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ARCTIC WARRIOR

Volume 2, No. 29 Joint Base Elmendorf-Richardson July 22, 2011



ABOVE: A member of the Japan Air Self-Defense Force does a pre-flight inspection of a C-130 Hercules at Joint Base Elmendorf-Richardson, Monday, during Red Flag-Alaska 11-2. **INSET:** A member of the Japan Self-Defense Force signals a C-130 to taxi down the JBER runway. Approximately 200 members of JASDF participated in RF-Alaska. (U.S. Air Force photos/Senior Airman Christopher Gross)

JOINT EFFORT

Japanese airmen sharpen skills at JBER

By Senior Airman Christopher Gross
JBER Public Affairs

According to U.S. Air Force Capt. Kenny Bierman, 374th Airlift Wing's Red Flag-Alaska mission commander, 374th AW Airmen and the Japan Air Self-Defense Force have taken extra steps to increase the military cohesion between the two nations.

This year, they picked up where they left off in last year's RF-Alaska and have continued to make improvements in their working relationships. This RF-Alaska began July 11 and is scheduled to finish July 22.

"We're just one team right now, planning missions everyday and flying them together," Bierman said.

Bierman said these exercises are held to help improve the bond between the two militaries, which will help in future operations.

"Today, we don't go into combat or any humanitarian assistance (relief efforts) by ourselves," he said. "It's much better for us to get together in these controlled environments to sort and work things out for smooth real-world scenarios."

It's been a smooth ride for Japan, who has approximately 200 participants along with three C-130 Hercules, an E-767 Airborne Warning and Control System and two KC-767 refuelers here, according to Col.



Japan Air Self-Defense Force crewen make their way to a C-130 Hercules, Monday.

Koji Takagaki.

Takagaki said, participating in RF-Alaska has opened up many training opportunities which can't be practiced in Japan, like low-level flying.

Due to Japan's large population and small-island country there are many places where they can't fly or can't fly very low. The Joint Pacific Alaska Range Complex, which has 67,000 square miles of airspace, gives Japan the opportunity to fly as low as 500 feet.

Along with low-level flying, Japanese air crews have the opportunity to practice air refueling, cargo-air drops and semi-prepared runway operation landings.

Not only does Takagaki think getting in as much of this training as possible is important, but he also wants his troops to take home some lessons learned about how other nations' logistics, operations and tactics run.

Takagaki said, it's very important his team and other nations worked closely together and learned how one another operates, because they are neighbors.

Bierman said this has been one of the smoothest exercises he has ever been a part of.

"I think its credit to how we've been building our relationships over the last couple of years," he said.

Bierman said he believes the success is due to the fact that they come into these exercise knowing what to expect from each other to get the job done.

"We work very well together in these environments," Bierman said.

In closing, Takagaki said he would like to thank all of those involved with the tsunami relief efforts of Operation Tomodachi and he's very glad that he and his troops are able to be a part of RF-Alaska.

JBER Soldier's death under investigation

USARAK news release

The Army paratrooper found deceased in his barracks room on base Monday has been identified as Spc. Christopher Robert Crosby, 23, of Wilmington, Mass.

The Soldier was assigned to the 1st Battalion, 501st Infantry Regiment, 4th Airborne Infantry Combat Team, 25th Infantry Division here.

Crosby joined the Army in June 2008, completed Basic and Advanced Individual Training, and Airborne training at Fort Benning, Ga. before arriving at Fort Bragg, N.C. in October 2008. He was stationed at Fort Bragg from October 2008 until March. He arrived at Joint Base Elmendorf-Richardson in March and was assigned to the 1/501st Infantry.

The cause of death remains under investigation by the Army's Criminal Investigation Detachment.

The next of kin have been notified.

Two Stryker Brigade casualties identified

USARAK news release

The names of the two Fort Wainwright Soldiers who died in Afghanistan Sunday were announced Tuesday by the Department of Defense.

Sgt. 1st Class Kenneth B. Elwell and Pfc. Tyler M. Springman were killed during an attack on their dismounted patrol by insurgents using an improvised explosive device. The two infantrymen were assigned to the 3rd Battalion, 21st Infantry Regiment, 1st Stryker Brigade Combat Team, 25th Infantry Division at Fort Wainwright.

Elwell, 33, of Holland, Pa., joined the Army in October 1997 and served at Fort Riley, Kan., Korea and Fort Benning, Ga. before arriving at Fort Wainwright in March. He had two previous deployments to Iraq, as well as a deployment to Bosnia.

