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ARCTIC WARRIOR

Volume 2, No. 22

Joint Base Elmendorf-Richardson

June 3, 2011



An Alaska Air National Guard C-130 Hercules is loaded for deployment at Joint base Elmendorf-Richardson, Wednesday. (Photo by Senior Airman Christopher Gross/JBER PA)

Air Guardsmen deploy to Afghanistan

Team of 176th Wing Airmen deploy by C-130

PAO staff report

Five C-130 Hercules and 140 members of the Alaska's Air National Guard's 176th Wing left Joint Base Elmendorf-Richardson earlier this week en route to a three-month deployment to Afghanistan.

The 140 Airmen were taken from the 144th Airlift Squadron, 176th Maintenance Squadron and the 176th Aircraft Maintenance Squadron.

During their deployment, the Airmen will perform intra-theater tactical airlift and air-drops of personnel, equipment and supplies.

Due to its short takeoff and landing capabilities, the C-130 is well suited for operations in Afghanistan where a lack of infrastructure favors aerial resupply.

Air Force Brig. Gen. Charles Foster, 176th Wing commander, said he felt his troops are ready for the deployment which lies ahead of them. He said he felt they've received the training needed to go forward and accomplish the mission.

"(This) is an exciting time, because we've been preparing for this deployment for quite a while," Foster said.

While at Joint Base Elmendorf-Richardson, the mission of the wing is to organize, train and equip members to serve the vital interests of the local community, state and nation by supporting U.S. national security objectives, protecting life and property, and preserving peace, order and public safety and participate in local, state and national programs which add value to America.



Airmen of the Alaska Air National Guard's 176th Wing board one of two C-130's prior to departure from Joint Base Elmendorf-Richardson, Wednesday, to begin a three-month deployment to Afghanistan. (Photo by Air Force Maj. Guy Hayes/Alaska National Guard PAO)

VA secretary's Memorial Day visit highlights fact-finding trip to Alaska

John Pennell
JBER Public Affairs

Department of Veterans Affairs Secretary Eric Shinseki was the keynote speaker for Monday's Memorial Day ceremony at the Fort Richardson National Cemetery, where he spoke of the meaning of the day and his department's ongoing service to veterans. While in the

state, Shinseki also toured the 673d Medical Group as well as Alaska's Interior with Alaska Senator Mark Begich to see firsthand the difficulties with providing VA services to the more remote and rural areas.

"One hundred and forty-six years ago, at the end of America's Civil War, the most devastating conflict in our nation's history, mothers and grandmothers...of the

fallen, representing both blue and gray, gathered in cemeteries large and small to pray and to enshroud the graves of their loved ones with flowers," Shinseki said, explaining the holiday's genesis.

"From Hattiesburg, Miss., to Gettysburg, Pa., from the heartland to mountain top, these hushed, mournful visits by the bereaved were and all too common sight if you think back to what the Civil War represented to our country," he continued. "As history reflects, General Joshua Logan, the national commander of the Grand Army of the Republic, was so moved by one such scene that he promoted the need for a day of national memorial observance.

"And so, on May 5, 1868, he proclaimed May 30 as a national day 'for the strewing of flowers or otherwise decorating the graves of comrades who died in defense of our country,'" Shinseki said. "His General Order 11 reads: 'Let us in this solemn presence renew our pledges to aid and assist those whom they have left among us; a sacred charge upon a nation's gratitude, the Soldier's and Sailor's widow and orphan.

"Now consistent with General Logan's order, I would just offer to you that today two children of Civil War veterans are still alive, and are receiving survivor benefits from the Department of Veterans Affairs," he continued. "That gives you some sense of the importance of presidential promises and the span of history that accompanies the Veterans Affairs responsibilities.

"My suggestion here is 100 years from now there'll be a future president, yet to be born, and a future secretary, yet to be appointed, who will be delivering on the promises that are being made today."

The secretary pointed out that the nation's more than 100 national cemeteries are another of his department's responsibilities.

"This year, as in years past and for years yet to come, the Department of Veterans Affairs greets, welcomes and embraces the thousands who gather in our 131 cemeteries to give thanks and remember on this day of remembrance," he said. "The quiet,

See Shinseki, Page A-11

Newly trained jumpmasters forged in Alaska

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

"Stand up, hook up, shuffle to the door..." For 53 recent graduates of the U.S. Army Jumpmaster School, the true meaning of that familiar cadence became a little clearer.

On May 5, graduates of a Jumpmaster Mobile Training Team from the U.S. Army Advanced Airborne School stationed at Fort Bragg were awarded Jumpmaster status at the Colonel Archie T. Van Winkle Marine Corps Reserve Training Facility on Joint Base Elmendorf-Richardson. This allows them to conduct all of the critical and essential duties inherent with the title.

"This course is very demanding," said Army Staff Sgt. Sean Kennedy, a Jumpmaster instructor with the MTT. "You're gonna have to want to be here in order to graduate. We want our Jumpmaster graduates to be the very best, so we make this class hard for them."

Subjects like proper nomenclature, pre-jump, and aircraft safety are just some of the areas which

See MTT, Page A-3



Retired Army Master Sgt. Michael Baty plays Taps as part of the Bugles Across America presentation at Monday's Memorial Day ceremony at the Fort Richardson National Cemetery. (Photo by John Pennell/JBER PA)

Increased airfield activity



Northern Edge 2011, Alaska's largest training exercise, begins June 13.

Expect increased airfield activity as aircraft transit to training areas.

For the full release, visit <http://tiny.cc/j4g53>

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TRICARE promotes colorectal screening

TRICARE News release

Colorectal cancer is the third most common cancer among men and women in the United States. Of cancers affecting both men and women, it is the second leading cause of cancer-related deaths in the U.S., according to the Centers for Disease Control and Prevention.

The beginning stages of colorectal cancer often have no symptoms. Because of this, early screening saves lives. The CDC estimates at least 60 percent of colorectal cancer deaths could be prevented with regular screening of everyone aged 50 or older. Screenings can find abnormal growths called polyps that can be removed before becoming dangerous.

For TRICARE Prime and Standard beneficiaries, there are no cost shares or co-pays for colorectal cancer screenings, as well as many other important preventive care services. For Medicare-eligible beneficiaries covered by TRICARE For Life, Medicare covers colorectal cancer screening tests and TRICARE generally pays the remainder of any costs not paid by Medicare.

Aging increases the risk of developing colorectal cancer, with more than 90 percent of cases occurring in those aged 50 or older. Other risk factors include inflammatory bowel disease, personal or family history of colorectal cancer or polyps, and certain genetic disorders. Some lifestyle factors may also contribute to a person's risk, such as lack of physical activity, low fruit and vegetable intake, low fiber, high fat diet, overweight and obesity, alcohol consumption and tobacco use, according to the CDC.

According to the CDC, when colorectal cancer is found early and treated, the five-year relative survival rate is 90 percent.

Today's technology is a powerful tool for catching colorectal cancer and other cancers. There are many types of screening tests available to find colon polyps or colorectal cancer.

Beneficiaries 50 and older should have annual fecal occult blood testing, a proctosigmoidoscopy or sigmoidoscopy every three to five years, or a colonoscopy every 10 years. Those with a higher risk of colorectal cancer due to any of the risk factors previously mentioned, should talk to their doctor about earlier screenings, even as young as age 25.

To learn more about colorectal screening visit CDC's Screen for Life campaign at www.cdc.gov/screenforlife. For more information about TRICARE's coverage of colorectal cancer screenings, visit www.tricare.mil.

What Is Colorectal Cancer?

Colorectal cancer is cancer that occurs in the colon or rectum. Sometimes it is called colon cancer. The colon is the large intestine or large bowel. The rectum is the passageway that connects the colon to the anus.

Colorectal cancer is the second leading cancer killer in the United States, but it doesn't have to be. If everyone aged 50 years or older had regular screening tests, at least 60 percent of deaths from this cancer could be avoided. So if you are 50 or older, start getting screened now.

Who Gets Colorectal Cancer?

- Both men and women can get it.
- It is most often found in people 50 or older.
- The risk increases with age.

Are You at High Risk?

Your risk for colorectal cancer may be higher than average if:

- You or a close relative have had colorectal polyps or colorectal cancer.
- You have inflammatory bowel disease.
- You have a genetic syndrome such as familial adenomatous polyposis (FAP) or hereditary nonpolyposis colorectal cancer.

People at high risk for colorectal cancer may need earlier or more frequent tests than other people. Talk to your doctor about when to begin screening and how often you should be tested.

Screening Saves Lives

If you're 50 or older, getting a colorectal cancer screening test could save your life. Here's how:

- Colorectal cancer usually starts from polyps in the colon or rectum. A polyp is a growth that shouldn't be there.
- Over time, some polyps can turn into cancer.
- Screening tests can find polyps, so they can be removed before they turn into cancer.
- Screening tests also can find colorectal cancer early. When it is found early, the chance of being cured is good.

Editorial & Opinion

Leading with cancer Wing commander talks frankly about battle with colon cancer

Commentary by Air Force Col. Wayne Monteith
50th Space Wing commander

SCHRIEVER AIR FORCE BASE, Colo. — Six months ago I would have never used leadership and cancer in the same sentence. I would likely have not even used these two words in the same week.

That was before Dec. 13, 2010.

I am a wing commander and I am working through colon cancer. I'll be honest; if not in my current position I would have done my best to hide this illness from all but my immediate family.

Let's face it, senior military leaders do not get ill, and if we do we certainly don't discuss it openly. But I believe there is a reason for my illness, and it may be as simple as advocating the benefits of routine screenings recommended by our medical professionals.

The week of Dec. 6, 2010, I had one of the best experiences of my career. The officer and enlisted leaders of the 50th Space Wing spent the week in San Antonio visiting the outstanding Airmen at the 737th Training Group at Lackland Air Force Base, specifically those who conduct basic military training, and the defenders at Camp Bullis.

