



## Feature

### Yukla Memorial eagle pen

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### Top firefighters

JBER Fire Department recognized as best in the Air Force ... again, Page A-11



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# ARCTIC WARRIOR

Volume 2, No. 24

Joint Base Elmendorf-Richardson

June 17, 2011



## Army replaces beret as daily headgear

By C. Todd Lopez  
Army News Service

The voice of the Soldier has been heard: the Army announced the patrol cap will replace the black wool beret as the default headgear for the Army combat uniform.

Also changing are the options for how Soldiers can attach certain items to their ACU shirts. Army Chief of Staff Martin E. Dempsey said Soldiers will soon be able to sew on name tapes, service tapes, rank insignia and skill badges, instead of using Velcro.

The changes were made after Dempsey received input from Sergeant Major of the Army Raymond F. Chandler III, who had been tasked to gather opinions from Soldiers in the field.

"I am a scout for General Dempsey, who asked me to look into everything a Soldier wears from the top of his head to the bottom of his feet," Chandler said. "These are changes that the field said they wanted to see."

Typically, uniform changes come as a result of a board which meets twice a year. But Chandler said issues surrounding both the ACU headgear and the use of Velcro were changes the chief of staff wanted to bring to the Secretary of the Army immediately.

Chandler said he spoke with "several thousand" Soldiers and also received comments via social media sites, like Facebook.

"I have also discussed this with my board of directors – the most senior sergeants ma-

See Beret, Page A-3

# NORTHERN EDGE KICKS OFF AT JBER



For more Northern Edge photos, visit [www.jber.mil/news](http://www.jber.mil/news)

Aviation Ordnanceman 3rd Class Chris Vega performs pre-flight checks on an F/A-18F Super Hornet prior to its first flight in support of Operation Northern Edge 2011 in JBER, Alaska, June 13. Northern Edge, Alaska's largest military training exercise, is designed to prepare joint forces to respond to crises throughout the Asia-Pacific region. (Photo illustration by Mass Communication Specialist 2nd Class Rufus Hucks)

Alaskan Command news release

More than 6,000 service members from the National Guard, Army, Navy, Air Force and Marine Corps began training, June 13, as part of the U.S. Pacific Command exercise Northern Edge 2011.

The exercise brings together a diverse, joint team in Alaska, to complete validation of tactics, training and procedures which address contingency response throughout the Asian Pacific region, according to Air Force Lt. Gen. Dana Atkins, Alaskan

Command commander.

The training, which emphasizes integrating joint forces for real-world contingencies, is designed to sharpen participant skills; practice operations, techniques and procedures; improve command, control and communications; and develop interoperable plans and programs.

Alaska provides a unique training environment for nearly 30 units and more than 150 aircraft participating.

"I've said many times before that we have all domains of warfare in Alaska,"

Atkins said. "There is the Gulf of Alaska for a large maritime presence. A large interior landmass with about 1.5 million acres. The air space we use here is 65,000 miles and (ranges from) surface to 23,000 feet, and the weather goes from fantastic to 'oh no.'"

The two-week exercise is designed to test the skills of all participants involved, from pilots to ground and maritime units.

The scenarios are developed to be complex enough to validate service members'

See NE '11, Page A-3

## '1 Geronimo' paratroopers execute live-fire exercise

By Airman 1st Class Jack Sanders  
JBER Public Affairs

Soldiers of Blackfoot Company, 1st Battalion (Airborne), 501st Infantry Regiment, completed a live-fire platoon training exercise at Fort Greely, June 7.

Live-fire exercises allow for Soldiers -who've gone through the blank fire portion of the training –

to become more comfortable with executing mission requirements in a more realistic environment, while giving them weapon and team confidence.

"We were learning how to actually work as a platoon," said Spc. Steven White, company armorer for Blackfoot Company. "I really like how they used the artillery and the mortars like real rounds as

part of the training. It gets the new guys used to what it's like to have explosions going off or to have explosions going at you like in real world scenarios."

During the exercise, the platoon's mission was to secure an "improvised explosive device factory." The Soldiers had to work together and advance on a facility in a wooded region from a long

distance and eliminate threats in the building and surrounding area, taking care not to harm platoon members. The job requires the platoon to function like a machine with many intertwining parts.

"In the past year we've moved through cycles of training, buddy team to the fire team, which is a four-man element, to squad, which is a nine-man element, and then the next level up from the squad is that platoon," said Army 1st Lt. Gordon Richmond, executive officer for Blackfoot Company. "So, there are four squads out there."

The exercise began with sniper fire eliminating a target from the factory wall. Using the sniper as a signal, the other members of Blackfoot Company began to advance into their positions, some providing supportive fire, others advancing on the facility and yet others launching mortars.

Richmond said the unit went through each of the different building blocks of the platoon live-fire exercise therefore completing the platoon level exercise is really the combination of past live-fire exercises.

"The platoon leaders are learning how to mass effects," Richmond said. "It's so they learn how to synchronize their effects on the battlefield. We had the exercise start out with a sniper and he was the first engagement, but at the same time the sniper fired was when the first artillery rounds were laid and then you had mortars

dropping at the same time as the weapons squad was opening up, so there's all the aspects of a rifle platoon plus those other aspects we bring to bear."

With fire all around them, Blackfoot Company Soldiers secured the facility and continued to control the surrounding area. Once inside, the platoon continued supporting fire and began searching the compound.

"We were up here last November doing the same type of training, but it was in the cold weather and it was really good training," White said. "It's just as good this year, if not better."

Richmond said the training can be really beneficial for platoon leaders.

"The platoon leaders get exposure to using live rounds and getting able to actually maneuver their guys on a real range with those weapons effects actually being seen and heard out there versus what we usually do with blanks," the lieutenant said. "You just can't get the same kind of feedback with blanks."

After finishing a search of the facility, the platoon began to leave in segments while other members of the platoon provided cover fire and mortar round support.

"We'll do this again, but there's no better time to do it than now," Richmond said. "If we had done this a year ago, probably half the guys that participated in it would be gone."



Paratroopers of Blackfoot Company, 1st Battalion (Airborne), 501st Infantry Regiment, enter a simulated improvised explosive device factory during a platoon-level live fire exercise at Donnelly Training Area, June 7. (Photo by Airman 1st Class Jack Sanders/JBER PA)

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## Softball action

3rd Maintenance Squadron defeats 673d Force Support Squadron to start the season 2-0, Page B-4



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## WORD ON THE STREET

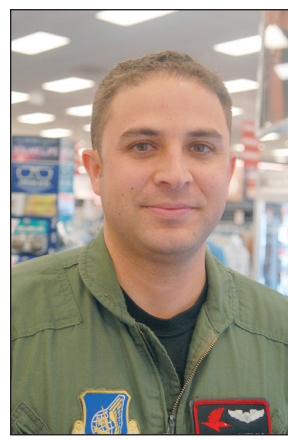
By Airman 1st Class Jack Sanders

What are your thoughts on the new Army uniform directive?



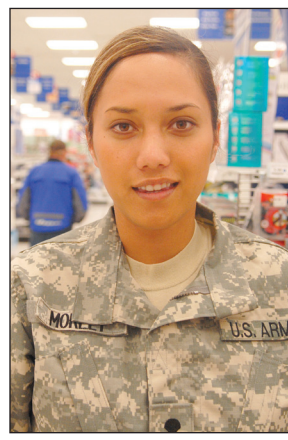
"The maroon beret will stay. It's something that's a legacy."

**Army Staff Sgt. Richard Rangel,**  
725th Brigade Support Battalion



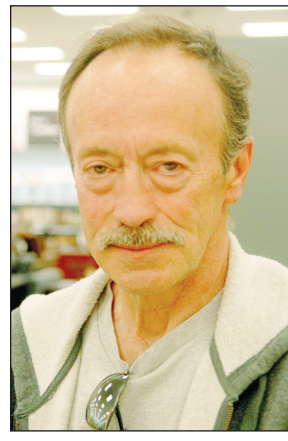
"Now that they're getting rid of (the black beret), I think it will be more prestigious for those who had to earn (a beret)."

**Air Force 1st Lt. Manuel Buelna,**  
517th Airlift Squadron



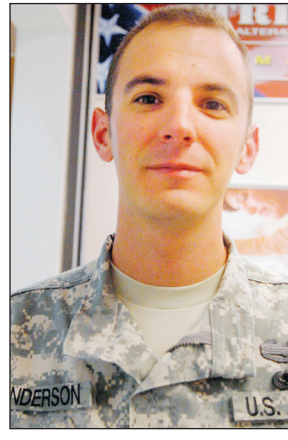
"I actually think (going to the patrol cap) is a good idea."

**Spc. Louann Morley,**  
725th Brigade Support Battalion



"I don't think there's anything wrong with the beret."

**Allan Graves,**  
Air Force parent



"I think it's great, it's just too bad I didn't get the benefit now that I'm in an Airborne unit."

**Spc. William Anderson,**  
3rd Battalion (Airborne),  
509th Infantry Regiment

# Editorial & Opinion

## Bye bye beret

### Uniform change reflects important shift for the Army

Commentary by David Bedard  
JBER Public Affairs

Ten years ago on the Army birthday, I stood at rigid attention, shoulder to shoulder with Soldiers of my artillery battalion in a motor pool at Fort Wainwright. We all wore starched Cold War era Battle Dress Uniforms and doffed patrol caps with tightly rounded bills.

"Don the beret!" our command sergeant major bellowed.

We pocketed our PCs and pulled out folded black berets, using both hands to place it on our heads, many using a knife hand to precisely align the flash to their left eye.

The ceremony repeated itself across Fort Wainwright, U.S. Army Alaska and throughout the Army that day.

The night before, many of us were dipping the fuzzy French headgear in cold water and spent the next four hours sitting in front of the television while petting the new, mysterious lid until properly formed. Then, we shaved it with a razor to remove the excess fuzzies, which could make the beret look more like an 18th Century impressionist's hat than headgear intended for a warrior.

Because U.S. contractors – who had made black Army Ranger, rifle green Special Forces and maroon Airborne berets for decades – couldn't immediately supply the entire Army, foreign knockoffs were mixed in with the tried-and-true brands.

Many of the early berets were floppy and wouldn't form, leaving Soldiers wearing "pizza hats" which didn't look professional or elite.

