

Photo feature

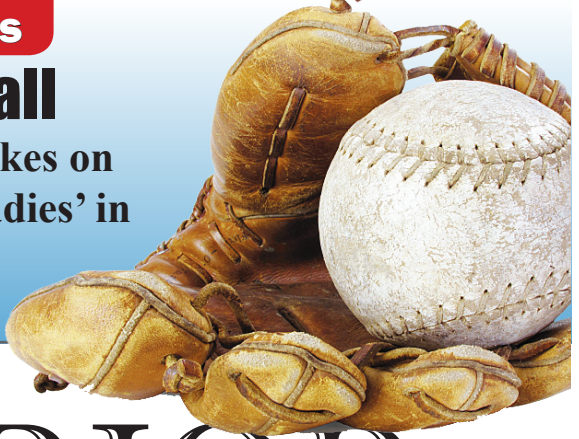
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# ARCTIC WARRIOR

Volume 2, No. 33

Joint Base Elmendorf-Richardson

August 19, 2011



# Mission to Mongolia

Pure Nsuren (right) watches as Air Force Lt. Col Mark Tuccillo, a doctor assigned to the Alaska Air National Guard at Joint Base Elmendorf-Richardson, examines her son's mid-section during a pediatric appointment, while at the temporary clinic in the Buynt Uhaa Complex in Ulaanbaatar, Mongolia, Aug. 7 during Khaan Quest 2011, a combined joint-exercise hosted by the Mongolian Armed Forces in partnership with U.S. Pacific Command forces. Khaan Quest is in its eighth year and has military participants from Canada, India, the Republic of Korea, the U.S. and Mongolia. (U.S. Air Force photo/Master Sgt. Cohen Young)

## Alaska National Guardsmen conduct medical exercise at Khaan Quest 2011

By Sgt. Edward Eagerton  
134th Public Affairs Detachment

ULAANBAATAR, Mongolia — Members of the Alaska National Guard participated in a medical readiness training exercise designed to test a combined medical team's ability to provide basic medical care in a remote location with limited resources during Khaan Quest 2011 in the outskirts of Ulaanbaatar, Mongolia.

Khaan Quest 2011 is a multinational peace operations exercise which consists of five activities conducted in Mongolia.

These activities include a U.N. peacekeeping seminar, command

post exercise, field training exercise, humanitarian civic activity and a medical readiness training exercise.

Outside a two-story cinder-block school on a dirt field, on the outskirts of Ulaanbaatar, nearly 1,000 Mongolians lined up to receive free medical care from the multi-national medical team.

The combined medical team, consisting of approximately 15 Alaska National Guardsmen, as well as members of the U.S. Marines, Mongolian Armed Forces and other participating countries, were ready with an array

See Mongolia, Page A-3

## Mongolia facts



(Courtesy of CIA World Factbook)  
**Population:** 3,133,318 (July 2011 est.)

**Area:** slightly smaller than the state of Alaska

**Climate:** desert; continental (large daily and seasonal temperature ranges)

**Military expenditures:** 1.4 percent of GDP (2006)



Two Mongolian children race horses during Khaan Quest's Mongolian culture day hosted at Five Hills Training Area near Ulaanbaatar, Mongolia, Aug. 7. Horse racing, wrestling and archery, "the three games of men," were the featured traditional sports as well as an airborne operation. (U.S. Army photo/Spc. Michelle Brown)

## Air Force freezes civilian hiring

News release  
JBER Public Affairs

Officials here at Joint Base Elmendorf-Richardson are continuing to work through the implications of a 90-day Air Force civilian hiring freeze, announced Aug. 12.

This hiring freeze comes on top of the hiring control measures that were implemented in May. Those measures all but halted hiring of Air Force civilian employees at the base and the latest move stops hiring completely, with the exception of a few specific job categories.

"This is a difficult time for our nation," said Air Force Col. Robert D. Evans, JBER and 673d Air Base Wing commander. "We will certainly feel the impact of the

current budget-cutting measures here at JBER."

Evans said the extent of the local impact is unclear at this point but he expects the national "belt-tightening" to result in a tougher fiscal environment here in the future. The Air Force-wide civilian hiring freeze is among the first steps towards a reduced defense budget and a reduction of approximately 17,500 Air Force civilian positions in Fiscal Year 2012.

"We've got a role to play here as our nation works to improve our financial health," Evans said. "But we'll work hard to move forward deliberately in a way that minimizes adverse

See Freeze, Page A-3



## 4-25 at Joint Readiness Training Center

B Battery, 2-377th Parachute Field Artillery Regiment paratroopers sling load a M119A2 howitzer at the Joint Readiness Training Center, Fort Polk, La. Training at JRTC will prepare Soldiers for the brigade's scheduled deployment in December. (U.S. Army photo/Staff Sgt. Mark Shrewsbury)

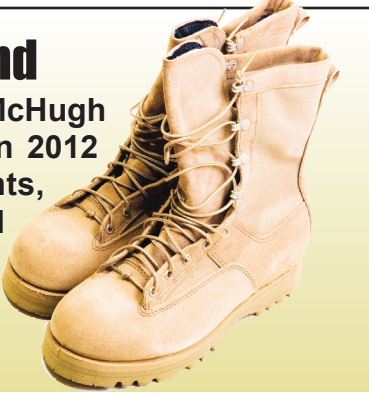
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## Boots on the ground

Secretary of the army John McHugh announces Soldiers to begin 2012 with nine-month deployments, changes environmental morale leave policy, A-10



## No changes to military retirement anytime soon, officials say

By Jim Garamone  
American Forces Press Service

The military retirement isn't going to change any time soon, Defense Department officials said.

"There's no immediate plan to affect retirement," Navy Adm. Mike Mullen told service members at Kandahar Airfield, Afghanistan, July 31.

The chairman of the Joint Chiefs of Staff said any changes to military retirement should be studied carefully and should be "grandfathered" so the military doesn't break faith with those in the service.

Pentagon officials are reviewing all areas of the defense budget, and the goal of the review is to "inform the decisions and strategies that we have to make," Defense Secretary Leon E. Panetta said Aug. 4.

"So that's going to be key to what decisions we make and what areas we look to for savings," the secretary added.

In support of the department's efficiency initiatives, a small group of Defense Business Board members was tasked to develop alternative plans to the current military retirement system. The group briefed its

findings and draft recommendations to the full board during their July 21 quarterly meeting. The full board approved the recommendations, and the group will issue a final report by the end of this month.

The Defense Business Board provides DoD's senior leaders independent advice and recommendations "on effective strategies for the implementation of best business practices on matters of interest to the Department of Defense," according to Pentagon officials.

Meanwhile, a Pentagon spokeswoman said, officials are reviewing the board's recommendations.

"Any recommendation to change the military retirement system must be approached with thoughtful analysis, to include considerations of impacts to recruiting and retention," Eileen Lainez said. "While the military retirement system, as with all other compensation, is a fair subject of review for effectiveness and efficiency, no changes to the current retirement system have been approved, and no changes will be made without careful consideration for both the current force and the future force."

## Secretary of the Army management, structure transformation effort

News release  
Army News Service

During a morning town hall forum with members of the Army's Senior Executive Service, Secretary of the Army John McHugh announced, Monday, the creation of the Institutional Army Transformation Commission, a panel charged with finding new ways to make the Army a more "agile, cost-effective organization."

"We're not just asking people to change the way they budget," McHugh said. "We're asking them to change the way they think."

Earlier this year, McHugh created a short-term task force to examine the Army's organizations and business practices to identify both short-term improvements and long-term structural changes within the institutional Army — the so-called generating force. To date, that task force has launched efforts to root out overlap and

redundancies in research and development, review temporary organizations and task forces to see if they are still needed, consolidate and streamline the requirements process, reform installation management, optimize Army acquisitions, and make changes in human capital.

"While I've been encouraged by the task force's early work, the simple fact is that large-scale institutional transformation takes years to mature before agile, cost-effective organizations emerge — with a culture of continuous improvement incorporated in all activities," McHugh said. "This commission will implement changes already identified through the short-term task force, assess and identify new opportunities, and continue to function for the next three years. This longer term, more enduring approach is historically and practically necessary and will help make continuous transformation a part of Army culture."

# ARCTIC WARRIOR

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# Editorial & Opinion

## 'Well on track' Training chief talks NATO and the Afghan Surge

Commentary by Army Lt. Gen. William B. Caldwell, IV  
Army News Service

Five months ago, Senators Carl Levin and Jack Reed wrote in the Washington Post, "the best way to bring our troops home sooner while succeeding in Afghanistan is to build a stronger Afghan military and government." Since we stood up the NATO Training Mission-Afghanistan more than 21 months ago, we can say that developing the Afghan forces is well on track.

