



## Talisman Sabre 2011

U.S., Australian paratroopers exchange jump wings, A-10

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**Leaders** **Confirmation**

New Chairman of Joint Chiefs, A-4

# ARCTIC WARRIOR

Volume 2, No. 31

Joint Base Elmendorf-Richardson

August 5, 2011



LEFT: Airmen from the 673d Air Base Wing, Security Forces Squadron, low crawl during the Air Mobility Command Rodeo, Combat Skills Endurance test at Joint Base Lewis-McChord, Wash., July 28. The 673d Security Forces Team was named the Best Combat Endurance Team. RIGHT: A 3rd Wing, 517th Airlift Squadron, C-17 Globemaster III takes off for the last leg of competition at the AMC Rodeo, July 28. The 517th team won the title of Best Airdrop Crew. (U.S. Air Force photos/Capt. Corinna Jones)

## Team Alaska wins at Air Mobility Command Rodeo

By Air Force Capt. Corinna Jones  
302d Airlift Wing Public Affairs

Joint Base Elmendorf-Richardson Airmen rode off into the sunset with two prestigious awards after competing at the 2011 Air Mobility Command Rodeo, July 24 through July 29 at Joint Base Lewis-McChord, Wash.

The 673d Security Forces Team was recognized as the “Best Com-

bat Endurance Team” and the 3rd Wing’s 517th Airlift Squadron was recognized as the “Best Airdrop Crew.”

The Rodeo is a biannual Olympic-style competition, which began in 1962, and involves mobility aircraft with air crew, maintainers, aeromedical evacuation personnel, aerial port and security forces personnel competing in their respective core skills.

“This competition has enabled me to receive some great training. I feel more confident in my day to day job and abilities,” said Senior Airman Evan Gillies, 673d ABW Security Forces Patrolman and Team Alaska participant.

Team Alaska was made up of 45 members from the 773d Logistics Readiness Squadron, 517th Airlift Squadron, 3rd Equipment Maintenance Squadron, 517th

Aircraft Maintenance Unit, 176th AMU and 673d Security Forces Squadron.

“Airmen from three wings came together and performed as one, tight-knit unit, said Air Force Col. Ed Thomas, 673d Mission Support Group commander, who accompanied the team to Washington.

“Just like here at this joint base, our Airmen deliver eye-watering

results when it comes to getting the mission done – whether 3rd Wing, 673d or 176th. Their patch didn’t matter. We are an Alaskan war-fighting team.”

The rodeo event is designed to showcase the abilities of U.S. and international mobility forces’ and allows teams to share the best tactics and techniques in the continued

See AMC Rodeo, Page A-3

## Army engineers teach Air Force JROTC cadets airborne basics

By Army Staff Sgt. Jason E. Epperson  
3rd MEB Public Affairs

Nearly 30 U.S. Air Force Junior Reserve Officers’ Training Corps cadets arrived at the Airborne Sustainment Area, July 29 to conduct Airborne Sustainment Training and learn more about the military environment.

The junior cadets, from South Anchorage High School and cadets from University of Alaska-Anchorage gathered at Joint Base Elmendorf-Richardson to train on the same 34 foot jump tower service members use in support of airborne sustainment and Basic Airborne Refresher operations.

Retired Air Force Master Sgt. Keith J. Coulter, an Aerospace Science instructor at South Anchorage High School and the Air Force JROTC instructor said all of the cadets receive physical education credit for attending the week long summer course.

Students spent the first three days at the Boy Scouts of America, Camp Gorsuch on Mirror Lake “in the field” in a tailored basic training style environment.

The last three days were spent on Joint Base Elmendorf-Richardson in the Mandragon barracks.

Their six-day schedule was filled with classes, scheduled visits and events, drill



A cadet with the University of Alaska-Anchorage ROTC program demonstrates a jump from the 34-foot Airborne Sustainment Training tower at Joint Base Elmendorf-Richardson, July 29. (Photo by Army Staff Sgt. Jason Epperson/3rd MEB)

training, flag ceremonies, and physical exercise.

Flight leadership was tasked to develop security plans, personnel accountability

operations, squadron-wide duty officers, and ensure time-sensitive tasks were executed safely.

Encampment activities were monitored

and managed by retired Air Force Lt. Col. Bevan Orme, Coulter, and several UAA ROTC cadets.

“We’re here on a path of courage for some of our students, to help them discover who they are and what kind of mettle they (have),” Coulter said.

“They will be participating in the jump tower and this is the first time for these kids.” ROTC cadets from UAA worked as training instructors for the younger generation, and gained valuable experience they will put to use soon, Coulter said.

“They’re going to be officers next year, so to deal with these young kids, they are able to get some real tangible experience,” Coulter said.

High school cadets practiced military skills and at the same time progressed in their secondary education, Coulter said.

“The cadets actually get a PT credit in high school to be a part of this,” Coulter said. “They have to be in my ROTC program (to receive credit), so I have freshmen through seniors in this program. The development is really impressive to see. These kids come in and become part of the team.”

Cadets conquered several challenges

See JROTC jump, Page A-3

## Exercise to test U.S., Russian, Canadian hijack response

Alaskan Command  
Press release

The Russian Federation Air Force and the North American Aerospace Defense Command will conduct their second cooperative air defense exercise, Sunday through Tuesday.

This exercise began as an initiative NORAD had been pursuing, jointly with the Russian military to transform their relationship and improve cooperation.

It was authorized under a cooperative military agreement signed by the presidents of the Russian Federation and the U.S.

The agreement tasked NORAD, the bi-national U.S. and Canadian command, and the Russian Federation Air Force to conduct a live-fly



Two Russian SU-27 fighters maneuver to intercept Fencing 1220, the target of interest for Exercise Vigilant Eagle, Aug. 8, 2010. (U.S. Army photo/Maj. Michael Humphreys)

exercise for up to five days.

The exercise, named Vigilant Eagle, involves Russian, Canadian and U.S. Air Force personnel operating from command centers in Russia and the United States.

It will consist of two international flights: one originating in

Alaska and traveling into Russian airspace followed by one originating in Russia and traveling into the U.S. airspace.

The basic premise is that a U.S. flagged commercial air carrier on an international flight (Fencing 1220) has been seized by terror-

ists. The aircraft will not respond to communications. The exercise scenario will create a situation that requires both the Russian Air Force and NORAD to launch or divert fighter aircraft to investigate and follow Fencing 1220.

The exercise will continue to focus on shadowing and the cooperative hand-off of the monitored aircraft (Fencing 1220) between airborne warning and aircraft control of the participating nations.

Airborne warning and control aircraft (AWACS E-3 and A-50) from Russia and the United States will coordinate fighter-interceptor aircraft and refueling aircraft from both countries.

The applicable civilian agencies of Russia (Federal Air Navigation Service) and the United

States (Federal Aviation Administration and the Transportation Security Administration), will also be involved in the exercise along with the military air operations centers at Joint Base Elmendorf-Richardson and Khabarovsk, Russia.

Conducting future combined exercises continues to move us forward in the development of cooperation between the Russian Federation Air Force and NORAD in preventing possible threats of air terrorism. Continuing to exercise communication procedures between the two nations will continue to strengthen the working relationship an will provide the opportunity to cooperatively detect, track, identify, intercept, and follow an aircraft as it proceeds across international boundaries.

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### Multimedia

For more photos of the Air Mobility Rodeo, JROTC jump training, the Soldier Show as well as other stories and video, visit <http://tinyurl.com/3oeg5o3>





In this file photo, Air Force Staff Sgt. Jessica Nienhueser (center), 373rd Training Squadron, military training leader, inspects an Airman's appearance May 24, at Dover Air Force Base, Del. (U.S. Air Force photo/Adrian Rowan)

## The culture of setting, correcting standards

Commentary by Chief Master Sgt. Brian Randolph  
Air Force News Service

EGLIN AIR FORCE BASE, Fla. – Do our Airmen set and correct standards on a day-to-day basis?

In the Air Force, do we have the culture of correcting standards?

I think we do a great job in correcting each other with regard to our specific career field tasks.

However, we don't do a very good job at correcting standards that make us good Airmen.

Proper Airmanship is correcting each other about things such as "your sideburns are too long," "take your sunglasses off the top of your head," "tuck your PT shirt in," "why didn't you pay proper respect to the flag," and so on.

I expect NCOs and senior NCOs to correct these standard violations.

I especially expect us to set a standard for our subordinates to correct standard violations.

These "good" Airmanship standards may seem trivial or unimportant, but nothing could be further from the truth.

If we can't count on our Airmen to follow these seemingly small standards, how can we, as leaders, count on them to follow the big rules?

If we can't count on each other to make the right decision on a small "Airmanship" standard, how can we count on each other to make the right decision when it's a big decision – when lives could be at stake? The simple answer is, we can't.

When we see a group of Airmen together and one of them is out of standard, we should correct that individual.

We should also confront the most senior in the group and counsel that individual as well for not doing what is expected.

This will go a long way in promoting the culture of correcting standards.

I often ask Airman leadership school and NCO academy

students, "Who has more authority: an Army E-6, Marine E-6 or an Air Force E-6?" Most of the time, someone says the Army or Marine E-6 has more authority.

Why do our Air Force NCOs think NCOs from other branches of the military have more authority?

It's because over time, we chose not to use the authority given us by our commanders and the Uniform Code of Military Justice.

Every time we choose to walk by, ignore or push up to the next level something we should correct ourselves, we are eroding or even giving away our authority.

There is a problem when our NCOs don't think they have the authority to correct standards.

We have to fix this. It's partly our fault as senior enlisted leaders.

If we have not given our expectations to our junior NCOs to correct others and use their authority, we have contributed to their lack of the culture of correcting standards.

Retired Gen. Gregory Martin, the former Air Force Materiel Command commander, said if we see a discrepancy or problem "we are obligated to fix it."

We have to tell our NCOs we expect them to correct others. We have to have their backs when they do. We have to show them how to confront and correct. We have to show them how to correct with compassion and authority, without necessarily coming off the top rope (so to speak).

The bottom line is, we have to stop giving our authority away. We must set the expectation of allowing our subordinate Airmen to correct each other and their subordinates.

When our E-4s have the mindset to take care of themselves and the enlisted Airmen below them and our E-3s have the mindset to take care of themselves and all E-2s and E-1s below them, we will be on our way to improving the culture of correcting standards.

# Editorial & Opinion

## August is antiterrorism awareness month

By Army Maj. Gen. Raymond P. Palumbo  
USARAK commanding general

As of June 20, the Department of the Army has proclaimed August as the Army's Antiterrorism Awareness month.

This is of special significance as we approach the tenth anniversary of the 9/11 terrorist attacks and the recent demise of Osama Bin Laden.

I support this proclamation and challenge all of us to continue to educate, inform and empower our military communities to become more active team participants in defending against terrorist acts directed at our installations, facilities and communities.

In an era of persistent engagement and the near-constant threat of terrorism, we must sustain a strong defensive posture.

At home and abroad, extremist ideologies and separatist movements will continue to threaten our Army and nation.

Army forces must seek to understand the threat, detect terrorist activities, warn, and defend against



Army Maj. Gen. Raymond P. Palumbo, USARAK commander

the full range of terrorist tactics.

Our installations, facilities and operational forces must be capable of deterring and defending against the full range of threats including terrorist attacks.

Antiterrorism is the defensive element in our global fight against terrorism and relies upon us to deny the enemy surveillance opportunities and information needed to carry out a terrorist attack plan.

A successful antiterrorism program will contain many elements including, but not limited to: risk management, planning, training, education, awareness, exercises, resource generation, comprehensive program review and an aggressive random antiterrorism measures program.

Throughout the month of August, let's strive to enhance our Soldiers, civilians, DoD contractors, and family members understanding of the nature of terrorism and the potential for retaliatory terrorist attacks on installations, stand-alone facilities and units.

Antiterrorism education and awareness is critical to our defense, not only as we approach the anniversary of 9/11, but throughout the year.

I strongly believe that ensuring protection from terrorist acts is only successful by integrating antiterrorism principles and constant awareness into all of our activities and missions.