The highlight of my career was the opportunity to be the reviewing official at a BMT graduation. Brand new Airmen standing tall on the parade field and a gallery full of proud family and friends — I was never prouder to be an Airman and was convinced my life could not get any better.

After all, I was serving and leading a phenomenal wing, I was blessed with a wonderful family and dear friends, and my health appeared to be far better than my age might suggest.

While I didn't "feel" it, in April

of last year I turned 50. Along with hitting the half century mark, at 50 the mighty medics recommend a colonoscopy, which is a great input for most, but I was far too busy for such mundane affairs. And quite frankly, even if I expanded my "bucket list" to ten thousand items, a colonoscopy still wouldn't appear. A root canal, maybe, but someone invading my personal space, even for a good reason? No way!

The wing had an operational readiness and unit compliance inspection to pass, satellites to fly, brand new base housing to fill and combat effects to provide to the war fighter, and, quite frankly, I had a life to live.

In my mind, the "scope" was an unnecessary task to be avoided. Because I did not make it a priority, it was eight months before I would ultimately get one. After all, there was no rush.

My last physical fitness test score was 96.4. I was in great physical shape and the last time I missed a day of work for illness was in January 1990 when I was a second lieutenant.

Finally, every medical test before December showed I was healthy. In other words, I didn't need a colonoscopy in my life and I didn't want one either.

Fortunately for me, my secretary grew tired of rescheduling my "special" appointment and decided I would not put this off any longer — unbelievable, the audacity of people who care.

Shortly after getting the procedure performed by the tremendous doctors and staff at Evans Army Medical Center, my physician walked into my room and tried to tactfully explain that what he had expected to be an uneventful, routine procedure had instead revealed a pronounced tumor in my

large intestine.

What followed was a blur of medical jargon, hand wringing and averted eyes, and if not for my wonderful bride of 30 years I would have only remembered a vague discussion about major surgery within the week.

There had to be a mistake. I exercise almost daily. I have a healthy diet. I don't get sick. In short, the medical staff had to be in the wrong room, chatting with the wrong patient. Not quite; right room, right patient, right diagnosis. Damn. Within weeks, they performed surgery and started me on six months of chemotherapy.

Cancer does not define me, my life, my Air Force career or my command experience. I have family and friends whose support is unwavering, leaders who understand my temporary limitations and a wing that has rallied to provide support. While I have good days and bad days, I am fortunate.

I have this illness not because I failed to take care of myself or lead a good life. I have this illness because it does not discriminate; it attacks the young and the healthy. It does not care about race, color or religion. It is simply an illness, nothing more, nothing less.

I will beat this, continue to serve our great nation and continue to serve and lead the professional men and women of the 50th Space Wing.

But I have a message for those who think they do not need routine preventative medical procedures: Don't wait. I am living proof that early diagnosis can turn a potential disaster into a speed bump. Had I (or my secretary) waited much longer, I would be writing a very different article.

But I'm not.

And yes, I thank my secretary every single day.



Colonel Wayne Monteith, Commander of the 50th Space Wing, emerges from the confined spaces simulator during a recent fire training seminar provided by the Schriever Fire Department 3 December. Monteith was diagnosed with colon cancer in December. (Photo by Dennis Rogers/50th Space Wing)

Escorting a buddy home

By Donna Miles
American Forces Press Service

RAMSTEIN AIR BASE, Germany — The barrel-chested young Marine walked from the baggage carousel last month at Ramstein Air Base's passenger terminal, his massive camouflage backpack nearly dwarfing his muscular frame.

It had been a long trip from Afghanistan, it was clear, his eyes conveying his fatigue. Another long flight lay ahead to the United States.

"Finishing your deployment, or going home for R&R?" I asked. Neither, he replied, shaking his head. "I'm escorting a buddy home."

Ramstein is the hub where wounded warriors from Afghanistan fly into to receive advanced medical care at nearby Landstuhl Regional Medical Center. They're stabilized there before continuing their journey home, to receive

longer-term care in the States.

Many of the patients who arrive at Landstuhl are very, very fragile, and the staff there ensures they're stable before allowing them to fly to their follow-on treatment at Walter Reed Army Medical Center in Washington, National Naval Medical Center in Bethesda, Md., or Brooke Army Medical Center at Fort Sam Houston, Texas.

"Which hospital are you taking him to?" I asked the Marine.

None, he replied, shaking his head again. "I'm taking him to Michigan."

I stood with him, processing what he had said as understanding settled in.

"He wasn't killed, was he?" I asked softly, already knowing the truth.

He nodded sadly, and my arms instinctively flung around him as I struggled for words to convey how very sorry I was.

The Marine stood solidly, ac-

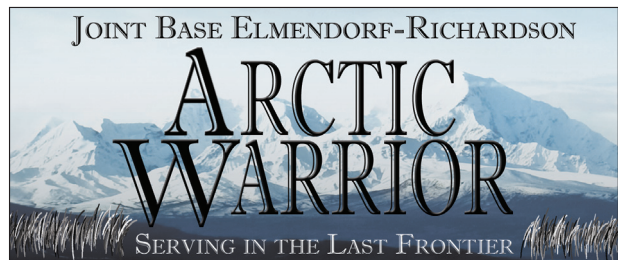
cepting my embrace without recoiling, and we shared a private moment of grief within the cavernous air terminal.

"It happens," he said flatly.

The next day, the Defense Department released the casualty information.

The Marine — whose name I will never know — was taking Marine Lance Cpl. Dominic J. Ciaramitaro home to South Lyon, Mich. Ciaramitaro and another Marine, Sgt. Sean T. Callahan were killed April 23 during an improvised explosive device blast in Afghanistan's Helmand province. They were members of the 3rd Battalion, 9th Marine Regiment, 2nd Marine Division, II Marine Expeditionary Force, based at Camp Lejeune, N.C.

This past Memorial Day, I sent my prayers to Ciaramitaro's family, and to that unnamed Marine who conducted the sad, solemn duty of escorting him home.



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

Send emails about news stories to Arctic.Warrior@elmendorf.af.mil and luke.waack@elmendorf.af.mil.

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

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MTT

From Page A-1

demand mastery before a course instructor, also referred to as a "black hat," will pass a student.

"Being a master at this is extremely important," said Army Staff Sgt. Andrew Flickeinger, a black hat with the MTT. "A lack of knowledge on the part of the jumpmaster can result in the loss of someone's life. With this course there is no room for uncertainty, the students either meet the requirements and graduate, or they don't. There are no grey areas."

Jumpmaster students are trained over and over to become meticulous and attentive to even the smallest details. This is especially true when it comes to conducting the Jumpmaster primary inspection of a jumper's parachute harness. Also known as the JMPI, this check consists of a full physical inspection of every inch of the parachute harness just before a jumper boards an aircraft.

"JMPI is very difficult, but it needs to be," said Sgt. Amber Newcomb, an intelligence analyst with B. Company, 425th Brigade Special Troops Battalion.

Many service members in the military are airborne qualified, but far fewer are jumpmasters, the essential link to conducting a safe and successful airborne operation.

A jumpmaster's responsibilities begin well before the actual mission. Their absolute control starts during two blocks of training

called pre-jump and sustained airborne training, both of which are required no more than 24 hours before every jump.

From that point on, jumpmasters control the jumpers in such a way as to minimize their exposure to anything which could compromise their safety or cause damage to any of their airborne equipment. This control peaks once the official JMPI has been completed.

"The JMPI is where the Jumpmaster tells the jumper that he has checked the equipment and they don't have anything to worry about, this instills confidence in the jumper that everything will be all right," said Army Sgt. 1st Class Herman Hodges the, MTT Tower Committee chief. "The 'seal of approval' at the end of the JMPI (a slap on the buttocks) is the official way of saying that 'you've been checked' and none of their equipment needs to be changed from its current condition."

After the completion of the graduation ceremony, the newly minted jumpmasters returned to their units and were eager to put into use the knowledge that had gained during the three weeks of training.

"Getting a new generation of Jumpmasters up and running also brings current techniques and updates to a unit," said Army 1st Sgt. Stanley C. McQueen, first sergeant for A Battery, 2nd Battalion, 377th Parachute Field Artillery Regiment. "If anything, I want to pass on my greater appreciation for diligence and attention to detail that I was able to refine thanks to the jumpmaster class. These are qualities that are vastly important in all things military, and not just jumping."



During a Jumpmaster Mobile Training Team course at Joint Base Elmendorf-Richardson, students learn to carefully inspect equipment worn by a military parachutist for any defect or abnormality which may cause the airborne equipment to fail. (Photo by Matthew Winstead/4-25th ABCT PA)

Answers for water quality concerns

PAO staff report

Due to the change in season, Joint Base Elmendorf-Richardson has experienced a number of drinking water line breaks in the past month. Whenever these occur, concerns regarding water quality are raised.

Residents can be assured all appropriate notifications have been made, including consultation with the Alaska Department of Conservation. Additionally, appropriate samples were taken during and after these breaks to ensure JBER drinking water was safe to drink. In all cases, water samples met state water quality standards.

Occasionally, a water main break will cause a change to, or reduction in, water flow. This can result in brown water coming from faucets; most often in older facilities. This is typically caused by mineral deposits on the inside of the pipe loosening. This does not contaminate the water and it does not mean the water is unsafe.

Faucets emitting this type of water should be run for five-10 minutes and the color should clear up. If it does not clear after this amount of time, it needs to be reported to the appropriate housing or facility maintenance function.

The 673 Aeromedical Squadron Bioenvironmental Engineering Flight takes routine water quality samples to monitor joint base drinking water.

BE makes every effort to guarantee the water provided to JBER is safe for consumption and installation personnel are notified if water quality deteriorates.

For questions, concerns or to view water quality reports, please contact Tech. Sgt. Keumsuk Seo at 552-3985 or Jennifer Glanville at 384-7790.

Engineers work on 3 projects

By Airman 1st Class Jack Sanders
JBER Public Affairs

Soldiers of 84th Engineer Support Company (Airborne), 6th Engineer Battalion (Combat) (Airborne), demonstrated their Army engineering skills recently by completing three projects.