Through a NATO command, 33 countries are dedicated to the mission of training, equipping, fielding, and partnering with Afghan forces. Over the past two years, an additional 113,000 Afghan soldiers and police have been trained and are working with 130,000 NATO. Taken together, the NATO-Afghan force has enabled the start of geographic transition that will continue through December 2014.

In seven areas of Afghanistan, encompassing 20 percent of the population, Afghan Army and Police are already leading security efforts.

As Afghan forces are readied to assume more security responsibility, combined NATO-Afghan operations are also clearing insurgent strongholds in Helmand, Kandahar, and Kunduz and normalcy is slowly returning to areas that only knew war. Local militias are integrating into the formal security structure; commerce is returning; and schools are opening.

GDP has increased from \$170 under the Taliban to \$1,000 per capita in 2010, almost all Afghans now have access to basic health services (only nine percent did in 2002), school enrollment increased from 900,000 (mainly boys) to almost seven million (37 percent girls), and women now serve in government. There are even four female officers training to be pilots. Further, most of the country is now connected via mobile phones, highways, and common purpose—assume responsibility for its own development, governance, and security.

While the Afghan surge is incomplete and still reversible, it was by no means pre-ordained. Though the international community had been supporting the Afghan government, military, and police for several years, efforts suffered from limited resources and poor unity of effort. In 2009, the Afghan security force was underpaid, untrained, ill-equipped, illiterate, and poorly led.

The Afghan National Army could not conduct counterinsurgency operations and soldiers



NATO Training Mission-Afghanistan Commander Lt. Gen. William B. Caldwell IV visits with NTM-A Regional Support Command-North at Camp Mike Spann in Mazar-e-Sharif Christmas day. (Courtesy photo)

were deserting faster than could be recruited. And the Afghan police were deployed before training and lacked the armor needed to survive in a counterinsurgency.

The limited capabilities, poor morale, and leadership deficit could not prevent the Taliban from regrouping and conducting attacks. Numerous government and non-government studies documented rising violence rates and the shortcomings in the Afghan National Security Force. In spite of these challenges, the international community committed to grow the force and rebuild the all-volunteer Afghan Army, Air Force, and Police into a professional force loyal to the Afghan people. Much work remains, but the force of 2011 bears little resemblance to the one NATO Training Mission-Afghanistan began advising two years ago.

The force is on track to reach its 2011 milestone of 305,000 and will grow another 47,000 over the next year. Over the next several years, the force will develop key support forces such as logistics, human resources, and finance. Professionalizing the force is a key to creating enduring institutions and reducing Afghan reliance on ISAF for combat support.

Additionally, there is a substantial effort to develop sustainable systems and functioning ministries that can plan, program, budget, and execute ministerial goals.

In support of this effort, there

are about 500 NTM-A advisors who work at the Ministry of Defense and the Ministry of Interior. These advisors support their Afghan counterparts to ensure the necessary policies and systems are in place to implement strategic guidance from the President of Afghanistan and the ministers. This work includes everything from creating a modern personnel system that can identify, track, and manage personnel across the military and police to a comprehensive recruit screening process that vets, validates, and certifies Afghans' eligibility for training.

To ensure the Afghan military and police are enduring, sustainable systems need further development. This takes time and requires patience. But development must continue. In the same article Senators Levin and Reed wrote: "Thirty years ago the United States worked to help Afghans reclaim their country from Soviet invaders. With the departure of Soviet forces, we declared victory and turned away from helping Afghans build a stable country with effective security forces."

On Sept. 11, 2001, we discovered the tragic consequences that such inattention can have. That is a lesson we cannot afford to learn again." Through continued U.S. and NATO support beyond geographic transition, partnering beyond 2014 will be critical to avoid repeating mistakes of the past.

## Education will take you places

Commentary by Air Force Capt. Omar Villarreal  
8th Fighter Wing Public Affairs

With the current military tempo, it would seem safe to say that by joining the military, new Airmen will be able to see the world. I have known many people who have joined to get away, to see new places, to expand their understandings and to gain independence.

I decided to join the Air Force because I wanted to follow the footsteps of a proud Airman who served more than 24 years for his country. That Airman was my father, who with my mother, stressed the importance of education.

I never was the studying type. I guess I figured there were so many other things I would rather be doing, but because of my parents I knew education could help me grow as a person.

"Education can take you places," my parents would say. "Go to school, stay on top of your studies, work hard, believe in yourself and the rest will be history."

I was commissioned nearly eight years ago, after four extremely fun years at the University of Texas at San Antonio. I am sure there were those who doubted I would be able to finish because I had a full plate. I worked full-time,

I ran cross country, I was in ROTC and I was in a fraternity.

"Most people can only work and go to school, or have a social life and go to school," a school administrator said during an orientation a week before my first semester. "We advise you choose what you want to do and stay away from the other."

I am here to tell you that no matter how much you have on your plate, no matter how long it has been since you have taken your last class and no matter how hard you think it will be, there is always a little room for higher education. Putting forth just a little amount of effort is all that is required to succeed.

As service members, we have tools at our disposal to help us get an education. We have an education center. We have tuition assistance. We have leaders who understand the value of a higher education; and if we are away from our families, we have the opportunity to get one or finish one we have already started.

The education center is there to help service members reach their educational goals. The education center is there to help with what probably is the hardest part about getting a higher education, registering for that first class. Once you

register, you are well on your way to achieving the degree you seek.

So, with the tools available to each of us, there should be no reason for not pursuing a higher education, right? Well, that is up to us to apply the values instilled in each of us: integrity first, service before self and excellence in all we do.

I think we owe it to ourselves to improve who we are. I can honestly say that I believe most service members strive to be model citizens. We want a higher rank, we want more responsibility and we want to live the best life possible.

I am not going to convince you to go register for a class, buy a textbook or take the first step and visit your base's education center by writing this commentary. Getting an education is something you have to want to do for yourself.

All I am asking is that you take a second to think about the opportunities you have. As service members, we have opportunities that most only dream of. Want better for yourself? Get a higher education and go further than you ever thought possible.

For information on how you can take that first step, visit your education center or log on the Air Force Portal and visit the Air Force Virtual Education Center.

# 16th CAB begins new chapter at Lewis-McChord

By Laura M. Levering  
Northwest Guardian

JOINT BASE LEWIS-MC-CHORD, Wash. — History was made at Joint Base Lewis-McChord during an Aug. 1 ceremony at Gray Army Airfield.

The newest addition to I Corps and Joint Base Lewis-McChord, the 16th Combat Aviation Brigade, proved its members are masters of multitasking, hosting a ceremony with four major events: the uncasing of 16th CAB colors, a brigade change of command, the activation of two new battalion-level formations and for good measure, the redesignation of a squadron.

In March, the Department of Defense announced the movement of 16th CAB headquarters from Fort Wainwright, to JBLM.

The move will result in an additional 1,400 Soldiers and 44 helicopters to JBLM by summer 2012. The 16th CAB will be different than most aviation brigades because it will split-based with two major commands.

The uncasing portion of the ceremony signified the brigade's official arrival and start of service at JBLM.

Less than two months ago, the headquarters' colors were cased in Alaska and have been en route to JBLM. With the colors came about 100 Soldiers to run the headquarters here.

United States Army Alaska commander and U.S. Alaskan Command deputy commander, Army Maj. Gen. Raymond Palumbo, summed up the 16th CAB's



Soldiers march past a CH-47 Chinook helicopter, Aug. 1, during the 16th Combat Aviation Brigade change of command and activation ceremony at Gray Army Airfield, Joint Base Lewis-McChord, Wash. (Photo by Ingrid Barrentine/Northwest Guardian)

record of achievements in a single phrase: "They run to the sound of the guns," Palumbo said.

The ceremony was the Army's response to what the nation had requested, Palumbo said: more aviation units. He also said it should be no surprise that enormous demand has arisen for aviation during the past decade, beginning with its critical applications in Iraq and Afghanistan.

Today, 16th CAB helicopters fly all over the world, carrying out some of the nation's most challenging business. Thirty of the brigade's Kiowa Warriors are in Iraq with about 450 Soldiers from 6th Squadron, 17th Air Cavalry Regiment.

Fifteen Blackhawk medevac helicopters and Chinooks are flying critical missions in Afghanistan, where about 300 Soldiers from elements of 1st Battalion, 52nd General Support Aviation Regiment are currently deployed. The remaining helicopters are now here at JBLM and Fort Wainwright.