I encourage all of you, including family members and civilian employees, to be ever vigilant.



Airmen from the 773d Logistics Readiness Squadron run toward the Team Alaska C-17 during the Engine Running Offload Event at the 2011 Air Mobility Command Rodeo July 27 at Joint Base Lewis-McChord, Wash. (U.S. Air Force photo/Capt. Corinna Jones)

## Air Mobility Rodeo supports combat

Commentary by Air Force Brig. Gen. Rick Martin  
Air Mobility Rodeo commander

JOINT BASE LEWIS-MCCHORD, Wash. – There is no question this is a time of constrained budgets across the world, and the Department of Defense is no different.

Between worldwide commitments and the need for updated training and equipment, resources and dollars are stretched every day.

So why would we hold the Air Mobility Rodeo at all?

It's a fair question and certainly deserves an answer.

In addition to this being a time of great financial responsibility, it's also a time when we've asked more of our Airmen than we ever have. And that means making sure they're the best-trained as possible.

It's also a time when we need international partners more than ever. In addition to providing us bases from which to operate, we're much more effective when we have allies with whom we can partner for aeromedical evacuation, humanitarian assistance, aerial refueling, and passenger and cargo delivery.

In other words: mobility missions.

### Capturing excellence

Just as Air Combat Command has Red Flag – the international air combat training exercise – Air Mobility Command has Rodeo.

Rodeo gives us the opportunity to get together with mobility service members from around the world and collaborate and learn from each other. We do this through a series of more than 50 competitive events where participants demonstrate those important skills they bring to the mobility mission.

The competitions are designed by experts in their career fields. They've taken scenarios from deployed locations and created contests that reflect the skills mobility Airmen need to have. The participants are taking what they learn at Rodeo and applying it both at home and down range.

Every Rodeo competition has a specific purpose to it. Through these events, we're finding more efficient and effective ways to move passengers and cargo, refuel planes, and save lives.

We bring the best to compete against each other at Rodeo. But it's about more than just bragging rights. Our AMC A9 team – that's

the "lessons learned" folks – go around and capture those best practices from the winning teams. After all, once we've established what the "best of the best" did to be that good at what they do, it becomes the new standard.

### Building partnerships

The best part of military gatherings is interacting with people – friends from previous assignments, reminiscing together about deployments and creating new friendships.

With so many people from around the world coming here for Rodeo, we also hosted two seminars: the International Aeromedical Evacuation/En Route Medical Care Conference and the International Airdrop Symposium.

More than 400 attendees from 28 nations attended these two landmark events, which featured speakers from many countries sharing their stories, advice and lessons learned with their peers. These events will most certainly improve worldwide mobility capabilities.

As far as the actual Rodeo events, we have teams from seven other countries competing here. Representatives from more than 20 others are here to observe what we do so they can capitalize on what we're all learning, and even take part in Rodeo in the future.

There's so much to learn from each other at Rodeo, and more people want to be a part of that. We're happy to have them.

Much of Rodeo is about building international partnerships. For example, because C-130 Hercules teams from Pakistan were familiar with the capabilities our Airmen have, it made it easier for us to partner with them when we were asked to assist in providing humanitarian relief to their country in the wake of recent earthquakes and flooding.

And then there's the story of Senior Airman Martin Jensen. Jensen grew up in the Netherlands until he was about 11 years old, until he moved to the U.S. He's been the liaison to the Dutch team at Rodeo since he speaks the language fluently, so he's helped us bridge communication gaps.

Unfortunately, Jensen's grandmother back in the Netherlands is very ill. When the Dutch team heard about this, they immediately offered Jensen a seat on their C-130 when they fly home so he can be with her.

That's what building international partnerships is all about.

### Promoting esprit de corps

During Rodeo, more than 3,000 people gather for the competition. Each of them represents their base team. The competition events are intense, and the judges are exacting. So between events, it only makes sense to give everyone a place to relax and promote camaraderie.

And that's why we have Rainier Ranch.

With a beautiful view of the flightline, and Mount Rainier in the background, the area is a perfect place for participants to gather and socialize. Each team gets a tent to decorate to provide meeting places for their unit and their guests.

Most teams also bring their local civic leaders with them to see what Airmen do at Rodeo. Having buy-in from those important community members is integral to the relationship between an installation and its civilian neighbors.

And because of the nature of the competition portions of Rodeo, some uniform variations are applied.

People are allowed to wear unit T-shirts and ball caps because it makes them easily identifiable. Everyone here represents their base and their team.

Rodeo is a special event designed to promote unit pride. As the Rodeo commander, I'm all for leveraging uniform variations to encourage that.

### Celebrating our heritage

The Air Mobility Rodeo competition is an event that dates back to the early days of the Military Air Transport Service, AMC's grandfather organization. In his first State of the Union Address, President John F. Kennedy stressed the importance of global mobility.

"Obtaining air transport mobility – and obtaining it now – will better assure the ability of our conventional forces to respond, with discrimination and speed, to any problem at any spot on the globe at a moment's notice," the president said.

We've continued Kennedy's mandate to promote and excel when it comes to air mobility. It's what we mean when we talk about "Global Reach for America."

Rodeo has roots that are 55 years old. Only by working together, collaborating together and partnering together today, will we take the air mobility mission into tomorrow. And that's why Rodeo is important.

# ARCTIC WARRIOR

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# AMC Rodeo

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pursuit of coalition operations around the world.

"I saw a sense of teamwork in all the competitors. The central theme of this whole competition was teamwork. We train as a team, we fight as a team and we competed as a team," said Air Force Lt. Col. Derek France, 3rd Operations Group Commander. "There were no individual awards, only teams competed. The last person across the finish line was how each event was timed."

France said attention to detail and integrity matter in the operational Air Force and they mattered in the Rodeo competition.

"It was very telling of our team because Team Alaska competed with passion and integrity, they consistently did the right thing even when points were at stake," he said.

Team Alaska was one of approximately 40 teams to participate in the 2011 Rodeo. Units from around the world traveled to Washington to compete, including seven international teams.

"Rodeo 2011 provided an opportunity to hone our professional skills and combat capabilities," said Air Force Capt. Brian Muto, Team Alaska team chief. "We set out to show the mobility air forces of the world that we are the best of the best, and to bring home lessons that will improve JBER's combat effectiveness and we did just that."

Muto said Team Alaska participants competed, but JBER as a whole earned the trophies.

"I could not be more proud. The success of Team Alaska is largely owed to those who stayed behind and picked up the extra duty, and the extra burden that allowed Team Alaska to prepare and compete," he said. "From day one we knew that Rodeo 2011 would be a tough, maximum effort competition and that it would demand our very best people and an "all out" effort. I fully expect that Rodeo 2013 will include a Team Alaska."

The team agreed that participation in an Air Mobility Competition would not be appropriate without recognizing the anniversary of the July 28, 2010 Sitka 43 C-17 accident, when four JBER Air Mobility Airmen lost their lives. Team Alaska closed down their tent for 15 minutes, took off their hats and rang the bell of remembrance.

**RIGHT:** Tech. Sgt Carlos Obregon, 703d Aircraft Maintenance Squadron electrician and environmental craftsman, directs a vehicle as close to a parking cone as possible without bumping the cone and breaking an egg during the Maintenance Skills Event at the 2011 AMC Rodeo July 25. **FAR RIGHT:** Airman 1st Class Stephen Becker, 673d Security Forces Squadron, navigates the AMC Rodeo Combat Skills Endurance test July 28.



Airmen of the 3rd Wing, 517th Airlift Squadron, accept the award for Best Airdrop Crew during the 2011 Air Mobility Command Rodeo at Joint Base Lewis-McChord, Wash., July 29. (U.S. Air Force photos/Capt. Corinna Jones)



Sgt. 1st Class Sean Foley, Forward Support Company, 6th Engineer Battalion (Combat) (Airborne), inspects a cadet to ensure proper safety standards are met prior to a jump from the 34-foot-tower at Joint Base Elmendorf-Richardson, July 29. (Photos by Army Staff Sgt. Jason Epperson/3rd MEB)

## JROTC jump

From Page A-1

during the week, but the biggest in physical size was the jump tower, because it required students to overcome fears of heights and potential equipment malfunction.

The cadets were trained on to properly fit into a harness and exit the jump tower properly by active-duty Soldiers.

Sgt. 1st Class Sean Foley, Forward Support Company, 6th Engineer Battalion (Combat) (Airborne), was the NCOIC of the jump tower exercise.

Foley, a jumpmaster with years of airborne training, inspected cadets thoroughly before they climbed the 34-foot-tower.

The training was beneficial to the young cadets, Foley said.

"The training teaches them to

overcome their fears," Foley said. "It teaches them that they can overcome something that's not normal and natural for someone to jump out of something. I think it's a really good idea having these young (troops) come out here and do this kind of training. It builds some esprit de corps amongst them and some fun. It gets them to interact with some other (troops) that actually do this for a living and I think it's some good training for them."

Most of the cadets found the training fun and challenging.

"The training was extremely fun," said Cadet Staff Sgt. Katlyn White, a sophomore at South Anchorage High School. "Some of the benefits of the training teach you discipline and learning how to get over your fears, especially if you're afraid of heights. You just need to be able to jump out and not even think about it."



Soldiers of the 6th Engineer Battalion (Combat) (Airborne) Arctic Sappers rig and inspect jump harnesses on cadets from the South Anchorage High School JROTC program during a visit to Joint Base Elmendorf-Richardson, July 29. ROTC students wait their turn to exit the 34-foot Airborne Sustainment Training tower.



# Senate confirms Dempsey, Odierno, Jacoby

By Rob McIlvaine  
Army News Service

ARLINGTON, Va. – Army Gen. Martin E. Dempsey was confirmed by the Senate Tuesday as chairman of the Joint Chiefs of Staff and Army Gen. Raymond T. Odierno was confirmed to assume Dempsey's post as chief of staff of the Army.

Dempsey, after serving only five months as the Army's chief of staff, will assume his new position when Adm. Mike Mullen retires Sept. 30.

Odierno, who currently serves as commander of the U.S. Joint Forces Command, which is being deactivated, will assume his new job Oct. 1. Both were nominated by President Barack Obama at a Memorial Day White House news conference.

Obama said during his announcement of these personnel changes, that Dempsey's tenure as chief of staff "may go down as one of the shortest in Army history," adding that during his 36 years in the military, Dempsey has become one of the nation's most respected and combat-tested generals.

At the Senate confirmation hearing, Sen. John McCain called Odierno "one of the finest military officers I have had the opportunity to know."

McCain said Odierno was responsible, along with Army Gen. David Petraeus, for implementing the surge in Iraq.

"All of us who know General Odierno are proud of his new position and know he will carry out his responsibilities with the same outstanding leadership and efficiency he has displayed in the past," McCain said.

The debt-ceiling bill also passed by

Congress Tuesday included \$2.1 trillion in deficit cuts over the next decade and also called for a bipartisan committee to come up with at least another \$1.2 trillion in cuts by the end of the year or automatic cuts would be triggered, possibly affecting defense programs.

At his Senate confirmation hearing, Dempsey warned lawmakers against cutting too much from the nation's military budget, saying that cuts of \$800 billion or more would be "extraordinarily difficult and very high risk."

During his nomination as the 38th chief of staff of the Army, Odierno testified July 21 in front of the Senate Armed Services Committee that he is "proud to be part of this Army with the opportunity to serve with these great men and women."

He expressed concerns, however, with budget cuts.

"First off, the Army is about Soldiers," he said. "So when we talk about defense cuts, you're talking about structure, you're talking about end-strength of the Army..."

"We must avoid our historical pattern of drawing down too fast and getting too small, especially since our record of predicting the future has not been very good."

At the same Senate confirmation, Army Lt. Gen. Charles H. Jacoby (a former U.S. Army Alaska commanding general) was approved for a fourth star and confirmed as head of the U.S. Northern Command and the North American Aerospace Defense Command.

Jacoby most recently completed his tour as commanding general, I Corps, including a combat tour in Iraq serving as the commanding general, Multi-National Corps-Iraq.