Springman, 19, of Hartland, Maine, joined the Army in June 2010, completed basic training at Fort Benning, Ga. and arrived at Fort Wainwright in October 2010.

The attack took place at 11:35 a.m. (Afghanistan time) in Kandahar Province, Afghanistan. Seven other Soldiers from the brigade were wounded in the same incident.

The 4,000-Soldier brigade began deploying to Afghanistan in mid-April for a one-year tour in support of Operation Enduring Freedom.

The next of kin have been notified.

Black Hawk pilot dies in plane crash

USARAK news release

A Fort Wainwright Soldier died Sunday of wounds suffered when the privately owned airplane he was flying crashed near Delta Junction.

Chief Warrant Officer 2 Eric C. Corl, 28, of Fairbanks was pronounced dead while enroute to Anchorage via medical evacuation.

Corl, a UH-60 Black Hawk pilot, was assigned to D Company, 123rd Aviation, 1st Battalion, 52nd Aviation Regiment at Fort Wainwright. He joined the Army in June 2004, attended the Warrant Officer Candidate School and UH-60 Aviator Qualification Course at Fort Rucker, Ala. before arriving at Fort Wainwright in February 2006. He had one combat deployment to Iraq from July 2008 to July 2009.

The incident is under investigation by the National Transportation Safety Board.

The next of kin have been notified.

Team Alaska heading to Air Mobility Command Rodeo

By Senior Airman Christopher Gross
JBER Public Affairs

After several months of preparation the time has finally come for Team Alaska to showcase their air mobility and combat skills at this year's Air Mobility Command Rodeo, which kicks off Saturday and runs till July 29 at Joint Base Lewis-McChord, Wash.

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

The several different groups will be made up of approximately 30 members from the 773rd Logistics Readiness Squadron, 517th Airlift Squadron, 3rd Equipment Maintenance Squadron, 517th Aircraft Maintenance Unit, 176th AMU and 673d Security



Senior Airman Benjamin Goldsmith, 517th Aircraft Maintenance Unit, replaces an oil filter on a C-17 Globemaster III, Wednesday. The C-17 was being prepared for the Air Mobility Command Rodeo. (U.S. Air Force photo/Senior Airman Christopher Gross)

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Multimedia

For more photos of Red Flag-Alaska, AMC Rodeo and Crossfit as well as other stories and video, visit <http://tinyurl.com/3oeg5o3>



Air Force releases updated dress and appearance instructions

By Eric M. Grill
Air Force Personnel, Services and Manpower Public Affairs

The Air Force’s instruction on dress and personal appearance recently received an appearance upgrade with the release of the updated instruction July 18.

Air Force Instruction 36-2903, Dress and Personal Appearance, received the facelift after several years of interim updates as uniform items were introduced and phased out.

The last revision to the AFI was in 2006, prior to the release of the Airman Battle Uniform, which replaces the Battle Dress Uniform and Desert Camouflage Uniform Nov. 1.

Most of the changes to the AFI are more about mechanics and clarification than new policy, said Ruth Ewalt, the Air Force Uniform Programs and Policies chief at the Air Staff. They are intended to make the AFI more user-friendly.

“The changes are a result of Airmen in the field requesting clarification, leadership approving more specific policy, and the need to integrate information from the 98th virtual uniform board and other wear policy approved since 2006,” Ewalt said. “We added the ABU, green fleece, and physical fitness uniform information not in the previous AFI and corrected instances of conflicting information.”

For clarity and ease of reading, the chapters were rearranged and sections were made inclusive to eliminate turning back and forth to configure a single uniform, she said. The difference in the old and new AFI is that the tables are now integrated into the text. Each uniform has its own section, starting with the most formal through the utility, PT, and distinctive uniforms.

One thing Airmen might notice is the amount of pictures incorporated into the revised AFI.

“Individuals learn and retain information differently,” Ewalt said. “For some, a photo is a better tool than volumes of text or audio. We wanted to make this AFI as ‘user-friendly’ as possible. It covers every Airman – from the first-day recruit in Basic Military Training to the 30-plus-year career Airman.”

Sections are also inclusive, listing all items that may and must be worn with each particular uniform with the exception of outer garments which are covered in their own section.

The first three chapters cover the basic philosophy, appropriate circumstances to wear uniform items, how and where to purchase them, roles and responsibilities, and grooming and appearance standards.