"What we're doing here today is in response to our nation's demand for more Army aviation," Palumbo said. "We're putting finishing touches on the Army's 12th aviation brigade."

The 16th CAB ceremony included the activation of 46th Aviation Support Battalion and the 2nd Battalion, 158th Assault Helicopter Regiment.

The 4th Squadron, 6th Air Cavalry Regiment, which was already stationed at JBLM, was redesignated and repatched as the 4th Squadron, 6th Attack Reconnaissance Regiment. The mission of 4-6 ARS will remain about the same "but with extra equipment and personnel."

Former commander of 16th CAB, Army Col. Robert Werthman, traveled from Alaska to relinquish the brigade to the new 16th CAB commander, Army Col. Robert Dickerson.

Werthman led the unit since August 2009 before passing the colors to Dickerson Aug. 1. Werthman's next assignment will be in Colorado Springs, where he will

become the executive officer to the deputy commander of Northern Command.

Werthman described the ceremony as a "last hoorah" for him, but for the 16th CAB, the "start to a long and distinguished road that will eventually lead the brigade in its entirety to combat operations in Afghanistan."

He offered encouragement to Dickerson, who arrived at JBLM from Harvard University, where he recently completed a Senior Service College Fellowship.

"My efforts have been easy when compared to the Herculean task ahead of you to properly re-raise, build and train the brigade," Werthman said. "I know your leadership will propel this organization to a higher level of excellence."

Palumbo said the JBLM community is privileged to have Dickerson and his family onboard.

"It's no surprise that the Army has selected the Dickersons to command this great organization," Palumbo said.

Dickerson said he was humbled and fortunate to join the 16th CAB.

He also acknowledged the brigade's future successes will require the collective energy of subordinate commanders, staff members and Soldiers.

"Many organizations have and will continue to make invaluable contributions in making 16th CAB a professional, full spectrum aviation brigade," Dickerson said. "Make no mistake, it will require a team effort, and I look forward to working with all of you."

## Mongolia

From Page A-1

of services.

"We have a team of doctors, nurses, medics and dentists here to provide whatever we can to the local community for whatever they need," said Army Lt. Col. Rebecca Young, executive officer, Medical Detachment, Alaska Army National Guard. "The different services being offered to the local community include dental, optometric, neurological, pediatric and gynecological care."

The multi-national task force reported that they saw, on average, close to 1,000 patients a day. However, there were still several patients waiting at the end of the day who had to return the next morning for care.

"This is an area that has had no access to medical care," said Air Force Lt. Col. John Boston, of Wasilla, Alaska, and officer in charge of the joint operation, 176th Medical Group, Alaska Air National Guard. "This particular area was chosen because there's an engineering group that is adding an addition to a local medical clinic, so it's been out of commission for the last three months."

Not only did the medical exercise help out the locals, it also provided a benefit to participating units in teaching them how to conduct medical missions in remote locations with limited resources.

"It gives us the real-world experience of going to a remote location," Boston said. "What things do we need to have? What types of tools do we need to bring? You can't just run to the store. If you don't have it, you do without."

Many of the locals had never had specialized healthcare available to them before. In one account, a child from the local community had teeth that were almost completely rotted. In another, a woman rode two days on a camel with her newborn child just to have the chance to have her child seen by western doctors.

"We have the opportunity to make a significant impact on kids who otherwise would never have this kind of opportunity," said Air Force Capt. Andrew Adamich, 176th Medical Group, Alaska Air National Guard.

For the conditions that the medical team



members cannot treat themselves, they are making crucial connections between patients and other resources.

In one instance, a girl, at the age of 14 years, was diagnosed with a terminal heart condition. Without proper treatment, she was given just 18 months to live. The medical team managed to connect with the Rotary Club, a humanitarian organization whose purpose is to promote a higher quality of life to those in need, despite race, religion, or nationality. Through the Rotary Club, they were able to get the girl scheduled for the treatment she would need to save her life.

"To come here where people don't have running water and don't have electricity, and to see how joyful they are for the opportunity to receive this kind of care, it's very humbling," Boston said. "Even if they have to spend hours in line, they're more than happy to wait all day for us, and they are so grateful. It fills us with a lot of hope that we can make a difference."



ABOVE: Air Force Capt. Andrew Adamich, 176th Medical Group, Alaska Air National Guard, fits a patient with a pair of glasses at a school on the outskirts of Ulaanbaatar, Mongolia. Approximately 15 Alaska National Guardsmen teamed up with multinational forces to conduct a medical readiness training exercise as part of Khan Quest 2011. (U.S. Army photo/Sgt. Edward Eagerton)

LEFT: A Mongolian Soyombo, State Honor Guard stands in formation during the opening ceremony of Khan Quest 2011 in Ulaanbaatar, Mongolia July 31. (U.S. Marine Corps photo/Lance Cpl. Demetrius Munnerlyn)



Alaska Army National Guard Staff Sgt. James Tollefson, C Company, 1-297th Reconnaissance and Surveillance team leader, looks out at the rolling hills and scattered yurt villages from the top of the Chinggis Khaan statue while participating in a Morale, Welfare and Recreation Day in and around Ulaanbaatar, Mongolia, Aug. 7. (U.S. Army photo/Sgt. Edward Eagerton)

## Freeze

From Page A-1

impacts on our JBER employees and our ability to get the mission accomplished."

Air Force officials said a firm commitment to keep spending within requested levels led to the hiring freeze. In addition to a 90-day hiring freeze, the officials plan to reduce the majority of temporary and term employees and will implement both the Voluntary Separation Incentive Program and Voluntary Early Retirement Authority programs in the near future.

"The most immediate impact will be to our temporary employees whose term expires at the end of this fiscal year," said Angie Horn, director of civilian personnel. "We will not be able to extend most of them past Sept. 30."

Air Force officials at the Pentagon project that all major commands, direct reporting units and field operating agencies will be affected by these actions.

"We are operating in a very challenging fiscal environment and are focused on meeting mission requirements with a reduced budget," said Air Force Lt. Gen. Darrell Jones, the Deputy Chief of Staff for Manpower, Personnel and Services. "We are mindful of the potential impacts of budget constraints on our civilian force and their families, which is why we are seeking to reduce the need for involuntary measures."

The 90-day hiring freeze is intended to quickly reduce civilian strength levels to budgetary limits and enable future hiring to support the most critical mission requirements.

"We are committed to keeping our talented JBER civilian workforce informed as we face these challenges together. We'll pass along timely and accurate details as they are finalized," Evans said.

For additional information on civilian workforce reduction measures, call the civilian personnel office at 552-3572, or the Total Force Service Center at (800) 525-0102.

# Airmen reverse unit's fitness trend, exceed goal

By Chris McCann  
JBER Public Affairs

As the Air Force has cracked down on physical fitness standards, some Airmen have had problems meeting those standards.

But in many cases, leaders have stepped up to lead their units to not only meet but exceed standards.

The 381st Intelligence Squadron on Joint Base Elmendorf-Richardson is one of those units.

In the summer of 2010, more than 40 percent of the squadron's Airmen were failing the physical fitness requirements, and then-new commander Air Force Lt. Col. Augustin "Pete" Briguet was determined to change that figure.

Air Force 1st Lt. Matthew Rogero, a native of Jacksonville, Fla., and the squadron section commander, met with Briguet and the senior enlisted advisor to determine a plan of action – and it has worked so well that as of August, the squadron now has only three Airmen in its Fitness Improvement Program.

"We got together and came up with a multi-layered approach to counter the failures," Rogero said. "First, we introduced a new internal policy for our FIP. We modified the Air Force program for members scoring below 80 percent on the test."

That's five percent more strict than Air Force standard.

"We're not changing the standard," Rogero said. "We're ensuring that people aren't getting the

minimum passing score. Everyone has bad days, and if you're having a bad day the day of your test and you fail, that has consequences for your career. We want to ensure that people are kept safe."

They also changed their incentive program, Rogero said.

One, two and three-day passes go to those who score above 90 percent on the test and those who improve their all-component score by five or ten points.

The squadron leadership, including Senior Master Sgt. Jeffrey Aicher, meet weekly to go over physical fitness issues so that leaders are aware of those people having difficulties.

"There are no more excuses for just squeaking by," said Rogero, whose degree is in physical fitness.

"We also focus on intensity," Rogero said. "We do PT for one hour – and in that hour, you're going to get a dang good workout."

There are three physical training leaders, and during unit PT, one leads the workout, one circulates to check form, to ensure that everyone is doing the exercise correctly, and another works with the people on profile for injuries who are doing alternate things.