I was issued one of the pizza hats, but fortunately had ordered the genuine U.S.-made article which was probably originally intended for an elite Ranger.

The Army decided to adopt the black beret to reflect the transformation from a Cold War legacy force – forward deployed to bases in Europe and Asia – to an Objective Force largely stationed in the U.S. with the capability to rapidly mobilize to any overseas hot spot.

I believe the implication was the entire U.S. Army was and is an elite organization charged with the mandate to carry out contingency missions once reserved solely for special units.

The afternoon we put on those berets was a little less than three months from the day a handful of terrorists flew jet liners into the Twin Towers and the Pentagon. The test for the Objective Force was coming.

In the intervening decade, the Army has proven without dispute the service's standing as the world's premiere ground fighting force. Soldiers don't need to wear a beret to indicate they are someone special.

Instead, studies would indicate most Soldiers would rather wear the PC with the Army Combat Uniform. The PC is low maintenance,

easy to put on, shades eyes from the sun, breathes and doesn't turn into a "wet sock" as one Soldier described the beret.

I suspect most Soldiers are pleased they can forget all about the beret during most occasions – the beret will still be worn with the dress Army Service Uniform. I imagine they will appreciate the utility and comfort of the PC while they are working.

I also suspect things will remain the same with our paratroopers stationed at Joint Base Elmendorf-Richardson. They will continue to wear the maroon beret with pride despite being high maintenance, uncomfortable and sweaty in hot conditions.

Why? Because the maroon beret is an Airborne tradition since being worn by the British Parachute Regiment in the early 1940s. Because the 509th Regiment – represented at JBER by the regiment's 3rd Battalion – was the first U.S. unit authorized to wear the beret as honorary members of the BPR.

Though the U.S. Army is an elite force among the world's military's, the Airborne, the Rangers and the Special Forces represent the elite of the elite.

They will continue to wear berets with their MultiCam uniforms and their ACUs, because it's what they've done for decades. It's their tradition.

Other Soldiers will be glad they finally have daily-wear headgear which makes sense for the task at hand – the good old patrol cap.

## Turn the switch on

### Air Force colonel calls for emphasis on mentorship for all Airmen

Commentary by Air Force Lt. Col. Robert Mallets  
22nd Mission Support Group

Each of us plays multiple leadership roles throughout our military careers and, no matter the level of leadership, we always want to make a difference.

Whether that difference is made on the battlefield, for a squadron or for an individual Airman, we all want to know our efforts serve a greater purpose. Each of us can make a difference as a leader mentoring our young Airmen.

All Airmen join the Air Force for different reasons. Whether they see the military as a calling, a paycheck or an adventure, the military draws them to raise their hands, recite an oath and volunteer to serve this great nation. I recited an oath as an enlisted Airman when I joined the Ohio Air National Guard to pay for college. I then transitioned to the active-duty Air Force because I needed a job and I was intrigued by the prospects of becoming an aviator.

As we all know, no one joins the military to get rich, but it is a steady paycheck with numerous opportunities to excel and travel. With all these positive advantages, I took the plunge and raised my hand a second time, only this time it was to attend Officer Training School instead of Basic Military Training.

After being "re-blued" at OTS, I was ready to take on the rigors of flight training. At that time, I had the strategic vision of almost six months and had no real plans beyond my initial commitment. I wanted to keep my options open and I was all about how cool it was to be an aviator and where my next temporary duty would take me.

I excelled as an aviator and became very comfortable with where I was at the time. I used the time to sit back, be the best at my job and stay out of the "line of sight" tasking beam of the director of operations or squadron commander.

Like many of you, my commanders and the "old" guys in the squadron routinely gave me advice at commander's calls about getting my advanced education and pro-

fessional military education done early, and also the importance of volunteering for the right jobs to set me up for the future.

To me, it was like my parents talking to me about being better at school. I knew I was supposed to do these things, but I still wasn't convinced I was going to make the Air Force a career, so why would I do more work for an uncertain future?

I was happy to fly under the radar and do my job as an aviator. Life was good. Why worry about all the things I needed to do to make major and beyond? I felt I had many years to complete these painful requirements.

So how did I get from being a short-sighted, young officer "flying under the radar," to a squadron commander and now deputy group commander?

What made the difference for me was a senior navigator taking the time to sit me down and ask me the tough questions about where I was in my Air Force career.

He asked how I was doing with my advanced degree and professional military education; what were my goals in my career; and how I was going to reach my goals.

Needless to say, I found a mentor. Actually, he found me, but remember back then it was all about me.

I really didn't have good answers to his questions, and, for once, he would not let me answer, "I don't know" or "I'm really busy or TDY too much."

These are some of the same excuses I hear today when I pull an Airman or young officer aside and ask about their goals and aspirations. My mentor made me come up with a plan to not only get to the next rank and job, but beyond.

His efforts and persistence slowly turned my "idea switch" to the "on" position, and the light bulb was suddenly illuminated. I finally understood I needed to be about something bigger than myself.

He changed my attitude toward the Air Force from being just a job and a paycheck, to a true calling to serve our nation.

With the help of my mentor, I started making strides to complete

all the requirements to become more competitive and take on the right jobs. My mentor helped me get those right jobs, and my career began to snowball from there.

It's amazing that when you start taking an interest in your own career and know what it takes to reach your goals, you actually do what is necessary. If it wasn't for my mentor and the time he spent helping me with my goals, who knows where I might be now.

What does all this mean to you?

Each of you is in one of two categories: either you are someone in need of a mentor or you are someone who should serve as a mentor. Either way, we need to ensure our Airmen have a mentor. This means taking a personal interest in an Airman's future and taking the time to ask those tough questions.

For those in a position to be a mentor, share your knowledge and experience to motivate our Airmen. Have the best information and give them an occasional kick in the pants to motivate them to be about something bigger and better than themselves.

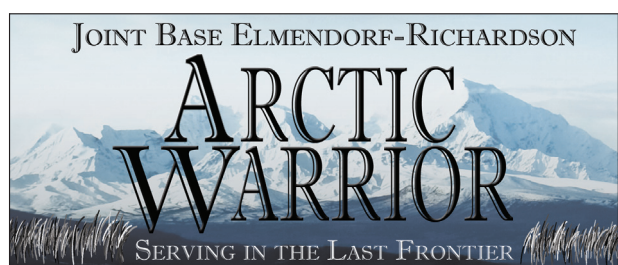
Your investment in their future will pay huge dividends for the Air Force, because it builds our next generation of mentors.

If you are unsure of what you want out of the Air Force, and you can't answer any of the questions about your future, I urge you to seek out a mentor you trust and respect. Ask this person what they think you can do better and then find out what direction you should take to accomplish your goals. That person will most likely be flattered that you chose them as a mentor and will work harder to give you the best advice they can provide.

Our Air Force needs all Airmen serving in a position of influence to take that time to be a mentor, so turn on an Airman's "idea switch" and see the "light bulb of awareness" start to glow.

There are few greater feelings than seeing an Airman you've mentored "get it," and move on to do great things in our Air Force.

I charge each of you to take the challenge and serve as a mentor for another Airman. You won't regret it.



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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**  
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Bob Hall

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**Arctic Warrior staff**  
Luke Waack - senior editor  
Chris McCann - community editor  
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David Bedard, Air Force Staff Sgt. Joshua Garcia and Airman 1st Class Jack Sanders

# Guardian Angels come down to earth

By Air Force Maj. Guy Hayes  
Alaska National Guard PAO

Guardsmen from the Alaska Air National Guard's 212th Rescue Squadron recently returned from a deployment to Afghanistan where they are credited with saving 107 lives during combat search-and-rescue missions.

The unit deployed for eight months, with individual Guardsmen supporting the deployment in two to four month intervals.

"Just about everybody in the unit had the chance to deploy, and they represented the Alaska Air National Guard very well," said Air Force Maj. Joe Conroy, 212th Rescue Squadron director of operations, Alaska Air National Guard.

The Guardsmen were on alert 24/7, ready to respond and prepared in part because of the training they receive while providing medical support annually throughout Alaska.

"We have a lot of patient contact in Alaska and that helps with dealing with people's injuries," said Tech. Sgt. Chris Uriarte, pararescuemen, 212th Rescue Squadron, Alaska Air National Guard. "The medical portion translates well."

"Here in Alaska we are always on alert, and that's definitely a benefit when you're deployed because you need to be ready and prepared to provide support when the call comes in," said Air Force Staff Sgt. Bill Cenna, pararescuemen, 212th Rescue Squadron, Alaska Air National Guard.

Throughout the course of the eight month deployment, the men of the 212th Rescue Squadron spent their time transferring patients between medical facilities and engaged in the fight providing support on the heat of the battlefield.

"In addition to standing alert or pulling patient transfer, we were also tasked to support specific Army operations," Uriarte said. "It got a little sporty during those events."

Cenna added, "It allowed us to be closer to the fight and have a launch time of two minutes instead of 35 minutes. It makes a big difference when you're that close and are able to provide immediate support to the troops on the ground."

One mission in particular occurred April 23 when Cenna, Uriarte and three other Guardian Angels – Maj. Jesse Peterson, Tech. Sgt. Shane Hargis and Staff Sgt. Zachary Kline – were involved directly in a fight trying to save the lives of two downed Army aviators.

"We were the closest asset when an Army helicopter went down," Uriarte said.

Uriarte was onboard one of two HH-60 Pave Hawk helicopters flown by aircrew from the 33rd Rescue Squadron from Kadena Air Base, Japan. He was on the lead aircraft that went in to retrieve two downed aviators during a barrage of incoming fire.

"We went in, put a three-man team on the ground and found the

two aviators were split-up," Uriarte said. "We sent our second two-man team over to the wreckage where the second guy was located to pick him up. It ended up being a pretty long stay on the ground for the guys at the crash site."

Cenna was part of the two-man team on the second HH-60 Pavehawk sent in to provide support to the downed pilot at the crash site. He and Kline hoisted down 180 feet, much higher than their standard descents because of the mountainous terrain.

Peterson, Uriarte and Hargis were able to rescue the first aviator, hoisting back into the HH-60 to support Cenna and Kline as long as they could before returning to base to swap out for a fresh crew.

Meanwhile Cenna and Kline had to traverse about 55 yards to get to the crash site, unfortunately discovering the pilot had already died. They immediately prepared to have the fallen hero hoisted up to the Pavehawk.

