to see the northern lights – that was the “be” part!

These memories exist because these men and women who have served our country have sacrificed their lives so that we may live ours.

Most days I want to live life by “doing,” but I often find myself reflecting on memories or simply pondering on the things of the day as I just relax while I am “being” – and that is okay.

Let me encourage you to do the same – as the pastor shared, “make it count” whether you are doing or being.

## First impressions

### Positive impressions leave lasting impact

Commentary by Air Force  
Col. Glen Downing  
81st Training Wing

Twenty-one years later, I still remember my very first day of active duty on an Air Force base. It was June 14, 1990, and my wife and I had just driven halfway across the country from Iowa to Mather Air Force Base in Sacramento, Calif. Neither one of us had ever been to Sacramento before, let alone Mather. It was our first permanent change of station, so there was a little bit of unease as we pulled up to the gate late in the afternoon.

That uneasy feeling got a little worse when I noticed an authoritative looking technical sergeant talking to some of the Airmen at the gate. Even a naïve lieutenant could tell this man must be in charge of something. The gate was busy so when I stopped, it was the tech sergeant, assisting his Airmen, who came to my window. I rolled my window down, because that's what we did back then, and before I could even say anything, the sergeant smiled and politely asked, “Can I help you, Sir?”

I nervously reached for my orders and my prized red second lieutenant ID card. That card was red for a reason...it screamed inactive reserve and meant I was as “green” as they come.

The sergeant looked things over and then asked, “Sir, are you here for navigator training?” I proudly said yes and immediately he explained how to get to the lodging office, reminded me my first day of class was Monday and explained where and how I needed to report. He then took a step back, snapped the sharpest salute I've ever seen and said, “Welcome to the Air Force, sir; ma'am.”

Driving away from that gate, I commented to my wife about how great the Air Force was going to be. I also thought about how courteous and professional the NCO was and how he anticipated all of my needs and fulfilled them. What immediately formed in my mind was the most lasting impression of my career. That noncommissioned officer convinced me the Air Force has the most incredible people anywhere. Our daily business is really people taking care of people, and that



Air Force Col. William Murphey, 715th Air Mobility Operations Group commander, renders a smart salute during the group's activation last summer. Military customs and courtesies can serve as a powerful first impression (Photo by Air Force Staff Sgt. Brian Ferguson/JBER PA)

sense of community is what I have enjoyed most about my career.

Over the years, I've thought a lot about those few minutes at that gate. I've drawn other impressions over time. It taught me about the pride and professionalism of the NCO corps. It also taught me about the quality of our security forces personally.

I began to realize the NCO doesn't even know the impression he made on me as a newly-minted lieutenant. I'll never have the opportunity to thank him. All I can do is pay it forward. I'm also pretty sure he never thought a few minutes could leave an impression that continues to impact a career 21 years later.

How often do you think about the impressions you make? Often, we talk about first impressions and I agree that those are important. We're also making impressions every day, usually without even knowing we have an impact on others. I'm continually surprised and grateful when someone comes up to me and tells me how I made some sort of impression or impact on him or her. Usually, it's a small comment or just an observation from a distance. Truly, we are always on parade. Airmen are always watching and listening. Are you making positive impressions or

negative ones?

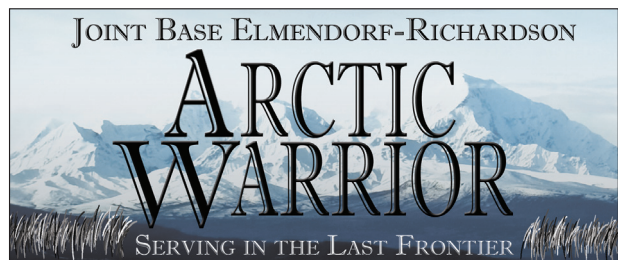
There are a few things you can do to ensure you leave positive impressions on others.

First, be yourself. Phoniness makes you look, well, phony. Let your personality shine.

Second, never give up what I call the free stuff. Personal appearance, customs and courtesy go a long way in communicating who you are as an Airman and a person. The free stuff won't normally move you up in the world, but giving it up will certainly move you down.

Third, work on self-awareness. The more you realize you are making impressions, the more control you'll have over them. You'll learn to choose the best words, keep the best attitude and pause that extra second to provide a piece of advice or mentorship that otherwise you may have passed by.

Last, and most important, treat everyone with respect. That security forces NCO so many years ago could have easily laughed at my little red ID card and challenged the wet-behind-the-ears-LT to fend for himself. Instead, he chose to throw his arms open and embrace my wife and me as part of the Air Force family. In two minutes or less, one person affected our view of the Air Force forever. Remember, impressions really do count.



The *Arctic Warrior* is published by Wick Communications, a private firm in no way connected with the Department of Defense, the Department of the Air Force or the Department of the Army, under exclusive written contract with the Joint Base Elmendorf-Richardson Public Affairs Office.

This civilian enterprise newspaper is an authorized publication for members of the U.S. military services. Contents of the *Arctic Warrior* are not necessarily the official views of, or endorsed by, the U.S. government, Department of Defense, the Department of the Air Force or the Department of the Army. The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by U.S. government, the Department of Defense, the Department of the Air Force, the Department of the Army, or Wick Communications of the products or services advertised.

**Alaskan Command/  
11th Air Force  
Commanding General**  
Lt. Gen. Dana T. Atkins (USAF)

**U.S. Army Alaska  
Commanding General**  
Maj. Gen. Raymond P. Palumbo (USA)

**Joint Base Elmendorf-Richardson/  
673d Air Base Wing Commander**  
Col. Robert D. Evans (USAF)

**Joint Base Elmendorf-Richardson/  
673d Air Base Wing vice Commander**  
Col. Timothy R. Prior (USA)

Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, gender, national origin, age, marital status, physical handicap, political affiliation, or any other non-merit factor of the purchaser, user or patron.

To advertise in the *Arctic Warrior*, please call (907) 561-7737. Editorial content is edited, prepared and provided by the *Arctic Warrior* staff.

Editorial office: Building 10480, Suite 123; Mailing address: JBER Public Affairs, 10480 22nd St., Suite 123, Elmendorf AFB, AK 99506; telephone (907) 552-8918.

Send emails about news stories to [Arctic.Warrior@elmendorf.af.mil](mailto:Arctic.Warrior@elmendorf.af.mil) and [luke.waack@elmendorf.af.mil](mailto:luke.waack@elmendorf.af.mil).

Deadline for article and photos is 4:30 p.m., Monday, for the week of publication. Articles and photos will be published on a space-available basis and are subject to editing by the *Arctic Warrior* staff. Submission does not guarantee publication.