Briguet also instituted squadron PT on Fridays, Rogero said.

"As part of this program, we've had a very open feedback loop with people," Rogero said. "We're open to comments, concerns and questions, and we evaluate and change things. There's a consistent loop." Additionally, instead of failure

counseling being an open-and-shut statement of failure and consequences, Rogero said, he takes a multi-faceted approach.

"We look at the person's physical training history and evaluate it," he said. "Have they had fitness problems before? We work on determining the type of program and workout regimen they need. Are they doing alright on the run, but failing in push-ups and sit-ups? We take a look at the right things to work on, and then use the Health and Wellness Center's physical training leader book to design a custom workout for them."

Diet, eating habits and high-risk behaviors are also evaluated. In addition to the HAWC's mandatory nutrition class, Rogero and others provide guidance about things that may not be so obvious.

"Soda and juice can be so high in calories, and people don't realize it," he said. "We also look at how much processed food they eat, how often they eat, and the timing. We set shortterm and longterm realistic, achievable goals."

The squadron also works with those who have been ill or injured.

"We look at not just what they can't do, but what they can do," Rogero said.

The personal attention is a large factor, he added.

"We follow up with people," Rogero said. "There's a care factor; they're not out of sight, out of mind. We check up and hold them accountable. It's a collaborative effort with all the supervisors, to stay engaged with folks and their fitness issues."

It has been about a year since the program started.

"We've been in a sustainment phase for the last quarter or so," he said.

With a 99 percent pass rate, they are the top-performing unit of the 18 squadrons in the 70th Intelligence, Surveillance and Reconnaissance Wing.

Tech. Sgt. Andy Romano, section chief for engineering management, is one of the squadron's best success stories, Rogero said.

"I had issues with PT," Romano said. "I was a little over 220 pounds, which caused me back problems. I was in the FIP; I had



Airmen start the run portion of the physical training test at the Elmendorf Fitness Center. The 381st Intelligence Squadron improved its PT tests from a 40 percent fail rate to only having three Airmen enrolled in remedial PT. (U.S. Air Force photo/Senior Airman Jack Sanders)

four fails in a two-year period. (Lt. Rogero) and I got together with the 1st Sgt. and came up with a plan."

The plan worked, Romano said.

"I was seeing results in two weeks," he said. "The weight was coming off – I feel better. There's a big difference. I've lost about 25 pounds and cut three inches off my waist, and three minutes off my run."

"Physical condition is also how you perceive it," he said. "If you look at it as drudgery, and your heart's not in it, you're not going to put forth a full effort. We changed my eating habits, my workout habits, and my thought process. ... Now I watch how much I eat, and I stop when I'm only eating for the flavor."

The most challenging part for Rogero, he said, was finding the best way to motivate individuals.

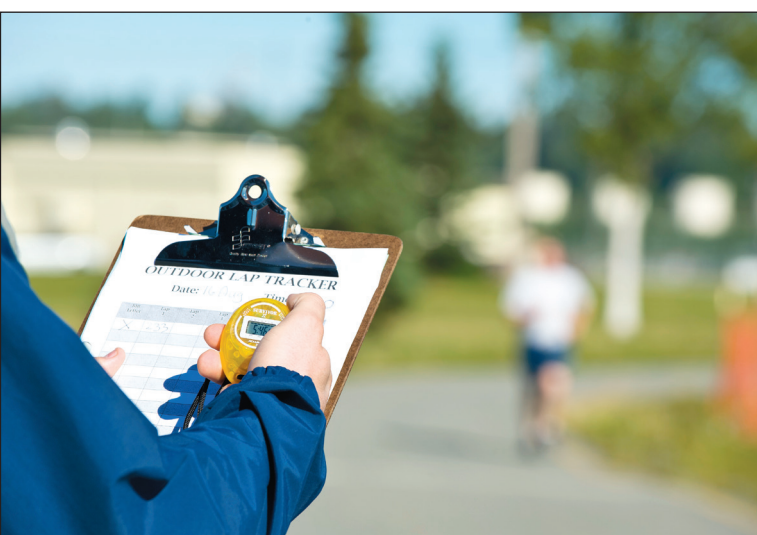
"Each person has their own tick, their won thing. Finding that can be tough. But the only way to find it is to care about their well-being."

"My goal is that when they leave the unit, it's a lifestyle change. I want to give them all the tools to succeed on their own without a personal motivator. The commander wants to give everyone the tools and opportunity to get in shape."

While the journey has not been an easy one – some Airmen had to be let go, and there was an initial backlash – it has been worth it, he said.

"The commander made the right call," Rogero said. "Once people accepted the change, it was just a matter of maintaining."

"The standards are only going to get tougher," he said.



An Airman holds a stopwatch and a clipboard to record the run time of another Airman. (U.S. Air Force photo/Johnathon Green)



# Papp visits with Alaska Coast Guardsmen

By Cmdr. Glynn Smith  
USCG Commandant press secretary

While America is a maritime nation, Alaska is one of its most maritime states. The waters here are legendary for their rich fisheries and their extreme weather conditions. Plying these waters are fishing vessels, ferries, pleasure craft, cruise ships, merchant ships sailing between North America and Asia, as well as tankers moving oil from the port of Valdez to refineries on the U.S. West Coast.

Everyone from the average Alaska citizen to a surfer in Southern California, farmer in Nebraska or banker in New York has a keen interest in these waters whether they realize it or not. The impacts include the cost of fuel, availability of seafood, security of trade with global markets and jobs. And this is why Coast Guard Commandant Adm. Bob Papp announced during his visit last week several adjustments to Coast Guard forces in Alaska which will ensure the service continues to perform its duties here.

## Helicopters for rescue operations

"After the tragic loss of Air Station Sitka's helicopter CG-6017," Papp said. "The unit was limited to two helicopters, which is unacceptable given the extreme Alaskan weather conditions in which these helicopters often operate. We are replacing 6017 with a refurbished Navy helicopter that will be converted to the Coast Guard configuration."

"We presently have four helicopters assigned to (Air Station) Kodiak, but our analysis of the demanding weather environment and extensive area show that a fifth helicopter is warranted," Papp said. "In the late fall of 2011, I will temporarily assign a fifth helicopter here to support the Opilio crab season, and in 2013, I will permanently assign a fifth helicopter pending appropriation of the fiscal year 2012 budget request."

This increase in helicopters will enable our men and women to stand their watch with the right capability and capacity to respond quickly and safely.

## Cutters for Ketchikan

"The Coast Guard is planning on placing two of our newest class of patrol boats, the 154-foot Sentinel Class fast response cutter, in Ketchikan," Papp said. "The timeline is not as quick as we want to get them there, but we are happy to be planning on stationing these very capable patrol boats to this demanding area. In the interim, I am moving one of our 110-foot patrol boats from Miami



Coast Guard Commandant Adm. Bob Papp tours Coast Guard facilities in Valdez, Aug. 11. Papp met with Alaska policy makers and testified to Sen. Mark Begich. (U.S. Coast Guard photo/Petty Officer 2nd Class Patrick Kelley)

to Ketchikan to provide additional capacity as a stop-gap measure."

## Large cutter replacements

"Completion of the National Security Cutter fleet – our newest and most capable high-endurance cutter – is critical to our ability to continue our Bering Sea fisheries," Papp said. "Bertholf, our first National Security Cutter, just finished her first Alaska patrol, exhibiting remarkable sea keeping ability that enabled her to launch and recover her boats, boarding teams and helicopters in sea states that would challenge our legacy cutters."

"We are also working on an extended plan to replace our medium endurance cutters with an envisioned Offshore Patrol Cutter," Papp said. "Some of these cutters could be placed in Alaska to replace ships already located there and they would certainly operate in Alaskan waters."

National Security Cutters one, two and three are complete, steel is being cut on four and a contract for five is nearly finalized. At

least eight NSCs are required to meet the service's needs.

Collectively, these changes will ensure that Coast Guard men and women who serve in the state of Alaska have the tools they need to conduct search and rescue, protect fisheries and secure borders.

During his visit, Papp testified before Sen. Mark Begich, Chairman of the Commerce Subcommittee on Oceans, Atmosphere, Fisheries and Coast Guard, at a field hearing in Anchorage, Aug. 12. Adm. Papp read an oral statement during the hearing. The following are excerpts from the visit.