Chapters four through seven cover uniforms worn and maintained by all Air Force members: dress, utility, and physical training uniforms. Chapters four and five include the dress and utility uniforms. Chapter six explains outer garments, head gear, rank insignia and accessories, and chapter seven covers the physical training uniform.

The remaining chapters “customize” the uniforms of unique populations and discuss badges, awards and decorations unique to individual Airmen.

The final chapter contains instructions for recommending changes to dress and personal appearance policy or uniform designs.

The revised AFI also added a tattoo measurement tool to standardize the process for Airmen and commanders to determine if a tattoo meets standards.

“There is also a form to document tattoos that are borderline excessive or require a commander-approved waiver,” Ewalt said. “The policy regarding what constitutes an excessive tattoo has not changed. The standard is still not more than 25 percent of the exposed body part.”

The revision involved input from individuals of all ranks and components of the Air Force, including Air Force Reserve and Air National Guard members.

“This three-year effort included Airmen from all walks of Air Force life, ... (including military) training instructors, recruits, recruiters, first sergeants and Air Force leadership from all levels, professional military education instructors, functional communities, and support organizations to name a few,” Ewalt said. “This Air Force instruction was influenced by a huge population of Air Force service members because it impacts the total force.”

For online dress and appearance information, go to the dress and appearance webpage on the Air Force Personnel Center’s website at www.afpc.af.mil/dress/index.asp.

For more information about personnel issues, visit the Air Force personnel services website at <https://gum-crm.csd.disa.mil>.

Editorial & Opinion

Super savers

Defense officials encourage DoD personnel to submit entries for President’s 2011 SAVE Award

Editor’s note: The office of Deputy Secretary of Defense William J. Lynn III released the below memorandum addressing all Department of Defense personnel.

In 2009, President Barack Obama initiated the Securing Americans Value and Efficiency Award contest to solicit cost-cutting ideas from the front lines of the federal workforce.

During the past two years, more than 56,000 ideas have been submitted to the Office of Management and Budget for review.

These suggestions have helped agencies identify areas for cutting and improvement, and nearly 40 of them have been included in the President’s Budget proposals.

I want to make you aware of the launch of this year’s contest and encourage participation throughout the Department.

The contest will run until July 29 and as in years past, one winner will be selected and the submitter will have the opportunity to present



2011 SAVE AWARD
Cost saving ideas needed

Courtesy graphic

the winning idea to President Obama.

This year, the Under Secretary of Defense (Comptroller)/Chief Financial Officer will review all submissions related to the Department and provide a ranked list in accordance with OMB guidance by Aug. 12.

I offer my personal endorsement and full support for the SAVE

Award, and ask that you please do the same and ensure your personnel submit their innovative ideas at www.whitehouse.gov/save-award.

Thank you for your support of this innovative approach to generating performance improvement across our organization. Any questions about the SAVE Award should be directed to DoD-SAVEAward@osd.mil.

‘I was angry’

Mystery of post-traumatic stress disorder

Commentary by Nondice Thurman
Fort Campbell Courier

Some may wonder how a civilian journalist would have Post Traumatic Stress Disorder or any other behavioral health issue and be able to relate it to what service members and their families go through.

I can relate better than some would think.

Not only am I an Army civilian, but I am a staff sergeant in the Army Reserve, a military spouse and a mother. I’ve deployed three times, once to Kosovo and twice to Iraq. I was treated and am still under a bit of medical care for adjustment disorder.

It’s not quite PTSD, but many of the signs symptoms are similar.

Does having a behavioral health issue make me weak?

Not at all.

I had no clue what it meant my first deployment when I was only 19. My second deployment I was 23 and a single mom. I came back in time to celebrate my 25th birthday and my daughter’s second.

I refused for a while to believe I had much of an issue.

My biggest issue was I was angry.

I snapped at people for little things and I would just break down and cry for no apparent reason. After a few complete breakdowns at work, I finally got the help I needed. I knew for this most recent deployment, if I recognized anything I did from last time, I wouldn’t wait six months or more again to get help.

This deployment was rough from the start.

My then fiancé deployed to Afghanistan and I was on my way to Iraq. I heard about the things they were going through and felt guilty. They were on a remote base, didn’t have much and were in regular contact with the enemy.

There I was in Baghdad.

I knew almost every day I could easily get a shower (except when the water ran out), I could walk to the dining facility any time I wanted, I had a small post exchange I could visit and so much more.