ABOVE: Army Chief of Staff Gen. Martin E. Dempsey and Secretary of the Army John M. McHugh walk down the stairs of the Pentagon to join in the Army's 236th birthday celebration June 11. (Photo credit/Rob McIlvaine)

LEFT: Army Gen. Ray Odierno, U.S. Joint Forces Command commanding general, testifies in front of the United States Senate Armed Services Committee July 21 for consideration to be the next Army Chief of Staff. (U.S. Air Force photo/Staff Sgt. Vanessa Valentine)







# Briefs and Announcements

## Summary court officer notice

Anyone having claims against or who is indebted to the estate of Spc. Christopher Crosby, Company A, 1st Battalion (Airborne), 501st Infantry Regiment, may contact Army 2nd Lt. Ryan Stull at HHC, 1-501st In. Bn., Joint Base Elmendorf-Richardson, Alaska 99505, phone 384-2393.

## Trespass notice

Trespassing on JBER-Elmendorf's two Combat Arms firing ranges for any reason is both illegal and dangerous. Firing on each range is based on Joint Base Elmendorf-Richardson requirements and can occur at any time.

The outdoor range is located one mile north of Sixmile Lake and the indoor range is located in Building 4309 Kenny Ave. For more information concerning this notice call Combat Arms at 552-1846.

## Lost and found

Found: three male rings, including wedding band, across from Buckner Physical Fitness Center. Call (509) 339-5999 to identify and claim.

## New service hours

The Army Military Personnel Section has new customer service hours, 1 to 5 p.m., Monday to Friday.

By exception, ID card appointments are 9 a.m. to noon and 1 to 5 p.m. Monday to Wednesday and Friday, closed Thursdays.

The Reassignments Section will only be open to unit S-1s, 1 to 5 p.m.

Soldiers must see their battalion or brigade S-1 and have authorization prior to being seen at the Army MPS.

Passports are processed on JBER-Elmendorf every Friday at 10 a.m. in the People Center, Room 118, and on JBER-Richardson every fourth Tuesday of the month 9 a.m. to 3 p.m., location to be determined.

## Pharmacy closure

The Joint Base Elmendorf-Richardson Hospital Pharmacy will close at noon, Aug. 12 for an official function.

## Fairchild Avenue closures

Fairchild Avenue will be closed to traffic for road repaving from north of the 381st Intelligence Squadron to Green Lake, until Aug. 22.

All traffic will have to use the alternate road with the exception of personnel belonging the 381st IS, Hillberg Lodge, the horse

stables and the Air Support Operations Center. Call 552-2374 for more information.

## Dining facility closure

The Gold Rush Inn, Building 655, will be closed until Aug. 31 for renovations. The Wilderness Inn, Building 647, between C and 2nd streets is the recommended alternative to the Gold Rush Inn.

## Senior NCO induction

The Arctic Warrior Top III will be hosting the 2011 Senior Noncommissioned Officer Induction Ceremony Aug. 12 at the Dena'ina Center.

Airmen selected to the tier of Senior Noncommissioned Officer will be inducted. The ceremony will also recognize technical sergeants who have displayed potential for assuming the next higher enlisted grade and have earned the rank of master sergeant.

Attendees should RSVP with unit representatives or first sergeants.

## Sled hill off limits

Air Force Col. Robert D. Evans, Joint Base Elmendorf-Richardson and 673d Air Base Wing commander, pursuant to his authority under 18 United States Code 1382 and Department of Defense Instruction 5200.8, "Security of DoD Installations and Resources," has designated the parcel southwest of the corner of Wilkins Avenue and Provider Drive to be off limits to all personnel not specifically authorized to enter.

Violations of this order may be prosecuted under the Uniform Code of Military Justice or 18 USC 1382 as appropriate.

## Pacific Air Forces Band shows

The U.S. Air Force Band of the Pacific, Greatlanders Jazz Band will perform at Peratrovich Park on 4th Avenue and E Street Wednesday, from noon to 1 p.m.

The jazz ensemble will also play at the town square, next to the Performing Arts Center Aug. 14, from 2 to 3 p.m., for Sunday in the Park.

## Thrift shop hours

The Thrift Shop, 724 Quartermaster Road, Door 8, phone number 384-7000, is open Tuesday, 11 a.m. to 5 p.m., Wednesday, 11 a.m. to 2 p.m. and Thursday, 11 a.m. to 5 p.m. The Thrift Shop is also open the first and third Saturday of each month, 11 a.m. to 2 p.m.

The Bargain Shop, 8515 Saville Ave.,

phone number 753-6134, is open Tuesday and Wednesday, 10 a.m. to 2 p.m.

The Airman's Attic, phone number 552-5878, is open Mondays, Wednesdays and Fridays, 10 a.m. to 2 p.m.

## Volunteers needed

The 2011 Hispanic Heritage Month Committee is seeking volunteers. This year's theme: "Many Backgrounds, Many Stories, One American Spirit." Open to all active duty service members, Reserve, Guardsmen, civilians and dependents.

To volunteer email [JBER.NOC@elmendorf.af.mil](mailto:JBER.NOC@elmendorf.af.mil).

## Housing Referral Network

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.

## FTAC NCOIC needed

Joint Base Elmendorf-Richardson Force Support Squadron First Term Airmen Center is seeking a highly motivated staff sergeant or technical sergeant to fill the FTAC NCOIC position.

The First Term Airmen Center is an Air-Force level program mandatory for all first duty station Airmen.

First Term Airmen Center NCOICs are assigned for two years with a reporting identifier of 9F000.

The application deadline is Aug. 31.

Per AFI36-2624, candidates must be a volunteer and have commander's recommendation; must be at least a staff sergeant with 12 months time in grade with a minimum of five years time in service or a technical sergeant and be a graduate of Airman Leadership School.

Candidates must also be outstanding in appearance, military bearing and conduct both on and off duty; meet Air Force fitness standards having a passing score of 75 or higher; have a rating of no less than 5 on the

last three EPRs; have the ability to speak distinctly and communicate well with others and meet all Air Force standards and other quality factors. Master sergeant selects will not be considered for FTAC duties.

The Report No Later Than Date is Jan. 3, 2012. For a full application with requirements and job description email [brent.johnson1@elmendorf.af.mil](mailto:brent.johnson1@elmendorf.af.mil) or [kisha.richardson@elmendorf.af.mil](mailto:kisha.richardson@elmendorf.af.mil).

## U-Fix-It opens Aug. 15

The U-Fix-it Store, previously known as the Self Help Store on JBER-Richardson, re-opens in Building 706 Aug. 15 to all Aurora Military Housing tenants.

Assorted items for maintaining your home may be issued from the U-Fix-It Store.

The items available are subject to change and limits and some may have a cost.

The U-Fix-It Store also provides equipment checkout items, such as carpet cleaners, wheel barrows, yard sale signs, and more.

There are also American flag kits, and fire extinguishers available.

U-Fix-It work includes all home maintenance activities.

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

This allows tenants to do work in their homes themselves, thus improving the appearance of the interior as well as the exterior of the home.

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

The JBER-Richardson location is Building 706 1st St., open from 8 a.m. to 5 p.m., Monday to Friday; Saturday usage will require using the JBER-Elmendorf location.

For U-Fix-It information call 743-9070. A window blind cleaning machine is currently located at the JBER-Elmendorf location.

There will also be blind cleaner installed at the JBER-Richardson within one or two months. A "reservation required to use" policy is in place with the priority going to military members PCSing. For more information, call 552-4439.

## Women's Equality Day

There will be a guest lecture on "the Quest for Equality" at the JBER Education Center Lecture Hall, Aug. 26 from 10 to 11:30 a.m. Call 384-0336 for information.

# Professional development key to Airmen's success

By Air Force Staff Sgt.  
Amanda Dick  
Air Force Public Affairs Agency

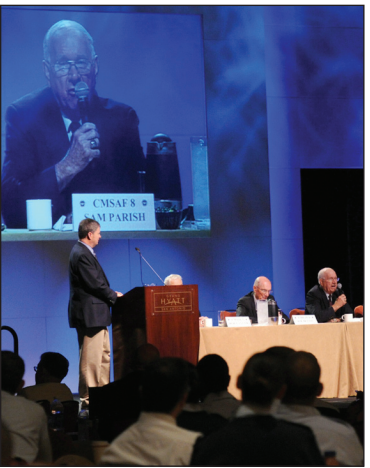
SAN ANTONIO – In a culture where deployments are part of daily life and Airmen regularly perform duties above their rank, professional development is an important piece of cultivating the enlisted force to meet mission requirements, Air Force leaders said recently at the 2011 Air Force Sergeants Association Professional Airmen's Conference.

Though many venues exist for enlisted Airmen to flourish, AFSA's Professional Airman's Conference, which was held this year here from July 23 to 27, is an annual opportunity for many to join together and learn.

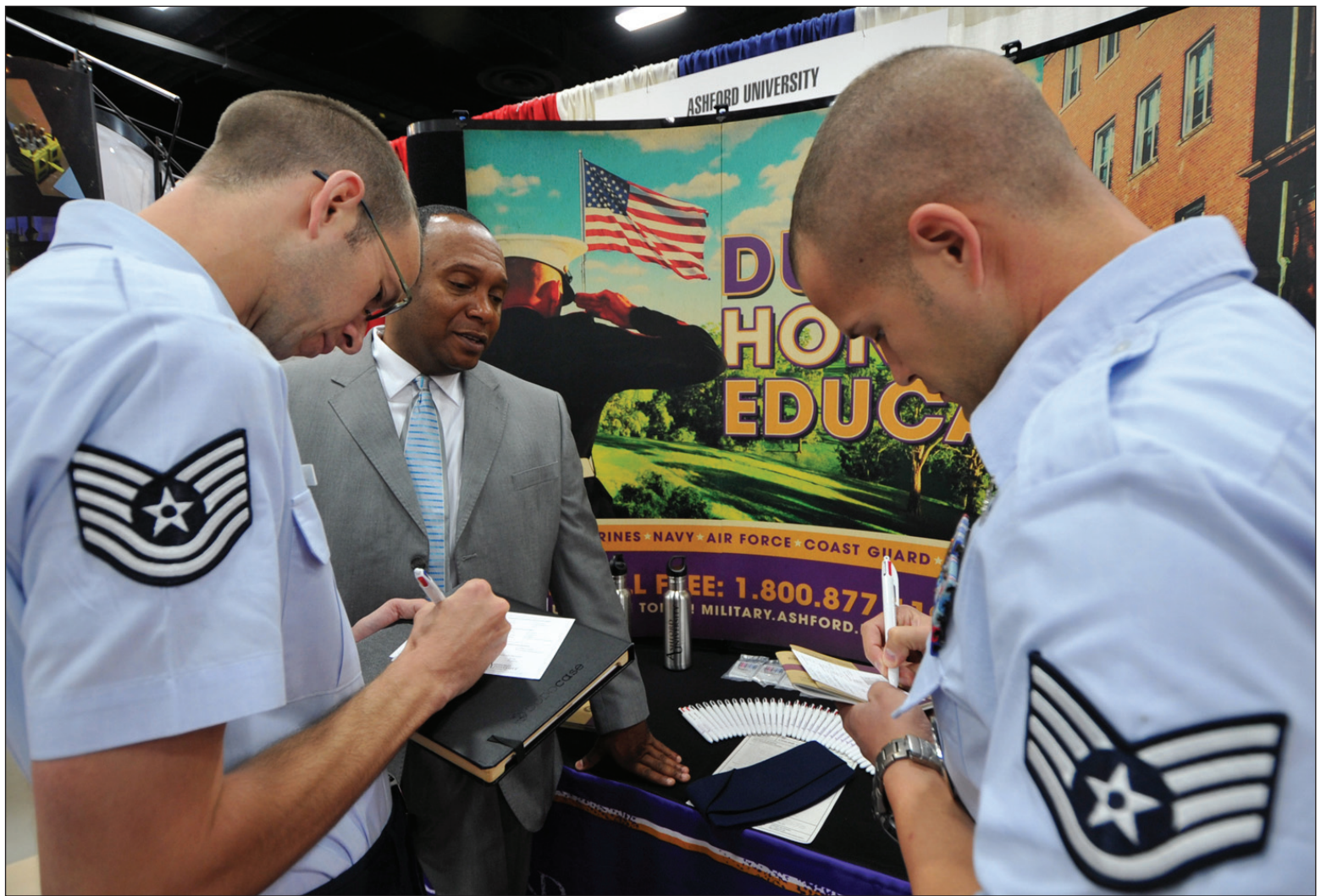
"Professional development is a combination of learning your career field, but also what the Air Force needs, including the changing events going on," said Air Force Master Sgt. Shana Cullum, a Reserve first sergeant with the 932nd Aeromedical Staging Squadron based at Scott Air Force Base, Ill. "It keeps everybody up to speed on the Air Force and what's upcoming, preparing us for the future. Professional development ... you can't go forward without it."