## On the Coast Guards ties to Alaska

"The Coast Guard is no stranger to Alaskan waters. We have patrolled here since 1867 when Alaska was just a territory. During the 19th century, we ensured stewardship of the seal herds and salmon fisheries, we introduced reindeer to provide a more dependable food source for native tribes, we treated the sick and we literally

were the law of both the sea and land, as our cutters cruised with embarked federal judges to dispense justice."

## On conditions for Coast Guard crews in austere Arctic operation locations

"Cold Bay in particular is a challenge. The hangar is in disrepair, has no heat and there is only limited berthing which is graciously provided by the Alaska State Troopers. Our crews do not complain, because they know that being forward deployed saves lives."

## On the Law of the Sea treaty

"We also need the Senate to accede to the Law of the Sea treaty. All other Arctic Nations and most other nations worldwide have already done so. U.S. accession would secure important rights that ensure Coast Guard mobility, freedom of navigation, and provide us with greater influence to shape desired national outcomes for maritime safety, security, and environmental protection."

# JBER Inspector General Office garners Air Force award

By Air Force Tech. Sgt. Jeremy Larlee  
JBER PAO

An office integral to the smooth operation of Joint Base Elmendorf-Richardson's mission was recently recognized as the best of its kind in the Air Force for 2010.

The 673d Air Base Wing Inspector General's office garnered the John P. Flynn Inspector General Award.

Steve Wisniewski, deputy inspector general, said he was at the IG worldwide conference when he learned that his office had earned the award. He said it was a great feeling to see his office earn the award for the first time.

"It was awesome to find that out surrounded by my peers in my field," he said. "We have been working hard and it was gratifying to get the recognition."

The Inspector General office plays a vital role in the JBER mission.

The mission of the Inspector General's

office is to enhance mission accomplishment of JBER units and organizations by identifying and recommending solutions to performance inhibitors and resolving requests for assistance from military, family members and civilians of JBER.

"We are the eyes and ears of the wing commander," said Wisniewski. "If there is something going on that we can help with, we immediately pitch in and try to help fix the problem."

A lot of the office's work involves paying attention to what is going on in the JBER community.

"We pay close attention to any trends that are going on," said Wisniewski. "As soon as we see a common problem we try to get ahead of it as soon as we can and educate the masses in how to best handle."

Matthew Taylor, inspector general superintendent, said his team's prime focus is

keeping Airman ready for missions.

"The IG is very important to the overall Air Force mission because our Airmen and their families need to be able to focus on their mission, their families, and their quality of life," Taylor said. "If someone is frustrated because of some unresolved issue, they are not giving their full attention to the task at hand. The IG is a source that can help alleviate that concern and provide timely resolution."

Wisniewski said his office attacks this mission proactively by focusing on training. He said his office briefs at Airman Leadership School, the NCO Academy, newcomer briefings and all new commanders to ensure leaders at all levels have the tools to stay out of trouble.

"We like to keep problems limited to molehills instead of letting them develop into mountains," Wisniewski said. "If we

teach folks very clearly what the rules are they can avoid the trap of doing something wrong."

Taylor said his office sees a wide range of issues on a daily basis, but his office is up to the challenge.

"We work great together and our diverse backgrounds are helpful in case analysis," he said. "We bounce things off one another, review each case independently and then come together collectively to review each case and ensure we haven't missed anything or provide a different view or perspective to the lead. It's great having such a dynamic and diverse group."

Taylor said it is a great feeling to see that all of the hard work led to an award.

"It's a great accomplishment to win any Air Force level award," he said. "It is an honor to be recognized for your efforts and to be part of such a great organization. We take pride in what we do and know our role is important."



# Joint basing strengthens 673d Security Forces Squadron



Airman 1st Class Stephen Becker, 673d Security Forces Squadron, checks his target during a training session, July 13. Air Force and Army law enforcement personnel, both civilian and military, have successfully combined operations since the Joint Base Elmendorf-Richardson merger last summer. (U.S. Air Force photo/Senior Airman Christopher Gross)

By Air Force Staff Sgt.  
Jeremy Larlee  
JBER Public Affairs

More than 10 months after the former Elmendorf Air Force Base and Fort Richardson merged to form Joint Base Elmendorf-Richardson; the 673d Security Forces Squadron is running on all cylinders.

Air Force Capt. Melissa Hull, 673d Security Forces operations officer, said it was a challenge at first to blend the Air Force Security Forces and Army Military Police personnel together.

"We went into the merger knowing that the first few months would be a learning experience," she said. "We wanted to fit into that happy medium where we able to use both service's regulations and not completely ostracize one side."

The captain said one advantage was the joint experience gleaned from previous deployments of security forces personnel.

"Being in security forces you work with the Army a lot when you are deployed," she said. "So we were familiar with the way they do things and we were able to work together well."

Hull said the variety of capabilities present at JBER keep security forces and military police personnel on their toes.

"It is a unique challenge here with all the different missions and tenant units we have," she said. "All the preparation we did beforehand helped a lot. It required a lot of on the job training."

The security forces and military policemen's ability to work together was tested by a major incident just two days before the official formation of JBER.

Hull said that the response following the crash of the C-17 in July of last year proved to her that the Air Force and Army would have no problems fitting together as one team.

"We were able to work together easily and it really built our confidence," she said. "It appeared like we were already joined together."

The captain said the merger has been a success because of the high quality people on the Air Force and Army sides. She said civilians on both were vital; since they had many years of experience. Positive can-do attitudes from personnel of both services also made the transition into one team mostly painless, she said.

Both sides had a lot of personnel with experience and they helped the process quite a bit," she said. "We are now a one big group of professionals with no real issues."







# Army announces new 'boots on the ground' policy

## Soldiers to begin 2012 with nine-month deployments

By Rob McIlvaine  
Army News Service

Beginning Jan. 1, deploying Soldiers will go for nine months, meaning more time at home with their families.

Secretary of the Army John McHugh signed a directive instituting a nine-month "boots on the ground" policy for deployed Soldiers, providing more "dwell" time at home for Soldiers and families.

"Implementation of this change is based on the projected demand for Army forces, and remains contingent on global security conditions and combatant commanders' requirements," said Army Lt. Col. Peggy Kageleiry.

Corps units and above, and individual augmentee deployments will remain at 12-month deployments.

The goal for the corps units is to eventually get to nine-month deployments.

Most augmentees – those with particular skills or those in low density skill sets and grades – will remain on 12-month deployments.

This change in policy, to be fully implemented by April 1, will affect Soldiers in all named operations, including Operation Enduring Freedom in Afghanistan, Operation Noble Guardian in Kosovo, and Multi-National Forces Sinai in Egypt.

Reserve and National Guard unit tour lengths will be the same as active duty – nine months. In their case, though, deployment and mobilization are two different issues. Even though these units may still be mobilized for 12 or more months,

they will only spend nine months of that mobilization deployed.

It is clear to Army senior leadership that there are still issues tied to Guard and Reserve Forces that will need to be worked out, said Kageleiry.

Soldiers deploying under the change in policy will not be granted environmental morale leave – known as R&R, but commanders will retain the option of granting emergency leave and leave for special circumstances, according to Army regulations and local policy.

"This policy will enhance operational success by reducing the friction that comes with having 10 percent of a commander's personnel being away on leave in the middle of a deployment," Kageleiry said.

"Operational continuity is enhanced and risk to the individual Soldier is reduced by not having to move a warrior around on the battlefield to go on leave," she said.

Also, Kageleiry said, the reduced deployment length could potentially improve Soldier and family quality of life while continuing to meet operational requirements, and is an important step in sustaining the all-volunteer force.

The goal of the policy is to reduce the amount of time Soldiers are deployed and provide more time for them to spend with their families, depending on the needs of the combatant commander and the potential of decreased operations. Units deployed before the policy takes effect, in January, will continue to have 12-month deployments.

Currently, deployment has been 12 months with a goal of 24 months at home.

However, the Army will continue to review how to increase the amount of time Soldiers spend at home depending on the amount of time they are deployed.

"We are constantly analyzing all range of policies to address the issues of the mission, Soldiers, and families. We believe that the current operational environment allows us to adjust the deployment policy in a way that meets all mission requirements and better serve our Soldiers and families," Kageleiry said.



Pfc. Josh Barrios, a mortarman from Torrence, Calif., working with B Troop, 1st Squadron, 40th Cavalry Regiment, waits for the call for fire before a mortar mission, Dec. 16, 2009, at Camp Clark in the Khost Province of eastern Afghanistan. Soldiers can expect shorter deployments with no scheduled "mid-tour" leave starting in 2012. (U.S. Army photo/Sp. Andrya Hill)

## Briefs and Announcements

### 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.

### Fairchild Avenue closures

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

All traffic will have to use the alternate road with the exception of personnel belonging to the 381st IS, Hillberg Lodge, the horse stables and the Air Support Operations Center. Call 552-2374 for more information.