"The helo was taking rounds, and one of the flight engineers was hit in the leg. He was bleeding pretty badly, so they returned to base, and we stayed in the area because we didn't have the means to exfil immediately," Cenna said.

The pair spent five more hours in the middle of a fire fight while on the ground with the fallen hero, taking cover to avoid becoming casualties themselves and calling in close air support to strike the enemy, who continued to fire on their position.

"We were taking cover and

trying to locate where rounds were coming from to direct air support onto it," Cenna said. "Aircraft kept trying to retrieve us, but they kept getting shot at."

Kline called in close air support and it came in the form of Apaches, A-10s and other aircraft, which engaged targets right on top of their position.

After hours of continued fighting and dodging bullets, a Pave Hawk was finally able to get back in and hoist the hero, Cenna, and Kline off the wreckage and back to base for a mission debrief of the day's activities.

It was a significant event they'd lived through, but 12 hours later, they were back on duty providing the same support in hopes they could save another life.

They were living the creed they all swore to when they became pararescuemen. A creed which means putting others before yourself: "It is my duty as a pararescueman to save lives and to aid the injured. I will be prepared at all times to perform my assigned duties quickly and efficiently, placing these duties before personal desires and comforts. These things I do, that others may live."

"Imagine telling a fellow service member that you can't come get them out of harm's way because you're tired or better yet, imagine explaining that to their kids," Uriarte said. "Not a chance."

The members of the Alaska Air National Guard's 212th Rescue Squadron deployed to Afghanistan August 2010 and returned May.



**Air Force Maj. Jesse Peterson (left) and Tech. Sgt. Chris Uriarte conduct tactical training in the mountains of Afghanistan, April 22. (Photo by Air Force Staff Sgt. Bill Cenna/212th RQS)**

## NE '11

From Page A-1

skill sets and to validate a live, virtual and constructive concept.

For the aviation units operating out of JBER the live part includes the aircraft platforms on the flight-line, the virtual includes the pilots in the simulators and the constructive piece includes the people creating new threats to make the training even more challenging.

"I've had the privilege to inherit Northern Edge, and I just see it getting better and better," explained the general. "Not only because the war fighter sent here is more capable and more skilled, but also our training environment in Alaska is better."

"Over the last three years we've really focused on getting the war fighters input from all services to build the kind of training environment that meets their objectives, I think we're getting very close to that," he added.

"I think we've proven to ourselves that the wars of today and tomorrow will be done jointly and we need to be able to operate jointly."

Each branch of service completes several joint exercises each year; however, Northern Edge is one of the few to encompass all branches active and reserve into one joint mission.



**ABOVE: Aviation Machinist Mate Airman Richard Wells cleans the canopy of an F/A-18F Super Hornet prior to its first flight, Monday, in support of Operation Northern Edge 2011. (Photos by Mass Communication Specialist 2nd Class Rufus Hucks)**

**LEFT: Aviation Machinist Mate Airman Richard Wells cleans the canopy of an F/A-18F Super Hornet, June 13. RIGHT: Local residents fish as USS Decatur leaves port to get into position for Operation Northern Edge 2011 in Homer, Sunday. The Decatur is deployed to Alaska in support of Northern Edge, Alaska's largest military training exercise.**



## Beret

From Page A-1

major of our Army," Chandler said. Post-deployment combat uniform surveys were used as a basis for the changes.

The No. 1 and No. 2 issues, Chandler said, involve the beret and Velcro.

"The Soldiers didn't like the fact that the beret was hot – it was not something that they wore the majority of the time," he said. "And they didn't like the fact it didn't shade the sun and it took two hands to put on. And they didn't like to carry two pieces of headgear to do different functions during the day."

The beret has been the standard headgear for the Army's ACU – the camouflage uniform worn by most Soldiers. But most Soldiers still needed to switch to the patrol cap based on the work they were doing – in a motor pool or in the field, for instance.

Those Soldiers would have to carry two pieces of headgear with them, one in each pocket, and switch depending on what they were doing. In the field, they put on the patrol cap. Back on base, they'd have to switch to the beret.

The new policy will make the patrol cap the standard. But the beret isn't going anywhere. It will remain as the standard for the Army service uniform, and as an optional uniform item with the ACU – at the discretion of commanders.

"They could choose to say for an event, like change of command, that they want them to wear the

beret," Chandler said.

The change in the beret policy will save the Army about \$6.5 million over the life cycle of the ACU. New Soldiers had been issued two berets, now they will be issued one.

Chandler pointed out that Soldiers didn't ask to eliminate the beret – just to change when it's worn.

"Soldiers said we don't want to wear it with this uniform, but they do feel they look very professional wearing it with the Army service uniform," Chandler said.

The Army implemented a mandatory wear date for the ACU in

April 2008. The ACU, a replacement for the Battle Dress Uniform, featured many design changes. Included among those were a different cut for the fabric, new placement for pockets and a new "digital" color pattern.

Also included were Velcro fasteners that allowed pockets to be sealed shut, sleeves to be cinched down, and rank insignia, name tapes, service tapes, patches and skill badges to be added and removed at will – without time-consuming and sometimes costly trips to clothing alterations.

Still, some Soldiers were displeased with Velcro on the uniform, Chandler said.

The Army's new policy on attaching accoutrements to the ACU will allow Soldiers to sew on rank insignia, the name tape and the service tape. Additionally, skill badges such as the Airborne, pathfinder, combat action, combat infantryman's, and expert infantryman's badge will also be authorized for sewing.

Currently, those badges are provided in painted metal and have to be pinned to the uniform.

Pinning badges to the uniform can be a lengthy process because they have to be aligned using a ruler. The new policy will allow Soldiers to sew those badges to the uniform.

Combat and unit patches on the left and right sleeve and the U.S. flag will remain Velcro-only, the SMA said. Additionally, the ACU will continue to come with Velcro in the same locations it is now. Where a Soldier is authorized to sew something on, they will sew it on top of the Velcro.

Chandler also said Soldiers had asked for changes to how cargo pockets are fastened. Velcro had been used – now, ACUs are available with buttons used to keep the pockets closed. A similar change is being discussed for how sleeve cuffs are fastened, but Chandler said that decision will be made by the July uniform board.

A more localized uniform decision will affect Soldiers assigned to the Army's headquarters at the Pentagon. There, Soldiers had been wearing the ACU as their daily uniform. By as early as October, those Soldiers will show up to work in the Army service uniform, Chandler said.

"Our perspective is that this is the corporate part of the Army," he said. "The business-part of the Army is done in the Pentagon, and as a professional there are certain standards of attire associated with certain activities. For the business aspect of the Army, it is the Army service uniform."

The announced changes took place Tuesday. Soldiers should read Army Directive 2011-11 for full details.



**Spc. Chris Kaiser, 2nd Battalion, 377th Parachute Field Artillery Regiment, adjusts his maroon airborne beret before a ceremony. Army Directive 2011-11 does not affect the wear of the maroon, green or tan berets worn by elite forces. (Photo by David Bedard/JBER PA)**









# 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.

## Air Force Marathon

Pacific Air Forces will sponsor four runners – two male and two female – to represent PACAF at the 2011 Air Force Marathon Sept. 17 at Wright-Patterson Air Force Base, Ohio.

Interested Airmen should submit Air Force Form 303 to the Elmendorf Fitness Center director no later than June 25.

For detailed information, visit [www.usafmarathon.com](http://www.usafmarathon.com).

The director can be reached at 552-3624.

## Be a warrant officer

A warrant officer recruiting team from the Special Operations Recruiting Team will brief qualifications and application procedure to service members interested in becoming Army warrant officers.

The briefs are Thursday and June 24, 10 a.m. and 2 p.m. both days, at the Education Community Center, Room 106.

For more information, call 502-471-9527.

## 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.

## 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



## Windshield tour

**Air Force Brig. Gen. Balan R. Ayyar, commander, Air Force Recruiting Service, Randolph Air Force Base, Texas, inspects a golf cart converted into the likeness of a F-22 Raptor fighter, June 8, at Joint Base Elmendorf-Richardson. Ayyar is accompanied by Air Force Staff Sgt. Carlton Carpenter (right), Air Force Recruiting Office, Anchorage, and Air Force Lt. Col. Steven Lang, 361st Air Force Recruiting Squadron, Joint Base Lewis-McChord, Wash. Ayyar visited with area recruiters last week. (Photo by David Bedard/JBER PA)**

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

Walk-in appointments for sports physicals are available for those who want to come in to the 673d Medical Group Pediatric Clinic. Parents may also call 580-2778 and schedule appointments, and a mass-physical day is planned for July 30.

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 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.

## Computer upgrade

Recently, Windows 7 became the new standard desktop configuration across the Air Force.

Benefits of the new operating system include faster performance, shorter system boot time and enhanced search capabilities.

The 673d Communications Squadron is remotely pushing Windows 7 to the base populace unit.

Users will be notified approximately one week before receiving the new operating system.

Users who wish to receive the push early should contact their computer support technician.

For more information, call 552-2666, option 1.

## 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.

# CYBER WARRIOR

## *JBER technical sergeant wins Air Force Cyber Warrior of the Year Award*

By Airman 1st Class Jack Sanders  
JBER Public Affairs

Tech. Sgt. Ryan Barkman, 611th Air Communications Squadron, won the 2010 Air Force level Cyber Warrior of the Year for cyber systems operations.

According the Air Force Specialty Code description, cyber systems operations is responsible system administration on command, control, communications computer and intelligence systems.

The cyber warrior of the year was broken down into specific career fields, with the award package breaking down even further to three categories pertaining to his career field.

"I remember two of the three categories were community involvement and education aspects pertaining to the job," Barkman said.

Barkman knocked the education section out by completing the extensive Microsoft

Certified Information Technology Professional courses specializing in server administration and enterprise administration.

"It's a true blue boot camp, and he was one of four people out of 25 or 26 people who actually paced all certifications the first time around, and I can vouch for how hard it is because I went to the fast passed class later and I missed one exam," said Mr. Donald Pettit, 611th ACOMS. "It was very, very hard, but it helps him do his job."

"He's dedicated, I mean if you give him a task it's almost fire and forget – you're just waiting for him to come back and tell you, 'Hey I did it.' or, 'Here's the product,' depending on what was asked of him," said Master Sgt. Devlin Huffman, 611 ACOMS. "He's motivated and self-sufficient."