Held in conjunction with the organization's international convention, the PAC consists of professional forums mixed with breakout sessions based on rank or special duty.

"It's always great when you



**Sam Parish, eighth chief master sergeant of the Air Force, answers questions during the Air Force Sergeants Association Forum in San Antonio, July 27.**



**Tech. Sgt. Seth Jones, left, and Staff Sgt. Joshua Leblanc visit an information booth during the 50th Anniversary Air Force Sergeants Association Forum in San Antonio, July 25. Airmen and civilians gathered at the five-day forum to discuss Air Force priorities and contributions to national defense. (U.S. Air Force photos/Tech. Sgt. Rey Ramon)**

combine a variety of (people in) different backgrounds, bases and career fields who put their heads together, sharing their stories and examples," Cullum said. "It's also motivating to know you're not in the boat alone ... everybody is having the same issues and problems, but together we come up with better solutions."

As part of the conference, top enlisted leaders from four combatant commands held a panel discussion to address issues, concerns and questions while providing their professional insight. The panel included U.S. Marine Sgt. Maj. Bryan Battaglia, the command sergeant major of U.S. Joint Forces Command; Chief Master Sgt. Jack Johnson, the command chief master sergeant and command senior enlisted leader of U.S. Africa Command; U.S. Navy Command Master Chief Daniel Millier,

the U.S. Cyber Command senior enlisted leader; and Chief Master Sgt. Thomas Narofsky, the command chief master sergeant of U.S. Strategic Command.

The panel highlighted the importance of investing in training and education, building relationships with joint and coalition forces, building capacity and capability, and providing joint training opportunities in Airmen Leadership School for Marine, Army and Navy brethren.

Several Air Force leaders also presented their major command perspective, which covered topics Airmen face globally.

Air Force Gen. William Fraser, the commander of Air Combat Command, highlighted the need to take care of Airmen and their families – a recurring theme throughout PAC – and ACC's Comprehensive Airmen Fitness Program, which

focuses on maintaining Airmen's social, mental, physical and spiritual fitness. Fraser also addressed the need for "innovative" Airmen to fight today's fight and come up with ideas for future challenges.

While many professional development opportunities prepare warfighters for worldwide combat operations, Airmen must also sharpen their job skills to be prepared at a moment's notice to provide humanitarian assistance or disaster relief.

Pacific Air Forces commander Gen. Gary North communicated the importance of being ready to go when he discussed PACAF's recent involvement in Operation Tomadachi. North showcased the integrated effort between the Air Force and Japan, as well as with other joint and coalition forces, to support Japan's rescue and recovery operations.

According to Callum, Airmen getting together for these forums help in rumor control.

"We're all given the same information at the same time from the same sources – it solves a lot of rumors that could be out there and helps dispel those rumors already present," she said.

As attendees head home from AFSA's PAC, they take with them increased knowledge, new experiences and camaraderie to improve themselves and the Air Force.

"The conference was an interesting and motivating experience," said Airman 1st Class Mashwelle Batres, who is with the 624th Regional Support Group based in Joint Base Pearl Harbor-Hickam, Hawaii. "It's always great to meet those you have heard so much about. I can't wait to get back and put the information I learned into practice."

# Paratroopers train in Australia, trade wings

By Army Staff Sgt.  
Matthew E. Winstead  
4-25th ABCT Public Affairs

Late in the day, July 15, four C-17 Globemaster IIIs loaded with a task force led by paratroopers from the 1st Battalion (Airborne), 501st Infantry Regiment, took off from Joint Base Elmendorf-Richardson.

The team was headed for a joint airborne mission to take control of a drop zone in Australia during Exercise Talisman Sabre 11.

The 17-hour flight included one mid-air refuel and in-flight rigging of parachutes and combat equipment.

Both American and Australian jumpmasters carefully controlled the main body of paratroopers.

From more than 1,000 feet above "the land down under" paratroopers left the C-17s and leapt into the international exercise.

In the simulated mission, paratroopers seized Kapyong drop zone in Queensland, Australia, and secured it while fighting an enemy force, played by members of the Australian military.

As the paratroopers landed, they quickly mustered their forces at preordained rallying points.

From there, they received additional instructions from their command element and engaged the enemy in the wood line surrounding the drop zone.

As the engagements continued and the joint American-Australian force strengthened its hold on the drop zone, U.S. Army Lt. Col. Patrick Ellis, 1-501st commander kept a close watch on the performance of his forces on the ground.

This mission, while primarily an opportunity for the U.S. and Australian paratroopers to refine their skills together, was also a valuable chance for the commander to witness the



The four Australian jumpmasters who jumped with the American task force from Alaska were presented U.S. Army Lt. Col. Patrick Ellis, commander of the 1st Battalion (Airborne), 501st Parachute Infantry Regiment, as part of a traditional military exchange between the two airborne units. (Photo by Army Staff Sgt. Matthew E. Winstead/4-25th ABCT Public Affairs)

effectiveness of his men in a new land, with the stress of a long flight and a tough, realistic training mission.

"This was a great joint event with exceptional joint planning from both sides," Ellis said. "We accomplished a lot in a very short period of time without issue. The

mission was a great success and proudly displayed the capabilities of the unit and tactical capabilities on the ground."

The joint task force quickly secured the area and soon after the sound of enemy small-arms fire vanished.

Later in the evening, the mayor

of the nearby town of Rockhampton provided the visiting American paratroopers an opportunity to visit some of the locals at a western-style steakhouse and rodeo show.

Local vendors offered Australian food and showed off some of the exotic wildlife including

pythons and baby crocodiles.

The next morning, Soldiers from the American task force were presented with Australian jump wings, and four Australian jumpmasters who accompanied the 1-501st on the mission were awarded U.S. jump wings.

## Army airborne intelligence platform slated for 2013

By Rob McIlvaine  
Army News Service

WASHINGTON – Army acquisition officials say they expect the service's newest airborne intelligence, surveillance and reconnaissance asset to be available to the force within 18 months.

"What we're hoping is to be able to have the first platform deployed as a Christmas present in the 2012, early 2013 time-frame," said Army Lt. Col. Dean Hoffman, product manager for the Medium Altitude Reconnaissance Surveillance System, or EMARSS.

The EMARSS will consist of a commercial derivative aircraft – the Hawker Beechcraft King Air 350 – that is equipped with an electro-optic and infrared full-motion video sensor, a communications intelligence collection system, an aerial precision guidance system, line-of-sight tactical and beyond-line-of-sight communications suites, two operator workstations, and a self-protection suite.

The EMARSS operates as a single platform in support of tactical missions, but through



Army acquisition officials say they expect the service's newest airborne intelligence, surveillance and reconnaissance asset, the Enhanced Medium Altitude Reconnaissance Surveillance System, to be available to the force within 18 months. (U.S. Army graphic)

connectivity to tactical and national networks, also contributes to the joint overall airborne intelligence, surveillance and reconnaissance, or AISR, constellation.

This combination of attributes, plus many others, provides the ground tactical commander an assured near-real-time operational view of the battle space, enabling

tactical ground forces to operate at their highest potential.

Part of development of the EMARSS program was ensuring the system is configurable for the future, Hoffman said.

"When we sat down with the Boeing engineers, they really got that we can't make this a one-off platform that can't grow as

technology and capabilities grow," Hoffman said.

Hoffman said his team needs to be thinking of all the capabilities that could possibly go on a platform when setting up.

"What I'm trying to stress is build for today, but think for tomorrow," he said. "This means we have a direct requirement and that's exactly what we're going to build today. But we know that that requirement, once it's out there in 18 months, in 24 months, we're going to need more capability on that platform."

Part of the EMARSS will be to include expansion potential built-in already – so in the future, it's capabilities can grow.

"Where are we going to put antennas, how are we going to lay out the racks and the positions in the actual platform, thus allowing us – as different capabilities come along, boxes get smaller, and we get weight reduction things – we can adapt and do this plug and play," Hoffman said.

The EMARSS developer, Boeing, was initially selected to develop the aircraft but competing

bidders protested the Army's selection of Boeing. Initially, a "stop-work" was issued, after the Government Accountability Office asked the Army to review its contract selection process. That stop-work was lifted June 16, 2011. July 11 was the last day a competing bidder could file a protest.

The kick-off meeting between the EMARSS program and Boeing was held July 12 through 14.

"When the contract stop-work was lifted on June 16, we began talking with Boeing immediately (in preparation for our first formal meeting). On July 11, the last day any protest could be submitted, you can probably imagine, we were all excited to get right to work and that's exactly what we've done," he said.

Asked if potential budget cuts might affect the program, Hoffman said he has the funding to get the program to the 18th month.

"Everyone is excited to start building aircraft, everybody knows the mission and the time-frame they have to do it in, and since that kick-off meeting, it's been fast forward," Hoffman said.

## Minot flood situation serious, stop movement order remains

By Debbie Gildea  
Air Force Personnel  
Services and Manpower Public Affairs

RANDOLPH AIR FORCE BASE, Texas – The situation remains serious in the Minot Air Force Base, N.D., area, and the stop movement order remains in place, Air Force officials announced July 29.

Heavy spring flooding forced many to evacuate the city of Minot, prompting the 5th Bomb Wing and 91st Missile Wing commanders to request a partial stop movement in June.

Military members who will be allowed to proceed include technical training graduates and accessions who are single with no dependents, said Air Force Col. David Slade, the military assignments director.

Those who are married or who have dependents will not be allowed to proceed.

In addition, military members stationed overseas who had a July date eligible to return from overseas, who were not authorized to proceed, were diverted to a new assignment location.

Those with an August DEROS will be reviewed to determine who will be allowed to proceed to Minot.

Those who are not authorized will be able to request a voluntary 30-day DEROS extension.

If they do not choose to voluntarily extend, assignment diversion actions will be taken.

Servicing personnel sections or force support squadrons will communicate each Airman's decision to AFPC.

Airmen other than training graduates and accessions will be allowed to proceed to Minot on a case-by-case basis, Slade said.

"We are notifying applicable FSS and MPS personnel via email for those eligible to proceed, so unless we notify you, you cannot proceed to Minot," he said.

As previously announced, civilians with



More than 1,100 Airmen and family members from Minot Air Force Base, N.D., were displaced from their homes when the Souris River crested June 25, sending water up to 13-foot-deep into the city of Minot, as pictured here. While flooding has gone down, a stop move order is still in place for some Air Force personnel. (U.S. Air Force photo/Staff Sgt. Keith Ballard)

PCS orders to Minot Air Force Base should not depart their losing base until notified by personnel authorities.

Civilians returning to Minot from leave or a temporary duty assignment are authorized to return. Civilians slated for a temporary duty assignment to Minot must

get host unit approval before traveling.

For more information about the stop movement, affected military members should contact their military personnel section, or call the AFPC assignment programs and procedures branch at (210) 565-3815, or the 24-hour contact at (210) 565-2020.

Civilians affected can contact their local civilian personnel section, the 24-hour number above or call the POC at (210) 565-5737. For more information about other personnel issues, visit the Air Force personnel services website at <https://gum-crm.csd.disa.mil>.









www.jber.af.mil/news

# ARCTIC WARRIOR

Volume 2, No. 31

COMMUNITY

August 5, 2011



By JBER School Liaison Office  
News Release

Back-to-school time is just around the corner; classes in Joint Base Elmendorf-Richardson schools kick off Aug. 16. There are many ways that parents – and children – can make the school year easier.