Not long after I arrived in Iraq, my grandfather died. Not long after that my fiancé was hurt. He lost most of his hearing and suffered a traumatic brain injury. He fought to stay out with his troops, but eventually the doctors won and he was sent home early to get the treatment he needed.

When I came home on rest and recuperation, we decided to no longer wait and we were married.

Our families supported the decision.

It was odd being home. I was learning to deal with some of what he was going through and yet

honestly trying not to get wrapped up too much in it because I would soon be going back to Iraq and had a job to finish.

The hardest part was early on and he didn’t always get my name right. He knew who I was, but names weren’t a strong point. He started calling me more by the nickname he gave me than by my name.

After I returned, I had even more issues.

I was trying not to stress too much about not being there for him.

Then I got an email from my little sister. I wanted to call home as soon as I read it, but I had to wait.

Waiting out the clock was impossible. She informed me the doctors found a mass in her head and that it was bleeding. She’s had surgery since I’ve returned home and I got to be there to support her through that, but she now has other problems as a result of the surgery and it will be at least six months before they think she will be ready to return to work.

It was all just adding up.

While still in Iraq, I had breakdowns at the office. I was escorted to the chaplain’s office by one of the sergeants in my unit. I met with the chaplain at times and I was talking about combat stress.

I was still fine with going out on missions. I managed to keep it all together well and focus on my job. It was during the down times that were hardest and my thoughts would start racing on all the “what ifs” and feeling guilty about not being there for my husband and my sister.

It got worse at the end of the deployment. It was close to nine months ago, Oct. 26, 2010.

I had gone down to Basra to cover some different stories. My last one was a mission where I was with a group of U.S. and Iraqi soldiers escorting the State Department for an agricultural project.

We never made it to our destination. After all, the bad guys didn’t care the U.S. called an official end to a leading role in combat operations in September.

I was riding with four other Soldiers in the lead Mine Resistant Ambush Protected vehicle.

I was in the back talking with one of the Soldiers. Next thing you hear the boom and the vehicle fills with smoke and dust. You hear the gunner scream.

Is it from pain or the adrenaline rush?

I honestly for a second or two wasn’t sure what happened. The other Soldier in the back was the one who said out loud we’d been hit. It was an improvised explosive device – an explosively formed projectile, better known as an EFP.

The gunner dropped and was held down because he wanted to

get back up. The second you saw his face we wondered if he was burned. He just had that much soot and dirt on his face.

The rest of the convoy had no clue what our status was. We had lost communications. It seemed like an eternity, but I’m sure it wasn’t long until the radios were back up and we could communicate.

The rest of the convoy moved in to secure the area.

Everyone who needed to be contacted was. It was the Iraqi Police, the Iraqi Army, the Iraqi Explosive Ordnance teams who were our first and main responders.

I was amazed. It took an incident like that, but I got to see firsthand how the training my fellow service members had provided them was paying off.

All of us in the vehicle walked away from the incident.

I have learned though that whiplash seriously hurts and that you’re expected and pretty much allowed to be angry after someone tries to blow you up.

I’ve been home since December. For a while things weren’t easy, but they are constantly getting better. I’m still angry more often than I would like, but usually at myself.

Crowds drive me batty. I don’t always feel like I fit in to the civilian world. Some days I just don’t care and have to force myself to be motivated (having a 6-year-old at home seriously helps me to be motivated even when I don’t want to).

I hate driving, but do it because I have to. I get mad at myself for this all bothering me, because I know others who dealt with more.

I’ve been getting the help I need. It was easier this time to admit it.

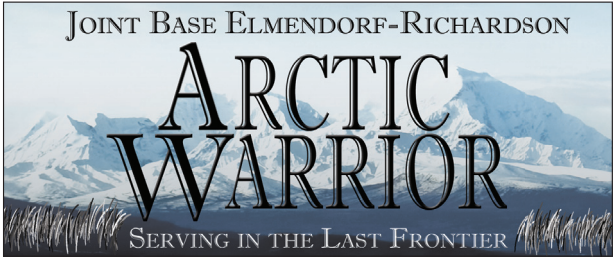
I also knew better of where to go. There is anonymous counseling through chaplains, military family life consultants, veterans centers and more. They only let someone know if you are a danger to yourself or others. Medical providers also offer help. I get help through the Veterans Affairs medical system.

There are so many options. Don’t be afraid to get help.