"From a field environment, the 84th ESC simultaneously executed three construction projects," said Army Capt. Brad Pietzyk, 84th ESC company commander. "First, we continued a project from last summer on Bryant Army Airfield where we moved more than 1,000 cubic yards of material from high to low areas to bring the airfield into safety standards."

Soldiers from the unit also removed tow World War II era concrete foundation pads on Camp Carroll to recover the ground.

"Our third project was to upgrade all the major roads and several minor trails in the Engineer Support Training Area on (Joint Base Elmendorf-Richardson) so the roads could be used throughout the year including a wet spring," Pietzyk said.

The projects are still underway and expected to be completed shortly, the commander said.

To execute three projects at the same time required tremendous group effort and planning for the company.

"The entire company was incorporated into these projects," Pietzyk said. "Each platoon was assigned a project."

Pietzyk said the Soldiers gained valuable "stick time" on their equipment, while platoon leaders were heavily engaged in project management.

"My company had a five day field problem and used those five days to repair the roads," said Pfc. Patrick Davies, engineer equipment operator. "Everyone performed to the best of their abilities."



Soldiers of 84th Engineer Support Company dug up a 50 year-old concrete foundation at Camp Carroll, improved roadways at the Engineer Skills Training Area, and conducted terrain leveling operations at Bryant Army Airfield – a project scheduled to continue for the next several months. (Photo by Percy Jones/JBER PA)

U.S. Army Alaska units say goodbye to departed Soldiers

Centurions honor fallen support Soldier

By Spc. Philip Cooper
2-377th PFA

More than 200 family members, friends and fellow service members gathered May 24 at Joint Base Elmendorf Richardson's Soldier's Chapel to honor the memory of Spc. Michael James Carrier, a native of White Cloud, Mich.

Carrier was assigned to G Company, 725th Brigade Support Battalion "Centurions."

G Co. Commander, Capt. Kyle Rogers, had served with Carrier as his platoon leader before becoming his company commander.

"Michael was a hard worker and had a cannot-fail attitude which made it clear that Michael had found his home in Golf company," Rogers said. "Michael was also extremely dedicated to his daughter Madison and was a very proud and devoted father, who talked about her every chance he got. It was a privilege and an honor to serve with such an individual like Michael Carrier."

Carrier enlisted in the Army in May of 2008 as a motor transport operator.

Spc. Andrew Childley met Carrier on his first day of basic training in 2008 at Fort Leonard Wood, Mo. They went through advanced individual training and were stationed together at Joint Base Elmendorf-Richardson.

"I can honestly say Mike was a great friend and a great father," Childley said. "We had a lot in common; both raised country boys and connected like we were brothers from the beginning. When basic was



A portrait of Spc. Michael J. Carrier stands in tribute at the Joint Base Elmendorf-Richardson Soldiers' Chapel during a May 24 memorial for the fallen Soldier, who was assigned to G Company, 725th Brigade Support Battalion. (Photo by Spc. Philip Cooper/2-377th PFA)

complete, Mike and I were inseparable and our friendship just grew stronger as time passed."

"It has been a hard time for myself and the company," Childley said. "We have come together like a family does."

Twenty-five-year-old Carrier was found dead in his quarters, May 6. The circumstances of his death are still under investigation.

Carrier was coming up on exactly three years of service on May 28.

He is survived by his daughter Madison, mother Rebecca Carrier, father Daniel Carrier, sister Katie, brother Nathan and wife Melissa Woods.

Airborne Sappers remember one of their own

By Sgt. Tamika Dillard
3rd MEB PAO

Service members, family and friends gathered at the Joint Base Elmendorf-Richardson Soldiers' Chapel May 24 to honor the memory of Spc. Arturo Martinez.

Martinez was born on Sept. 6, 1978, in Escondido, Calif., He enlisted in the Army in August 2008 and attended basic training and advanced individual training at Fort Leonard Wood, Mo.

Upon completion of AIT, he was assigned

to 23rd Engineer Company (Airborne), 6th Engineer Battalion, 3rd Maneuver Enhancement Brigade, at Joint Base Elmendorf-Richardson. Following his arrival, Martinez distinguished himself by earning his airborne wings at Fort Benning, Ga., in 2009.

He deployed to Afghanistan with the 23rd Sappers in support of Operation Enduring Freedom in 2010 where he served as a combat engineer.

Martinez was found dead in his Anchorage home, May 9.

He is survived by his father Jesus Martinez, mother, Tina Salazar, and daughter, Camie.

"We extend our deepest sympathies to the family, friends and fellow Soldiers who loved Spc. Arturo Martinez," said Capt. Ryan Hintz, 23rd Sapper company commander. "His life brought great impact upon those who knew him. He will be missed."



Soldiers honor the memory of Spc. Arturo Martinez at a memorial ceremony, May 24, at the Joint Base Elmendorf-Richardson Soldiers' Chapel. (Photo by Sgt. Tamika Dillard/3rd MEB PAO)



Brown and black bears can be especially dangerous when they begin to rely on human activities as an alternative source of food. (Photo by Steve White/JBER PA)

Air Force leaders issue summer safety message

Air Force News Service release

WASHINGTON — Secretary of the Air Force Michael Donley, Air Force Chief of Staff Gen. Norton Schwartz and Chief Master Sgt. of the Air Force James Roy send the following Critical Days of Summer safety campaign message to the Airmen of the U.S. Air Force and their families:

Memorial Day weekend through Labor Day marks the season of greatest risks for our Air Force team. To counter those risks, we will kick off the Critical Days of Summer safety campaign for 2011 on May 28th.

Unfortunately, last summer we lost 16 Airmen. While this was an improvement over the 21 lost the previous year, we must strive to do better. The 2011 Air Force goal is zero preventable mishaps and fatalities. The leading causes of preventable fatalities during the Critical Days of Summer are off-duty private motor vehicle mishaps and drowning.

We therefore emphasize the importance of fastening seatbelts, driving at reasonable speeds, and avoiding situations of driving while distracted, under the influence, fatigued, or otherwise impaired.

While participating in aquatic activities, we also strongly urge the use of proper equipment such as personal flotation devices, and avoiding hazardous areas and dangerous water conditions.

We challenge all Airmen to make this year safer than last. Be each other's wingman — use risk management principles, both on and off duty, and exercise sound judgment. We encourage each of you to invest a high level of commitment in taking care of one another. Our most important objective for this summer's campaign is protecting military and civilian personnel and their families.

Enjoy the summer months ahead, be a good wingman and be safe. Thank you for your service, and all that you do for our Air Force and our nation.

Wildlife safety

Experts offer tips on how to prevent dangerous encounters

By Airman 1st Class Jack Sanders
JBER Public Affairs

Spring has finally sprung with summer quickly following its trail, which means tons of outdoor fun in Alaska. It also means those choosing to venture into the wild should know their wildlife safety.

The 673d Natural Resource Conservation Agency is advising all residents of Joint Base Elmendorf-Richardson to exercise caution while undergoing any activities, which require them to enter into a shared environment with wildlife.

"Military members on the base are living in a shared environment with the wildlife around them," said Herman Griese, 673d Wildlife Biologist.

This time of year, wildlife activities tend to increase since the bears, black and brown, begin to wake from their winter hibernation and start looking for food. One place the bears will look for food is in residential areas, so residents have to be careful to not leave any possible food items out.

"There are some things that you don't always think about," Griese said. "For example, if you leave a lot of food on the BBQ grill whether it has been partially cooked or not, it's still potential food a bear can smell and investigate."

The number of bear reports in and around housing and other populated areas has decreased in recent years, Griese said.

Even though the number of nuisance bears in and around housing and other populated areas has dwindled, residents should still be cautious about things they leave outside their home. The most common bear attractants on base have been unsecured garbage, pet food and wild bird seed.

"Another bear attractant is salmon," Griese said. "As the fishing season comes upon us, people are going to have salmon in ice chests they don't want to clean right away. They'll leave them outside overnight. Bears seem to be able to smell right through those things, and the ice chest is probably covered in salmon scent anyway."

Residents should remember anyone who provides food to bears unintentionally could be fined \$325 by Military Conservation agents on JBER. A fine could be imposed for neglecting to bring in bird feeders or by not properly securing trash too.

A key to prevent being fined or attracting bears into your neighborhood is to practice good trash discipline. Ensure garbage is properly stored inside the home or garage, and then placed inside the nearest bear resistant dumpster.

Also, bird feeders should be cleaned of

seed and stored for the bear season. You should stop feeding birds from April to November, Griese said.

The primary concern of the Military Conservation agents is safety of the human population but protecting wildlife is also their charge.

Mark Sledge, conservation enforcement chief in charge of the Military Conservation Agent program, reminds residents and visitors of JBER as they enforce state and federal conservation laws and regulations, their goal is protect the natural resources from abuse while educating the public on staying safe in bear country.

"When recreating always be aware. Make noise, stay in groups and look and listen for bears and other animals. Make sure as you're moving around in bear country to be alert," Griese said.

"When taking a pet along, be cognizant of what's going on around you and make sure your pet is on a leash", said Matt Moran, a wildlife biologist with the 673rd CES.

"When walking pets, pretty much anywhere on base, keep them on a leash so they aren't running to a bear, chasing a bear or in a worst case scenario the bear chases the dog back to you," Moran said. "I wouldn't say you shouldn't have your pet out there with you, and often times that will deter a bear, but you don't want your pet running loose."

These are good tips for bears, wolves and moose, Griese said.

"(Pets) can be perceived as food or threats and any animal that is threatened can become aggressive and follow them back to the owner. It has happened more than once in the past."

Remember it's an individual's responsibility to safeguard themselves.

"Stay in groups and make noise, use bear bells, air horns, just talk loudly," Moran said. "Walking quietly through the woods allows you to sneak up on animals and sometimes surprise bears. Pay attention to noises when you're walking along stream beds, where it's difficult for a bear to hear you and for you to hear a bear."