**Routines are important**

One of the most important practices is to have routines. They help to organize life. Children do best when routines are regular, predictable, and consistent.

One of a family's greatest challenges is to establish comfortable, effective routines, which should achieve a happy compromise between the disorder and confusion that can occur without them and the rigidity and boredom that can come with too much structure.

Review the routines in your household to ensure they accomplish what you want. To make the household function well in the morning, everyone needs to know what has to be done. Try to put as many things in order as possible the night before.

Keep wake-up routines cheerful and positive. Be sure your child eats breakfast, even if he is not hungry; have him get some food in his system to start the day. Finally, round out each morning by saying goodbye to your youngster. A simple hug and a wave as she heads out the front door or slides out of the car are extremely important.

They will give her a positive feeling with which to begin the day's activities.

During middle childhood, children need adult supervision. While some parents have their children return each afternoon to an empty home, these "latchkey" kids are statistically more susceptible to misbehavior, risk-taking, and anxiety. For pre-adolescents, the American Academy of Pediatrics recommends a child come home to a parent, other adult, or a responsible adolescent.

Dinner should be an important time for your family. As often as possible, all family members should eat together at the dinner table, without the distraction of television or radio. The family can share the day's activities and participate in enjoyable conversation. Everyone should be encouraged to take part, and negative comments discouraged.

Keep the routine going; on school nights, children need a regular time to go to sleep. Lights can go out at different times for different children in the family, depending on how much sleep each youngster needs. Nighttime rituals can help ease a youngster to sleep and may include reading aloud, conversation, and songs - but avoid exciting play before bedtime.

Weekends are good times for family togetherness. You might go shopping as a family, visit museums and zoos, do chores, go on hikes or bike rides, or attend religious services. On weekends

children may be allowed a later bedtime than during the week.

Keep in mind although family time is essential, it is equally important for parents to set aside some time just for themselves.

**School Liaison Officers**

For those who are new to JBER – or leaving the installation to go elsewhere – there is assistance from school liaison officer. SLOs primarily assist military personnel and their families with resources intended to ease the transition

of dependent children from one duty location to the next. They also provide information and referral regarding local school districts and other educational options including home schooling, private schools, charter schools, and cyber or virtual schools.

They ensure school personnel are aware of the unique issues impacting military children. They are connected with many base agencies and are members of many on and off base committees that serve military and family members. The installation is represented by wing leadership at the monthly Anchor-

age School District board meetings. A JBER liaison officer can connect you with SLOs at your gaining base, if you are moving. For information on the SLO program, visit [www.elmendorf-richardson.com](http://www.elmendorf-richardson.com) or contact the SLOs: Jena Bienia 384-2369, Don Cole 384-7500 or Adele Daniels 384-1505.

**Military and Family Life**

The elementary schools on JBER select local elementary, middle and high schools have assigned Military and Family Life Consultants.

The Department of Defense is committed to supporting military families. In keeping with this commitment, the MFLC program was established to provide non-medical, short term, situational, problem-solving counseling services.

This non-medical counseling is designed to address issues that occur across the military lifestyle and help service members and their families cope with the normal reactions to adverse situations created by deployments and reintegration.

The program uses professional, licensed and credentialed counselors to support and augment Child and Youth Programs, DoD schools and local education agencies. The

MFLC's can be reached by contacting the main offices at the schools. This year the program will encompass the Matanuska-Susitna Valley School District. Please contact Jena Bienia at 384-2369 with questions.

**EFMP**

The Exceptional Family Member Program is designed to provide support to military family members with special needs. The Exceptional Family Member Program-Family Support is a community support function provided by the Military and Family Readiness Center which includes on and off-base information and referral, parent training, relocation assistance, financial management, support groups and school and special education information

Information will be advertised regularly in the *Arctic Warrior*, on [www.elmendorf-richardson.com](http://www.elmendorf-richardson.com), on the M&FRC Facebook page and informational flyers.

Depending on your family's particular need, there may be a multitude of resources available in the Anchorage area. An extensive resource library is located in the EFMP office (Room A131 in Building 600) which includes books and DVDs. Useful information is also available at the Military Home Front website [www.military-homefront.dod.mil](http://www.military-homefront.dod.mil). Or contact the JBER EFMP at 384-0503 or email [holly.warners@elmendorf.af.mil](mailto:holly.warners@elmendorf.af.mil).

See **School**, page B-7

“When schools work together with families to support children's learning, children tend to succeed in both school and later life.”

# Soldier Show



The 2011 U.S. Army Soldier Show production "Carnival-A Traveling Thank You" performed for service members, their families and retirees at the Buckner Physical Fitness Center on Joint Base Elmendorf-Richardson Wednesday. The all-Soldier show will travel throughout the United States, Korea and Europe entertaining troops and families, concluding in Washington, D.C. (U.S. Air Force photos/Justin Connaher)



# PTSD: Not just a diagnosis for Soldiers, Airmen anymore

By Army Chaplain (Capt.) Logan McCurdy  
2-377th PFA

It is common in today's world of terror attacks and perpetual conflict to associate Post-Traumatic Stress Disorder primarily with Soldiers or Airmen; media coverage of current conflicts makes it appear more prevalent with them.

What is not prevalent in the media is what occurs in homes and communities, such as the trauma from, but not limited to: child abuse, spouse abuse, and sexual assault.

In both the military and civilian world, behavioral health professionals may take a primary role in the treatment of trauma.

However, in the military, Chaplain Corps personnel also take an active role in preventing and treating trauma inflicted against both military members and their families.

To effectively do so necessitates an understanding of the history of trauma diagnosis and treatment.

History demonstrates how long it took for the psychiatric community to diagnose PTSD, initially called "hysteria."

Sigmund Freud, in the late nineteenth

century, discovered through therapy that he could determine the original trauma in hysteria patients.

Following unfavorable social and political pressure against his method of therapy, Freud halted his method to continue with conventional methods of the day.

Today, psychoanalysts such as Judith Herman have found Freud's methods were revolutionary in the psychological therapy of hysterical patients.

Herman's work explores the social and cultural environment experienced by survivors of traumatic events and the impact that trauma has on the psyche of those individuals.

Her research is drawn from an extensive collection of psychological research.

Prior to World War I, individuals demonstrating signs of hysteria were considered outcasts.

World War I and World War II brought on a surge of hysteria (now also known as "shell shock") patients, causing psychologists to embark on research to determine the effects of combat on individuals.

However, the research halted and was

forgotten shortly after World War II.

Following the outbreak of the Vietnam War, research regained traction when a deluge of military personnel displayed signs of PTSD.

Finally, psychological foundations began to truly acknowledge the affects of trauma on the human psyche.

Though chaplains did not play a role in diagnosing PTSD, they made great strides in strengthening the spiritual resiliency of combat veterans.

During World War I and World War II, military personnel began to display many of the same symptoms of hysteria previously diagnosed primarily in women and children.

The psychiatric community now recognized the broader impact of traumatic events on the mind.

Psychologists began to realize what Freud had already discovered: hysteria is the direct result of some unique trauma.

Yet, after World War II ended, many psychoanalysts believed the symptoms of trauma would surrender to the rigors of civilian life – and thus left those individuals to be cared for and treated by chaplains and

other clergy.

Fortunately, following the Vietnam War, advocacy groups helped push the psychiatric community to further investigate the lasting effects of trauma on those exposed to the horrors of war.

It is a difficult task to work through to the true, deep-rooted crisis faced by victims of trauma.

Though a chaplain does not diagnose anyone who suffers from traumatic events, a chaplain can have a significant role uncovering such events and addressing how those individuals are perceived.

In recent years, many individuals diagnosed with PTSD are at times deemed weak by their peers.

The ongoing challenge for chaplains and other military leaders is to counter this perceived weakness and instead affirm that one remains strong even when seeking help addressing trauma – whatever the cause.

It should be with great hope that military personnel, as well as their spouses and children, can seek out and receive the help they need, and are viewed as being strong for doing so.

## How the diabetes dilemma can affect anyone

By Shari Lopatin  
TriWest Healthcare Alliance

More than eight percent of the entire U.S. population has diabetes, according to the American Diabetes Association.

And another 79 million Americans are in danger of becoming diabetic, due largely to lifestyle choices.

That's more people than live in the entire country of France.

With such staggering numbers, what is causing this epidemic?

"Over the past decade, obesity has become recognized as a national health threat and a major public health challenge," accord-

ing to the Centers for Disease Control and Prevention on their website. "Obese adults are at an increased risk for many serious health conditions, including ... Type 2 diabetes."

Over the past 20 years, obesity has increased dramatically throughout the U.S., according to the CDC.

Thirty-three of the country's 50 states had at least a quarter of their population obese in 2009.

Only Colorado and Washington, D.C. kept their obesity prevalence to less than 20 percent.

The ADA identifies people who are overweight or obese, and who don't exercise regularly, as being at higher risk for developing diabetes.

Therefore, as the country grows less active and collectively gains weight, more and more people are more likely to develop diabetes.

Many other health problems can develop once a person becomes diabetic, including heart disease and stroke, high blood pressure, blindness, kidney disease and nerve system disease. Many other health issues can also result from diabetes.

Prevent diabetes by making sure to eat right and get plenty of exercise.

Here are some tips on preventing the onset of Type 2 diabetes, from the ADA:

- Make a grocery list when shopping and buy more fruits, vegetables, and whole grains.
- Purchase leaner meats – such as chicken and fish – and stick to lower-fat dairy products.
- Take a brisk walk every day (such as in the morning or after dinner.)
- Join an exercise class, such as dance, aerobics, or weight-lifting.
- Gently stretch every night before bed.

If you've been diagnosed with diabetes, you may be eligible for Diabetes Self-Management Training.

This TRICARE-covered program will offer you training and counseling in monitoring your own blood sugar levels, proper diet for diabetics, exercise for your condition, an insulin treatment plan if needed and skills for self-management of diabetes.

Want more information? Visit [www.triwest.com/DiabetesSelfMgmt](http://www.triwest.com/DiabetesSelfMgmt).

For more healthy living tips, visit TriWest's Healthy Living Portal at [www.triwest.com/healthyliving](http://www.triwest.com/healthyliving).

## AAFES seeks healthy recipes in snack contest

News release  
by AAFES Public Affairs

The Army & Air Force Exchange Service is putting its money where its mouth is as it will dole out \$4,200 in winnings for the tastiest, healthiest after-school snack recipes in a contest that ends next week.

The winner of the "Patriot Family Healthy Snack Recipe Contest" will sink their teeth into a \$1,500 Exchange gift card and their choice of a fitness item, valued up to \$600, provided by Icon Sports.

Second place will scarf down a \$750 gift card, along with a fitness item valued at up to \$600, while the third and fourth best recipes will receive \$500 and \$250, respectively.

"Military shoppers can 'dig in' to this 'tasty' contest," said the Exchange Pacific Region's Senior Enlisted Advisor Army Sgt. Maj. James A. Pigford.

"In addition to the great prizes

offered, the winners will also be featured on Operation Be Fit and Patriot Family Connection websites as well as the 'Taste of Home' website and magazine," Pigford said.

Entries must include an original photo of the healthy after-school snack and fifty words describing the origin of the recipe.

A complete list of rules, as well as more detailed information on entry, can be found at [www.shopmyexchange.com/Community/patriotfamily/contests.htm](http://www.shopmyexchange.com/Community/patriotfamily/contests.htm).

The deadline for entering the "Patriot Family Healthy Snack Recipe Contest" is Aug. 11.

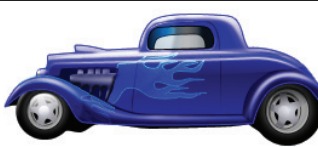
Winners will be determined based on criteria that includes flavor, originality, healthy ingredients, ease of preparation and feasibility.

Winning entries will be selected on or about Sept. 30, with prizes awarded thereafter.

No purchases are necessary to win.