Barkman said he believes a large portion of what went into helping him win this award was deploying to Al Udeid earlier in the year.

"The level of real-world missions that are going on over there and the constant tempo of stuff that's going on just provided a lot of experience," Barkman said.

"Mission comes first, but my mindset is to come to work every day and enjoy myself," Barkman said. "Have fun, I like the people I work with, I like my job and we work in a great squadron."



**Tech. Sgt. Ryan Barkman, 611th Air Communications Squadron, performs a systems check on a rack-mounted server, June 8. Barkman won the Air Force Cyber Warrior of the Year Award for fiscal year 2010. (Courtesy photo)**



# Back-to-back success

*JBER firefighters earn Air Force award for second year running*

By Air Force Staff Sgt. Jeremy Larlee  
JBER Public Affairs

The Joint Base Elmendorf-Richardson Fire Department was recently recognized as the 2010 best large fire department of the year for the Air Force.

It is the second year in a row the fire department has garnered this award.

JBER Fire Chief David Donan said he found out about the award through a phone call from his commander. He said the award was a product of the hard work by the great team he leads.

"We have a good blend of youth and experience," he said. "We have a group of hard workers and a lot of experience here."

Donan said having a good team is vital at JBER because of the challenging mission here. He said it is a mission which can change on a dime depending on the season.

"We have an outstanding and varied fire-protection mission here and it gives us a lot of opportunities to excel," he said. "Our firefighters don't come to work and be bored.

There are many chances for them to apply their skills. They get a chance to do and see things here that you can only read about at other bases."

This is the second duty assignment for Senior Airman Darren Henderson, a JBER firefighter driver and operator. He said he was excited when he heard about the fire department earning the award.

"It's a great feeling to know we were recognized as the best in the Air Force," he said. "It is so rewarding to be part of a team that has accomplished that."

The Airman said he has been a lot busier here than he was at his previous assignment at Barksdale Air Force Base, La.

"The daily call volume here is five times more than what I saw in a week there," he



Senior Airman Justin Andreas, Joint Base Elmendorf-Richardson firefighter, tightens his oxygen mask in preparation for a confined space entry rescue drill June 30, 2010. (Photo by Senior Airman Christopher Gross/JBER PA)

said. "It is because of the wide variety of missions we fill."

Hone, who has been a firefighter for 28 years, said there is one area in the fire department that sets the table for all of the group's success.

"I think what sets us apart is our excellent training program," he said. "We have without a doubt the most in-depth and comprehensive training program that I have ever been associated with."

He said there is a real focus on limiting the class room training as much as possible and maximizing the hands-on training.

That training proved vital during the response following the crash of the C-17 Globemaster III in July of last year.

"It was pretty obvious from the start that it was bad scenario," Hone said. "The training kicked in and it was obvious that

we trained everyday for situations of that nature."

The chief said a wing-level exercise which occurred about three weeks before the incident covered a similar accident. He said it was extremely helpful in working with other base agencies.

Henderson said he was thankful for his training on that day. He said it helped to deal with some of the disturbing images he saw and helped him to complete his mission.

"Sometimes, you would wonder why we do so much training on some things, but on that day it seemed like we had done it a hundred times," he said. "Some of the stuff we saw no amount of training could prepare you for, but we came together and got through it."

The Airman said he is proud of how all his firefighter teammates performed that day.

"That was a hard day because you never want to see that," he said "The only thing I would change is that it happened. I think the way we performed as a team was perfect."

Hone said firefighting is a dangerous profession. He said each firefighter needs to be able to trust each other and know they are going to do the right thing at all times.

"Accountability and integrity, right down to our youngest guy, is vitally important," he said. "Don't just say you can do it, but absolutely know you can do it."

He said his firefighters also have to be professional at all times and not add to the troubles their customers may be having.

"People don't call us when they are having their best day," he said. "They call us when something has gone very wrong. They want someone that is going to show up on scene and make it better."





**Wounded Warrior supporter runs from Deadhorse to Homer to raise funds for troops**  
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**Don't get burned by fireworks in town**  
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www.jber.af.mil/news

# ARCTIC WARRIOR

Volume 2, No. 24 June 17, 2011

## COMMUNITY

### JBER hosts Military Appreciation Day picnic, games

By Air Force 1st Lt. Matthew Chism  
JBER Public Affairs

On June 10, Joint Base Elmendorf-Richardson's 22nd Annual Arctic Warrior Olympics began with opening remarks from the Commander of the 673d Mission Support Group Col. Edward Thomas, the lighting of the ceremonial torch, and a lofty yet simple challenge from the Command Chief Master Sergeant of the 3rd Wing, Chief Master Sgt. Steven Bohannon.

The challenge: to dethrone the perennial champions.

Last year's 2010 Arctic Warrior Olympics saw the 517th Airlift Squadron win for the seventh time in ten years.

Challenge given, they were off to the races. Thomas and Bohannon led the crowd to the starting line of the 5K race.

For military members and their families, alike the day's activities were a chance to get out and enjoy some time away from work with their units.

"(It's) an opportunity to have some fun and break loose from the daily demands that we've got as military members," said Air Force 1st Lt. Matthew Rogero.

He added that he was honored to have a chance to be a part of the team that organized this, because of its intent to give back to the Soldiers and Airmen.

Rogero, a section commander and mission support flight commander in the 381st Intelligence Squadron, was the lead for the planning of the Arctic Warrior Olympics.

With nearly 20 different events spanning much of the base, there was a great deal of planning and coordination that had to be

done for the day to be a success.

The toughest part of setting up the Arctic Warrior Olympics was bringing everybody together and organizing the event's structure, said Rogero. Capt. Shawn Partington, Senior Master Sgt. Craig Martin, Master Sgt. Angela Wheeler, and Master Sgt. Charles Knight were essential in making the entire day go smoothly.

The organization of the event was vital with picnics at both Buckner Field and Palmer Park. Along with that, there were events from six in the morning until three in the afternoon that included: archery, softball, volleyball, inline hockey, a fire truck pull, bowling and Texas Hold'em, as well as many others.

After participating in the Olympics In-Line Hockey tournament, Warrant Officer Wilson Billard of the 381st Intelligence Squadron said that he was glad to have this chance to come out and be active with his squadron.

Even with all of the day's events one thing was the center of attention; The Anchorage Chamber of Commerce Picnic.

The picnic was open to all JBER personnel and families.

There were burgers, cotton candy, a bounce house, face painting, and other events free of charge.

The sponsor of the picnic, the Anchorage Chamber of Commerce, has supported this event for the last sixteen years.

Sami Glascott, president of the Anchorage Chamber, has been at the helm for nearly two and half years and said she was happy about the way that this year's picnic played out.



Children wait in line for their turn in the Bounce House at Joint Base Elmendorf-Richardson's Military Appreciation Day picnic and festival. (Photos by Percy G. Jones/JBER PA)

Ms. Glascott said they sponsor the picnic because the businesses want to "show their appreciation" for the military.

"This year has been great, we were able to raise the funds that we needed to easily support (the picnic)," said Ms. Glascott.

A bowl-a-thon, hosted on base in February, raised money to make the event possible.

Because nearly 8,000 people attended the picnic last year, the Anchorage chamber

needed to reach out to the business community for manpower and support.

More than 150 volunteers from local businesses worked this year's event. Volunteers helped with setup, serving, and disassembly.

Food left over after the event was donated to Beans Café, a nonprofit company which has served Alaska's homeless and hungry for more than 31 years.



Hundreds turned out to share in the 2011 Military Appreciation Day picnic and activities on Joint Base Elmendorf-Richardson. Parallel festivities were held on both sides of the installation; JBER-Richardson's events were held outside the Buckner Physical Fitness Center.

### Yukla Memorial eagle pen offers a glimpse of Alaska

By Chris McCann  
JBER Public Affairs

Near the 3rd Wing Headquarters building on Joint Base Elmendorf-Richardson is a large fenced area with a small building that might be easily overlooked – unless one sees the pair of bald eagles in it.

Primary caretaker Tech. Sgt. Brian Lee often visits the Yukla Memorial pen, feeding the eagles and cleaning up shed feathers.

"I've always been interested in falcons and raptors," said Lee, a weapons loader with the 90th Aircraft Maintenance Unit.

"I met with the person who was taking care of them and volunteered in 2008, and over time I ended up in charge."

Lee does not touch the eagles – it's forbidden, except to catch them if they are injured and need treatment.

They're wild eagles who were

injured as adults, and while they "talk" to Lee and seem to like him, they are not domesticated, he explained.

"They're very clever," he said. "They get to know people." Lee whistles at them, and they chatter back from their perches. "They seem to enjoy having company," he said.

Periodically he picks up the larger shed feathers in the pen.

It's illegal to own any part of an eagle, dead or alive, except for registered Native Americans.

The volunteers at the pen gather the feathers, and when they have amassed enough, they ship them to the National Eagle Repository at Rocky Mountain Arsenal near Denver, Colo., where feathers and other parts are distributed to natives who request them.

Visitors to the eagle pen should not pick up any feathers around the cage, Lee said.

The eagles, named Notch Wing

and One-Eyed Jack, are disabled – one perch bears a sign reading "Reserved for Handicapped Eagle" – and cannot be released into the wild.

Instead, they receive salmon and other donated food, and serve as both mascots and tributes to wounded veterans.

The display was the brainchild of Kerry Seifert, when he was enlisted in the Air Force in the late 80s, according to a history written by Maj. Eric Ashman.

Seifert was an experienced falconer, and since Elmendorf Air Force Base was home to the F-15 Eagle, he proposed a display of eagles who could not be returned to the wild.

The wing commander supported the idea, and the display was constructed by volunteers and the civil engineering flight, using donated and surplus materials.

After two years of planning and construction, the first three eagles arrived in 1991.

Only one of the original eagles remains; the other two died of avian botulism about 11 years ago. Notch Wing became ill, but recovered after intensive treatment.

One-Eyed Jack lost an eye and his wing was too badly broken to heal, so he came to the pen in 1999.

Notch Wing was wounded by a gunshot; his wing healed, but he cannot grow a full set of flight feathers, so he too is unreleasable.

He came to Elmendorf in 1992.

The birds are a big hit, especially during air shows and other large events.

"We've had several people who used to help with them come to visit, and they really enjoy seeing them," Lee said.

"We also get people asking questions, of course...we encourage people to come and visit."