Failure to follow these rules can be fatal for the individual and the animals as well.

Bears and wolves, which become habituated to human presence and conditioned to human food sources usually become perceived as a threat and are then destroyed.

For more information on wildlife laws and regulations contact Mark Sledge at 552-8609 or-if you have questions about Elmendorf's fish and wildlife-contact Herman Griese and Matt Moran at 552-2282, or the Fort Richardson Wildlife conservation agents at 384-1128.

Briefs and Announcements

Disposition of personal effects

Army 1st Lt. Stephen Veiga, 6th Engineer Battalion, is authorized to make disposition of personal effects of Spc. Arturo Martinez, 6th Eng., as stated in Army Regulation 638-2.

Any person or persons having claims for or against the estate of the deceased should contact Veiga at 384-2100.

Disposition of personal effects

Army 1st Lt. Stephen Felicichia, 2nd Battalion, 377th Parachute Field Artillery Regiment, is authorized to make disposition of personal effects of Spc. Michael J. Carrier, 2-377th PFAR, as stated in Army Regulation 638-2.

Any person or persons having claims for or against the estate of the deceased should contact Felicichia at 384-9744.

Military Appreciation Picnic

The 2010 Arctic Warrior Olympics and the Anchorage Chamber of Commerce Military Appreciation Picnics are scheduled for 11 a.m. to 2 p.m. June 10 at both Paxton Park on JBER-Elmendorf and Buckner Field on the JBER-Richardson.

The AWO will kick off at 8 a.m. at Paxton Park.

The picnics will have free food provided by the ACoC from 11 a.m. to 2 p.m. and a wide of variety of activities.

Sports physicals

All appointments for the 5th Annual School/Sports/Camp Physicals Day June 10 have been scheduled, however there are still walk-in appointments available that day for those who want to come in to the 673d Medical Group Pediatric Clinic. Parents may also call 580-2778 and schedule appointments for other days, and another mass-physical day is planned for July 30.

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

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

MiCare registration

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

More than 2,400 patients have already signed up to take advantage of the ability to communicate

with their primary care clinicians online. Registered patients also have access to electronic PHRs, allowing them to view and maintain their health records.

The 673d Medical Group is the first Air Force site to test this system. Once registered, patients have the ability to participate in the study by completing a short series of surveys during the course of the next year. This provides an opportunity for all active duty, retired and dependent patients to have an impact on shaping the future of Air Force health services.

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

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

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

Road closures

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

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

For more information, call 868-1911.

Housing construction

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

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

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

In Moose Haven, the contractors will construct new pay grade E-9 and senior NCO homes with a time line of approximately 10 months.

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

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

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

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

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

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

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

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

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

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

Army Birthday Ball

Former Chief of Staff of the Army, retired Gen. Gordon Sullivan, will speak at the Army Birthday Ball which is hosted at the Hotel Captain Cook, 6 p.m.–midnight, June 17.

Military uniform for the ball is dress mess, dress blues, Army Service Uniform or Class A uniform with black bow tie.

Civilian dress is tuxedo or business suit and ball gowns.

See unit points of contact for ticket prices, child care information and other details.

Joint training

The 673d Air Base Wing hosts training primarily for Joint Base Elmendorf-Richardson civilians intended to orient former Army civilians to the Air Force, and career Air Force civilians to the Army.

Training is at the Professional Military Education Center located off 11th Street.

For Air Force 301 training (former Army civilians), training will be 8:30-11 a.m. daily Wednesday, 14 and 15.

For Army 301 training (career Air Force), training will be 1:30–3:30 p.m. daily Wednesday, 14 and 15.

There are 160 seats available for each session. Reserve a seat at william.ferguson.1@elmendorf.af.mil, or call 552-8898.

Prescribed burns

In cooperation with Bureau of Land Management's Alaska Fire Service, Joint Base Elmendorf-Richardson will initiate several prescribed burns on JBER training ranges through Thursday.

The burns will take place when weather and adequate smoke dispersal conditions are favorable for burning.

The target areas to be burned are the JBER Small Arms Complex, the Multi-Purpose Training Range, the Infantry Platoon Battle Course, Malamute Drop Zone and the Infantry Squad Battle Course.

The primary objectives of the prescribed burns are to decrease surface fuels, primarily dead grass, in the training ranges.

During the burns, firefighting personnel, fire vehicles and other equipment will be within the immediate area.

Smoke from the burns will be visible in the Anchorage area but is expected to dissipate quickly.

For more information, contact JBER Public Affairs at 522-8986 or the BLM Alaska Service Dispatch in Fairbanks at (907) 356-5554.

Furnishings management

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

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

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

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

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

Employee assistance

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

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

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

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

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

Rental Partnership

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

The first option, RPP Plus, includes utilities and sometimes cable costs providing a easier budget with a set rental payment year round.

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

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

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

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

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



Shinseki

From Page A-1

ordered beauty of these places, so lovingly rendered by the men and women of the National Cemetery Administration, reflect both the cost of defending freedom and liberty, and the nation's unwavering gratitude for the sacrifice of its noblest citizens.

"From generation to generation across our history, Americans have answered the call to duty," he continued. "America as we know it would not exist today were it not for those who loved freedom and cherished liberty enough to fight for it. Our nation has been blessed with an abundance of such men and women who have allowed us to flourish as individuals, as a society and as a nation."

Shinseki returned to the Civil War roots of the holiday to explain the importance of honoring the nation's war dead.

"In his Gettysburg Address, President Lincoln spoke of America's obligation to repay our debt to those who died in service to our country," he explained. "In his words, 'It is for us the living to be dedicated to the unfinished work which they who fought have so nobly advanced. Dedicated to the great task remaining before us, that from these honored dead, we take increased devotion to that cause for which they gave the last full measure of devotion.'"

"This Memorial day 2011, let us all reflect on the more than 1 million Americans who have given such devotion in America's name, the more than 140,000 of our sons and daughters who endured captivity at the hands of the inhumane and despicable and those still missing, whose families bear the even greater burden of never really knowing," he said. "America's 22 million veterans and the Department of Veterans Affairs honor the service and sacrifice of all of our fallen, who have guaranteed our rights and secured our liberties."

While in the state, Shinseki also toured the 673d Medical Group as well as Alaska's Interior with Alaska Senator Mark Begich to see firsthand the difficulties with providing VA services to the more remote and rural areas.

"I'm proud to be here in Alaska," the secretary told local media before the Memorial Day ceremony. "I'm informed the state has 77,000 veterans – per capita 17 percent of the population of this state is veterans – and I think that's the highest of any state in the union."

"I'm going to be accompanying

the senator to some of our more rural locations today, primarily to listen, to get some constructive feedback on what the VA does in terms of services and what we ought to be thinking about how to do better," he explained. "I'm here to listen to rural and Alaska Native veterans, including Alaska Territorial Guard members."

"One of my top priorities, one of the department's top priorities, is to increase access for all veterans, and especially the veterans who are most challenged," he continued. "Those usually have to do with Native people, but certainly veterans who live in rural and remote areas, which is certainly something you are not unfamiliar with here in Alaska."

He said access doesn't just mean building or expanding facilities.

"In rural areas, access means extending VA's reach into remote areas with telehealth technologies," Shinseki explained. "In the last two years, VA has spent about \$284 million in those technologies, specifically to try to solve some of the rural and remote issues that Alaskans face."

"It also means respecting and reaching Alaska Natives who share a long and distinguished tradition of military service," he continued. "That's why we have created the Office of Tribal Government Relations, headed by Stephanie Birdwell, to make sure Native Americans and Alaskan Natives have a strong voice in the department."

"Expanding access means sticking to the principle that veterans deserve VA care and services – no matter where they live – whether it's in a remote area or in one of our urban environments," the secretary concluded. "My commitment to veterans is that we in VA must, and will, do a better job of reaching out to veterans."

Shinseki said he has three main priorities as VA secretary.

"One is the one I mentioned here and that's expanding access so that veterans who are entitled to care and benefits from the VA, No. 1, know about it, two, know how to acquire it, and three, get smoothly through the system," he said.

"The second goal is to end this disability claims backlog that's been around for years. It's frustrating to all of us," he continued. "We've put in place some key pilots that we expect by May of 2012 we're going to see the results of our investments ... and we'll begin to take down the backlog. Our intent is to eliminate the backlog by 2015."

Shinseki said the third priority is to end veterans' homelessness



Alaskan Command Commander Air Force Lt. Gen. Dana Atkins and U.S. Army Alaska Commanding General Army Maj. Gen. Raymond Palumbo salute following the presentation of a wreath, Monday, at the Fort Richardson National Cemetery Memorial Day ceremony. (Photo by Mary Rall/USARAK PA)

by 2015.