Admitting to having an issue doesn’t make you weak. It doesn’t make you a failure. It doesn’t make you less of a Soldier. Admitting you need help means you are truly living up to the Army Values and you are trying to be Army Strong.

I shake as I write this.

It all still gets to me more than I admit. Some days are worse than others, but it is getting better. I am doing my job as a Soldier, wife, mother and civilian. I may have a behavioral health issue, but I do not let it stop me.



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USARAK Soldiers drop in on Talisman Sabre exercise



A U.S. Army Soldier assigned to 1st Battalion, 501st Parachute Infantry Regiment, moves out of the drop zone after parachuting out of a U.S. Air Force C-17 Globemaster III aircraft and into the Shoalwater Bay training area, located in Queensland Australia, during exercise Talisman Sabre, Sunday. Talisman Sabre 2011 is an exercise designed to train U.S. and Australian forces to plan and conduct combined task force operations to improve combat readiness and interoperability on a variety of missions from conventional conflict to peacekeeping and humanitarian assistance efforts. (U.S. Air Force photo/Master Sgt. Michele A. Desrochers)

By Matthew M. Burke
Stars and Stripes

The skies over Queensland, Australia, were dotted with Airborne soldiers Sunday, as approximately 300 paratroopers simulated taking an airfield as a part of Talisman Sabre 2011.

The paratroopers were joined by Australia forces as part of the bi-annual military and humanitarian exercise, according to Air Force Capt. Rebecca Heyse, a spokeswoman for the Talisman Sabre Combined Joint Information Bureau.

The Soldiers, assigned to 1st Battalion, 501st Infantry Regiment, 4th Airborne Brigade Combat Team, 25th Infantry Division and 6th Engineer Battalion, 3rd Maneuver Enhancement Brigade, arrived at Shoalwater Bay Training Area after an 18-hour flight from Joint Base Elmendorf-Richardson. The four C-17 Globemaster III cargo aircraft used to transport them had to be refueled twice over the Pacific while en route.

"The inherent flexibility and performance of the C-17 force improves the ability of the total airlift system to fulfill the worldwide air mobility requirements of the United States," Heyse said.

The paratroopers — about 70 per C-17

— descended to the ground carrying their personal bags, weapons and additional cargo needed for the mission. The airfield was secured by the initial landing units and held as more paratroopers poured in, Heyse said in an email.

The operation was a success, Heyse said, despite losing one of the C-17s to a mechanical issue prior to taking off from Alaska.

Heyse declined to comment on any simulated resistance. Emergency personnel were on site to ensure that any injuries sustained during the operation could be dealt with quickly.

"Any time a unit can conduct training, the goal is to ensure the training is as realistic as possible to what a unit may encounter during a deployment while keeping safety in mind," Heyse said.

According to Heyse, the paratroopers are on their way back to Alaska where they will depart for pre-deployment training in a few days prior to deployment to Afghanistan.

The exercises are scheduled to continue through the end of this month. Some 22,000 personnel from the U.S., Australia and Canada are taking part.

Editor's note: This article used with permission from the Stars and Stripes. © 2011 Stars and Stripes.

Roth assumes command of the Trailblazers brigade before transformation

By Army Staff Sgt. J. Epperson
3rd Maneuver Enhancement Brigade

Col. Thomas J. Roth took the reins of the 3rd Maneuver Enhancement Brigade (Trailblazers) from Col. Barry K. Williams in a July 15 change-of-command ceremony at Pershing Field at Joint Base Elmendorf-Richardson.

This will be the last change of command for the 3rd MEB as it prepares to transform into the 2nd Engineer Brigade later this year.

Guest of honor and keynote speaker Maj. Gen. Raymond P. Palumbo, commander of U.S. Army Alaska, presided over the event while Lt. Col. Kim Zimmerman, deputy commander for the 3rd MEB, served as commander of troops.

The 3rd MEB's top noncommissioned officer, Command Sgt. Maj. Charlie M. Lane, passed the brigade colors, also performing his final duty, retiring the same day after 32 years of service.

After an inspection of the battalions by both the incoming and outgoing commanders, Palumbo spoke about Williams' impact while in command.

"His caring leadership is evident that everything the Trailblazers have done to date in their short two-year history," Palumbo said. "It's evident in the families and it's evident in the communities as well. Good luck and God speed."

Williams, the outgoing commander, thanked the 9th Army Band for its performance and recalled his own aspirations about being a trumpet player.