**JBER Public Affairs Officer**  
Maj. Joseph Coslett (USAF)

**JBER Deputy Public Affairs Officer**  
Bob Hall

**Internal Information Chief**  
John Pennell

**Arctic Warrior staff**  
Luke Waack - senior editor  
Chris McCann - community editor  
Air Force Staff Sgt.

Jeremy Larlee - sports editor  
David Bedard, Air Force Staff Sgt. Joshua Garcia and Airman 1st Class Jack Sanders

# MARINES

Marine reservists keep Navy jets in the fight over the skies of Alaska

## REFUEL NORTHERN EDGE



By Air Force Staff Sgt. Amanda Dick  
Northern Edge  
Joint Information Bureau

**JOINT PACIFIC ALASKA RANGE COMPLEX** — Flying thousands of feet above snow-capped Alaskan mountain ranges, members of a U.S. Marine Reserve squadron prepared to refuel aircraft during exercise Northern Edge 2011.

As the Navy fighter pilot maneuvered into position, he slowly edged the aircraft's probe into the KC-130 Hercules aircraft's refueling drogue basket to receive fuel, then continued on to execute his portion of the exercise.

This was just another day for members assigned to the U.S. Marine Aerial Refueler Transport Squadron 452 based out of Stewart Air National Guard Base, N.Y.

"Refueling is our bread and butter for the VMGR squadron," said Gunnery Sgt. Griggsby Cowart, VMGR-452 navigator. "It's what we're here to do. It's our primary mission."

The squadron, which includes more than 300 active-duty and reserve personnel and 12 KC-

130 Hercules aircraft, routinely performs about 15 to 20 refueling missions a month. The KC-130 can refuel various aircraft using its probe and drogue system; however, for exercise NE 2011, they've mainly refueled Navy F-18 Hornets and Super Hornets.

"Our main mission objective for Northern Edge is to provide aerial refueling support in any way we can," Cowart said, who has been in the Corps for 15 years. "We brought two aircraft, and our goal is to get both those aircraft in the air every day to pass as much fuel as we possibly can."

Using the probe and drogue system is not an easy feat, as it requires the pilot of the aircraft receiving the fuel to maneuver their aircraft's probe into the C-130s drogue hose.

"They fly into what's called a basket—a big parachute device that goes around the hose and holds it in the air," the gunnery sergeant said. "Once they fly into it, it couples, we turn on the pumps and they start getting fuel."

On exercise missions like the one June 15, the squadron provides the opportunity for other Marines to see what refueling is all about.

This time, members from U.S. Marine Air Control Squadron 23 based out of Aurora, Colo., partook in the activities.

"It was really cool to get to see how the Marines operate in the air," said MACS-23 Air Control Electronics Operator Lance Cpl. Titus Mote, from Colorado Springs, Colo. "We tend to lose sight of the picture on the ground, as far as what's going on in the air, and how we're important to making that mission happen and getting it accomplished."

Though refueling is the biggest component of VMGR-452's mission, it's not the only piece. The squadron also transports cargo and people, as well as sets up rapid ground refueling for helicopters.

Like many other units, VMGR-452 has been a part of Operation Enduring Freedom, and they are currently deployed in support of Black Sea Rotational Force in Romania.

For VMGR-452, exercise Northern Edge is an opportunity to sharpen their skill sets.

"Joint exercises not only hone our skills, but they allow us to operate with other forces in real-world type scenarios," said Cowart, a

native of Atlanta. "If we're called on to perform an actual mission, it's not just going to be Marines most of the time. We are going to have to work with other forces and other services to be able to execute those missions. So, for us to come out here and practice that, it's extremely important."

At the end of the day, whether it's exercises or real-world missions, members of VMGR-452

can go home with their heads high.

"The feeling we get from coming out here and executing these missions is really a great one of accomplishment from our crews," the gunnery sergeant said. "We know there's a lot of moving parts for these exercises, but for us to come up here, get tasked with a mission and be able to complete it successfully, it's a good feeling for everybody on the crew."



ABOVE: Staff Sgt. Jason Rudy, Marine Aerial Refueler Transport Squadron 452, observes the drogue hose of the squadron's KC-130 Hercules refueling aircraft. (Photos by Air Force Staff Sgt. Amanda Dick/Northern Edge JIB)

Two U.S. Marine Corps KC-130 Hercules refueling aircraft with the Marine Aerial Refueler Transport Squadron 452 prior to departing for a refueling mission.



## Spartan paratroopers hone urban fighting skills

By Airman 1st Class Jack Sanders  
JBER Public Affairs

Soldiers stationed at Joint Base Elmendorf-Richardson with the 4th Brigade Combat Team (Airborne), 25th Infantry Division, completed a series of training scenarios this summer at Donnelly Training Area.

The Soldiers performed many different tasks including live-fire exercises and airborne insertions, but one of the many exercises which stood out was urban operations training.

DTA hosts unique opportunities for urban operations training. Because of its location in Alaska, it allows for troops to be louder and perform training activities they couldn't perform so close to Anchorage.

To aid in urban operations training, the Army built an urban area designed to mimic most Afghan villages. The large compound is complete with a local bank,

prison, market place and several housing areas.

During an exercise, June 7, a platoon of paratroopers drove a convoy through the "village" with the mission to apprehend a known "terrorist." However, before the platoon could apprehend the individual, they had to convince the local police chief to cooperate in the capture.

To help make the scenarios more realistic, the Soldiers relied upon the aid of actors to simulate a multitude of roles ranging from terrorist insurgents to local police and even curious townspeople. Most of the actors are former Afghan nationals who've since become U.S. citizens, or prior military members who've deployed before.

Each platoon ran the scenario differently and devised a correct course of action depending on the direction of their platoon leader.

Convincing a police chief who speaks Dari, the more common Afghan language, was challenging for

the platoon leader and translators in of itself, and the actors made strong efforts to ensure the situation was as realistic as possible.

While the platoon leader requested help from the local police chief, other Soldiers had the responsibility of securing a section of street with their Humvees.

After the platoon leader and translator convinced the local police chief to aid in their efforts, the platoon divided into two sections. One section of the platoon crept through a wooded area to sneak up on their target, while the other members of the platoon drove around to provide support in the humvees.

During the scenario, some platoon members were "wounded" and combat medics were required to provide them with potentially life-saving techniques.

The training covered an all-around basis of skills the troops will need when facing similar situations in a combat environment.



ABOVE: Soldiers stationed at Joint Base Elmendorf-Richardson with 4th Brigade Combat Team (Airborne), 25th Infantry Division, extend a radio antenna for communication while monitoring "locals" during an urban operations training exercise at Donnelly Training Area, June 7. Actors helped play a role in the Soldiers' training and made the scenarios seem more realistic. (Photos by Airman 1st Class Jack Sanders/JBER PA)

LEFT: A platoon leader and his interpreter try to convince a "local police chief" to aid in an exercise, June 7. Afghan nationals helped the realism of the exercise, providing leaders the opportunity to work with the culture.

FRONT PAGE, TOP: Pfc. Dale O'Brien, 1st Battalion (Airborne), 501st Infantry Regiment, sends a message through his radio during an urban operations training exercise at Donnelly Training Area's Combine Arms Collective Training Facility, June 8. Urban operations training allows for Soldiers to practice many different potential scenarios they could encounter while deployed.