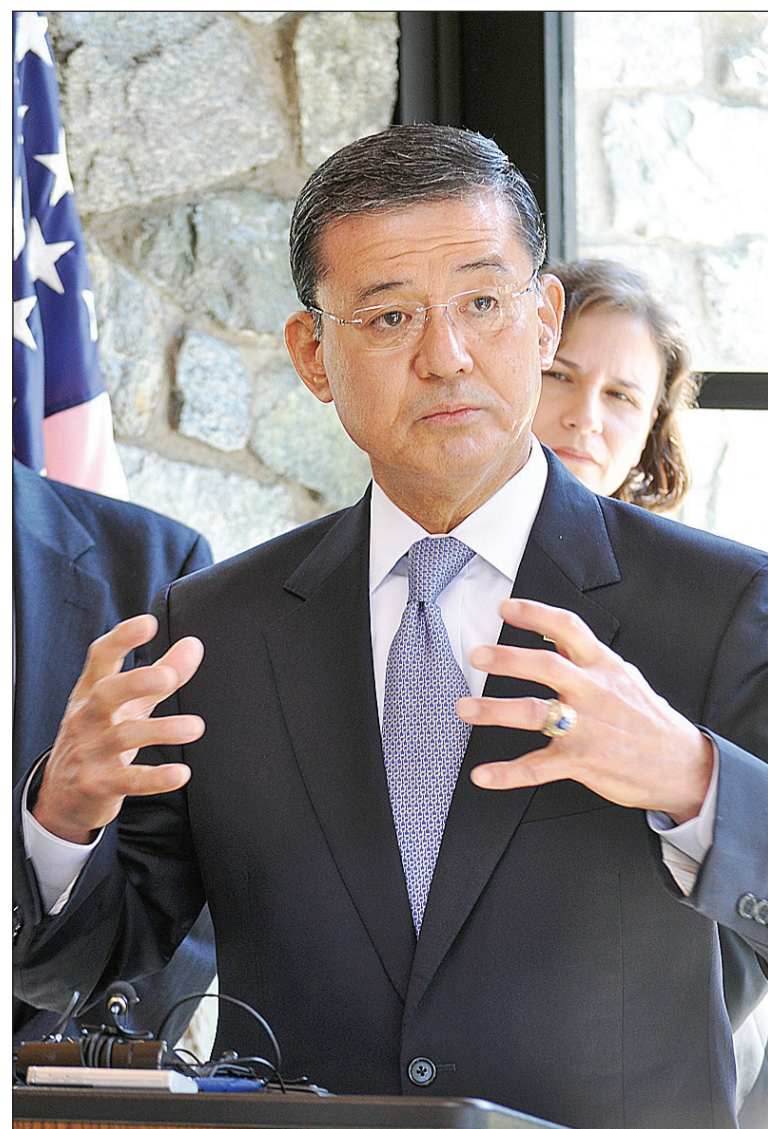
"A few years ago, I said in five years," he said. "Well, the clock's moved. So by 2015 we intend to have solved the issue of veterans' homelessness. As the president says, there's no reason in this great and powerful country -- wealthy country of ours -- why any veteran should be living homeless."

Also speaking at the Memorial Day ceremony, Begich pointed to the recent deaths in Afghanistan of three Soldiers from Fort Wainwright's 1st Stryker Brigade Combat Team, 25th infantry Division, as the continuing sacrifice of military families, and recalled visiting the brigade before it deployed.

"When I visited the National Training Center at Fort Irwin in California, just prior to their departure for Afghanistan, it was clear to me that there was no finer, more professional fighting men and women in the world, and we should be proud of our Soldiers from Alaska as they serve this country and this nation," Begich said. "Our thoughts and prayers are with them, their units and their families."

Also at the ceremony was actor Jon Voight. The actor was in Anchorage filming his latest project, and decided to show his support for the military by attending.

After the ceremony he spent more than an hour talking with service members, veterans and family members, signing autographs and posing for pictures with anyone who had a camera.



Secretary of Veterans Affairs Eric Shinseki speaks to local media at the Fort Richardson National Cemetery Monday before the Memorial Day ceremony. Shinseki was also the keynote speaker for the ceremony. (Air Force photo by John Pennell/JBER PA)

ARCTIC WARRIOR

Volume 2, No. 22

COMMUNITY

June 3, 2011

COMBAT' FISHING

By Senior Airman Christopher Gross
JBER Public Affairs

SEWARD, Alaska – Embracing and appreciating what our U.S. troops do and the sacrifices they make, the Seward fishing community took approximately 275 service members out May 26 for a day on the seas fishing for halibut and anything else in season.

Twenty-four charter companies from Seward Charter Association

offered up a total of 29 boats to make the 5th Annual Combat Fishing Tournament, the largest military appreciation fishing outing in the U.S., possible.

“This is something we do every day, and day in and day out (we) take things for granted. So this is kind of a time to realize why we do it and why we’re able to do it,” said boat captain Kevin Knight, who has more than 12 years of combined experience as a fishing guide and deck hand.

Troops boarded buses at Joint Base Elmendorf-Richardson shortly after midnight and were given a police escort the 130 miles to Seward.

The Anchorage Police Department started the escort handing the buses off to the Alaska State Troopers. Another exchange was made between the AST and the Seward Police Department.

Once they arrived, participants found their way to the boats they were matched with. Most boats

traveled more than two hours from the dock in hopes of landing plenty of fish.

Once the captains felt they reached a successful spot, it was fishing from there on out.

Knight, who’s been a part of this tournament for four out of the five years, said his favorite part of the day is watching service members enjoy a day on the water, helping them, and being able to talk with them.

“When I’m out here, nothing

else matters,” he said. “I hope that some of the guys that have never done this before did something that was new and enjoyable for them.”

While the troops were out at sea, numerous volunteers from around the area and members from the Armed Services YMCA were busy preparing a banquet for their return.

Diana Frayne, ASYMCA deputy director, was one of the behind

See *Fishing*, page B-8



TOP: A boat full of veterans takes off from Seward for a day of fishing. About 275 veterans were treated to the trip by the Seward fishing community.

ABOVE: Aaron Zibbel reels in a fish during the trip.

RIGHT: Boat captain Kevin Knight prepares to put a freshly caught halibut below deck to stay cool. (Photos by Senior Airman Christopher Gross/JBER PA)

Against the Grain: JBER wife named Mrs. Alaska

By Airman 1st Class Jack Sanders
JBER Public Affairs

“Mrs. Alaska – United States” is a highly respected title, and it is held by Brandy Wendler, wife of Air Force 1st Lt. John Wendler, a 517th Airlift Squadron pilot, according to the Mrs. Alaska website, www.mrsak.com.

“My wife and I were watching the movie ‘Miss Congeniality’ on TV, and I told her, ‘You know, I bet you could do that,’ the lieutenant said.

He said his wife was skeptical at first, but became seriously interested in the idea of the competition after learning each contestant has a platform of interest which is used to raise awareness on a certain subject.

“Two weeks later, she was looking at the Mrs. Alaska website and reading pageant magazines,” he said.

“My wife and I chose to raise awareness about celiac disease, an auto-immune disease which causes extreme sensitivity to gluten, a protein found in wheat, barley, and rye.”

Brandy Wendler has learned to deal with celiac disease since being diagnosed more than three years ago.

“My wife has battled with this disease for quite some time and she’s dedicated a lot of her time to making sure people don’t have to suffer the way she did,” Wendler said. “She offers support to newly-diagnosed people and those currently living with the illness.

“She works with several dieticians in Anchorage who refer people to her, and she has gone grocery shopping with people who don’t know where to start,” he explained.

Wendler also has a support group associated with the Celiac Disease Foundation which meets at Natural Pantry every third Thursday of the month, and she runs a website for Alaskans with celiac disease, www.livingwithoutgrain.org.

After deciding she wanted to run for the title, Wendler began doing her own research about beauty pageants since she had never competed before.

With support from her husband, other members of the Mrs. Alaska Pageant, pageant directors and a close friend, she started learning the ropes.

“The experience was amazing,” she said. “I definitely gained a lot more poise and confidence in public speaking. I certainly acquired new hair and make-up tips I never knew before and developed presentation skills.”

The pageant is designed after the national

model, which includes four stages of competition: Private Judge’s Interview, On-Stage Question in a red cocktail dress, Swim Wear, and Evening Gown, according to the Mrs. Alaska website.

Any married woman 21 years or older who lives, works or owns property in Alaska is eligible to compete for the title of Mrs. Alaska.

The competition is a one-day event including preliminary interviews with the judges in the morning and the stage competition in the evening.

After learning what she needed to know, Wendler was ready to compete, but her she had to compete without her husband there to support her.

“I was in Japan in support of the humanitarian relief effort, Operation Tomodachi, during the event so I wasn’t able to be there for her,” he said.

Though her husband wasn’t there physically, he was there in spirit and represented by his supporting squadron, she said.

“My squadron was very supportive,” John Wendler said. “Brandy is part of the 517th Spouses Group, and they were all encouraging and supportive during her journey to the crown. I also have a really good friend, Air Force 1st Lt. Andre Silva, from the squadron who stood in my place to escort her on the stage for the evening gown competition.”

“I was nervous, but so was everyone else,” Wendler said.

“The ladies I met during the competition were beautiful and had lovely families. There was such camaraderie back stage, and we all prayed together before the interview that morning and the competition that night,” she said.

“Each contestant had so much to offer the community and it was a pleasure getting to know them and my honor to share the stage with them. Catherine Roberts, who won first runner-up and the title of Mrs. Anchorage, is also married to an Airman currently serving in Afghanistan.”

“I was elated for my wife when I found out that she won,” John Wendler said. “When I got the news I felt a great sense of pride in her accomplishment.”

Wendler said the entire experience was very positive for her and has allowed her to have many opportunities she never would have had before.

“I would really encourage other woman to participate in the Mrs. United States pageant,” she said.



Brandy Wendler (left), the newly-crowned Mrs. Alaska – United States, and a fellow competitor pose at the pageant April 2. Wendler’s husband is a pilot with the 517th Airlift Squadron on Joint Base Elmendorf-Richardson. (Courtesy photo)

Environmental, safety, health assessments coming soon

By Jon Scudder
673d Civil Engineering Squadron

Beginning Monday, more than 13 assessors from Team Joint Base Elmendorf-Richardson will comb the base to ensure compliance with all environmental, safety and occupational health regulations and laws.

It's all part of the base's internal Environmental, Safety, and Occupational Health Compliance Assessment Management Program, or as it's commonly called, ESOHCAMP, scheduled for June 6 through 10.

The base self-assessment is designed to help commanders assess the status of their programs and find solutions to problems discovered during the assessment.

A team of military and civilian environmental experts has been assembled from various units to visit shops all over JBER.

"Assessors will be checking units for both good and bad practices in safety and occupational health practices, as well as the environmental protocols such as hazardous waste and material handling," said Rosanna Dickens, 673d Civil Engineering Squadron ESOHCAMP program manager.

"Hazardous material and waste management programs received the majority of the negative environmental findings during the last external ESOHCAMP in 2010," Dickens said.