The caretakers also conduct small tours for home-school

groups, Boy Scout troops, and other groups who want to learn more about eagles.

"We can always use donations," Lee said. "If there aren't enough donations, we, the volunteers, pay for their food."

Steaks and turkey legs are occasional treats, Lee said.

Usually the eagles eat donated salmon, trout and hooligan; they

don't care for halibut.

The caretakers also accept raw unprocessed unsmoked poultry, game birds, or meat as long as it isn't ground. As long as food isn't severely freezer burned, the eagles will eat it.

"People can drop food in the ice chest in the entryway of the building," he said. "And visitors are welcome any time."



One-Eyed Jack, a disabled bald eagle at the Yukla Memorial on Joint Base Elmendorf-Richardson, chatters at caretaker Tech. Sgt. Brian Lee recently. Two eagles live in the pen, serving as living tributes to wounded veterans. (Photo by Chris McCann/JBER PA)



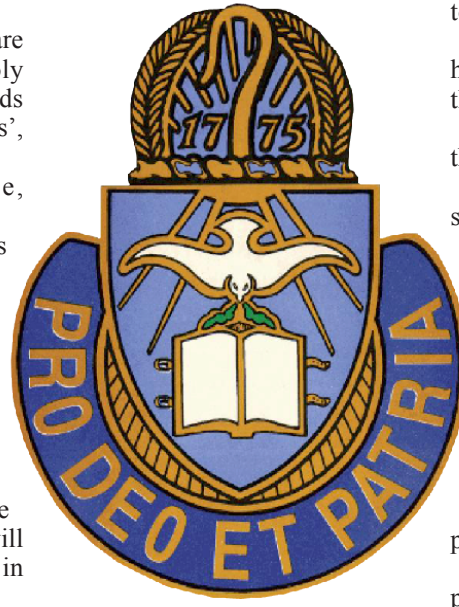
Notch Wing, a disabled bald eagle at the Yukla Memorial on Joint Base Elmendorf-Richardson, flaps above caretaker Tech. Sgt. Brian Lee recently as Lee collects fallen feathers to send to the National Eagle Repository. (Photo by Chris McCann/JBER PA)

# Everyone believes in something – what’s your anchor?

Commentary by Chaplain (Maj.) Kenneth M. Bolen  
4-25th ABCT, 25th Inf. Div.

Recently, our unit conducted a personnel asset inventory in connection with an upcoming change of command.  
Every Soldier had to have his ID card and tags checked, have a new photo taken in preparation for deployment, and check his information on the unit alert roster. My chaplain assistant also had them verify their religious preference to ensure we know how to best support our Soldiers.  
As is always the case, not everyone's information is correct. Some Soldiers claim a faith, some claim to be atheist, some claim to be Jedi (truly, I read what he wrote, and it was Jedi).  
When I go over lists like this, I sit back and think about what it is

that we really believe.  
As an Anglican, my beliefs are contained in the words of Holy Scripture and the ancient creeds of the church (Nicene, Apostles', Athanasian).  
What do others believe, though?  
Honestly, everyone believes in something, even if it's just believing in themselves.  
When someone loses hope or has a crisis of faith, though, things can come unglued.  
What we believe is always connected with what we do.  
You can tell me what you believe, and you can tell me what's important to you, but I will measure that against what I see in your actions.  
The quickest and surest way for me to know what a person's priorities are is to look at their calendar and bank statement.



Typically, where you put your time and your money is where your heart is, and your heart is connected

to your faith.  
My heart goes out to those who hurt, to the abused, the depressed, the suicidal.  
At the core of every problem there is something deeply spiritual.  
In the Army's Comprehensive Soldier Fitness program, the spiritual dimension is the one I would argue is most important (of course, I am a chaplain), but it is the one that is least discussed or resourced by the Army.  
When I listen to those who are going through these deep pains of life, the one thing I constantly listen for is an anchor point.  
What is the one thing this person truly believes in and can grasp onto no matter what happens in life?  
Too often, there is no anchor, or at least not a solid one.  
People will let us down; the government will let us down; our own bodies will let us down (ask any 20-year paratrooper).  
What can we turn to?  
I encourage each of you to reach out – some would say you should become part of something greater than yourself.  
Relationship is key.  
Human relationships can help us to stabilize for a while, but for lifelong joy and peace, a relationship with God is the only anchor that's been found over the thousands of years of human existence.  
Finding that solid foundation to stand on can literally be life-saving when everything else in life feels like waves crashing down on you.  
As country singer Aaron Tippin wrote, "You've got to stand for somethin', or you'll fall for anything."  
God bless you.

# A fighter pilot's perspective on control – and perspective

Commentary by Lt. Col. Gregory Kreuder  
13th Fighter Squadron

MISAWA AIR BASE, Japan — Regardless of badge or rank, as Airmen, we all decided to put the needs of our country above our own. We work in high-pressure environments where we compete with peers for jobs, schools, and promotions. Yet we still need to function as cohesive teams to achieve each of our squadrons' missions.  
If we can't adapt, this leads to undue stress and friction. In this article, I'll offer a perspective gained during undergraduate pilot training as perhaps one way to strike a balance between these competing interests.  
In my 16 years in the Air Force since pilot training, I've truly enjoyed serving without concern for what the future holds. In my view, the issue of control is at the heart of the matter.  
Whether or not we agree, most have heard the saying, "Control is an illusion." If true, should we throw our hands up in defeat?  
On the contrary, I propose we separate the few things that are within our control from the vast remainder which is not. We should expend our best effort where we can and let the rest ride. It sounds simple, but requires critical analysis and deliberate effort.  
In my opinion, what we can truly control are two things: our effort, starting with preparation through execution, and our attitude. Most everything else is outside our control. By focusing on one and disregarding

the other, I suggest we'll lead less-stressful lives and perform better. To a certain extent, I submit stress is the manifestation of our inability to control events which, for whatever reason, are outside our control.  
I graduated officer training school in 1995 and went to pilot training at Laughlin Air Force Base, Texas, where I flew the mighty T-37 Tweet, followed by the T-38 Talon. It quickly became clear that this deliberate high-pressure environment would determine not only who could fly jets well, but who could deal with stressful situations. The pressure-cooker is designed to replicate the stress of say, an in-flight engine fire, without actually initiating one.  
The Air Force needs pilots who react to emergencies in a cool, calm and professional manner; not someone who grabs the mic and yells, "We're all gonna die!"  
As student pilots, we were graded on everything we did and how we did it, every day. Pilots who remained calm with a positive attitude invariably performed better than those who didn't.  
Everybody has good and bad days and I'm no exception to this rule. Although it's easy to be in a good mood when things go our way, the true measure of our character is when things don't go so well. For example, on one of my bad days, I left my trusty T-37's landing light extended when doing practice approach and landings at Laughlin Air Force Base, Texas. After one particular

approach, I failed to properly accomplish the checklist after bringing up the landing gear and completely forgot to retract my landing light. As I was about to over-speed the hapless appendage, my instructor took control of the aircraft and retracted it for me. He just as quickly handed me the aircraft back, and in the space of a few seconds, I knew I'd failed that sortie. Nuts!  
As I walked home that afternoon, I asked myself if I had adequately prepared for the ride, put forth my best effort, and maintained a positive attitude throughout. These are the only variables truly within my control and I strove to maintain the highest standard for each.  
Fortunately, in this case, I felt I maintained a positive attitude, was well-prepared, and did my best that day. This was an error in execution that happens to everyone from time to time. I didn't dwell on it and instead concentrated on the lesson: Stick to the checklist and retract the landing light, dummy!  
The next day I re-flew the sortie without event and that was that.  
Most Airmen in my class adopted a similar philosophy. Consciously or otherwise, we focused on having a good attitude and simply doing our best every day. We learned to let go of the rest, including the grades that ultimately determined class standing and our follow-on assignments. I'm confident we functioned well as a team due to this or a similar mindset. On occasion, thankfully

rare, one of our classmates would excessively focus on grades and comparative class ranking.  
This concentration on factors outside their control greatly increased the individual's stress and often soured that person's attitude. When the team members saw this, they joined forces and brought the wayward soul back on board. We taught each other to remain positive, focus on effort rather than performance on any given day, and let our instructors worry about how the rest would go.  
The way I see it, there's only one person you have to prove anything to: yourself. I recommend we consciously "grade" ourselves by the few things we can control, such as preparation, effort, and attitude, instead of how others see us — through grades, promotions, and ranking.  
Do the right thing because it's the right thing to do and let our supervisors worry about performance reports and what our next jobs might be. This mindset has greatly reduced my stress. Although I've offered pilot training as an example, this approach can be applied to any environment where we work closely with one another, yet are graded in relation to each other.  
Rather than focusing on the parts of control that remain an illusion, we can instead concentrate on the variables that occasionally drive the outcome in our favor. By doing so, we're maintaining full control of our sense of self-worth and ability to lead less-stressful and happier lives.

# Community happenings

**SATURDAY**  
**Mayor's Marathon**  
Five simultaneous races attract runners from all over the world. A marathon, a half-marathon, a five-mile run, a marathon relay and the youth cup start at the base of the Chugach Mountains and end at the edge of the Cook Inlet.  
Bib pick-up is at the Anchorage Sheraton hotel June 16 and 17.  
For more information, visit [www.mayorsmarathon.com](http://www.mayorsmarathon.com).

**Summer Solstice Festival**  
The year's longest weekend kicks off in downtown Anchorage with live music, children's activities, cultural performances, hero games and much more.  
All the activities are free.  
For more information, visit [www.anchorage-downtown.org](http://www.anchorage-downtown.org) or call 279-5650.

**Third Annual Hero Games**  
Anchorage first responders including police, firefighters and all branches of the military take on the defending champion Anchorage Fire Department in a friendly competition that includes doughnut eating, obstacle courses, litter dummy relay and bucket brigade.  
Games run from noon until 5 p.m. at 4th Ave. and E street downtown.  
For information, call 279-5650.

**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. 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).

**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.

**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 Eagleleg 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](mailto:whipkey@elmendorf.af.mil).

**ONGOING**  
**Farmers' market**  
Non-profit, farmer-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).

**Anchorage baseball**  
From June 5 through Aug. 3, the Mulcahy Stadium hosts the Anchorage Bucs and the Anchorage Glacier Pilots baseball.  
Outstanding collegiate play-

ers 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.gla-cierpilots.com](http://www.gla-cierpilots.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).