# Briefs and Announcements

## Disposition of personal effects

Army 1st Lt. Rhiannon Niehoff, 725th Brigade Support Battalion (Airborne), is authorized to make disposition of personal effects of Sgt. Adrian A. Velasquez, 725th BSB, as stated in Army Regulation 638-2.

Any person or persons having claims for or against the estate of the deceased should contact Niehoff at 384-1335.

## Disposition of personal effects

Army 2nd Lt. Seth Kimrey, 793rd Military Police Battalion, is authorized to make disposition of personal effects of Sgt. Joshua D. Powell, 793rd MP, as stated in Army Regulation 638-2.

Any person or persons having claims for or against the estate of the deceased should contact Kimrey at 384-3560.

## Disposition of personal effects

Army 2nd Lt. Andrew Matwijec, 793rd Military Police Battalion, is authorized to make disposition of personal effects of Sgt. Christopher R. Bell, 793rd MP, as stated in Army Regulation 638-2.

Any person or persons having claims for or against the estate of the deceased should contact Matwijec at 384-6755.

## Disposition of personal effects

Army 2nd Lt. Andrew Matwijec, 793rd Military Police Battalion, is authorized to make disposition of personal effects of Sgt. Devin A. Snyder, 793rd MP, as stated in Army Regulation 638-2.

Any person or persons having claims for or against the estate of the deceased should contact Matwijec at 384-6755.

## Disposition of personal effects

Army 2nd Lt. Seth Kimrey, 793rd Military Police Battalion, is authorized to make disposition of personal effects of Spc. Robert L. Voakes, 793rd MP, as stated in Army Regulation 638-2.

Any person or persons having claims for or against the estate of the deceased should contact Kimrey at 384-3560.

## Home buyer's seminar

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

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

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

## Change of Command

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

## 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 PHRs, 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 MTF, 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 military identification card and provide some basic information, including name, social security number, birthday, and e-mail address. The enrollment specialist will enter the information and patients will receive an e-mail 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 for 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.

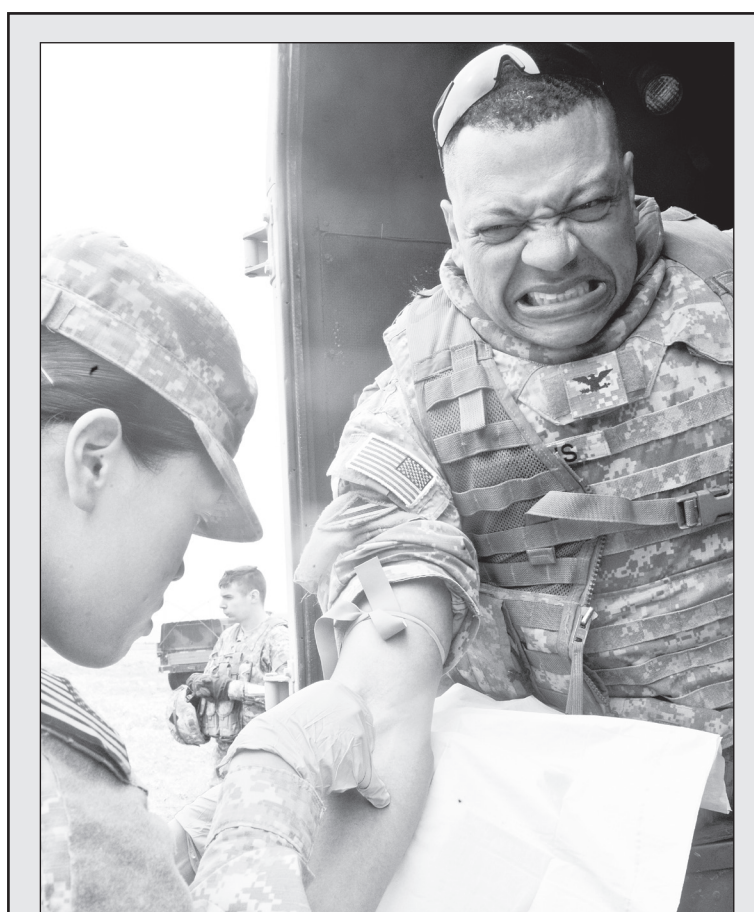
Moose Crossing will see construction activity for approximately 16 months beginning this summer to construct new junior and senior noncommissioned officer homes.

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

In Moose Haven, the contractors will construct new pay grade E-9 and senior NCO homes with a 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



## Sharps!

**Army Col. Morris Goins, 4th Brigade Combat Team (Airborne), 25th Infantry Division commander, grimaces as Pfc. Mariadelicia Reyes, a 725th Brigade Support Battalion combat medic, inserts an IV into his arm. Goins demonstrated positive leadership by giving Reyes the training opportunity. (Photo by Airman 1st Class Jack Sanders/JBER PAO)**

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.

The current target date for award and the final transition from the government to the project owner is July 1.

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 e-mail [jber.richardson.hp@elmendorf.af.mil](mailto:jber.richardson.hp@elmendorf.af.mil) or see information posted on the JBER website at [www.jber.af.mil](http://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 long-term use. Delivery and pickup 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 a 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, (e.g. 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, Joint Base Elmendorf-Richardson.

## 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 a 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](http://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](http://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, Building 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.

The attic is looking for volunteers. Call 552-5878 for more information.









Carry 35 pounds up a hill - for fun? Absolutely.

Page B-4



Decorated 90th FS vets visit home and family

Page B-9



www.jber.af.mil/news

# ARCTIC WARRIOR

COMMUNITY

Volume 2, No. 25

June 24, 2011

## WE NEED A HERO

Annual games pit first responders against each other

By Airman 1st Class Jack Sanders  
JBER PA

On June 18, Alaskans celebrated 52 years of statehood, and service members celebrated with the 3rd annual Hero Games. The games are a friendly competition between the local police, military, the local fire department and first responders. The Hero Games started in the summer of 2008 after the National Firefighters Combat Challenge came to Anchorage. The challenge required participants to demonstrate a high

level of physical fitness on a team level, but remained a spectator-friendly event. This year's Hero Games included six events – an obstacle course, water-balloon volleyball, a scooter race, tug-o-war, litter carry, and bucket-brigade-and-vehicle-push. Each event allowed for crowd participation and lots of laughs. The Alaska Army National Guard team, "Predators of the North" took first place overall. The team was presented their plaque by Chuck "Iceman" Liddell, renowned mixed martial artist.