## 673d Force Support Squadron Richardson Events

Get connected to the...  
**Alaska**  
WARRIOR ZONE  
384-9006 • 655  
www.elmendorf-richardson.com/wz

**Yes,**  **we have a do-it-yourself car wash!**

Visit us...we are off of D Street on JBER/Richardson.

For more information call the Polar Express Arts & Crafts & Auto Skill Center at 384-3717.

**OPERATION ARCTIC WARRIOR**  
SATURDAY, AUGUST 13  
10 A.M. - 3 P.M.

**A SPECIAL FAMILY EVENT!**  
Bring the kids & have a mock deployment experience.

Special FREE incentives includes dog tags, food and much more...

Location: (JMC) Joint Military Complex  
Building 15510, 28th Street, JBER - Elmendorf, AK

WILLOW MILITARY & FAMILY READINESS CENTER  
BUILDING 8535 • 552 - 4943

EAGLE ARMY COMMUNITY SERVICE  
BUILDING 600 • 384 - 1517

**Post Golf Tournament**

Roster Deadline: August 17  
Organizational Meeting: August 19 • 1 p.m.  
Tournaments: August 23 - 25 at MRGC.

  
Hill & Creek Courses at  
MOOSE RUN GOLF COURSE  
—ALASKA—  
428-0056 • Building 27000  
Visit us at: [www.mooserungolfcourse.com](http://www.mooserungolfcourse.com)

**BUCKNER PHYSICAL FITNESS CENTER**  
Sign up roster & organizational meetings  
will be at Buckner Physical Fitness Center, Building 690 • 384-1308.

**POLAR EXPRESS ARTS & CRAFTS CENTER**  
FSS RICHARDSON • 384 - 3717

**COME AND USE OUR POTTERY WHEELS.**

WE HAVE CLAY, GLAZE AND KILNS FOR USE.

**CERAMIC POURING CERTIFICATION CLASS**  
SATURDAYS AT NOON. \$20 PER PERSON.  
JBER - RICHARDSON.

**Outdoor Recreation Richardson**  
Building 794 • 384 - 1475/1476

**Eklutna ATV Trip**  
August 28 • 9 a.m. - 5 p.m.  
Cost \$ 100  
Open to ages 16 & up.  
Bring lunch, wet weather gear, gloves, over-the-ankle boots, long-sleeved shirt and pants required.  
Helmets will be provided.  
Trip will meet at: ODR Building 794.

**FOLLOW US FOR FUN!**

# Community happenings

## SATURDAY

### Reading Renaissance Fest

The Joint Base Elmendorf-Richardson Consolidated Library in Building 7 is hosting a Renaissance Festival for Summer Reading participants from 1:30 until 4 p.m. Renaissance attire is encouraged.

For more information, call the JBER Consolidated Library at 384-1640.

## AUG. 13 AND 14

### Alyeska Resort Blueberry Mountain Arts and Music

A celebration of the lush blueberry season, this outdoors event features more than two dozen arts and crafts booths in the Hotel Alyeska Pond Courtyard, as well as live music and blueberry concoctions.

For more information call 754-1111 or visit [www.alyeskaresort.com](http://www.alyeskaresort.com).

## AUG. 13

### Operation Arctic Warrior

Children and families are invited to a special mock-deployment experience at the Joint Mobility Complex from 10 a.m. to 3 p.m. There will be static displays, I.D. tags for the kids, and much more.

For more information call 384-7687.

## AUG. 14

### Air Force concert

The Air Force Band of the Pacific's Greatlanders Jazz Band performs a free public concert in Town Square Park, next to the Alaska Center for the Performing Arts, from 2 p.m. until 4. No tickets are necessary.

## AUG. 20

### Downtown Anchorage Hawaiian Festival

From 1 until 5 p.m., wear your Hawaiian shirt and lei and sit in the summer sun downtown while enjoying dancers, music and food from the 50th state.

For more information, visit [www.anchoragedowntown.org](http://www.anchoragedowntown.org) or call 279-5650.

## AUG. 19-21

### Greek Festival

Holy Transfiguration Greek Orthodox Church hosts their 17th annual Greek Festival from 11 a.m. to 10 p.m. Aug. 19 and 20 and from noon until 8 p.m., Sunday. Parking

and admission are free, with traditional Greek food and folk dancing on the menu. For information call 344-0190 or visit [www.transfiguration.ak.goarch.org](http://www.transfiguration.ak.goarch.org).

## AUG. 25 - SEPT. 5

### Alaska State Fair

Each fall, the fair provides a setting for Alaska's last blast of summer. Flowers, record-setting giant vegetables and almost endless food and entertainment draw people to the Palmer Fairgrounds daily during the event. Livestock and craft shows figure prominently, as do carnival rides and other events.

For more information visit [www.alaskastatefair.org](http://www.alaskastatefair.org).

## AUG. 26

### Women's Equality Day observance on JBER

The Joint Base Elmendorf-Richardson Education Center will host "The Quest For Equality" in honor of Women's Equality Day in the lecture hall from 10 a.m. until 11:30.

For information, call 384-0336 or email [william.boberg@us.army.mil](mailto:william.boberg@us.army.mil).

### Sexual Assault Prevention

Anne Munch presents "Naming the Unnamed Conspirator" as part of the Sexual Assault Prevention and Response program at the Arctic Warrior Events Center from 8 a.m. until 9:30.

For more information, call 551-2033.

## SEPT. 2-4

### Girdwood Fungus Fair

The annual celebration of local mushrooms features the Fungus Fair, the Fabulous Fungus Fair at the Alyeska Hotel, as well as classes on mushroom identification, mushroom harvesting and walks, and other classes.

For more information visit [www.fungusfair.com](http://www.fungusfair.com) or call 754-2275.

## SEPT. 9

### Taste of Mardi Gras

A street party recreating Bourbon Street, featuring authentic Cajun cuisine from local celebrity chefs, live music, and street performers from 5 until 10 p.m. on 4th Avenue between G and H streets.

Enjoy the last days of summer in New Orleans style, with proceeds benefiting the American

Red Cross.

For more information, email [tastefmardigras@gmail.com](mailto:tastefmardigras@gmail.com).

## SEPT. 13

### Job Fair at Egan Centers

Get your resume out and discover job opportunities in Anchorage and Alaska at the job fair. Time to be determined.

For information call 263-2800.

## ONGOING

### CYSA Flag Football

Chugiak Youth Sports Association is currently taking registrations for flag football.

The season starts the first week of August and runs through mid-September.

It is open to all boys and girls ages 7 to 14. There are no weekend practices or games. To register, visit [www.cysa-ak.org](http://www.cysa-ak.org) or call the office at 694-6559 to register by phone.

CYSA also needs volunteer coaches - no experience necessary. All coaches receive a discount on their child's registration. For more information, call 694-6559 or 223-16340 or email [admin@cysa-ak.org](mailto:admin@cysa-ak.org).

### 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. Discounts are available.

For information, visit [www.alaskapac.centertix.net](http://www.alaskapac.centertix.net) or call 263-2993.

### Spenard Farmers' Market

Alaska-grown, -caught, -baked and -made items are available under the windmill in Spenard.

Everything from fresh oysters, organic bread, garden starts, kettle corn and reindeer sausage is available, including live music, every Saturday from 9 a.m. until 2 p.m.

For information, call 563-6273 or email [spenardfarmersmarket@gmail.com](mailto:spenardfarmersmarket@gmail.com).

### Market and festival

Local farmers and artisans sell their goods Saturdays and Sundays

in a festival atmosphere.

Enjoy free lively entertainment and food while browsing booths.

Market days run through Sept. 11 - Saturdays and Sundays from 10 a.m. until 6 p.m. at the Third Avenue and E Street parking lot.

For information, call 272-5634 or visit [www.anchoragemarkets.com](http://www.anchoragemarkets.com).

### Model railroading

The Military Society of Model Railroad Engineers meets at 7 p.m. Tuesdays with work sessions at 1 p.m. Saturdays in basement Room 35 of Matanuska Hall, 7153 Fighter Drive. Anyone interested in model railroading is invited.

For more information, call 552-5234 or 952-4353, visit [www.trainweb.org/msmrrr](http://www.trainweb.org/msmrrr) or email [bjorgan@alaska.net](mailto:bjorgan@alaska.net).

### Farmers' market

A non-profit, farmer-directed market at 15th and Cordova, offering fruits, vegetables, herbs, flowers, plants and animal products.

Offerings and vendors vary seasonally; open Saturdays from 9 a.m. until 2 p.m. through Oct. 15.

For information, email [info@anchoragefarmersmarket.org](mailto:info@anchoragefarmersmarket.org).

### Family Advocacy support programs available

The New Parent Support Program hosts several activities for families with young children up to age 3.

Family Advocacy also offers anger management classes, classes for new fathers and nursing mothers, as well as other programs for service and family members. "Dads 101" and "Home Improvement" are also featured.

For more information, call Family Advocacy at 580-5858.

### Museum unravels the 'History of Basketry'

The Anchorage Museum presents "Unraveling the History of Basketry" through the end of the year exhibiting baskets from Haida, Tlingit, Tsimshian, and Yup'ik baskets. The influence of non-native culture is addressed.

For more information, call 929-9200, or visit [www.anchoragemuseum.org](http://www.anchoragemuseum.org).

### Planetarium shows

Through 3-D graphics,

## Chapel services

### Catholic Mass

#### Sunday

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

#### Monday through Friday

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

### Confession

#### Sunday

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

### Protestant Sunday

#### Services

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

surround sound and a dome screen, the Anchorage Museum's planetarium offers a fascinating way to learn about astronomy, the solar system and more.

For more information call 929-9200 or visit [www.anchoragemuseum.org](http://www.anchoragemuseum.org).

### 'All That Glitters: Images from Alaska's Gold Rush'

This new exhibit uses historical photos to tell the stories of optimistic prospectors and fortune hunters who came to Alaska - some got filthy rich, and most just got filthy.

For more information on this or other museum exhibits, call 929-9200 or visit [www.anchoragemuseum.org](http://www.anchoragemuseum.org).



## Experience JBER Elmendorf-Richardson



JBER Elmendorf  
Outdoor Adventure  
Program  
552-4599

## ATV Eklutna Lake Explorer Ride

August 21

9 a.m. - 5 p.m.

Cost is \$100 and \$50 for passengers (8 years old and up)

This is a physical outdoor activity. You will get wet, dirty, muddy and tired. Drivers must be 16 years old and up. Bring extra clothes for the ride back and a small cooler for snacks and water. Reserve your spot today.

**Eagle River Whitewater Rafting**  
Wednesdays, Thursdays and Saturdays

Check for dates and times.

Only \$45 per person!



Discounted Tickets  
for the Fair at ITT  
Located in Arctic Oasis  
Community Center  
753-2378

## Baby Bump and Beyond

Every Tuesday and  
Thursday • 11 a.m.

It is a fitness class for pregnant/post natal active duty and dependants. Great for new mothers after the baby is born too. The goal is to keep them exercising until birth then help speed the recovery after birth. For active duty, we will help get you back into shape for your PT Test.

For more information call  
JBER Elmendorf  
Fitness Center  
552-5353

## Alaska Bike Rides

The best way to see Alaska up close is by bike. Join us on one of our trips this month. If you don't have a bike, you can rent from us for five dollars a day. Don't forget your camera.

- Indian to Girdwood Bike Ride  
August 13, 10 a.m.  
Cost: \$15
- Eklutna Trail Bike Ride  
August 27, 10 a.m.  
Cost: \$15



Get your gear and Alaskan  
Fishing License and Elmendorf  
& King stamps here!



**BINGO** at the Kashim  
every Wednesday in the Glacier  
Ballroom at 6 p.m.

Prizes: cash prizes from \$25 - \$100 given each game with a \$1000 jackpot possibility every week. Cost: \$25 large packets (mandatory purchase to play), 4 individual paper cards available for \$2 - \$5 each.

Must be 19 years old or older to play. For more information call 384-7619.



## POLAR BOWL NATIONAL BOWLING WEEK

Now - August 6

Come bowl with us on August 6 and help beat last year's record for the most games bowled in a single day. August 7, 2010 - 923,948 games were played across 1,252 centers within a 24-hour period.