**Local 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.anchorage-museum.org](http://www.anchorage-museum.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).

**"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 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.  
For more information, call 929-

**Chapel services**  
**Catholic Mass**  
Sunday  
9 a.m. – Soldiers' Chapel  
10:30 a.m. – Elmendorf Chapel  
11:30 a.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.

# 673d Force Support Squadron JBER-Richardson Events

## OLYMPIC DAY 2011

Join the Celebration!

Every year, Olympic Day is celebrated by thousands of people, in more than 160 countries. Commemorating the birth of the modern Olympic Games, Olympic Day is not only a celebration, but an international effort to promote fitness and well-being in addition to Olympic ideals of Fair Play, Perseverance, Respect and Sportsmanship.

- ★ **WHAT:** JBER Youth Programs Olympic Day Celebration
- ★ **WHEN:** June 23<sup>rd</sup>, 12:00 - 2:00 pm
- ★ **WHERE:** Buckner Ball Field, JBER - Richardson

Guest Speakers:  
Olympic Women's Medalist Kikkan Randall & Kerry Weiland

For more information, contact Jeff Nunley: [jeff.nunley@us.army.mil](mailto:jeff.nunley@us.army.mil) or call 384-1508.

**OLYMPIC DAY**

**ATV SAFETY CERTIFICATION COURSE**  
June 21 & 28 from 1 - 5 p.m.  
Pending Weather • \$50  
Pre - register 1 week prior to class!  
Learn riding techniques, hand signals & lessons of riding in Alaska.  
JBER Richardson Outdoor Recreation  
For more information call 384-1475/1476

**June 21**  
Tuesday, 6 p.m.  
Come for Family fun under the Midnight Sun!  
Sign up early!  
428-0056

## Coming To You June 18!

THE 4<sup>th</sup> ANNUAL MILITARY APPRECIATION CAR SHOW ON JUNE 18!

Call 384 - 7619 or 384 - 9006 for more information.

Summer Solstice

June 21 Tuesday, 6 p.m.  
Come for Family fun under the Midnight Sun!  
Sign up early!  
428-0056

Hill & Creek Courses at MOOSE RUN GOLF COURSE - ALASKA

**FORCE SUPPORT SQUADRON**

**Experience JBER Elmendorf-Richardson**

JBER ELMENDORF OUTDOOR ADVENTURE PROGRAM

For Reservations call 552-4599  
Reservations must be made in advance.  
Email: 673fss.oap@elmendorf.af.mil

**Russian River Fishing Trip**  
June 20 & 27  
6 a.m. - 5 p.m.  
Not a guided trip, but we get you to where the fish are. Equipment may be rented prior to departure at Outdoor Recreation Center. Sit back and relax on the drive down to the river and sleep on the way back after a day of fishing. Cost is \$40 for ages 8 years old and up. An Alaska fishing license is required for all participants.

\$40

**ATV Trip: Hatcher Pass**  
June 19, July 9, 17 & 31  
8 a.m. - 5 p.m. • \$150

\$150

**ATV Safety Certification**  
June 15, 22 and 29  
4 - 9 p.m. • \$50  
Meet: Hillberg Ski Area  
This fee will be deducted from the cost of your 1st ATV trip with OAP. (16 yrs and up)

\$45

**Whitewater Rafting Eagle River**  
June 22, 23 & 29  
5 - 8 p.m.  
June 11 & 25  
10 a.m. - 1 p.m.  
2 p.m. - 5 p.m.  
Reservations must be made in advance for trips at OAP 552-4599

\$45

"Baby Bump and Beyond"

Tuesdays & Thursdays at 11 a.m.  
A fitness class for pregnant/post natal active duty and dependents. Great for new mothers after the baby is born too. The goal is to keep exercising until birth, then help speed recovery. We will help get you back into shape for your PT test. For more information, call  
**JBER Elmendorf Fitness Center**  
552-5353

NEW!

BINGO

28 54 12 59 53  
34 66 26 25

NEW!

BINGO

4 16 37 58  
26 55

FREE Movie Night

at the Arctic Oasis Community Center

Friday, June 24

Movie starts at 6 p.m.

Free Popcorn

"Megamind"

552-8529

Bingo at the Kashim

Every Wednesday at 6 p.m.  
Prizes: Cash from \$25-\$100 given each game with a \$1000 Jackpot possibility every week. Cost \$25 large packets (mandatory purchase to play). Must be 19 years old to play.

Kashim Club  
552-2393

# Get out and enjoy spring in Alaska!

## 3rd MXS leaves 673d FSS in dust, starts season 2-0

By Senior Airman Christopher Gross  
JBBER Public Affairs

The June 7 intramural softball matchup, the 3rd Maintenance Squadron versus the 673d Force Support Squadron, didn't seem like much of a challenge at all for the 3rd MXS, as they easily defeated their opponent with a score of 14 to 3, starting them off 2-0 for the season.

The maintenance crew came out ready to play, scoring at least one run in six of the seven innings.

Their defense was also on top of its game, only allowing 10 batters to the plate in the first three innings of the game.

It almost looked like there was some type of hope for the FSS team, as Leslie McDowell homered to start off the bottom of the fourth inning, making the score 1 to 5.

However, the MXS retaliated in their next at-bat, scoring five of their 14 runs in

the top of the fifth.

The FSS would score their other two runs in the sixth and go zero for three in the seventh leaving them to start their season 0-2.

3rd MXS coach Chad Corcoran said his team played decently, although they still have some kinks to work out, but they were pleased with the win.

He said his expectation for the rest of the season is to "be competitive and go out and have fun."

After going 0-2 to start the season, 673d FSS coach Laurie Doughty seemed very optimistic.

She said her team is still learning but feels when they come around and pull together, good things are going to happen.

"We've got good players out here, very strong and talented players," she said. "(We) just need to be a team, come out and have fun, sometimes it just takes having fun to win games."



**ABOVE LEFT:** Robert Camacho, of the 673d Force Support Squadron, hits a ball pitched by Curtis Lopez, of the 3rd Maintenance Squadron, to the left side of the field during an intramural softball game June 7.

**ABOVE RIGHT:** Left fielder Mickey McAlister, of the 3rd Maintenance Squadron, throws the ball from the outfield. The 3rd MXS topped the 673d FSS with a score of 14 to 3 starting themselves out with a 2-0 record and leaving the FSS 0-2. (Photos by Senior Airman Christopher Gross/JBER PA)



## Running for the gold: six hot tips for improving run times

By Airman 1st Class Jack Sanders  
JBBER Public Affairs

Out of breath, sweating, tired but with a sense of accomplishment – is the feeling distance runners strive to obtain as they finish a race they've been training for.

Running the big race may not be the thing for everyone, but improving run times comes across most service members' minds once or twice a year. Whether that thought comes due to an upcoming physical training test or just out of self-improvement depends on the person. To help with achieve a better run time the Health and Wellness Center run clinic experts offer six helpful hints.

### Set a goal

Running isn't a sport to jump into blindly. It's easier to reach the finish line when you know where it is, said LaRock.

"I set up a plan," said Ryan LaRock, Health and Wellness Center, fitness assessment cell technician and run clinic instructor. "I say, 'how many weeks do I have until this event?' Then I ask myself 'Where am I at now and how am I training now?'"

Smart runners will set a goal to slowly increase their workout regiments until they feel comfortable with their run, LaRock said. "I'm training for a marathon in two weeks in Seattle," LaRock said.

"My mileage has increased, but when I first started to prepare I had been running probably 15 to 20 miles a week. I look at my mileage and think, 'So, I've been running 20 miles a week. How can I take that base line and stretch it out depending on however many weeks I have left?' My goal is to get to the point where on race day, when I have to run 26.2 miles straight, I have slowly progressed over that amount of time so I know on race day I'll be able to finish my run. I'm not going to set any records or anything, but how can I put myself where I can finish? My longest run so far was 21 miles. For me that was good, and when I finished I felt good."

Setting a goal not only helps to keep on track to the finish line, but can add to a positive mentality, he said.

"Setting up a plan helps," LaRock said. "When you know what's expected of you, you map out a plan or somebody maps out a plan for you. You know Saturdays are your long runs. Now that you know that, you can mentally prepare. 'Saturday, I'm going to be running a little bit longer than I'm used to.'

"If you can somehow map it out you'll know what to expect. Instead of showing up for PT and somebody saying, 'today we're running for 35 minutes straight.' When before that you've only run for a mile and a half and it takes you 12 to 14 minutes. That can be really devastating. But deciding to do a race gives you motivation. You have a starting point, your base line and a goal end date so you have something to work towards."

### Keep a positive mindset

If the proper

planning and goal setting has been accomplished, then a strong positive mindset may already be in the works, but keeping that mindset is a key part of improving your running, LaRock said.

"Midrunning, motivation is key," LaRock said. "Personally I look at it like this: if I'm halfway into a run I think, 'I'm halfway done. I'm almost there. I can get to the end.' Focus on breathing and strides and put yourself in a place mentally where you feel comfortable doing what you're doing.

"If you thinking about how much it sucks to run or how bored you are, it can really be devastating," he continued. "That has to be part of your training program too, because if you jump into it and you do try and run greater distances than you're used to you may be thinking about how tired you are or how sore you are.

"That kind of breaks you down. But if you set up a program where you can achieve certain distances along the way, you build the mental competence in your training program too so you're not only training physically but mentally. You're building a good mentality for whatever your goal is."

### Maintain a training regimen

"You have to run to get better at running," LaRock said.

When working towards the goal of improving running capabilities, it's important to go at your own pace and maintain that pace, LaRock said.

"A lot of times I find people don't maintain a regular exercise workout routine," LaRock said.

"They lose some of their fitness level, they decondition and they have to fight to get back to

where they were. You have to run to get better at running. But you can also be involved in other low impact activities like cycling, swimming, or rowing, which can all help improve the fitness level needed for improved running times. In order to improve the run you want to build a good aerobic endurance base. Being able to run for 30 minutes at a time or three miles at a time will give you a good foundation to go off of. From there, you can work on your speed for your run."

Once a solid baseline is set, it's time to begin working on improvement.

"Proper progression is important," LaRock said. "A problem I see often is people trying to do too much, too fast and they can get overuse injuries, which will set them back. You kind of have to start over again," he said.