ABOVE: Airman 1st Class Philip Runge, bass player for the Air Force Band of the Pacific's rock band Top Cover, performs for the crowd following the Hero Games in downtown Anchorage, Alaska, June 18. (Photo by Steve White/JBER PA)  
BELOW: Alaska Army National Guard team members compete in the tug-o-war event of the 2011 Hero Games June 18. The Hero Games are held each year during the Summer Solstice Festival in downtown Anchorage. (Photo by Air Force Maj. Guy Hayes/Alaska National Guard PA)



ABOVE: Team Arctic Falcons of the 673rd Medical Squadron from Joint Base Elmendorf-Richardson try to catch a water-filled balloon as part of a volleyball game during the Hero Games in downtown Anchorage.  
BELOW: Four members of the Kodiak Maulers from 673rd Security Forces Squadron compete against the Arctic Defenders from the 545th Military Police Company in the litter-carry event during the Hero Games in Anchorage June 18. The games pitted police officers, firefighters, and military teams against each other for prizes. (Photos by Steve White/JBER PA)



# Commentary: Be courageous, even in the face of fear

By Chaplain (Capt.) Brad Kattelman  
3-509th Parachute Infantry Regiment

As I walked up the steps of the Boeing 747 with the Soldiers of my battalion, my stomach was tied into knots. I was boarding the plane that would take me to Iraq for my first deployment. What would it be like?  
Would I be able to perform as a chaplain?  
Would any of my Soldiers get hurt or die?  
A great unknown faced me, and I was afraid.  
I looked around at the other Soldiers boarding the plane. None of us talked about what we were feeling, lest we

were the only one.  
However, our eyes betrayed our fear.  
We were all facing a great unknown.  
What would war be like?  
Have you ever experienced that fear of the unknown? I imagine you have.  
Most of us experience it when we are about to try something new.  
Did you feel it when you enlisted in the Army or Air Force and went to basic training, seeing those angry drill sergeants for the first time?  
How about when you jumped out of an airplane at Airborne

School, hoping and praying your parachute would open in under four seconds?  
Maybe you felt it when you got married.  
Perhaps you felt it when you deployed to war the first time or the second time.  
If you have known that fear, and I suspect most of us have, then you know the fear the Hebrew people felt when they were wandering the deserts of Sinai.  
Toward the end of their 40-year detour, Moses died.  
Moses had been the great leader of the Hebrew people.  
He was chosen by God.

He freed them from the Egyptians.  
He parted the Red Sea and gave them their law at Sinai.  
Now he was dead, and the Hebrew people had to carry on without him.  
They were afraid.  
What would they do, and how will they get to the Promised Land?  
God did not leave them in a lurch.  
God appointed a successor, Joshua, and God gave them great words of comfort.  
"Be strong and courageous.  
Do not be afraid; do not be discouraged, for the Lord your God

will be with you wherever you go" (Joshua 1:9, NIV).  
What unknown are you facing?  
Perhaps you are facing a first deployment or a second or a third.  
Perhaps you are having trouble at home, and you are unsure how it will turn out.  
Perhaps you are preparing for Ranger School.  
When you feel that fear starting to tickle your stomach, remember this great assurance from God.  
The Lord your God will be with you wherever you go.

## 'PCS Season' can be less painful if properly planned out

### Family Matters Blog offers helpful hints

By Elaine Sanchez  
American Forces Press Service

WASHINGTON — As our seasoned military families are keenly aware, the end of the school year typically marks the start of a high-volume moving season.  
Service members commonly know the period between Memorial Day and Labor Day as "PCS season," which refers to permanent-change-of-station moves.  
Many families aim to move during that stretch of time to avoid disrupting their kids during the school year.  
On average, the military moves about 600,000 shipments a year, and more than a third of those moves take place over the summer, John Johnson, the chief of the personal property branch for the Army's Military Surface Deployment and Distribution Command, told me in a recent interview.  
With this summertime surge in mind, I asked Johnson for his top tips to ease the moving process for service members and their families. His tips include:

- Find out options early.**  
Contact your transportation office as soon as possible to learn about your moving options, including a personally procured move, former known as a do-it-yourself move, or DITY.
- Don't hesitate to ask.**  
It's never too early to ask questions, and your transportation office is your primary point of contact for customer service.
- Start early.**  
Once you get your orders and know the dates you want to move, immediately start the moving process.  
The sooner you start, the better the chance you'll lock in the dates you want.
- Know your weight.**  
Having a good estimated weight of your personal property and household goods is very important.  
An easy and dependable method for making this estimate is to figure about 1,000 pounds per room. Keep in mind this is only an estimate and individual shipments will vary.
- Don't be a no-show.**  
Pack, pickup and delivery dates are scheduled on weekdays. You or your designated representative needs to be available

- between 8 a.m. and 5 p.m.  
You don't want to miss your moving dates, as this will cause unnecessary hardship on everyone.
- Lock your move date in.**  
Once you've selected your moving dates, don't assume they're set.  
Your moving dates are not confirmed until you coordinate with your carrier or transportation service provider.
- Be flexible.**  
Moving in the summer months is extremely busy, with June being the busiest moving month of the year.  
Your preferred dates may not be available during this time. You will need to be as flexible as possible and always leave some time in your schedule for unforeseen circumstances.
- Lighten the load.**  
Moving is a good time to dispose of unnecessary items. This will help avoid excess weight charges for being over your authorized weight allowance.  
You don't want to ship and pay for something you didn't want anyway.
- Reweigh if needed.**  
You can request a reweigh of your per-

- sonal property shipment at no cost.  
This is usually done when you are near or over your weight entitlement.
- Separate shipments.**  
If you will have multiple shipments, clearly separate them at your residence. Multiple shipments should be scheduled on separate days to avoid confusion. You want the right items going to the right destination.
- Update contact information.**  
Defense Personal Property System places you in direct contact with your carrier to manage the movement of your personal property.  
It is extremely important to ensure your phone number, email address and contact information is updated and current in DPS.
- Stay in close contact.**  
If you have a delivery address for your personal property and want a direct delivery it's important to work closely with your carrier or transportation service provider to arrange delivery.  
This will avoid having your personal property being placed in storage.
- For more moving tips or information on allowances and responsibilities, visit the [www.move.mil](http://www.move.mil) website.  
Military OneSource also offers families a host of online moving resources, including "Plan My Move," which features a moving calendar, checklists, and "Military Installations," which links families to information about their new base and the community.  
The Family Matters Blog is available at <http://afps.dodlive.mil>.



## 673d Force Support Squadron JBER-Richardson Events

**CELEBRATE THIS JULY RED, WHITE & BLUE STYLE!**

**MOOSE RUN FAMILY FUN ON THE FOURTH!**  
COME ENJOY GOLF AND APPLE PIE!

**1ST CALLAWAY™ DEMO DAY IN ALASKA!**  
Thursday, July 7, 10 a.m. - 6 p.m. at Eagleleglen, 552-3821.  
Friday, July 8, 9 a.m. - 4 p.m. at Moose Run, 428-0056.  
Professional tour Staff Club Fitters sign up in "The Golf Shop"  
Special pricing for orders placed that day!

**"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 Night Nine and Dine.  
Tuesday Night Family Golf.

**Not a golfer? Come and enjoy a great, affordable meal, on our scenic deck.**

Ever want to check out the golf course?  
Join Moose Run for a FREE Tour!  
Available Mondays in July.  
Tour: 8 a.m. - Noon  
5 people max, must be older than six.