The team will be looking hard at these areas, she said, which will include contractor ESOH programs as well as military shops.

"One area that is often overlooked is general storage areas, such as closets and sheds," Dickens said.

"A thorough 'house cleaning' in those areas where hazardous materials inadvertently may have been placed against base regulations is necessary," she explained.

She said the easiest way to exceed the environmental requirements of the ESOHCAMP is to refer to 3d Wing Operations Plan 19-3, Environmental Management found on Topcover.

"All the requirements for managing these programs are outlined in the checklists in Appendix B of the plan," Dickens said.

If a shop receives a negative finding during the assessment, the shop supervisor will be required to submit a management

action plan.

This is a detailed description of the work that will be done to fix the problem and close the finding.

The 673 CES environmental flight will then use the data to look at the big picture and try to identify trends and prevent bad practices on base.

Besides helping to ensure the base is in compliance with federal laws, the annual ESOHCAMP assessment also prepares the base for recurring assessments by PACAF.

The next PACAF visit is scheduled for July 25 through Aug. 2.

For those that need last-minute ESOHCAMP help, more information is available by calling Dickens or the 673d CES at 552-2867.

Cuddly cub

A rescued polar bear cub plays at the Alaska Zoo in Anchorage May 25. Alaska Wildlife Conservation agents rescued the abandoned cub and transported it to the zoo, where it is being held and nursed back to health until a proper home can be found for it. (Photo by Airman 1st Class Jack Sanders/JBER PA)



673d Force Support Squadron ☀️ JBER-Richardson Events

THE 4TH ANNUAL MILITARY APPRECIATION CAR SHOW ON JUNE 18!

ENJOY THE CAR SHOW FROM 11 A.M. - 3 P.M. WARRIOR ZONE PARKING LOT!

WARRIOR ZONE BOSS

FOOD, DOOR PRIZES, BOUNCY HOUSE, SUMO SUITS DJ & A CHANCE TO WIN 250 FSS BUCKS!

CALL 384-9006/9023/7619 FOR DETAILS!

COME FOR THE FUN BUT, STAY FOR THE SUN!

The Chill is open to everyone 18 years & older.

Starts at 11 a.m.

Summer Solstice

The Arctic Chill's Deck!

Music, dance and fun!

JBER · Richardson Outdoor Recreation Fishing Specials!

King Salmon Guided Fishing Trips on the Little Susitna River

June 11 & 17

\$125 per person, per day. 4:30 a.m. - 5 p.m.

Call 384-1475/1476 for reservations

All customers need to sign up a minimum of 7 days prior to trip.

Fee includes guided trip, transportation, fishing pole and waders. Bring extra tackle, rain gear, camera, and lunch.

Meet at JBER-Richardson ODR, Building 794 to pick up equipment.

An Alaska fishing license is required for all participants.

Min sign up 6, max 12.



Visit us on the web & Facebook to see awesome opportunities and events going on today, tomorrow and in the future.

Web: www.elmendorf-richardson.com

Facebook: 673FSS

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Right Arm Night

June 10
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.



The Arctic Chill is open to 18 years old and older!

Community happenings

FRIDAY - JUNE 12
Renaissance fair
 Renaissance enthusiasts from around Alaska gather for a festival with feasting, playing, fighting and circuses.
 Vendors will offer crafts and renaissance wares at Tozier Memorial Track from noon until 8 p.m. daily; for information call 868-8012 or visit www.3barons.org.

SATURDAY
Barenaked Ladies concert
 Grammy-nominated Canadian alt-rock band the Barenaked Ladies perform in the Chilkoot Charlie's parking lot. Best known for their hit singles "One Week" and "If I Had A Million Dollars," the band plays one night only in Anchorage.
 For tickets or information visit www.koots.com or call 230-9592.

SATURDAY - JUNE 15
Festival of Flowers
 Educational seminars, flower sales and auctions, music, art, face-painting and more with a carnival feel in downtown Anchorage. The free events run from noon until 6 p.m. in the town square.
 For information, call 279-5650 or visit www.anchorage-downtown.org.

SUNDAY - AUG. 3
Anchorage baseball
 From June 5 through Aug. 3, the Mulcahy Stadium hosts the Anchorage Bucs and the Anchorage Glacier Pilots baseball.
 Outstanding collegiate players from around the world join forces to create the Alaska Baseball League, and many future major-league players have competed with the teams. Schedules are available on the website.
 For information, visit www.anchoragebucs.com or www.glacierpilots.com, or call 561-BUCS.

JUNE 11 - JUNE 12
GCI Alaska 3-on-3 hoops
 Up to 600 basketball teams in 17 divisions from elementary school through college battle it out at the Sullivan Arena for top honors; games are all day both days.
 For information, visit www.alaskahoopfest.com.

JUNE 11
Alaska Run for Women
 Alaska women pound the pave-

ment in force to raise funds for breast cancer research and awareness.

The race unites serious runners and casual walkers, starting at 8:30 a.m. at Sullivan Arena.
 For information, e-mail run@akrfw.org.

JUNE 17
Leukemia and Lymphoma Society of America dinner
 The Leukemia and Lymphoma Society of America will host their Inspiration Dinner at Dena'ina Center, time to be announced.
 The LLS provides support to those with blood cancers and related diseases.
 For information, visit www.lls.org or call (914) 821-8924 for information about the Inspiration Dinner.

JUNE 18
Mayor's Marathon
 Five simultaneous races attract runners from all over the world. A marathon, a half-marathon, a five-mile run, a marathon relay and the youth cup start at the base of the Chugach Mountains and end at the edge of the Cook Inlet.
 Bib pick-up is at the Anchorage Sheraton hotel June 16 and 17.
 For more information, visit www.mayorsmarathon.com.

JUNE 18
Summer Solstice Festival
 The year's longest weekend kicks off in downtown Anchorage with live music, children's activities, cultural performances, hero games and much more.
 Activities are free.
 For more information, visit www.anchorage-downtown.org or call 279-5650.

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

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

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

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

Market and festival
 Local farmers and artisans sell their goods Saturdays and Sundays in a festival atmosphere. Enjoy free lively entertainment and great food while browsing more than 300 booths.
 Market days run through Sept. 11 - Saturdays and Sundays from 10 a.m. until 6 p.m. at the Third Ave. and E Street parking lot.
 For information, call 272-5634 or visit www.anchorage-markets.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 in basement Room 35 of Matanuska Hall, 7153 Fighter Drive. Anyone interested in model railroading is invited.

For more information, call 552-5234 or 952-4353, visit www.trainweb.org/msmrr or e-mail bjorgan@alaska.net.

Ice age titans
 The Anchorage Museum presents "Mammoths and Mastodons: Titans of the Ice Age" through Aug. 9. Developed by the Field Museum of Chicago, this exhibit includes life-size replica creatures, skeletons, skulls and tusks; and includes ancient art contemporary to the extinct giants.
 For more information, call 929-9200, or visit www.anchagemuseum.org.

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

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

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

Museum unravels the "History of Basketry"
 The Anchorage Museum presents "Unraveling the History of Basketry" through Dec. 31 ex-

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

hibiting baskets from Haida, Tlingit, Tsimshian, and Yup'ik baskets.
 For more information, call 929-9200, or visit www.anchagemuseum.org.

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



Experience JBER Elmendorf-Richardson



NEW SUMMER HOURS
 Sundays 1 - 8 p.m.
 Wed & Thur 11 a.m. - 9 p.m.
 Fridays 11 a.m. - 1 a.m.
 Saturdays Noon - 1 a.m.
CLOSED
 Mondays & Tuesdays

<p>Wednesday Dollar Days Bowling June 1, 8, 22 & 29 5 - 9 p.m. Bowl for \$1 per game and \$1 shoe rental.</p>	<p>Sunday Dollar Days Bowling June 5 and 19 1 - 8 p.m. Bowl all day for only \$1 per game and \$1 shoe rental.</p>
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25¢ PER GAME SPECIAL WEDNESDAYS - FRIDAYS
11 A.M. - 5 P.M.
 Excluding Holidays, \$3 shoe rental



Polar Bowl Bowling Facility
 Building 7176 Fighter Driver
 JBER Elmendorf
753-PINS (7467)

Come See What We Have to Offer This Summer



Bike Maintenance Clinic
 June 4 • 10 a.m. • \$5
 Learn the basics

Rifle Reloading Class
 June 9 • 5:30 p.m. • \$5

Get your State of Alaska Fishing License HERE!
JBER Elmendorf Outdoor Recreation Center
552-2023

Summer 2011 Outdoor Adventure Program

\$45

Whitewater Rafting Eagle River
 June 8, 9
 5 - 8 p.m.
 June 11
 10 a.m. - 1 p.m.
 2 p.m. - 5 p.m.
 Reservations must be made in advance for trips at
OAP 552-4599