Polar Bowl 753-PINS(7467)

# Enjoy summer in Alaska while it lasts!

# Service through skeet



Army Master Sgt. Matt Palmer, 3rd Mobilization Support Group, Alaska Army National Guard, left, and Tech Sgt. Reid Beveridge, 3rd Operations Support Squadron, pose for a photo at the Joint Base Elmendorf-Richardson Skeet and Trap Range, Thursday. The pair were awarded the 2011 Alaska Skeet Shooting Association's Skeeter Award for their revival of the Alaska Armed Forces Skeet Shooting Championship and extensive work to improve the organization. (U.S. Air Force photo/Justin Connaher)

## JBER service members win ASSA 2011 Skeeter Award

By Chris McCann  
JBER Public Affairs

Skeet shooting has a long history with the military – it was used in World War II to help teach the

fundamentals of aerial gunnery. After the war, "World Wide Military Championships" were held and the Air Force Air Defense Command took charge of hosting the competitions until 1975.

As a good way to keep in shooting practice, it has remained fairly popular among military personnel – leading to the formation of the Armed Forces Skeet Shooting Association in 1975.

Upholding the tradition are Matt Palmer and Tech. Sgt. Reid Beveridge, the recipients of the Alaska Skeet Shooting Association's Skeeter Award for 2011.

The award is usually presented to one shooter, but due to Beveridge and Palmer's dedication and hard work over the last three years, the Alaska Armed Forces Skeet Championships has become the second-largest skeet shoot in the state, and the association felt it was important to recognize both of them, according to the award citation.

Palmer, a civilian mobilization specialist for the 773d Logistics Readiness Squadron and an Army Reserve Master Sgt. with 3rd Mobilization Support Group, said the duo had a lot of administrative work to do.

"We did a lot of coordination ... There are prizes for the military personnel, so we were getting contributions and sponsorships donated, and getting prizes."

Beveridge, a Survival, Evasion, Resistance and Escape specialist with the 3rd Operations Support

Squadron, acquired superior prizes for the active-duty winners.

Getting the word out and encouraging people to get involved was another big part, Palmer said, and he credits his own return to skeet shooting to Beveridge.

"He has renewed my interest in the sport," Palmer said. "I was a once-a-year shooter or so. Now, it's weekly."

Beveridge spends his own time mentoring other shooters, Palmer said.

"We've seen a marked increase in active-duty shooters," he said. Beveridge previously served as the Alaska Skeet Shooting Association president and encouraged Air Force shooters to join the Air Force team.

Beveridge's skill is remarkable, Palmer said.

"He shoots really well. He's like a skeet-shooting machine."

Palmer dedicates his free time – despite a brand-new baby in the family – to hand-make trophies for the shoot, turning "clay pigeons" out of walnut in his garage.

He has also spent hours over the years soliciting donations and sponsorships – one year even getting entry fees, ammunition and practice rounds for two full Army Reserve squads participating in the shoot.

Beveridge also has a new child

in the family, but dedicates a lot of time to arranging shoots, quality banquet meals for shooters and their spouses, and getting donations.

"The most rewarding part is seeing new shooters improve," he said. "And the camaraderie among shooters is very rewarding, too."

"When someone breaks their first 25 (targets), and they come up to you all excited, and you're handing out awards, that's really cool," said Palmer.

In the summertime, they said, about 30 to 50 people come to the skeet range each week.

In the winter during league shooting, that number rockets up to 300 or 400 people per week.

"There's nothing else to do," said Palmer, laughing.

And while skeet shooting can be expensive, they admitted, it's no more expensive than golf. The range clubhouse offers ammunition for sale and shotguns are available to rent.

For those considering taking up the sport, they had one sentence: "Come out and do it," they said, almost in unison.

"It's fun," said Palmer. "The first time you do it, you're hooked. Once you break the first target, it's like an addiction. And it's truly a family sport."



Tech Sgt. Reid Beveridge prepares to shoot during a round of skeet at the JBER Trap and Skeet Range July 28.

## More military land open to hunting now than ever before

U.S. Army Alaska Public Affairs

There is good news for hunters and other recreational users of Army lands for September.

This year, 89 percent of Army land available for recreational uses, will be open to the public for September 2011, a 19-percent increase over last year. This means the public will be able to access approximately 1.2 million acres of Army land for hunting and other recreational uses.

As in the past, the Army will continue to ensure all its available lands, not being used to support training, will be open to public recreational uses.

The Army has now reached what is called its "four-week lock in for training," meaning units should have already submitted their air and land-use training requests for September.

At this point, a unit would have to have an extremely unusual justification or emergency situation to be able to schedule air or land-use training for September.

Units are now planning and scheduling their training for October and beyond. Some of it has already been in place on an annual training calendar.

However, it is always prudent for hunters to have a back-up plan, an alternate hunting site selected, in case of a last minute air or land closure for training.

### Tanana Flats Training Area

Fort Wainwright's Tanana Flats Training Area falls in Game Management Unit 20 A. All of this huge training area, some 652,000 acres, will be open for hunting except for the two impact areas and TA 201, which will be open Sept. 1 through 7, Sept. 9 through 12, Sept. 15 through 26, and Sept. 30th.

### Donnelly Training Area

This 654,000-acre area is divided into DTA East and DTA West, both in Game Management Unit 20D. In DTA East, TA 501 is only open Sept. 1 through 6. TAs 502-507 and 514 are open Sept. 1 through 9. TAs 508, 510-513, 530-532 and Gerstle River are open Sept. 1 through 15.

For DTA West, TAs 524 and 526-529 are only open Sept. 1 through 6. The rest of DTA West is open Sept. 1 through 25, except for the impact area and the normal off-limits ranges of TAs 516, 519, 520, 523, 529, 532 and part of 548. Thirty-Three Mile Loop Road will be open Sept. 1 through 9.

### Yukon Training Area

The 265,000-acre Yukon Training Area is in Game Management unit 20B. Here TA 307 is open Sept. 1 through 23 and 26 through 30. TAs 306 and 315 are open Sept. 3 through 4, 10 and 11, 17 and 18 and 24 and 25. The rest of YTA is open Sept. 1 through 30 except for the impact areas and a few small off limits areas. The Johnson Road – Brigadier Road is open from Sept. 1 through 20.

All impact areas remain off-limits. Impact areas contain unexploded ordnance, which is extremely volatile and could cause the loss of life, limb or eyesight. These areas are depicted on Alaska Department of Fish and Game maps as restricted areas.

The Army lands withdrawn for military training, the TFTA, DTA and YTA, are outlined with dotted black lines in the 2011-2012 ADF&G Alaska Hunting Regulations. To further define the numbered training areas within TFTA, DTA and YTA, the Army has published color maps. These maps complement the ADF&G maps by depicting impact areas and off-limits areas and by color-coding the availability of hunting in each numbered training area.

The maps are available at the visitors' centers near the main gates of Fort Wainwright and Fort Greely. By Aug. 15, the Army will also publish the maps on the web at [www.usarak.army.mil/conservation/FWA\\_DTA\\_Maps.htm](http://www.usarak.army.mil/conservation/FWA_DTA_Maps.htm).

It is extremely important for hunters to exit training areas no later than midnight on the day prior to closure. Training area closures occur to facilitate military live-fire activities.

It is important for the public to remain outside of restricted areas at all times. These

areas are associated with active live-fire facilities and unexploded ordnance. Aside from being a tremendous risk, entry into restricted areas on lands withdrawn for military training is a criminal offense and may result in criminal prosecution.

All users of Army lands are required to register for a Recreational Access Pass and are urged to call into the U. S. Army Alaska Recreation Tracking System system for updates regarding the opening and closing of training areas for recreational use. The number is 353-3181 at Fort Wainwright; 873-3181 at Fort Greely; and 384-3181 at Joint Base Elmendorf-Richardson.

Registration for RAPS can be done at the Main Gate Visitors Centers at Fort Wainwright, Fort Greely and JBER. A call to any one of the three telephone numbers will be able to provide training area access at all three posts.

Prior to accessing lands withdrawn for military training, hunters and all other recreational users must call in to the USARTRAK system.

The system provides Army conservation officials important information concerning the location of people within the training areas and assists with range clearing efforts before live-fire activities begin.



Caribou can be hunted on Army lands – if hunters are there at the right time. The military has opened record amounts of land to hunting for 2011. (Courtesy photo)



## Births

### MAY 18

A daughter, Marley Jean Lowrey, was born 19.5 inches long and weighing 6 pounds, 13 ounces, at 1:37 a.m. to Army Staff Sgt. Andrea Jean Lowrey of 725th Brigade Support Battalion and Army Staff Sgt. Jamieson Lincoln Barnes of the 1st Squadron (Airborne), 40th Cavalry Regiment.

### JULY 15

A daughter, Eila Dee Kirkpatrick, was born 20 inches long and weighing 7 pounds, 6 ounces, at 7:46 a.m. to Rachel Alexis Kirkpatrick and Pfc. James Kirkpatrick IV of the 1st Squadron (Airborne), 40th Cavalry Regiment.

### JULY 16

A son, Rebel Angel De Jesus, was born 20 inches long and weighing 7 pounds, 14 ounces, at 9:28 p.m. to Katherine Elizabeth Bolanos Roldan and Airman 1st Class Fernando Jose De Jesus of the 673d Medical Operations Squadron.

### JULY 17

A son, Evan Michael Stultz, was born 21.5 inches long and weighing 8 pounds, 14 ounces, at 1:56 p.m. to Christine Elizabeth Stultz and Air Force Staff Sgt. Michael Jason Stultz of the 525th Aircraft Maintenance Unit.

### JULY 19

A son, Isaiah John Brower, was born 22 inches long and weighing 9 pounds, 4 ounces, at 9:15 p.m. to Melanie Brower and Army Major Tim Brower of the Alaska Army National Guard.

A daughter, Lydia Ann Eliaszewskyj, was born 26.5 inches long and weighing 8 pounds, 7 ounces, at 3:41 p.m. to Jacque L. Eliaszewskyj and Army Capt. Mychajlo I. Eliaszewskyj of the 3rd Battalion (Airborne), 509th Infantry Regiment.

A daughter, Talulah Eva Kayl-Willever, was born 20.5 inches long and weighing 7 pounds, 12 ounces, at 10:13 a.m. to Gia Maria

Kayl and Sgt. William David Willever.

### JULY 20

A son, Ares Roland Dunfee, was born 21 inches long and weighing 9 pounds, at 6:25 a.m. to Kimberly Jean Dunfee and Spc. Jonathon Rusty Dunfee of the 1st Battalion (Airborne), 501st Infantry Regiment.

### JULY 21

A daughter, Hunter Nicole Ruby, was born 21 inches long and weighing 8 pounds, 4 ounces, at 11:20 p.m. to Kylie Michele Ruby and Spc. James Patrick Ruby of the 1st Battalion (Airborne), 501st Infantry Regiment.

### JULY 22

A son, Zayden James Knight, was born 21.5 inches long and weighing 7 pounds, 13 ounces, at 2:44 a.m. to Samantha Jo Knight and Spc. James William Knight of the 1st Battalion (Airborne), 509th Infantry Regiment.

A daughter, Gabriella Evelyn North, was born 18.5 inches long and weighing 6 pounds, 1 ounce, at 7:56 a.m. to Deborah Angel North and Air Force Master Sgt. Wayne Allen North of the 611th Air Support Squadron.

### JULY 23

A daughter, Emma Madeline Bryant, was born 21.5 inches long and weighing 8 pounds, 1 ounce, at 1:08 a.m. to Hayley Frank Bryant and Senior Airman William Leigh Bryant of 3rd Maintenance Group.

A son, Liam Patrick O'Marra, was born 20.5 inches long and weighing 8 pounds at 3:08 p.m. to Christina April O'Marra and Sgt. 1st Class Jeffery Charles O'Marra of 1st Battalion, 8th Cavalry Division (Fort Hood, Texas).

### JULY 24

A daughter, Madison Rae Armstrong, was born 20.5 inches long and weighing 7 pounds 14 ounces at 1:24 a.m. to Shannon Nicole Armstrong and Tech. Sgt. John Patrick Armstrong of the 3rd Operations Support Squadron.