Check out our virtual score card online:  
[www.elmendorf-richardson.com/Golf](http://www.elmendorf-richardson.com/Golf)

**428-0056 • Building 27000**  
Visit us at: [www.mooserungolfcourse.com](http://www.mooserungolfcourse.com)

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

**LADIES!**  
SWING ONTO THE COURSES!

July 6, starting at 5:30 p.m.  
"Bring Your Daughter to the Course" ...  
and she will golf for FREE on MRGC!  
Open to 6 - 17 year olds....

"Women! Learn How to play the Creek Course" ... and enjoy it!  
PGA Head Golf Professional,  
Howie Pruitt will give you tips and tricks to play the course. 428 - 0056.

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

**428-0056 • Building 27000**  
Visit us at: [www.mooserungolfcourse.com](http://www.mooserungolfcourse.com)

Take a non-playing tour of the course, with Head PGA Golf Professional Howie Pruitt.  
Call the Pro shop 428-0056 to reserve your spot.  
Tour starts at 5:30 p.m.

ELMENDORF-RICHARDSON  
**FORCE**  
SUPPORT SQUADRON

**NWA CHAMPION**

**Jaxx Steel - VS - The Holy Sheik**  
NWA CHAMPION

**JULY 16**  
7 - 9 p.m.  
**at the Kashmir 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)

**BUCKNER PHYSICAL FITNESS CENTER**

Building 690  
384 - 1308

**COMBAT CROSS COUNTRY SERIES**  
Canoe, Run & Shoot!

Sign-up at Otter Lake at 1 p.m. • July 22 • Race starts at 2 p.m.  
Need ACU's, Boots and 35lb. Ruck Sack.

# Community happenings

**JULY 1-3  
Girdwood Forest Fair**  
Alaska artists, musicians, singers and dancers team up with hand-crafted items and exotic foods in the forest along Glacier Creek in Girdwood.  
Events kick off mornings at 11 and last until 8 p.m. Friday and Saturday, until 6 p.m. on Sunday.  
For more information, email [queenbee@girdwoodforestfair.org](mailto:queenbee@girdwoodforestfair.org).

**JULY 3-4  
Eagle River Independence Day celebrations**  
A community-wide Independence Day celebration begins July 3. The celebration starts at 6:30 p.m. at Lions Park and ends with fireworks at midnight.  
July 4, the Chugiak Parade begins at 2 p.m. at Latimer Fire Station on Old Glenn Highway, rain or shine.  
For more information, call 694-4702 or visit [www.cer.org/comevents.htm](http://www.cer.org/comevents.htm).

**JULY 4  
Anchorage July 4th celebration festival**  
Celebrate America's birthday in Alaska style.  
The old-fashioned celebration in downtown Anchorage is complete with family events like a pancake breakfast, downtown parade, picnic, activities and a fireworks finale.  
For more information, call 279-7500 or visit [www.anchorage-july4thcelebration.com](http://www.anchorage-july4thcelebration.com).

**Mount Marathon race**  
This mountain run has been held annually in Seward since 1915, following a bet among friends that Mount Marathon couldn't be run in less than an hour. The footrace is a climb and descent, a mile and a half each way, with cliffs, waterfalls, and spectacular views.  
For information, call 224-8051 or visit [www.sewardak.org](http://www.sewardak.org).

**JULY 6-10  
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](http://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 \$1500 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](http://www.cer.org).

**JULY 14-20  
Elmo's Healthy Heroes**  
Sesame Street Live returns to the Sullivan Arena at 7 p.m. July 14, 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.  
Elmo stars in the show.  
For more information, call 279-0618.

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

**ONGOING  
Anchorage baseball**  
From June 5 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](http://www.anchoragebucs.com) or [www.glacierpilots.com](http://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](http://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](mailto: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](http://www.anchoragemarkets.com).

**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.anchagemuseum.org](http://www.anchagemuseum.org).

**Model Railroading**  
The Military Society of Model Railroad Engineers meets at 7 p.m. Tuesdays with work sessions at 1 p.m. Saturdays in in basement Room 35 of Matanuska Hall, 7153 Fighter Drive.  
Anyone interested in model railroading is invited.  
For more information, call 552-5234 or 952-4353, visit [www.trainweb.org/msmrr](http://www.trainweb.org/msmrr) or email [bjorgan@alaska.net](mailto:bjorgan@alaska.net).

**Farmers' market**  
Non-profit, famer-directed market at 15th and Cordova, offering fruits, vegetables, herbs, flowers, plants, and animal products available. 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](mailto:info@anchoragefarmersmarket.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 stamped north during Alaska's gold rushes. The Last Frontier was filled with strategies and obstacles, disappointments and windfalls.  
For more information, call 929-9200, or visit [www.anchagemuseum.org](http://www.anchagemuseum.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, with dinner served at 6:30 p.m.  
For information, call 552-4422.

**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 Dec. 31 exhibiting baskets from Haida, Tlingit, Tsimshian, and Yup'ik baskets. The impact of non-native contact on basketry is also shown.  
For more information, call 929-

## 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

9200, or visit [www.anchagemuseum.org](http://www.anchagemuseum.org).

**Potter Marsh bird walk**  
The Alaska Department of Fish and Game hosts a daily walk along the Potter Marsh boardwalk to learn about the area's wildlife, waterfowl and other creatures.  
This family-friendly event is for everyone from beginning birders to experts.  
Visitors should dress for rain, wind or shine and meet at 8 a.m. at the Potter Marsh Boardwalk entrance at Mile Post 117 on the Seward Highway south of Anchorage.  
For more information, call 267-2281.



**ELMENDORF-RICHARDSON FORCE SUPPORT SQUADRON**

## Red White & Blue Golf Tournament

July 4  
2 person team,  
Handicap required.  
Sign up today!  
552-3821

Visit us at: [www.elmendorf-richardson.com/eagleleglen](http://www.elmendorf-richardson.com/eagleleglen)



**EAGLELEGEN ALASKA**

- Drivers Fairways & Hybrids **10% OFF**  
*buy 2 or more get 15% OFF*
- Iron Sets - **15% OFF**
- Wedges **10% OFF**  
*buy 2 or more get 15% OFF*
- Putters - **10% OFF**
- All men's Polo's **15% OFF**

We will not be undersold! The money you spend in our shop supports our golf programs. Shop us first for all of your golfing needs. Special Orders are available from all leading manufacturers. \*Sale prices valid on in stock merchandise only.



**ELMENDORF-RICHARDSON OUTDOOR ADVENTURE PROGRAM**  
*Adventure. Explore. Live. Alaska.*

Summer 2011  
**Outdoor Adventure Program**

**LIMITED SPACES BOOK TODAY!**

## ATV Trip: Old Man Creek

This wide open high country ATV trip will take you to an abandoned gold mining site deep within the Talkeetna Mountains. On day one we will ride into our camping site, set up camp and do a short evening trip. Day two features a 50-mile ride; we ride out on day three.  
Pack snacks, all other meals provided.