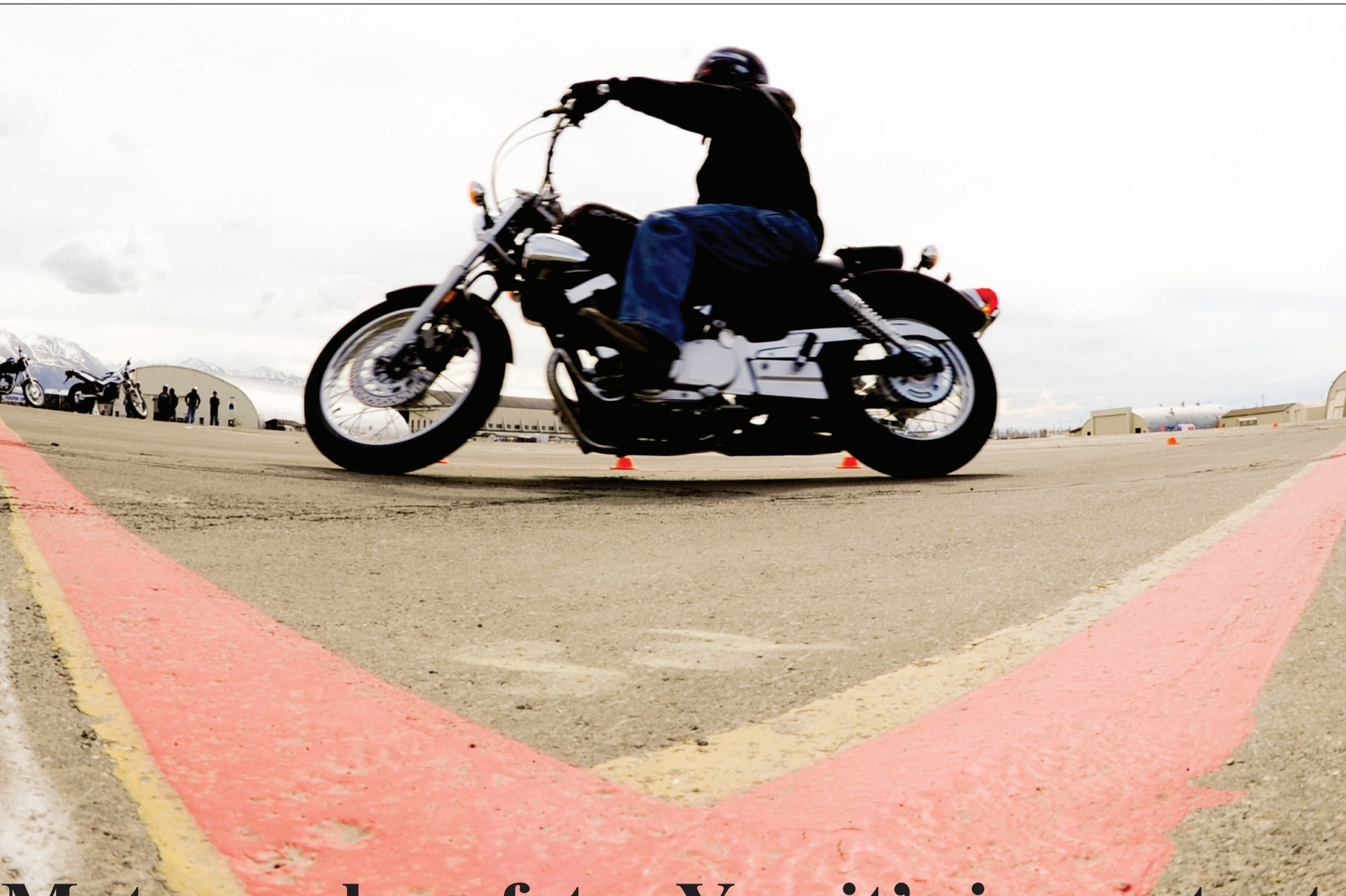
ATV Trip: Jim Creek
 June 11
 8 a.m. - 5 p.m. • \$150

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

ATV Safety Certification
 June 8, 15, 22 and 29
 4 - 9 p.m.
\$50
 Meet: Hillberg Ski Area
 This fee will be deducted from the cost of your 1st ATV trip with OAP.
 (16 yrs and up)

JBER ELMENDORF OUTDOOR ADVENTURE PROGRAM
OAP RESERVATIONS: CALL 552-4599
 Reservations must be made in advance.
 Email: 673fss.oap@elmendorf.af.mil

Get out and enjoy springtime in Alaska!



Motorcycle safety: Yes, it's important

By Air Force Staff Sgt. Joshua Garcia
JBER Public Affairs

With the temperatures rising in the coming summer months, more and more of Joint Base Elmendorf-Richardson's personnel are starting to ride their motorcycles to work.

According to Air Force Instruction 91-207, United States Air Force Traffic Safety Program, all riders must have completed the Basic Motorcycle Safety Course to legally ride on base. JBER offers these courses to base personnel.

"(We offer) the basic course for new and novice riders, and a follow-on course for experienced riders with cruiser or standard bikes," said Zack Sionakides, the program manager for Cape Fox Professional Services, which provides the Motor Safety Foundation course to the JBER. "We also have a sport bike course specifically designed around the unique characteristics of a true sport bike," Sionakides said.

The basic course, provided free to base personnel, can be used to get the motorcycle endorsement on an Alaska state driver's license; it is the same course that's provided downtown for a fee up to \$275.

The course covers everything riders need to know to ride safely.

"The course addresses riding habits and behavior, ultimately reducing injuries and fatalities," Sionakides said. "The course will provide new and experienced riders with the skills and knowledge necessary to become a safer motorcyclist."

Alaska, with its short riding season – April 15 to Oct. 15 – also has its own unique challenges.

"Riders may not be fully aware of how the colder climate affects motorcycle riding (such as) hypothermia," Sionakides said.

"Traction is another challenge in cold climates. All of the courses address traction management and the selection of gear, including proper layering of personal protective equipment," he said.

The course not only provides basic knowledge for novice riders, it has something to offer experienced riders as well.

"These courses are important for new and experienced riders because they offer them an opportunity to gain feedback from a trained eye, the rider coach," Sionakides said. "Constructive feedback in an adult-centered learning environment promotes learning and proper riding technique.

These skills are perishable, and lifelong learning is important to keep good riding habits intact."

As personnel take the course, they will learn how to properly navigate curves and perform U-turns in tight quarters, among many other skills.

But the main thing that is stressed in the course is safety.

"While some would say the most im-

portant thing to learn is skill, truly the most important aspect of the course is becoming self-aware, and that the rider is responsible for their safety. One must manage risk at all times while riding," Sionakides said.

For more information about the motorcycle basic safety course and other courses offered on JBER, call the 673d Air Base Wing Ground Safety Office at 384-2383 or 552-3824.



TOP: Harry Evans, an instructor for the basic motorcycle riding course, shows the proper way to perform a perimeter turn during a class on Joint Base Elmendorf-Richardson May 16. Evans is also a master sergeant in the 176th Wing, Alaska Air National Guard. **ABOVE:** Ryan McGowan, D Company, 725th Brigade Support Battalion, is signaled by lead instructor Jeff Gross to perform a task on a motorcycle during the basic motorcycle safety course. The week-long class is mandatory for all base personnel that want to ride motorcycles on installation. (Photo by Staff Sgt. Joshua Garcia/JBER PA)

Praising Cain

Command Sgt. Maj. Brian Morrison, 725th Brigade Support Battalion, 4th Brigade Combat Team (Airborne), 25th Infantry Division, presents a coin of excellence to current UFC heavyweight champion Cain Velasquez during the mixed-martial-arts fighter's May 18 visit to the Arctic Warrior Combatives Academy on Joint Base Elmendorf-Richardson. Velasquez's visit was sponsored by the Air Force Reserve. (Photo by Army Staff Sgt. Brehl Garza/USARAK Tactical Documentation Team)



Contacting your doctor just became much easier

By Capt. Josh Leslie
673d Medical Group

If you are like most people, playing phone tag with your primary care clinic is not your favorite game.

Waiting on the phone for an appointment is also not very fun, especially now that summer is arriving and everything Alaska has to offer is beckoning you.

Wouldn't it be much better if you could just send a message to your doctor with the expectation that they will reply back? Or send a message to your clinic requesting an appointment without having to wait to talk to someone?

You now have that ability. Starting last December, the Joint Base Elmendorf-Richardson hospital started using a new program called MiCare.

This program is web-based, requires a short password that never expires, and allows you to do the things mentioned above and more.

Wherever you can access the Internet you can access MiCare—even on your smartphone. Want an appointment?

Send a message telling the clerk when you are most available and what the appointment is for. Within a day or two you will get a reply telling you when the appointment is.

Have a lingering problem that has been bothering you and you just want to ask your doctor about it without having to come in?



Courtesy photo

Fill out a webVisit on MiCare.

Do you need a copy of your child's shot records, but you really don't feel like driving all the way down from the valley after it snowed last night and gas is \$4.21 a gallon? Send a message to your child's doctor and ask them to send you an electronic copy.

Do you have a question about a medication your doctor prescribed, or are you out

of refills? Send a message to your doctor.

It really is that easy.

Not only does MiCare allow for secure messaging with your provider team, but it also is an easy way for you to see some of your medical information online in your Personal Health Record.

You can view lab test results, a history of problems and procedures, allergies, a list

of your medications, and more.

If you receive any medical care outside of a military treatment facility, you can add that information to your Personal Health Record so your provider team can view it and you can track it more easily.

So who is eligible for MiCare? Anyone enrolled in the Family Health Clinic, Pediatric Clinic, and Internal Medicine Clinic at the JBER hospital.

Patients enrolled in Flight Medicine will be able to sign up this summer.

Other than being enrolled, all you will need is an e-mail address.

Signing up is easy too! All you have to do is fill out a registration card and drop it off at the check-in window of any of the primary care clinics.

A staff member will verify your ID, load your info into the system, and a message will be sent to the e-mail address you provided. Check your e-mail and follow the simple instructions to activate your account.

If you want your children to enjoy the benefits of MiCare, you can add your children to the account and secure message on their behalf.

They will not need to fill out a card. However, due to privacy rules any child 13 years or older will need to have their own account.

If you have any questions, please ask a clinic staff member during your next visit. If you have already signed up, but are having trouble logging in, call 1-(866)-RELAYME.

An open letter of thanks to a military family on Memorial Day

Commentary by Air Force Chaplain
(Lt. Col.) Keith Muschinske
673d ABW Chaplain

So, did you have a good Memorial Day weekend? Hopefully you were able to gather with family and friends, maybe catch a king or two.

And, I hope, you took at least a moment to remember why we had Monday off.

Whether or not you personally know someone who died in service to God and country or you have heard about those deaths far too frequently on the news, nothing says "freedom isn't free" more than Memorial Day.

Last year I spent six months at Dover Air Force Base working at the Port Mortuary.

This past weekend I thought, "For those who work at the Port Mortuary, caring for our fallen warriors and their families, EVERY day is Memorial Day."