"Maintain your workout routine," LaRock said. "It doesn't have to be a high-intensity workout routine. I think it's important to maintain a moderate intensity workout routine four or five days a week over time. When people decide, 'Today I want to go out and do a 5k,' and they go out and try and run two and a half miles and they haven't done anything in six months, their body's probably going to be sore for a while. You have to progress into where you want to be. And, it's the exact opposite for people who are working out intensely daily without rest.

"It's good to find a balance and vary your workouts. You have to run to get better at running, but substituting a run with time on an elliptical or riding a bike (is fine.) You're still doing aerobic activity. You're still going to benefit from it."

### Ask the experts for help

Living near a place where fitness experts are at your disposal is a benefit, so don't be afraid to seek out their guidance, LaRock said.

"We do gait analysis, where we can take a look at peoples stride length and what their mechanics are like and hopefully help improve their performance," said LaRock.

"We can see what their body's doing when they're running and if they need a certain kind of shoe to help them out. Sometimes a certain kind of shoe can do wonders," the expert said. "Sometimes it's just mechanics and you try and help people try and fix those mechanical issues, but it's hard to change someone's running styles; especially if they've been running that way for 20 years.

"But if they can comfortably change their running style to the point where their foot is landing underneath their body and they have a slight forward lean in their upper torso, they'll see improvement."

ment."

Genetics can play a key in running, but it isn't what makes or breaks a runner.

"A lot of people think, 'That person's really tall. They have really long legs, they should be able to run really fast because they have long strides,' but if you over stride you have the issue of heel striking, and the force is going against you and slowing you down. If you can, try to increase your stride frequency. You don't need big long strides to be fast, but if you can increase how many strides you're taking, you can improve your time and it's easier on your body."

### Replacing footwear is important

Forrest Gump said, "I've worn lots of shoes," and for a runner that's important.

"There are different things that people don't think of, like your running shoes," LaRock said. "Footwear is important. A lot of people have their workout shoes and they keep using them for close to a year or longer and they wear out. If you're running a lot, you want to make sure you have proper footwear."

Having the proper footwear is different for every person.

"Some people need cushioning, some people need stability, and others need motion-control shoes," LaRock said. "Everyone's mechanics are a little different. Finding the right shoe that fits your mechanics might not completely solve the mechanical problem, but it can help relieve some of the pain or injuries that someone might be having."

Replacing footwear is crucial for runners.

"The recommendations are at 300 miles, it's time to replace your shoes. If you've had them for five or six months and you run a few times a week, it's probably time to get a new pair," LaRock said. "It's stuff that you don't think of. I've done it. I've run on an older pair of shoes, and I've started getting some foot pain and I replaced my shoes and felt 100 times better."

### Take a break

LaRock said running is the highest impact that you can put on the body, and running every day puts a lot of wear and tear on joints.

"Over time your body will adapt, but it's definitely important to have rest days," LaRock said.

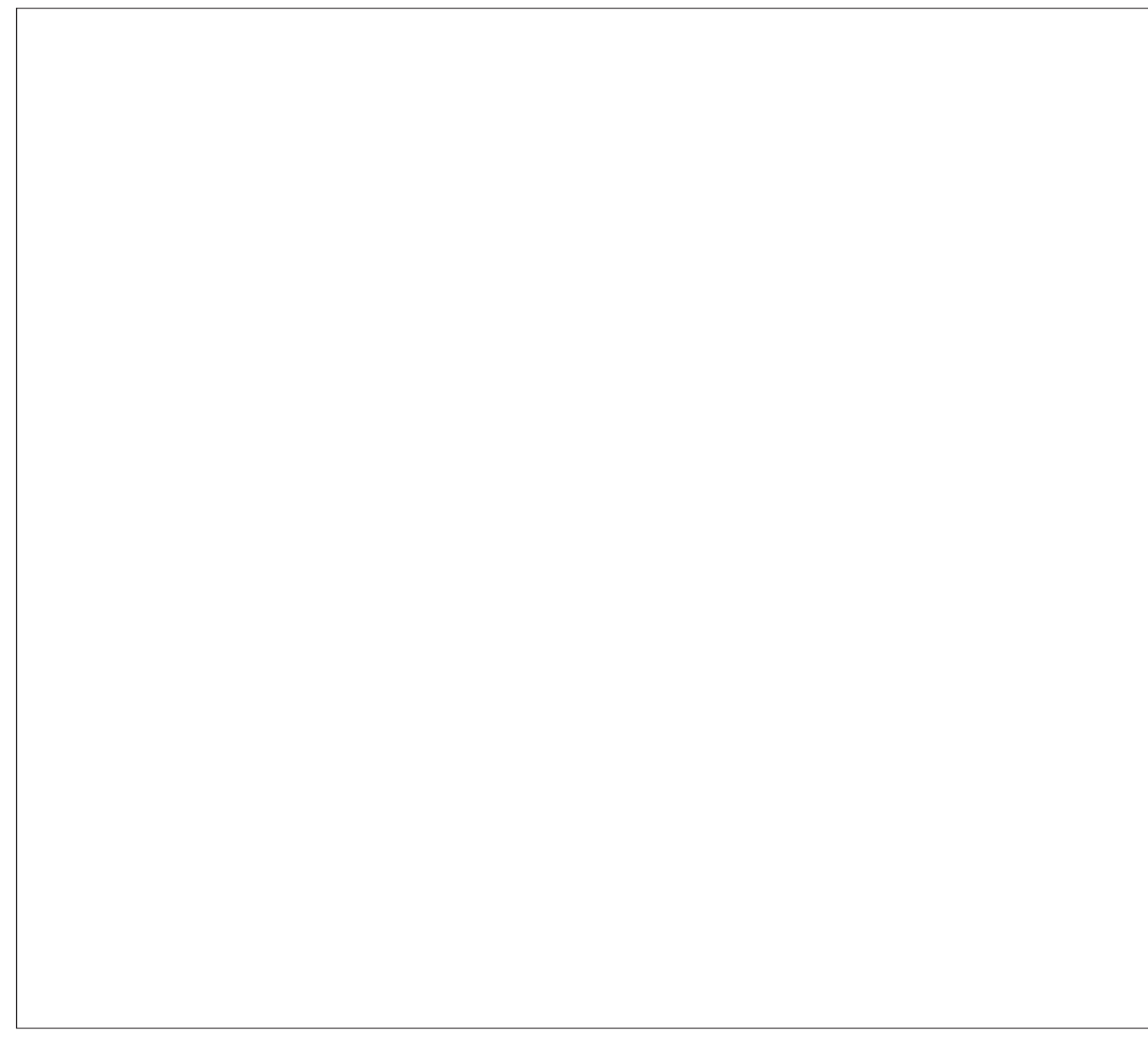
No matter how important they are or what their position is, everyone must rest, and it must be a key factor when working towards improving run times.

"A way to maintain proper progression is just by giving yourself days off and listening to your body," LaRock said. "Start out small. For some it has to be a run-slash-walk program where you're walking for two minutes and then you jog for one minute.

"There are a lot of different programs out there that help people kind of ease into it and I can help people get set up in those programs," he said. "We have one program called couch to 5k for people who haven't really exercised, but want to be able to do a 5k. We break down when they want to do that 5k, how many weeks it is, and how they can set up a plan to accomplishing it."

No matter what the time or goal is, LaRock said. Keeping up with these quick tips can help move toward improving the all-important run time.

## Arctic Sappers run with Wounded Warrior supporter



By Army Capt. Richard Packer  
6th Engineer Battalion

Matt Montavon, an Alaska mountaineering guide, just finished his 1,100-mile run across Alaska mission to raise funding and awareness for the Wounded Warrior Project.

Averaging 30 miles a day, Montavon set out from Deadhorse May 2. He pushed a cart loaded with supplies, as there were stretches of up to 250 miles without services.

His trek led him past Joint Base Elmendorf-Richardson June 6 where he was joined by Army Lt. Col. Marc Hoffmeister, commander of the 6th Engineer Battalion (Combat)(Airborne) and Soldiers of the 6th Engineers who ran with him along the base and into Anchorage.

Hoffmeister, a wounded warrior himself, had previously climbed with Montavon during Operation Denali 2009, a wounded warrior expedition Hoffmeister organized to enable four Wounded Warriors to overcome devastating combat injuries and successfully summit Denali, the highest mountain in North America.

That climb inspired Montavon to continue working with wounded warriors on other climbs and to support their recovery with his latest adventure across Alaska.

The 6th Engineer Battalion colors led the way as Montavon and his motivating escort of troops ran to cadences and the honking horns of passing vehicles on the highway.

Troops wearing various uniforms, everything from summer PTs to ACUs to body armor and rucksacks, whooped and hollered encouragement to Montavon and each other.

Montavon finished his run in Homer on June 10, having raised \$4,000 for the Wounded Warrior Project through his website, [www.endorphinchase.com](http://www.endorphinchase.com).

Now, he is heading back up Denali, leading more wounded warriors to the top of North America.

**Soldiers of the 6th Engineer Battalion (Combat)(Airborne) accompany mountaineer Matt Montavon for the Anchorage stretch of his 1,100-mile run across Alaska. Montavon aims to raise awareness and support for the Wounded Warrior Project, a nonprofit organization which assists injured service members. (Photo by Army Capt. Richard Packer/6th Engineer 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

#### FAST FIVE

**Rated:** PG-13  
**Playing:** Friday at 7 p.m.  
**Run time:** 130 minutes  
**Starring:** Vin Diesel, Paul Walker, Dwayne Johnson

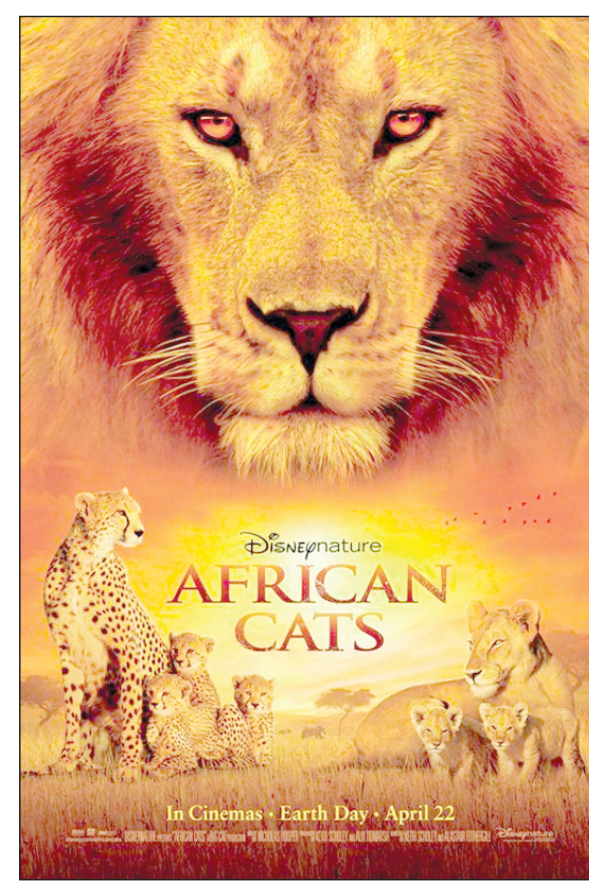
Former cop Brian O'Conner partners with ex-con Dom Toretto on the opposite side of the law. Since Brian and Mia Toretto broke Dom out of custody, they've blown across many borders to elude authorities. Now backed into a corner in Rio de Janeiro, they must pull one last job in order to gain their freedom.