**3 DAY TRIP \$350**

**July 1 - 3**  
Experience level: Intermediate (18 years old and up)  
Friday at 7:30 a.m. • Return: Sunday at 6 p.m.  
*All gear and equipment provided by*  
*Outdoor Adventure Program. Breakfast, lunch & dinner meals provided*

**JBER ELMENDORF OUTDOOR ADVENTURE PROGRAM**  
For Reservations call **552-4599**  
Reservations must be made in advance.  
Email: [673fss.oap@elmendorf.af.mil](mailto:673fss.oap@elmendorf.af.mil)



**BIKE MAINTAINANCE CLINIC**

Basic Bicycle Maintenance Clinic on Saturday, July 2 at 10 a.m. The clinic covers basic bicycle care and maintenance, \$5 per person. *Sign up in advance at the Outdoor Recreation Center 552-2023.*

**Upcoming Bike Trips**

- EKLUTNA TRAIL BIKE RIDE  
July 9
- BUFFALO MINE ROAD BIKE RIDE  
July 23

**OUTDOOR RECREATION AF SERVICES**

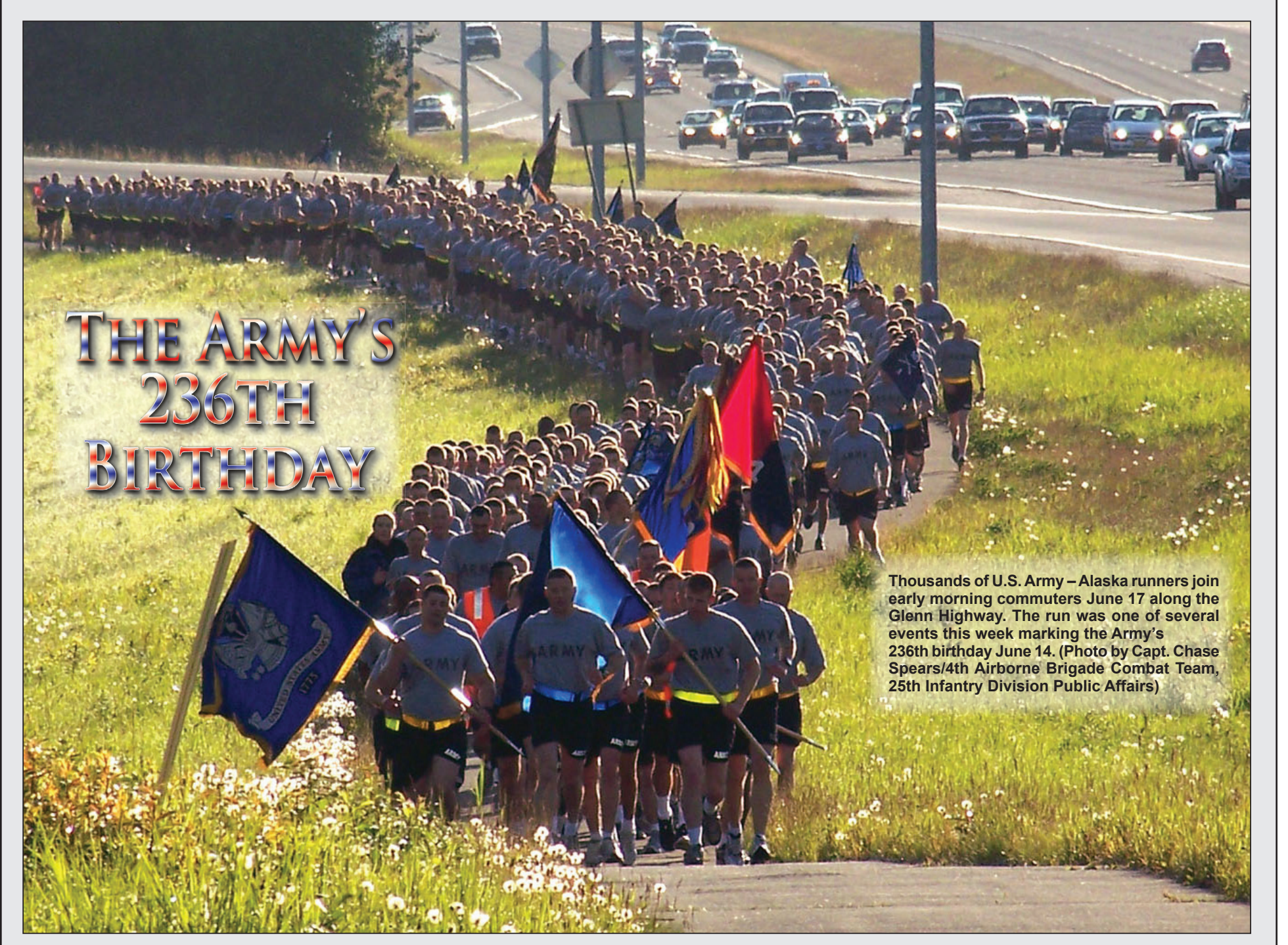
**Get out and enjoy summertime in Alaska!**

# Uphill Ruck



ABOVE: Army 1st Alexander Radomsky of Company C, 3rd Battalion (Airborne), 509th Infantry Regiment, is in the lead of a group of Soldiers carrying 35-pound packs as he works his way up a steep incline during a 5K race up the mountains on Joint Base Elmendorf-Richardson June 17.  
TOP: Soldiers make their way up a mountain during the "Combat Cross-Country" race.

Sgt. 1st Class Joshua Lothspeich of 3rd Battalion (Airborne), 509th Infantry Regiment, picks up the pace on the downhill slope near the finish line of the 5K race June 17. Lothspeich finished first with a time of 23.45 minutes for the race. To participate in the Combat Cross Country series, contact Buckner Physical Fitness center at 384-1308.



## THE ARMY'S 236TH BIRTHDAY

Thousands of U.S. Army – Alaska runners join early morning commuters June 17 along the Glenn Highway. The run was one of several events this week marking the Army's 236th birthday June 14. (Photo by Capt. Chase Spears/4th Airborne Brigade Combat Team, 25th Infantry Division Public Affairs)



# JBER youth curfew guidelines designed to assist parents

By Air Force Maj. Michael Burpee  
JBER Family Advocacy

The Joint Base Elmendorf-Richardson Youth Supervision Guidelines have been developed to help set a standard for families residing on the installation. These guidelines are very similar to those found at other military installation both inside and outside the continental United States.

Additionally, many communities and law enforcement agencies have also incorporated guidelines such as these to help establish the appropriate level of supervision for children of all ages.

Most parents welcome the supervision guidelines as a helpful parenting tool that helps them keep their children safe.

An important point for parents to keep in mind is children will develop differently than their peers for a variety of reasons.

It should be understood the JBER

Age	Quarters unattended	Playground unattended	Car unattended	Walk to school alone
0-5	No	No	No	No
6-9	No	Yes	Yes	Yes
10-11	No	Yes	Yes	Yes
12-16+	Yes	Yes	Yes	Yes

Youth Supervision Guidelines were created based upon the assumption of the child being within the normal range of his/her developmental stage.

In some cases, an older child in question may not be mature enough to take on the responsibility of those identified for younger children.

Parents know and understand their children better than anyone and in those circumstances they should make the determination of whether or not their child is ready for the identified activity.