"I tried out for my high school band and the band director let me blow in the trumpet three times, and told me to go play football," Williams said.

"A thousand things are running through my head right now along with a lot of different emotions and I'm reminded of Queen Elizabeth I," Williams said. "Now here was a woman who had everything. She was a leader and a person who had it all. At the age

of 70, while lying on her deathbed she made her most famous quote. 'All my worldly possessions, for just one inch of time'.

"These last words have transcended time," he continued. "I stand here before you right now and I can hear those words echoing around in my mind. All my worldly possessions, and it's not much, for one inch of time to remain the commander of these great Soldiers that stand before you. I want you to know, Soldiers, that I cherished every second."

Roth, the incoming commander, thanked Williams, and said the Soldiers on parade were testament to his leadership and dedication.

"I am also honored to be witness to Command Sgt. Maj. Lane's last official day in the Army after 32 years of brilliant service to Soldiers, families and our country," he said.

"To the Soldiers and families of this superb brigade, Michelle and I are both deeply humbled and honored to count ourselves among your ranks," Roth said. "Thank you for your service. We are all in; and your needs define our direction and our purpose. I remain always mindful of our Trailblazer brothers and sisters-in-arms who today stand resolutely in harm's way."

Roth concluded his remarks with a quote from a former instructor at the U.S. Army War College: "Lives of ease are rarely lives of great meaning. The two rarely intersect. The biographies of our heroes and saints and soldiers teach us this. You must understand that the work you are doing and the sacrifices you are making are meaningful, so, please, do not wish for a life of ease."

Williams' next assignment is to attend the National War College in Washington D.C.

Activated in October 2009, the 3rd Maneuver Enhancement Brigade is comprised of three battalions. It has 26 deployable companies with unique skills and capabilities. At any given time, multiple companies are in different phases of the Army Force Generation Cycle due to ongoing support of world-wide contingency operations.



Col. Thomas J. Roth receives the colors of the 3rd Maneuver Enhancement Brigade from U.S. Army Alaska Commander Maj. Gen. Raymond Palumbo. Roth became the brigade's new commander in a July 15 ceremony on Pershing Field at Joint Base Elmendorf-Richardson. (U.S. Army photo/Sgt. Tamika Dillard)

AMC Rodeo

From Page A-1

Forces Squadron.

The event showcases the best of U.S. and international mobility forces' abilities and allows the teams to share the best tactics and techniques in the continued pursuit of coalition operations around the world.

Ask any member of Team Alaska if they're ready for competition and the answer you'll receive is most likely going to be the same.

"I think compared to most of the training security forces does, these guys are more prepared than anybody else as far as competition goes," said Tech. Sgt. James Chopik, security forces team chief.

Chopik said, his team has been training since the second week of

May, often putting in 10-12-hour days and he feels his Airmen have given all they have and their hard work has paid off.

"They're running twice as far than they were, their strength and endurance has doubled since then, I've seen a big changes," Chopik said. "They were already in shape, but they've toned up and have gotten stronger."

Team Alaska team chief, Capt. Brian Muto, said he feels very comfortable with the team they're taking to JBLM.

"Truthfully, the individuals competing as Team Alaska have been training for this competition their entire careers, as Rodeo 2011 tests who is the best of the best in the world of air mobility," Muto said.

"As Team Alaska's team chief my expectation for each individual team member is to give their abso-

lute best effort during the competition," he added. "I expect to win, but more importantly we will share our experience with other teams at Rodeo and we will bring home lessons learned, increasing combat effectiveness and readiness here at JBER."

Master Sgt. Nathan Ellis, who participated in the Rodeo a few years ago while stationed at Mountain Home Air Force Base, Idaho.

Ellis said he feels the knowledge he has about how meticulously the judges can be will be a help to his troops.

According to Ellis everything has to be done by the book and no steps can be left out or altered to achieve success.

Ellis has the maintenance lead heading into Rodeo and also feels prepared with the team they're going with.



LEFT: Airman 1st Class Stephen Becker, 673d Security Forces Squadron, checks his target during a training session, July 13. Becker along with several other members of the 673 SFS have been conditioning and training during the past couple months in preparation for the upcoming Air Mobility Command Rodeo. A group of four security forces Airmen will be part of Team Alaska's Rodeo.

BELOW: Senior Airman Payton Barnes, 673d Security Forces Squadron, makes his way up an obstacle while his fellow Airmen watch from below during a training session, June 20.