### Military publications available

Visit the Joint Base Elmendorf-Richardson Public Affairs Office, 10480 22nd Ave., Suite 123, for copies of the following official military publications: the 2011 JBER Installation Guide and Phonebook (limited supply), U.S. Air Force Priorities poster series (large and small sizes), and Airman Magazine (2011 almanac issue).

City of Anchorage maps are also available.

Call 552-8918 for information.

The information provided in the Installation Guide is also available online at [www.jber.af.mil/library/newcomers/index.asp](http://www.jber.af.mil/library/newcomers/index.asp).

### Dining facility closures

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.

The Iditarod Dining Facility is scheduled to close Dec. 15 for renovations. Food service operations will shift to Kenai Dining Hall for three months.

### 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).

### U-Fix-It opens Monday

The U-Fix-it Store, previously known as the Self Help Store on JBER-Richardson, reopens in Building 706, Monday, 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 1 p.m.).

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 window 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.

### 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.

### 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 with 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).

### Furnishings management

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

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

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

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

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

### 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.

### Employee assistance

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

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

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

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

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

### MiCare registration

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

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

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

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

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

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

The project team is monitoring results in order to develop future implementation plans.

The Air Force is also interested in understanding how this new technology impacts the quality of healthcare provided to patients, as well as the overall well being of the patient population.

A research team is conducting a study in conjunction with this pilot program.









www.jber.af.mil/news

# ARCTIC WARRIOR

Volume 2, No. 33

COMMUNITY

August 19, 2011

## OPERATION: Arctic Warrior



CLOCKWISE FROM LEFT: Sgt. James Pounds, 84th Engineer Support Company, of Camden, N.Y., puts a helmet on Trey Richardson, 4, inside a Humvee during the Operation: Arctic Warrior event for children and families at the Joint Mobility Complex Saturday. Children experienced a mock deployment, displays and enjoyed lunch during the event.

L.J. Hall, 5, plays pilot in the cockpit of a C-17 Globemaster III at the Joint Mobility Complex. Hall's father is Army Sgt. Carey Hall, 1st Squadron (Airborne) 40th Cavalry Regiment, of Fort Worth, Texas.

Brody Davis, 3, lines up the sights of an M2 .50-Caliber machine gun at a static weapons display during the event. Davis' father is Chief Warrant Officer 2 Robert Davis, assigned to 98th Maintenance Company. (U.S. Air Force photos by Justin Connaehr)

## JBBER ends the summer with the 'Back to School Bash'



ABOVE: Blayne Ross, 673d Civil Engineer Squadron firefighter, gives Zoey Sawtelle, 3, a complimentary helmet from his fire truck at the Back to School Bash on Joint Base Elmendorf-Richardson Aug. 12. The unit let children use the fire truck's functions to see how they work.

ABOVE RIGHT: Amir'a S. Edmond plays Plinko at the Back to School Bash. Children could win cotton candy, bubbles, and stickers by winning the game, which was just one of many attractions at the Back to School Bash. (U.S. Air Force photos/Airman 1st Class Ty-Rico Lea)

# Be rooted and grounded in hope everlasting

Commentary by Army Chaplain (Lt. Col.) Ken Sorenson JBER deputy chaplain

The signs of the last weeks of summer began last when snow appeared on some of the mountains just outside of the main gate of Joint Base Elmendorf-Richardson.

To get ready for the change of seasons, we need to admit where we live, aim at getting prepared, and act on what we know so that we are prepared.

In Mark, Chapter 5, there are several circumstances that called for Jesus' attention – and his response brought hope to pretty desperate situations.

There are some lessons from the life of Christ, which can offer hope to any and all of us who are willing to admit, aim, and act to receive hope everlasting.

Jesus deals first with a man who has lost all self-control in his life and is isolated from those he loves.

Jesus offers the man freedom from a life spiraling out of control and helps him to regain his sense of well-being and rejoin the community.

For those isolated and separated from loved ones, God offers hope of reconnecting by freeing those trapped in their own world.

To those of you isolated from those you love – whatever the reason – hope is possible when we are willing to admit our need and get help.

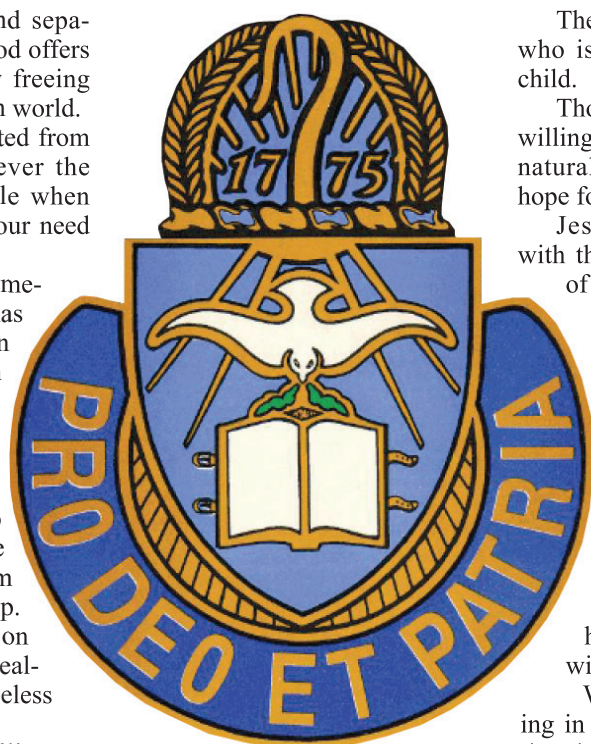
For you who know someone who is isolated and has lost their self-control in their life, encourage them to admit their need to another.

Next, Jesus was touched by a woman in physical distress, who also admitted things were hopeless and she took aim at someone who could help.

Her willingness to act on faith brought hope and healing to her seemingly hopeless situation.

This woman was willing to see that the ways she had tried to fix the situation had not worked, so her eyes could be opened to faith in the one who could heal her.

Faith caused her to act and do something about her situation.



Many a person who has struggled for years with depression has found hope by exercising their faith in prayer or sharing their burden with someone who cares.

The last story involves a father who is grieving over his dying child.

Those around the father were willing to accept the loss of life as natural, but the father clung to hope for life so he came to Jesus.

Jesus was willing to walk with the hurting dad in his time of sorrow.

This father was driven by the love he had for his daughter to seek out someone who could offer life.

He acted on behalf of his daughter, so she could be healed.

The father was also healed in the process, by expressing the desires of his heart and then walking with the living Lord.

With the suicide rates climbing in the military, and so many situations in our lives, many are feeling hopeless and out of control.

There is hope for the hopeless and help for the helpless, when we admit, aim, and act to receive a resource that is rooted and grounded in hope everlasting.

## Need help?

If you or someone you know is having difficulties, there is help available.

To speak with a chaplain with 100 percent confidentiality, call 552-4422 or 384-1461 during duty hours. After duty hours, call 552-3000 or 384-6666.

You can also call the Chaplain Family Life and Training Center at 384-LIFE, or visit them in Building 658 on the first floor.

To reach the JBER Mental Health Clinic, call 580-2181.

For Military Family Life Consultants, call 440-8200 or 382-2799.

National assistance: Suicide Prevention Lifeline – (800) 273-8255

Military One Source – (800) 342-9647

Defense Center of Excellence – (866) 966-1020

Army Well-being liaison office – (800) 833-6622

Wounded Soldier and Family Hotline – (800) 984-8523

## Referral in hand equals money in your pocket

By Brian P. Smith TriWest Healthcare Alliance

How would you like to go to your next specialty healthcare appointment knowing that you were saving more than 50 percent?

One small step can save you money.

What if it were as simple as making sure you had a referral?

The good news? It is that simple. When your referral for specialty care is authorized and current, you can avoid paying an out of pocket deductible and 50 percent of the cost of the service.

When you're enrolled in TRICARE Prime, your care starts with your primary care manager.

If you need care that they cannot provide, you will be referred to another provider

for specialty care.

The primary care manager submits the referral to TriWest Healthcare Alliance. TriWest authorizes the care and sends you a notification.

### TRICARE Prime referral process

TriWest works with your primary care manager and specialty providers to get you the care you need through the TRICARE Prime referral process.

TriWest supports all of your providers as they help you manage your healthcare.

If you don't have a referral, and you get services from a specialty care provider (not including emergency care), you could end up using the point of service option.