A daughter, Nasya Shatina Williams, was born 20.5 inches long and weighing 7 pounds, 6 ounces at 12:06 p.m. to Shayla Dawn Williams and Army Staff Sgt. Jonathan Bennet Williams of 1st Battalion (Airborne), 501st Infantry Regiment.

A son, Logan Maks Cereceres, was born 21 inches long and

weighing 6 pounds, 12 ounces at 7:02 a.m. to Zulma Cereceres and Air Force Staff Sgt. Felix Cerceres of the 3rd Munitions Squadron.

### JULY 25

A daughter, Vanessa Helen Carter, was born 20.5 inches long and weighing 8 pounds, 13 ounces at 3:03 a.m. to Jennifer Marie Carter and Army Capt. Christopher John Carter of Headquarters and Headquarters Detachment, U.S. Army Alaska.

A daughter, Carolina Rose Hamilton, was born 20.5 inches long and weighing 8 pounds, 10 ounces at 6 a.m. to Rachael Kellis Hamilton and Air Force Maj. Robert Scott Hamilton of 962nd Airborne Air Control Squadron.

### JULY 26

A son, Kane Eric Butitta, was born 22.5 inches long and weighing 9 pounds, 3 ounces at 6:01 a.m. to Cassandra Lyn Butitta and Senior Airman Jacob Robert Butitta of the 673d Civil Engineer Squadron.

A daughter, Paisley Evaline Darnall, was born 21.5 inches long and weighing 7 pounds, 3.6 ounces to Air Force Staff Sgt. Rhiannon Lynne Darnall of 673d Medical Support Squadron and Air Force Staff Sgt. Joshua Ryan Darnall of the 381st Intelligence Squadron.

A daughter, Skyla Grace Parrish, was born 14.25 inches long and weighing 6 pounds, 8 ounces at 8:44 a.m. to Josephine Anastasia Parrish and Spc. Dustin Dewayne Parrish of the 84th Expeditionary Support Command.

### JULY 27

A son, James Angelous Kumas, was born 22.5 inches long and weighing 9 pounds, 9 ounces at 2:23 p.m. to Samantha Shyloh Kumas and Senior Airman Joseph Alan Kumas of the 3rd Maintenance Squadron.

A son, Collin Timothy Volk-

ing, was born 20.5 inches long and weighing 7 pounds, 9 ounces at 8:23 a.m. to Jenyfer Marie Collins Volking and Spc. Timothy Jason Volking of the 725th Brigade Support Battalion.

### JULY 28

A daughter, Jada Shea Eynon, was born 19 inches long weighing 10 pounds, 11 ounces at 7:10 a.m. to Shammra LeeAnn Eynon and Sgt. Dana O. Eynon of the 4th Quartermaster Battalion.

A daughter, Ava Realyn Carley, was born 19 inches long weighing 6 pounds, 7.1 ounces at 10:24 p.m. to Ashley Carley and Senior Airman Jeffery Carley of the 673d Logistics Readiness Squadron.

A son, Alejandro Cruz Carr Jr., was born 21.5 inches long and weighing 7 pounds, 2 ounces at 4:45 p.m. to Pfc. Cindy Carr of the 793rd Military Police Battalion and Pfc. Alejandro Cruz Carr of the 793rd MP Bn.

A son, Omari David Moore, was born 19.75 inches long and weighing 6 pounds, 6 ounces at 10:30 a.m. to Sgt. Chareece Renee Moore of 84th Expeditionary Support Command and Sgt. David Leslie Moore of the 95th Chemical Company.

A son, Shane Nicholas Guerrero, was born 20 inches long and weighing 6 pounds, 7 ounces at 10:47 a.m. to Pvt. Pag-ibig Castillo Guerrero of the 98th Maintenance Company.

A son, Tristan Dwayne Irwin, was born 20 inches long and weighing 7 pounds, 12 ounces at 7:47 a.m. to Makaela SuAnne Irwin and Spc. Robert Lee Irwin of the 3rd Battalion (Airborne), 509th Infantry Regiment.

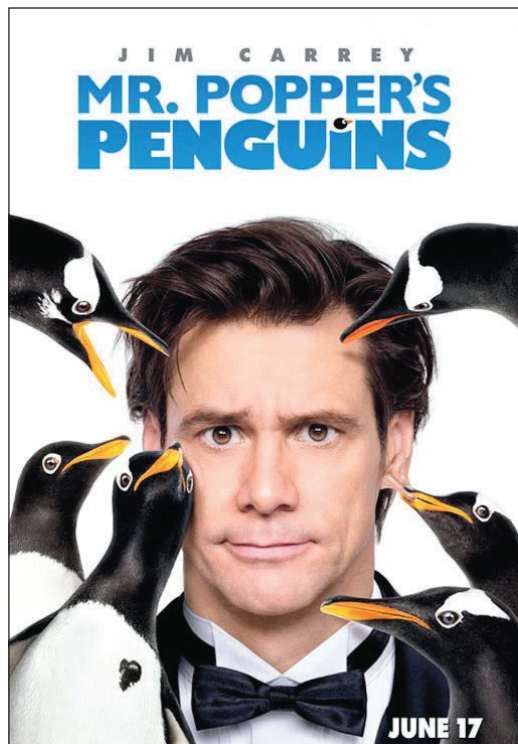
A son, Owen Scott Plumlee, was born 21.75 inches long and weighing 8 pounds 13 ounces at 10:21 a.m. to Monica Ann Plumlee and Spc. Bryan Scott Plumlee of the 725th Brigade Support Battalion.



## 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

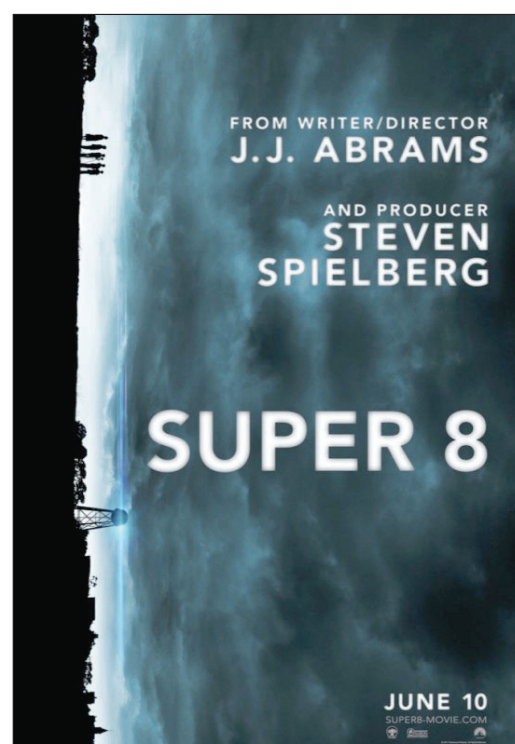


#### MR. POPPER'S PENGUINS

**Rated:** PG  
**Playing:** Friday at 7 p.m.  
**Run time:** 94 minutes  
**Starring:** Jim Carrey, Carla Gugino, Angela Lansbury, Clark Gregg

The life of a businessman begins to change after he inherits six penguins, and as he transforms his apartment into a winter wonderland, his professional side starts to unravel.

### Now playing



#### SUPER 8

**Rated:** PG-13  
**Playing:** Saturday at 7 p.m.  
**Run time:** 112 minutes  
**Starring:** Joel Courtney, Elle Fanning, Kyle Chandler

After witnessing a mysterious train crash, a group of friends in the summer of 1979 begin noticing strange happenings going on in their small town, and begin to investigate the creepy phenomenon.

## School

From Page B-1

### Get involved

“When schools work together with families to support children’s learning, children tend to succeed in both school and later life,” said Carol Comeau, Anchorage School

District Superintendent. “Many people are surprised that the most accurate predictor of a student’s achievement is not income or social status; it is how involved the student’s parents are in their children’s education.

“Studies show that students have higher grades and test scores, better attendance, more positive attitudes and behavior, higher graduation

rates, and greater enrollment in post secondary education when schools work collaboratively with families.”

There are many ways to get involved with your child’s education.

Find opportunities to visit, volunteer and participate in the school.

Have lunch with your child. Visit the classroom; be proactive—communicate with and get to know

the teacher, principal and other people your child associates with every day at school.

Join the School Parent Teacher Organization to help with school climate, events, fundraising, projects, promoting school involvement, and other functions.

Check with your unit about becoming involved with the School Partnership Program and how to be

involved.

Ask questions to find out more about what your child is doing in school. What are his assignments? What are his goals? How does he feel about learning?

Read together with your child. Read or re-read books they are assigned to read for school. Designate time each day to read, and visit the library often.

# Arctic Warrior Half-Marathon draws runners, funds for charity

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

On Saturday morning the clouds didn't stop participants, volunteers from Joint Base Elmendorf-Richardson or the local community members from shining as they took part in the 3rd Annual Arctic Warrior Half Marathon and 5K.

The race was hosted on JBER and put together by the Company Grade Officers Club.

Coordinator Air Force 1st Lt. Ellen Williams of the 3rd Component Maintenance Squadron, said she started coordinating the event in May and really had a focus on building from last year's event and "trying to make (the race) more fun and better advertised" so that they could reach even more people in the Anchorage community.

"The goal of the Arctic Warrior Half Marathon is to promote healthy living among military members and civilians," Williams said.

That was the goal of the event, but as a byproduct, more than \$1,900 was raised.

The money will be "donated to the food bank and Salvation Army of Alaska," Williams said.

"(You're) always stressed about the end product," Williams said. "Setting up and making sure you have everything in the right place at the right time. I was happy that people are coming out to run for charity. I'm excited that we're going to have enough to give."

The charity aspect drew many



**1st Lt. Ellen Williams of the 3rd Component Maintenance Squadron prepares members of the local civilian and military community to begin the Arctic Warrior Half Marathon and 5K Saturday. (U.S. Air Force photos/1st Lt. Matthew Chism)**

volunteers, including Airman 1st Class Therese Dimapilas of 3rd Maintenance Operations Squadron, who staffed the check-in table and served as master of ceremonies.

"I heard the money was going to charity and I wanted to come out here," Dimapilas said. "I have never been a part of a marathon in any way even to volunteer for it – so I said, 'let's go check it out'."

Air Force 1st Lt. Jason Watson, the aircraft services officer in charge for 732nd Air Mobility Squadron and vice president of the JBER CGOC, said that the obligation was twofold for the members of the club.

"(We were) putting on a good event for the runners. We're all out here as volunteers to help the CGOC raise money for the organizations we decide to donate to," Watson said.

"All these runners, they came out and supported us; they paid their dues, now it's our turn to support them and put on a good run for them," he added.

And that they did.

"I was expecting this to hurt a lot less!" said Brenna Bray, who works at Providence Hospital.

Bray said that she heard about the event on *Active.com* and that after not running a half-marathon in a year, she wanted to give it a shot.

For another runner though, the

day's event was a way to even the score. Airman 1st Class John Crowley of the Communication Squadron's infrastructure shop said that he was there to challenge his supervisor after losing to him previously at another race.

"I got him on the nine-mile run, but he ended up spanking me on the marathon. So (today) I just want to finish ahead of him, I don't care if it's two seconds or two miles, I just want to finish ahead of him," Crowley said.

Crowley said he prepared for the race by running a ten-mile climb about three times a week.

This preparation paid off for him, because the toughest part of the race for a lot of the runners was between miles eight and 12 on the north side of the flight line, which included a number of inclines and slowed some participants down a bit.

The event hosted 113 participants who were given event T-shirts and provided a light snack. Winners were given a CGOC Arctic Warrior Half Marathon coin for placing in the event.

The 3rd Aircraft Maintenance Squadron claimed the outstanding unit award for having the most participants.

For more photos of the event go to [www.flickr.com/photos/arcticwarrior](http://www.flickr.com/photos/arcticwarrior).



**Air Force Staff Sgt. Colby Clawson of the 673d Medical Group passes runner Brenna Bray a cup of water during the Arctic Warrior Half Marathon and 5K Saturday.**