However, parents should not

make the mistake of allowing younger children to engage in activities identified for older children.

Even if parents feel their child is more mature than most or ready to take on more responsibilities than those identified for his current age group, parents should understand the guidelines also establish an acceptable standard in the JBER community.

Those choosing to disregard these standards risk administrative action, legal action, or even removal from housing.

All incidents of these guidelines being broken will result in a

referral to the JBER Family Advocacy Program.

When FAP receives a referral a determination will be made about whether or not the incident was egregious enough to warrant opening a FAP case.

Family Advocacy receives many referrals regarding allegation of child neglect that could easily be avoided if the parents simply adhered to the supervision guidelines.

In many cases the parents simply required the appropriate education and training to avoid future incidents.

Unfortunately, some cases

require involvement of other agencies such as Office of Children's Services.

FAP would like to prevent child neglect or maltreatment before it occurs.

Family Advocacy feels that these guidelines will help significantly with the prevention of child neglect and maltreatment within the JBER community.

For any additional information or questions, please feel free to contact the JBER Family Advocacy Program at 580-5858.

## Births

### JUNE 4

A daughter, Kassondra Rosalee Manning, was born 21.25 inches long and weighing 9 pounds, 10 ounces, at 12:24 p.m. to Jessica Anne Manning and Air Force Staff Sgt. Mark Thomas Manning of the 517 Airlift Squadron.

### JUNE 5

A daughter, Kenzie Ann Castro, was born 21 inches long and weighing 9 pounds, at 5:59 a.m. to Pfc. Ashley Nicole Castro of the 95th Chemical Company and Pfc. Frederick Daniel Castro of the 318th Chemical Company, Birmingham, Ala.

A son, Ayaan Carbonel Khan, was born 21.5 inches long and weighing 9 pounds, 2 ounces, at 2:19 p.m. to Marissa Khan and Army Staff Sgt. Uzair Khan of Dental Activity – Alaska.

### JUNE 6

A son, John Ryan Ashmore, was born 21 inches long and weighing 6 pounds, 13 ounces, at 4:20 p.m. to Amanda Lauren Ashmore and Pvt. Matthew Alexander Ashmore Jr. of the 6th Engineer Battalion.

A son, Christopher William Golden Jr., was born weighing 8 pounds, 1 ounce, at 1:37 p.m. to LaTasha Reshae Golden and Air Force Staff Sgt. Christopher Wiliam Golden of the 176th Air Control Squadron.

A daughter, Campbell Rose Turner, was born 20 inches long and weighing 6 pounds, 11 ounces, to Sarah Marie Turner and Sgt. Jason Lee Turner of the 6th Engineer Battalion.

### JUNE 7

A son, Greyson Lee Kok, was born 21 inches long and weighing 8 pounds, 13 ounces, at 1:36 p.m. to Kayla Elizabeth Kok and Senior Airman Daniel Lee Kok of the 90th Aircraft Maintenance Unit.

A son, Caleb Joseph Eugene Layton, was born 21.5 inches long and weighing 7 pounds, 13 ounces, at 10:17 a.m. to Danielle Rivers Layton and Spc. Andrew Caleb Layton of the 98th Maintenance Company.

A son, Mathias Graham McKay, was born 21 inches long and weighing 8 pounds, 6 ounces, at 3:01 a.m. to Sgt. Jamie Leigh McKay of the 725th Brigade Support Battalion and Mark Douglas McKay.

A son, Levi James Wassing, was born 20.25 inches long and weighing 6 pounds, 10 ounces, at 11:02 p.m. to Lisa Marie Wassing and Air Force Staff Sgt. Nathaniel Isaac Wassing of the 3rd Maintenance Squadron.

### JUNE 8

A son, Titus Luke Banks, was born 19.5 inches long and weighing 7 pounds, 2 ounces, at 10:46 p.m. to Garmai Veronica Banks and Chief Warrant Officer Samuel David Banks Sr. of the 98th Maintenance Company.

### JUNE 9

A son, Vladislav Lvovich Axenov, was born 21 inches long and weighing 9 pounds, 2 ounces, at 8:54 a.m. to Sandra Mary Axenov and Army 1st Lt. Lev Valentinovich

Axenov of the 17th Combat Sustainment Support Battalion.

A son, Hunter Allen Plourde, was born 21 inches long and weighing 8 pounds, 7 ounces, at 9:17 p.m. to Air Force Staff Sgt. Crystal Nicole Plourde of the 3rd Mission Operation Squadron and Air Force Staff Sgt. Keith Allen Plourde of the 3rd Aircraft Maintenance Squadron.

A daughter, Azelon Grace Smith, was born 20.5 inches long and weighing 7 pounds, at 2:32 p.m. to Sasha Tiffany Smith and Senior Airman Michael Alan Smith of the 773rd Logistics Readiness Squadron.

### JUNE 10

A daughter, Madison Grace Green, was born 21 inches long and weighing 7 pounds, 10 ounces, at 7:09 a.m. to Kellye Lynne Green and Spc. Bradley David Green of the 725th Brigade Support Battalion.

### JUNE 13

A daughter, Chloe Lucille Pilsoon Hayner, was born 20.5 inches long and weighing 7 pounds, 6 ounces, at 9:04 p.m. to Susan Lotafi Lim Hayner and Spc. Jeffrey Michael Hayner of Headquarters and Headquarters Company, 3rd Battalion (Airborne), 509th Infantry Regiment.

A daughter, Viktoria Alice June Henderson, was born 21.7 inches long and weighing 9 pounds, 7 ounces, at 5:06 p.m. to Olga Aleskandrovna Henderson and Air Force Capt. Jeffrey Young Henderson of the 673d Dental Squadron.

### JUNE 14

A son, Andrew Joseph Armstrong, was born 21 inches long and weighing 7 pounds, 13 ounces, at 9:55 a.m. to Bethany A. Armstrong and Army Staff Sgt. Eric Armstrong of the 793rd Military Police Battalion.

A daughter, Aislynn Faith Wagler, was born 21 inches long and weighing 8 pounds, at 3:52 p.m. to Morgan Britney Wagler and Pfc. Jason Michael Wagler of 2nd Battalion, 377th Parachute Field Artillery Regiment.

### JUNE 15

A daughter, Emma Rae Adams, was born 22 inches long and weighing 8 pounds, 10 ounces, at 3:15 p.m. to Allyse Nicole Brake-Adams and Senior Airman Ross Edward Adams of the 90th Aircraft Maintenance Unit.

### JUNE 16

A son, Darwin Seito Hartless, was born 20 inches long and weighing 7 pounds, 9 ounces, at 6:55 p.m. to Taeko Hartless and Army 1st Lt. Daniel Paul Hartless of the 425th Brigade Special Troops Battalion.