### Now playing

#### AFRICAN CATS

**Rated:** G  
**Playing:** Saturday at 7 p.m.  
**Run time:** 89 minutes  
**Starring:** Samuel L. Jackson (narrator)

This Disney Nature-made documentary centers on two cat families (lions and cheetahs) and how they teach their cubs the ways of the wild.



## Fireworks a no-go on JBER, in Anchorage area

*Get your July 4 fireworks fix at a community event, not at home*

JBER Public Affairs

Fireworks are prohibited in the Municipality of Anchorage – even sparklers, bottle rockets, firecrackers and other items people might not think of as “fireworks” – and although Independence Day is approaching, it’s important to remember.

Selling, possessing, or using explosive fireworks in the municipality is subject to a \$500 fine.

Eagle River, Joint Base Elmendorf-Richardson, and most other communities in the Anchorage bowl area are part of the municipality.

Fireworks are banned partly because of the intense fire danger they pose. “Fire danger is very high right now,”

said Sue Rodman, a forester with the Anchorage Fire Department.

“We haven’t had a wetting rain in a long time, so things are really dry, especially in the soil layers. Even the trees are dry.

“Even though there is often cloud cover and it may feel humid, it’s not enough; the fire danger has been going up. And fireworks are a great ignition source,” said Rodman.

Anchorage and surrounding areas will have approved fireworks displays for the Fourth of July festivities, but the Anchorage Police Department will actively prosecute those in violation of the municipal code.

For more information about fireworks and fire safety in the Anchorage area, visit [afd.muni.org](http://afd.muni.org).

For information about where to see fireworks displays for Independence Day, visit [www.anchorage.net/events](http://www.anchorage.net/events), or check the Arctic Warrior Community Calendar on page 3.

Since there will still be noise from fireworks displays, pet owners are encouraged to be careful with animals who may be frightened or run away.

## Aurora Housing pet policy set to change July 1

JBER Public Affairs

In keeping with Department of Defense regulations, some breeds of dogs will be banned from Joint Base Elmendorf-Richardson housing beginning July 1. But what does it mean for pet owners?

Those residents who currently have a dog on the banned breed list will be allowed to keep it – provided the pet is registered and on the books with the JBER-Richardson Veterinary Clinic by July 1.

Breeds affected are pit bull terriers, American and English Staffordshire terriers, rottweilers, Akitas, Chows, and any wolf hybrid.

Doberman pinschers are limited – Doberman owners may have one dog and no other

pets, said Wendy Mekinda, general manager for JBER’s Aurora Military Housing.

The ban on aggressive breeds has taken shape over the past few years, starting in various commands in the Air Force and Marine Corps, and in 2009 the Pentagon approved the new policy.

Pets are limited to two in military housing, and must be registered on JBER and microchipped for identification, said Mekinda. Unchipped pets may be removed from the installation.

Aurora reserves the right to remove pets due to noise, nuisance (including smell) and destruction of property, she said.

All pets must be confined to the home or a fenced yard. If an animal is able to jump over the fence, it may be tethered to a stake, but not to a tree, shrub or fence.

Kennels, dog runs, electric fences, and commercial breeding are not permitted.

Ferrets, reptiles, monkeys and other exotic pets are not permitted in base housing. Guinea pigs, gerbils, hamsters, and fish are not considered exotic.

## TRICARE eligibility requires DEERS enrollment for newborns

*Infants risk losing coverage if not registered within a year of birth*

by Linwood Outlaw III  
 TRICARE Management Activity

FALLS CHURCH, Va. — TRICARE offers a variety of health plans designed to provide the best quality of care for parents and their babies.

However, if children are not properly registered in the Defense Enrollment Eligibility Reporting System, they risk losing their TRICARE benefits, program officials said.

“TRICARE Management Activity provides the best health care possible to support your newborn’s needs,” said James Frank, the DEERS in-process review program manager. “All you need to do is register your child in DEERS as soon as possible and the benefit process will work as planned.”

Newborns and adopted children must be registered in DEERS before they can be enrolled in any TRICARE health plans.

Parents do not need to know their child’s social security number to complete the registration process, but they need to add the number in DEERS as soon as it becomes available.

Parents can apply for their newborn’s social security number at [www.ssa.gov](http://www.ssa.gov) or by calling 800-772-1213.

To register their child in DEERS, parents must submit the following documents to their local identification card office:

- An original or certified copy of the baby’s birth certificate or certificate of live birth, or an FS-240 consular report of birth for children who are overseas
- A record of adoption or a letter of placement of the child into the home by a

recognized placement/adoption agency or the court before the final adoption

- A DoD Form 1172-2, application for ID card or DEERS enrollment, which is signed by the sponsor and a verifying official from a uniformed-services ID card-issuing facility.

If the sponsor can’t sign the DoD Form 1172-2 in person at an ID card facility, then a notarized copy of the document is required.

Even if children are not enrolled in TRICARE Prime within 60 days after their birth, they are automatically covered under TRICARE Standard and Extra until a full year after their birth.

If parents do not register their child in DEERS within one year of birth, the child loses eligibility and cannot receive TRICARE benefits until he or she has been registered.

To find the nearest ID card office, parents can visit the real-time automated personnel identification system, or RAPIDS, site locator website at [www.dmdc.osd.mil/rsl/](http://www.dmdc.osd.mil/rsl/).

Children are covered under TRICARE Prime for 60 days after their birth if at least one family member is enrolled.

Parents should submit an enrollment application to their regional contractor within 60 days of the child’s birth so the child remains eligible for Prime benefits beyond the initial coverage period.

Adopted children are covered under TRICARE Prime for 60 days beginning from the effective date of the actual adoption.

Pre-adoptive children are covered by TRICARE Prime for 60 days beginning on the date of placement of the court or an approved adoption agency.

The enrollment period for the TRICARE Overseas Program and TRICARE Prime Remote is extended to 120 days so that parents who live abroad can have ample time to satisfy overseas eligibility requirements for newborns.

Once a child is registered in DEERS, officials said, the parents should have no problem obtaining health care for their child.

For more information, visit [www.tricare.osd.mil/deers](http://www.tricare.osd.mil/deers).

“All you need to do is register your child in DEERS as soon as possible, and the benefit process will work as planned.”



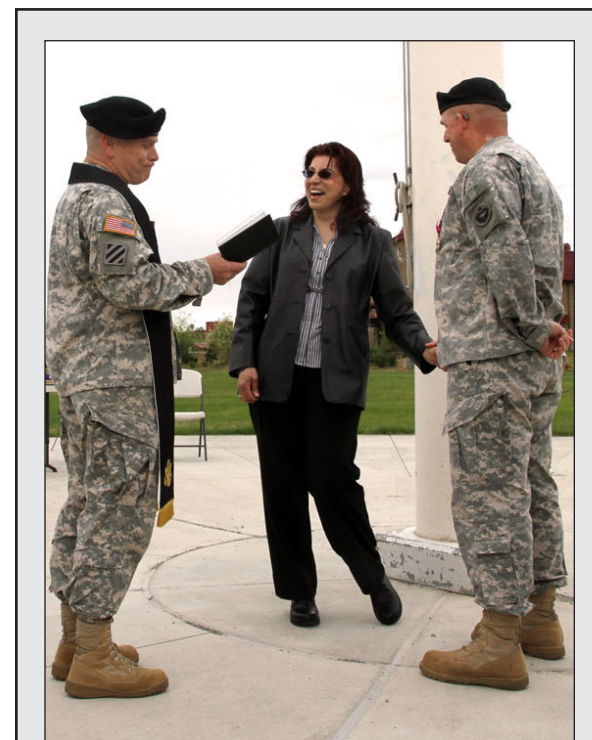
Airmen take a break for lunch at the free picnic during the JBER Military Appreciation Day events. The picnic was sponsored by the Anchorage Chamber of Commerce, and more than 150 volunteers turned out to support JBER. (Photo by Steve White/JBER PA)

## Picnic Fun

**TOP LEFT:** Three members of the 381st Intelligence Squadron and one assigned to the 673d Aircraft Maintenance Squadron attempt to pull a fire truck at the Arctic Warrior Olympics at Joint Base Elmendorf-Richardson June 10. (Photo by Steve White/JBER PA)

**LEFT:** Members of the 381st Intelligence Squadron square off against the team fielded by the 673d Aerospace Medical Squadron during the in-line hockey tournament of the Arctic Warrior Olympics. (Photo by Air Force 1st Lt. Matthew Chism/JBER PA)

**BOTTOM LEFT:** Rylee Schaar, 7, daughter of 1st Lt. Adrian Schaar, 3d Battalion, 509th Infantry Regiment (Airborne), gets her face painted at one of several activity stands on JBER-Richardson during the day's events. (Photo by Percy G. Jones/JBER PA)



## Surprise vows

Nancy Dockter expresses her surprise when she learns her husband's retirement ceremony will conclude a renewal of wedding vows, conducted by Chaplain (Col.) Richard Quinn. Sgt. Maj. Clifford Dockter (second from right), U.S. Army Alaska operations sergeant major, retired June 3 after 30 years of service. (Photo by Sgt. Tamika Dillard/3rd MEB PAO)