This means you are



responsible for 50 percent of the TRICARE-allowed amount for the care.

If you're an active-duty service member, you'll always (except for emergencies) need a referral for civilian provider care.

Without a referral, you could be responsible for the entire amount.

Referrals and authorizations do expire. If your primary care manager submitted a referral for you in the past, check to make sure your referral is still valid. You can see your current referrals and authorizations

in your secure TriWest.com account.

### Check in with your PCM

Has it been a while since you've visited your primary care manager? Check your TriWest.com account to find their name, location and contact information.

Don't have an account yet? Sign up today on TriWest.com.

You can view your referrals and sign up to get text or email alerts when an authorization is processed.

You'll know that your care is authorized in hours instead of days. That means you can get your care soon.

What do you need to save time and money before your next visit to a specialty provider? Your referral. Get it faster at TriWest.com.

**Shoulder to Shoulder**  
I WILL NEVER QUIT ON LIFE

**U.S. ARMY**

**Prevent Army Suicides**  
Reach Out • Talk • Listen

Talk to your Chain of Command, Chaplain, or Behavioral Health Professional or call the National Suicide Prevention Lifeline: 1-800-273-TALK (8255)

[www.suicideprevention@hna.org](http://www.suicideprevention@hna.org) [www.militaryonesource.com](http://www.militaryonesource.com)  
[www.ccvtsuicide.army.mil](http://www.ccvtsuicide.army.mil)

## 673d Force Support Squadron Richardson Events

**Big Dipper RV Storage Lot must be cleared of all items by September 8, 2011. Call 384 - 1475 for details.**

**\$50**

**ATV Safety Certification Course**  
**September 13 • from 1 - 5 p.m.**  
**Weather permitting**

**Pre - register 1 week prior to class!**

**Learn riding techniques, hand signals & lessons of riding in Alaska.**

**JBER Richardson Outdoor Recreation**  
For more information call 384-1475/1476

**Right Arm Night**

**September 9 3 - 5 p.m.**

The 2nd Friday of every month, grab your right hand man/woman and bring him/her down to the Chill. Win points for your company, in the Arctic Chill, BOSS or Warrior Zone. Company party give away. See John for details.

**Chill**  
Building 655  
384-7619

**BUCKNER PHYSICAL FITNESS CENTER** BUILDING 690 384 - 1308

**COMBAT CROSS COUNTRY SERIES • 10 MILE RELAY**  
Sign-up at Attu Hall at 1 p.m.  
September 9 • Race starts at 2 p.m.  
Need ACU's, Boots and 35lb. Ruck Sack.

Plan events or just practice.

**Try out your skills at the Range!**

JBER-Richardson Skeet & Trap  
Building 45-100 • 384-1480

# Community happenings

**THURSDAY - SUNDAY  
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).

**THURSDAY - 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. Discount tickets are available at Information, Tickets and Travel. For more information visit [www.alaskastatefair.org](http://www.alaskastatefair.org).

**SATURDAY  
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. 26  
Women's Equality Day  
observance on JB ER**  
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 until 11:30 a.m. 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 until 9:30 a.m. For more information, call 551-2033.

**SEPT. 2-4  
Girdwood Fungus Fair**  
The annual celebration of local mushrooms features the Fungus Formal, 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 Red Cross. For more information, email [tasteofmardigras@gmail.com](mailto:tasteofmardigras@gmail.com).

**SEPT. 10  
Vertical Challenge  
Climb-a-thon at Alyeska**  
The 4th annual climb-a-thon is an endurance event where contestants walk, hike and run up the steep North Face Trail of Mount Alyeska and ride the tram down as many times as possible from 9 a.m. to 7 p.m. The top competitors have climbed more than 20,000 vertical feet - the equivalent of climbing Mount McKinley, only with 10 hours to do it. For information visit [www.alyeskaresort.com](http://www.alyeskaresort.com) or call 754-2111.

**SEPT. 11  
Freedom Flag Run**  
Commemorate Sept. 11, 2001, with this drive from Palmer to Wasilla, beginning at the Carr's parking lot in Palmer. There will be a car show and barbecue after the drive and a time to reflect. Attendees are encouraged to bring side dishes; hot dogs and hamburgers are provided. For more information call 745-2652 or 982-5072.

**SEPT. 13  
Job Fair at Egan Center**  
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.

**SEPT. 14  
Fighting championship at Sullivan Arena**  
The Alaska Fighting Championship kicks off its new season at Sullivan Arena, part of a full

schedule that includes nine dates in Anchorage. For more information, visit [www.alaskafighting.com](http://www.alaskafighting.com) or call 351-8184.

**SEPT. 15  
Richardson Spouses Club**  
The Richardson Spouses Club hosts its Super Sign Up from 6:30 to 8:30 p.m. at Building 56 on Fourth Street. The club is open to all military, spouses, and Department of Defense civilians. There will be door prizes and food. For more information, visit [frsc.shutterfly.com](http://frsc.shutterfly.com).

**SEPT. 17  
Air Force Ball**  
Egan Center will host the Air Force Ball from 6 to 10 p.m. for all Air Force personnel. Meal choices are chicken or halibut. Contact your unit ticket sales representative for tickets. For information call 580-6603.

**Nov. 5  
Vendors needed for fair**  
Country Fair will be hosted Nov. 5 at the Buckner Gymnasium, from 10 a.m. to 5 p.m. Organizers are looking for local vendors selling handcrafted items. Family readiness groups can earn money for their group. Sell items at a food booth or set-up or clean-up for a set fee of \$200. For more information, contact [FRSCcountryfair@yahoo.com](mailto:FRSCcountryfair@yahoo.com).

**ONGOING  
Motorcycle safety courses**  
The JB ER safety office continues to offer motorcycle safety courses through Sept. 11. Basic rider course, basic rider course II, and sport bike safety classes are available. For more information contact Jeff Gross at 384-2382 or email [jeffrey.gorss.ctr@elmendorf.af.mil](mailto:jeffrey.gorss.ctr@elmendorf.af.mil).

**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. 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/msmre](http://www.trainweb.org/msmre) 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.

## 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

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

## Planetarium shows

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

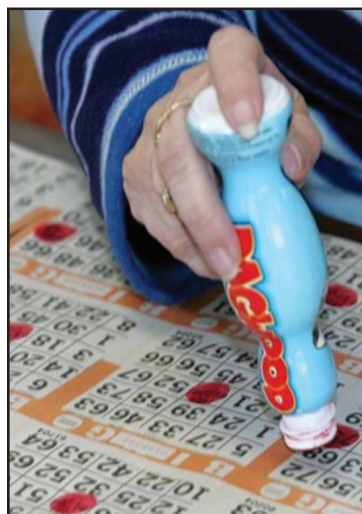


## Experience JB ER Elmendorf-Richardson

### One Card, Lots of Options



Learn how one card provides so many options to your FSS activities. Visit: [www.myfssgiftcard.com](http://www.myfssgiftcard.com) to learn about your card.



### 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.

### Eklutna Trail Bike Ride

**August 27  
10 a.m.  
Cost: \$15**

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.

Outdoor Recreational  
Elmendorf  
for more information  
**552-2023**



### Kayak Training



This training is required for kayak rentals through the OAP.

Learn the fundamentals of sea kayak rescue, touring, wet exits, re-entries, rescues and much more. All equipment is provided.

**6 - 8 p.m.  
September 22  
Cost: \$30**  
at  
FSS Elmendorf  
Fitness Center  
Building 9510



**JB ER Elmendorf  
Outdoor Adventure  
Program  
552-4599**

Enjoy summer in Alaska while there's still time!



# Women's Intramural *Softball* championships



ABOVE: "1st Ladies" Cherie Taylor (in pink) tries to catch the ball as she and USARAK's Kim Walker collide at second base during the Womens' Intramural Softball Championship semi-final game between 1st Battalion (Airborne) 501st Infantry Regiment and U.S. Army-Alaska at the Buckner Physical Fitness Center Field Saturday.  
LEFT: "1st Ladies" team member Brittany Dschaak hits a homerun during the Womens' Intramural Softball Championship semi-final game.  
BELOW: USARAK's Denasha Mondy, 673d Force Support Squadron, of Louisville, Ky., makes a sliding catch during the game. (U.S. Air Force photos/Justin Connaehr)



## Cloudy skies part for youth skateboard competition

*Skating a way of life for many JBER kids*

By David Bedard  
JBER Public Affairs

Family member Kristian Renna zipped across the cement, darting up a blue ramp before pirouetting his skateboard into a kickflip. Though the board rolled 360 degrees beneath him, Renna managed to rendezvous his feet with the deck high above the tarmac and the skater maneuvered his left hand into a tight Indy grab before deftly landing the trick to the uproarious applause of the crowd.