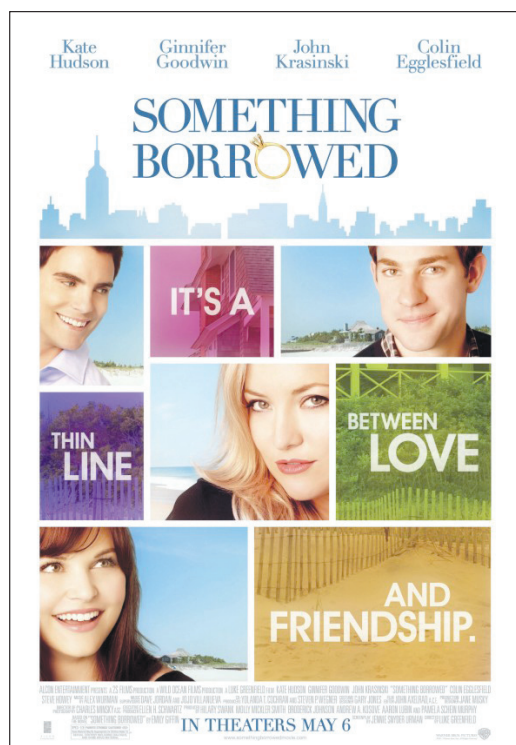
A daughter, Aubrey Grayce Sikes, was born 19.75 inches long and weighing 6 pounds, 10 ounces, at 1:53 p.m. to Tasha Lynn Sikes and Senior Airman Shawn Loron Sikes of the 381st Intelligence Squadron.

A daughter, Olivia Kate Wirtenson, was born 19.75 inches long and weighing 7 pounds, 1 ounce, at 8:17 a.m. to Sherrill Ann Wirtenson and Spc. Keith William Wirtenson of the 425th Brigade Special Troops Battalion.

# 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](http://www.aafes.com). Movies are subject to change without notice. Admission: Adults \$4, children \$2. Information provided courtesy of AAFES.

## Now playing

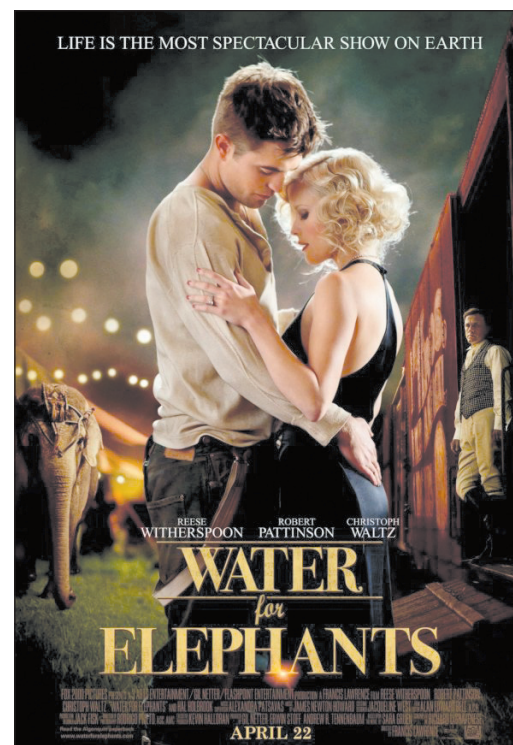


### SOMETHING BORROWED

**Rated:** PG-13  
**Playing:** Friday at 7 p.m.  
**Run time:** 103 minutes  
**Starring:** Ginnifer Goodwin, Kate Hudson, Colin Egglesfield

Friendships are tested and secrets come to the surface when terminally single Rachel (Goodwin) falls for Dex (Egglesfield), her best friend Darcy (Hudson)'s fiancé.

## Now playing



### WATER FOR ELEPHANTS

**Rated:** PG-13  
**Playing:** Saturday at 7 p.m.  
**Run time:** 120 minutes  
**Starring:** Robert Pattinson, Reese Witherspoon, Christoph Waltz

After his parents' death, Jacob Jankoski (Pattinson) is left penniless and homeless. He joins a circus as their vet, working under unstable boss August (Waltz) whose violent tendencies give everyone reason to be cautious around him, including his beautiful and quiet wife Marlena (Witherspoon).





## Return to Pair-o-Dice

Jack Doab (left) and John "Swede" Holmquist (right) spend time with Air Force members, including 90th Fighter Squadron mascot bulldog Fado June 17.

Doab and Holmquist are retired 90th Fighter Squadron pilots who flew during the Vietnam War, and visited the 90th Fighter Squadron and other JBER pilots to speak about their experiences.

Together, these retired Air Force fighter pilots have a Silver Star, a Purple Heart, six Bronze Stars, 52 Air Medals, six Distinguished Flying Crosses and flew 837 combat sorties. (Photo by Johnathon Green/JBER PA)

## Get moving - and Together Counts!

By Shari Lopatin  
TriWest Healthcare Alliance

"For the first time in our history, American children may face a shorter expected lifespan than their parents."

That quote, taken directly from the Partnership for a Healthier America's website, explains the essence of a growing obesity problem across the U.S.

The partnership – headed by First Lady Michelle Obama – says obesity rates have tripled in the past 30 years.

Obese and overweight children are more likely to suffer academic, social and financial burdens throughout life. So, what can you do, to prevent this from happening to your children?

Together Counts!  
TriWest Healthcare Alliance, the com-

pany which administers TRICARE in 21 western states, believes that together, we can make a difference.

That's why TriWest joined forces with Together Counts, a nationwide program that inspires active and healthy living.

The Together Counts campaign provides families with tools to track their progress.

Through a family profile page, families will be able to log their results and gain points. They will be able to compare their results with overall results in their communities and across America, engage in positive competition and share their successes, tips, and ideas on Facebook, directly from the website.

"Families that eat together and share regular physical activities

are happier and healthier," said Lisa Gable, executive director of Healthy Weight Commitment Foundation. "A family meal or a family activity is a teachable moment – an opportunity to pass on healthy habits to children.

When families eat and engage in physical activity together, parents get the opportunity to teach in the most effective way possible – by example, on a regular basis."

As part of Together Counts, we challenge you to the following.

Eat at least one healthy meal each week.

Do at least one family activity each week.

That's it – just one! It can be as simple as cooking dinner together, then going for a walk. Or if you have kids, let them choose a fun activity.

A picnic and a game of Frisbee at the park?



A barbeque followed by a few hours in the pool?

Because, what it all boils down to is, we are a nation that needs to move again.

What causes obesity?

According to the Centers for Disease Control and Prevention, obesity now affects 17 percent of all U.S. kids and teenagers.

The CDC listed the following as the most common causes of obesity:

- Energy imbalance. This means eating too many calories and not getting enough physical activity to burn them off.

- Genetics, which also affects metabolism (how fast one digests food), behavior (staying up late and sleeping in), environment (nowhere and no time to exercise), culture, and socioeconomic status.

- One's behaviors and environment play the largest roles in causing obesity.

These also represent the best areas for prevention and treatment.

Want more information?

It's easy to find.

Learn more about Together Counts, and how you can help, by visiting [www.TogetherCounts.com](http://www.TogetherCounts.com).

Find more healthy living tips on TriWest's Healthy Living Portal, at [www.triwest.com/HealthyLiving](http://www.triwest.com/HealthyLiving).