Remember... and know that there are those not in the military who still remember as well, and who say "thank you" to us who serve.

In 1990, Frank Turk

received his MA in Literature in English from St. Bonaventure University, and years later became a Christian in the basement of his parents' house one night while contemplating suicide.

He has been blogging with Dan Phillips and Phil Johnson at the PyroManiacs blog since 2006. Frank first published this letter on his blog May 19.

An Open Letter to a Military Family

My Dear Friends and Citizens,
This year my son turns 12, and he's get-

ting big – as big as his mom for sure right now, but pretty soon as big as I am (except, to paraphrase the apostle Paul, without the spare tire).

A couple of weeks ago, a friend of ours was injured seriously in Afghanistan during military service, and he's only 18 – but I can remember when he was my son's age.

I can remember when he was a kid trying to figure out what it means to be like the men he admired, and how to be a man like his (adopted) father.

I can see a lot of what he was in my son now.

So when that young man was a headline in our hometown, it was more than news to me.

In my mind, there was a story there of someone who loves his family, and his church, and his small town, and his nation, and he volunteered to go off to serve his country in what the Bible calls the ministry of the sword.

Now, maybe the military institutions themselves today would not use the words "ministry of the sword."

Many have forgotten the concept. But the small towns and churches who nurture and grow the young men who staff the services have not.

There is a great and godly dignity to want to serve your fellow man and your nation by giving up your own

life and freedom for the sake of preserving home and hearth.

And when these young people put themselves in this service, and they go out in a uniform, and they are equipped with implements of death far more devastating than a sword, we see them as something a little larger than life – when they are not our own children.

When they are ours, we know what it means to pray to God that he forgive their sins and protect them from evil.

We know what it means to have those in whom – whether we meant to or not – we have placed our hope for the future, march into the maw of conflict to be the final solution when evil men live lawlessly.

The grand words for it all sort of shrivel up when it's our son or daughter who has to be the first one into the breach.

So today I am thinking about my son, who is getting big.

And he's making me think of your son, or your daughter, who got big, and gave up his or her life for you, and yours, and mine.

Today, as I tuck in my son, I am grateful for your son (or daughter). I cannot repay you for him, but I will live here and now with the solid reminder of what he did.

God bless you, and keep you, and may his face shine upon you.

I will spend this weekend remembering. Grace and peace to you,
Frank Turk



Courtesy photo

Commentary: Things you can't learn in a classroom

Commentary by Miranda Winn-Poff
Special contributor to the 65th Air Base
Wing Public Affairs

LAJES FIELD, Azores — May 12 was the day my oldest son, Phil, turned 7. I remember turning 7 very well — it was the age I was finally allowed to have a Barbie! It was also the year I lost one of my best friends. It was a big year.

But on this day Phil learned a little about the world around him, and I watched a bit of his innocence die as I described to him what he was seeing.

This made me realize he's growing up, he understands much more than I could imagine, and I would do anything to make sure he always knows the truth about the men and women who serve our country.

We took the boys to the American History Museum in Washington, D.C., May 12, and they had lots of fun. Of course, the hands-on parts were the best, but we also took them through the "America at War" display where they walked among relics and photos of war.

As my husband, Brent, and my sons' grandfather pointed out various things, they learned about how children not much older than them would collect scrap metal during World War II.

They marveled at a Huey helicopter, learning the main job for this machine was not only to bring men into combat, but to take them out — no matter what. They looked at a piece of the Berlin wall, which I remember coming down.

I tried to explain why there was a wall

in the first place and the joy of watching it crumble.

Then we walked around the corner, and I saw for the first time the World Trade Center. I could reach out and touch it, and as I did I felt the horror of what happened. I had to take my hand off because it was almost hot.

As I stared at a mangled piece of metal once part of the 70th floor of Tower 2, my oldest looked at me and pointed to a picture saying, "What happened?"

It was a picture we all know, burned in our memories forever. It portrayed the exact moment of impact of the second plane, with fire and buildings and what I can only imagine as hell.

I saw this image reflected in the eyes of my baby, my son, who very quickly became a boy.

I told him that cruel people took four planes and used them as weapons, two of which hit these buildings and one of which hit the Pentagon.

The other went down, missing the target because of heroes. He asked if the buildings could be rebuilt.

I told him no, but that we are building something to remember them. I told him

the Pentagon has been fixed, but there is a permanent scar in the earth where grass has grown over.

He asked me if people were hurt. I said yes, and that people died, but some did survive and got out in time.

He then asked why bad people did this. I didn't have an answer. How do you respond to a child? I told him this act is why we are at war, and why we can't lose, and that good people are doing something about it.

"People like Daddy?" he asked. With tears in my eyes, I said yes.

It hit me that even though my husband wears the same uniform that others wear and drives to an office, he is involved in this war. I looked up and saw a young man standing next to us with tears in his eyes.

"Thank you," he said, and then looked away. I wondered why he'd said thank you. For Brent's service to our nation? For standing there with him in awe at the metal? For telling a child about what and why we are at war?

I have given birth to all of my sons in a time of war, and was just now telling them about it. I feel bad about this — there are men and women currently dying, hurting, crying and serving, and I owe them more than this.

I know they are young, but some things need to be told. There are members of the greatest generation passing away and no one notices.

My sons need to hear and know the names like Doolittle, Easy Company, Hal Moore, Etchberger, J. Cunningham, and S. Giunta, but also the ones of those currently serving. These are the heroes of our country. These are people to look up to, and tell children stories about.

I looked around the room and saw a few uniforms that had been worn by other active duty members.

One had been cut away from a young man's body; it's the same one that Brent wears, only this one is torn and there are stains on it. It took my breath away.

My son, Phil, hugged me as my tears welled up.

I was thinking about what we as a country have been through in the last nine years, and it hit me hard.

I was standing there staring at the single moment that has caused me more fear, anger and hate, but at the same time, the most patriotic feelings in my lifetime.

And as Phil hugged me he said, "Mom, it's OK ... we will fix it."

He is wise beyond his seven years, and in the 10 minutes we spent in that room, he learned something more than any classroom could teach.

He saw what humans do to each other, bad and good. But in the end, he still believes with all of his heart that there is more good, and I saw a glimpse of the man that he will become.

“There are members of the greatest generation passing away, and no one notices.”

At the movies

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

Now playing



SCREAM 4

Rated: R
Playing: Friday at 7 p.m.
Run time: 111 minutes
Starring: Neve Campbell, Courteney Cox, David Arquette

Sidney Prescott, now the author of a self-help book, returns home to Woodsboro on the last stop of her book tour. There she reconnects with Sheriff Dewey and Gale, who are now married, as well as her cousin Jill. Unfortunately, Sidney's appearance also brings about the return of Ghostface, putting Sidney, Gale, and Dewey, along with Jill, her friends, and the whole town of Woodsboro in danger.

Now playing



SOURCE CODE

Rated: PG-13
Playing: Saturday at 7 p.m.
Run time: 93 minutes
Starring: Jake Gyllenhaal, Michelle Monaghan, Vera Farmiga

Colter Stevens, a U.S. Army helicopter pilot whose last memory is flying in Afghanistan wakes up on a commuter train in Chicago. Eight minutes later, the train explodes — and Stevens wakes up, only to be debriefed and sent back to those eight minutes again. And again. And again.

Fishing from page B-1

the scene volunteers, and said there's a lot of work that goes on throughout the year to make this day happen, but it's all worth it.

"Our whole mission is to serve those who serve America. We provide programs and services for military members to show appreciation for their service to our country and it's just another way to give our service members a taste of Alaska," she said.

According to Mari Jo Imig, ASYMCA executive director, as long as they continue to get the great feedback like they've gotten in the past, and the participation from the SCA, they'll keep putting forth efforts to make sure this runs again next year.

"(We do this) for the cause, we do what we can for our troops and this is a fun event. It gets Seward and the community involved with our military and it lets them give back to our service men and women," Imig said.

Imig also added that the tournament wouldn't be possible without the efforts of Bob Candopoulos and Keith Manternach, who started the event more than five years ago.

The idea started after Candopoulos and Manternach attended a convention in Reno, Nev., in 2006.

While they were there an organized anti-war protest was taking place. Candopoulos said he never saw freedom of speech used to such extent.

After returning to Alaska, the two knew they wanted to do something to give back to the military community, and that's how the annual Combat Fishing Tournament came to be.

Not only has the tournament grown from 66 to nearly 300 veterans, but \$50,000 in cash prizes are given away, and almost \$60,000 in door prizes were donated from about 200 companies and individuals.

This kind of generosity doesn't go unnoticed either.

"I totally appreciate it, these guys taking us out means a lot," said Aaron Zibbel, an Air Force staff sergeant with the 611th Civil Engineer Squadron. "It's real nice that they recognize the military members, and we appreciate everything they do."



Zibbel said he thinks this is a great tournament and hopes it continues so that other service men and women have the opportunity as he did.

At the banquet, a \$10,000 grand prize was awarded to Sgt. Jason Turner for catching his 98.4 pound halibut.

Honors for the second largest fish, at 85.6 pounds and a \$6,000 prize, went to Air Force Master Sgt. Brent Batten.

A \$7,500 award was given away for a "mystery" fish – a number is drawn from a bag and the fish weighing nearest that amount wins that money.

This year the mystery weight was nine pounds, and three participants had fish that weighed exactly nine pounds.

So Army Staff Sgt. Michael Pershell, Air Force Staff Sgt. Bryan Lance and Pfc. James Crider split the money – \$2,500 each.

Knight said he hopes that this tournament continues so the Seward community can continue to vocalize their appreciation to the men and women who defend this country.



TOP: Matt Kine and other service members fish from the side of a boat.
LEFT: Nick Meadows, deckhand, gives some instructions on deep-sea fishing.
ABOVE: Meadows drags a halibut across the boat to put it below deck. (Photos by Senior Airman Christopher Gross/JBER PA)