The scene was part of Saturday's skateboard competition hosted at Joint Base Elmendorf-Richardson's Outdoor Skate Park, and included a few dozen JBER

See **Skate**, Page B-9



LEFT: Michael Curran, 12, son of Chief Warrant Officer 3 Tim Curran, Alaska Regional Flight Center, waits his turn to perform during an outdoor skateboard competition Saturday at the Joint Base Elmendorf-Richardson Outdoor Skate Park. Youth showed off their best skateboard moves.  
ABOVE: Jack King, son of Keith King, Air Force Office of Special Investigations, performs a front side 180 during the outdoor competition.  
BELOW: A sequence photo shows Zachary Flester of Anchorage performing an ollie off a JBER Outdoor Skate Park ramp Saturday during the installation's Outdoor Skate Competition. (U.S. Air Force photos and photo illustration/David Bedard)





# 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



### MONTE CARLO

**Rated:** PG  
**Playing:** Friday at 7 p.m.  
**Run time:** 109 minutes  
**Starring:** Selena Gomez, Katie Cassidy, Leighton Meester, Cory Monteith

A young woman, her uptight stepsister and her best friend use their savings for a long anticipated dream trip to Paris, which turns out to be a big disappointment. When they decide to take a break from their lousy tour and duck into the lobby of a luxury hotel, one of them is mistaken for a spoiled British heiress.

## Now playing



### LARRY CROWNE

**Rated:** PG-13  
**Playing:** Saturday at 7 p.m.  
**Run time:** 98 minutes  
**Starring:** Tom Hanks, Julia Roberts, Sarah Mahoney

After losing his job, a middle-aged man reinvents himself by going back to college. The simple guy who has every reason to think his life has stalled will come to learn an unexpected lesson: when you think everything worth having has passed you by, you just might discover your reason to live.

## Births

### JULY 30

A son, Onias Justin Clarno, was born 21.75 inches long and weighing 9 pounds, 5 ounces, at 10:53 p.m. to Chrystan Fay Clarno and Sgt. 1st Class Jeremy Justin Clarno of 1st Battalion, 501st Infantry Regiment (Airborne).

### JULY 31

A daughter, Daniela Marie Lanasa, was born 21.75 inches long and weighing 7 pounds, 12 ounces at 7:56 p.m. to Lindsay Ruth Lanasa and Sgt. William Anthony Lanasa Jr. of the 109th Transportation Company, 17th Combat Sustainment Support Battalion.

A daughter, Autumn Elaina Wieres, was born 20 inches long and weighing 6 pounds, 4 ounces at 3:15 p.m. to Sarah Therese Carson and Airman 1st Class Craig Joshua Weires of the 673d Communications Squadron.

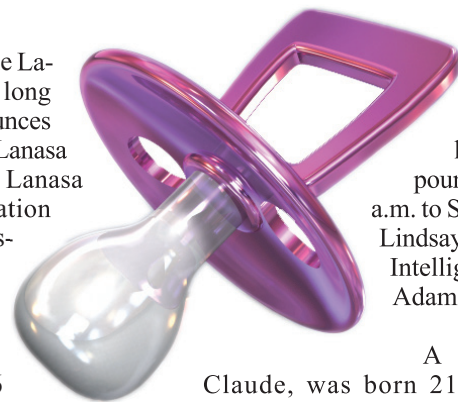
### AUG. 1

A son, Hawk Magpayo Mann, was born 21 inches long and weighing 8 pounds, 13 ounces at 4:14 p.m. to Romelina Magpayo Mann and Sgt. Thomas David Mann of the 50th Engineer Company.

### AUG. 3

A son, Thomas Benjamin Brown, was born 21.5 inches long and weighing 9 pounds, 7 ounces at 5:35 a.m. to Senior Airman Sarah Lindsay Brown of the 381st Intelligence Squadron and Adam Dealton Brown.

A son, Logan Lee Claude, was born 21 inches long and weighing 7 pounds, 12 ounces at 7:30 a.m. to Ashley Marie Claude and Air Force Staff Sgt. Curtis Lee Claude of the 673d Communications Squadron.



A daughter, Layla Rae Thornsberry, was born 19.5 inches long and weighing 6 pounds, 10 ounces at 3:13 p.m. to Cynthia Thornsberry and Sgt. Marvin Thornsberry of the 2nd Battalion, 377th Parachute Field Artillery Regiment.

### AUG. 4

A daughter, Danika Bronwyn Hunborg, was born 19.5 inches long and weighing 6 pounds, 10 ounces at 11:55 p.m. to Jade Alexis Hunborg and Spc. Cory Lee Hunborg of G Battery, 2nd Battalion, 377th Parachute Field Artillery Regiment.

A son, Casey John Lunieski, was born 21.25 inches long and weighing 8 pounds, 3 ounces at 1:51 p.m. to Maura R. Lunieski and Army Capt. John C. Lunieski of the 8th Forward Surgical Team.

### AUG. 5

A son, Jordan Raul Gutierrez, was born 20 inches long and weighing 6 pounds, 15 ounces at 4:46 p.m. to Ashley Nicole

Gutierrez and Airman 1st Class Raul Gutierrez of the 517th Airlift Squadron.

### AUG. 6

A son, Tristen Mickal Moreau, was born 21 inches long and weighing 7 pounds, 14 ounces at 12:15 p.m. to Tech. Sgt. Lakieta Dawan Moreau of the 3rd Munitions Squadron and Air Force Staff Sgt. Troy Robert Moreau of the 3rd Aircraft Maintenance Squadron.

A son, Evan Rilee Gregory Popchoke, was born 22 inches long and weighing 8 pounds, 1 ounce at 6 a.m. to Bianca Ashley Popchoke and Spc. Christopher Lee Popchoke of the 3rd Battalion (Airborne) 509th Infantry Regiment.

A son, Samuel Lane Smith, was born 20.5 inches long and weighing 8 pounds, 2 ounces at 6:36 p.m. to Dana Nicole Smith and Airman Cody Wayne Smith of the 703rd Aircraft Maintenance Squadron.





## Skate

From Page B-4

youths intent on proving their skateboard mettle to friends and onlookers.

A.J. Brooks, JBER teen coordinator, said the competition was organized into three competitor categories – beginner, intermediate and advanced.

The competition included three events – S.K.A.T.E., freestyle and big trick.

S.K.A.T.E. is a skateboard version of basketball's H.O.R.S.E. Skaters were charged with successfully landing a trick. If they did, other competitors had to follow suit or they added a letter to their tally.

The last skater standing was the victor.

The freestyle competition afforded skaters a minute and a half to run the skate park in an effort to string together their best routine.

The big trick competition allowed skaters 30 seconds to successfully land their biggest, most technical trick.

Brooks said JBER-sponsored skateboard competitions like Saturday's event help skaters plug into a tight-knit community.

"A lot of people look at skating as bad, but if you have a positive venue for it and you're doing it the right way, this is what happens," he said, gesturing toward a group of young skaters sharing stories.

Brooks said skaters develop social networks away from the Internet, with groups gelling together to share ideas and

learn tricks.

Michael Curran, 12, son of Chief Warrant Officer 3 Tim Curran, Alaska Regional Flight Center, said he agrees with Brooks' assessment of skateboarding's social value.

"Skateboarding is a great way to make friends, go out in the sun and get some exercise," the skater affirmed. "Instead of sitting on the couch all day playing video-games."

Curran said he is part of a group called the Nethberry Skaters who get together every day to practice. Currently, the skater is working with older kids to master the hardflip.

Renna said he has been skateboarding for 10 years and is at the stage where he is helping new skaters like Curran.

Learning new tricks often involves repetition, frustration and skinned knees.

"That's a part of skateboarding," Renna said. "You don't land everything, but you keep trying. You fall, you get back up ... It's determination."

Though he didn't win his category, Renna said he was thrilled to land the difficult kickflip Indy in the heat of competition.

He summed up the event in a tone suited for an energy drink commercial.

"We saw an intense skate competition," Renna said. "People were going big and everyone threw down some cool stuff."



Kristian Renna, 18, son of Tech. Sgt. Charles Renna, 3rd Equipment Maintenance Squadron, performs a kickflip Indy Saturday at the Joint Base Elmendorf-Richardson Outdoor Skate Park. Youth from across JBER gathered to show off skills and learn new tricks. (U.S. Air Force photo/David Bedard)