Members of Team Alaska walk toward a C-17 Globemaster III during a training session, June 23. Five out of the 25 Airmen who will be heading to Joint Base Lewis-McChord, Saturday to July 29 to participate in the Air Mobility Command's Rodeo make up the aerial port team. (U.S. Air Force photos/Senior Airman Christopher Gross)



ABOVE: Airman 1st Class Charles Overall, reveals the name of incoming 3rd Operations Group Commander Lt. Col. Derek C. France, stenciled on an F-22 Raptor during the group's July 15 change-of-command ceremony at Hangar 20. Col. William G. Routt relinquished command of the unit to France as Col. John K. McMullen, 3rd Wing commander, officiated before gathered family members, distinguished guests and military officers and enlisted personnel.

LEFT: Col. John K. McMullen, left, shakes hands with 3rd Operations Group incoming commander, Lt. Col. Derek C. France, after France assumed command of 3rd OG.

BELOW: Lt. Col. Derek C. France, 3rd Group commander, speaks to his unit and guests after assuming command of the group. The group is 3rd Wing's flying element and pilots F-22 Raptor fighters, C-17 Globemaster III cargo aircraft, E-3 Sentry Airborne Warning and Control System aircraft, C-130 Hercules cargo aircraft and C-12F Huron aircraft. The group has operational control of six squadrons – the 3rd Operations Support Squadron, the 90th Fighter Squadron, the 517th Airlift Squadron, the 525th Fighter Squadron, the 537th Airlift Squadron and the 962nd Airborne Air Control Squadron. (U.S. Air Force photos/Justin Connahey)



Soldiers benefit from lighter mortar systems

By Audra Calloway
Army Material Command

PICATINNY ARSENAL, N.J. — Mortar crews have started receiving new lightweight 60-mm mortar systems which are approximately 20 percent lighter than previous versions.

The Program Executive Office for Ammunition fielded the Army's first M224A1 60-mm Lightweight Company Mortar Systems to 1st Special Forces Group in Fort Lewis, Wash., last month.

Eventually all former legacy M224 systems will be replaced with the new lightweight systems.

"At the beginning of operations in Afghanistan the average load for a 60-mm assistant gunner was 122 pounds," said Peter Burke, PEO Ammunition's deputy product manager for Guided Precision Munitions and Mortar Systems.

"Our program goal was to reduce the weight of mortar systems as much as we could to take some of the weight off of his back," he said. "These Soldiers are carrying all this weight around and are still expected to fight at the end of the day, so anything we can do to lighten their load we've got to do."

Mortar systems are an indirect firing capability used to defeat enemy troops, materiel, bunkers and other infantry-type targets.

The M224A1 fires the complete family of 60-mm ammunition, such as high explosive, smoke, illumination, infrared illumination and practice cartridges.

The 60-mm's first major redesign since the 1970s has reduced the overall weight by 20 percent or 9.3 lbs.

"This new 60-mm delivers improved portability while maintaining the existing rate of fire, range and tube life of the former system," Burke said. "The Soldier is still carrying the same capability, it just weighs less."

The M224A1 consists of: M225A1 cannon (tube), M170A1 bipod assembly, M7A1 baseplate, M8 auxiliary baseplate and the M67 sight unit.

A mortar crew of three members distributes the mortar load with a different member carrying each item.

A team from PEO Ammunition and the Armament Research, Development and Engineering Center, or ARDEC, was able to shave off the weight through a combination of using different materials and reducing the number of components.

The cannon tube on the new system is made from "Inconel," a nickel-based material, as opposed to steel.

Inconel is just as strong as steel but significantly lighter. It also has better wear characteristics and has the potential for a longer



A 60-mm mortarman from 3rd Battalion, 509th Infantry Regiment, 4th Brigade Combat Team (Airborne), 25th Infantry Division prepares to load a chinook in the Bermel District of the Paktika Province in eastern Afghanistan Oct. 13, 2009, during an air assault mission to detain a known militant. (U.S. Army photo/Spc. Andrya Hill)

service life, although additional testing and evaluation is required before the service life can be extended past the current round limit.

Designed for less maintenance

The bipod, which holds the cannon steady at the desired elevation and angle, was also completely redesigned.

Through changes such as incorporating the lighter, but still high performing materials of aluminum and titanium into the bipod, the team was able to reduce the bipod weight by 17 percent.

In addition to a reduction in weight, the bipod's new design requires less maintenance.

One of the major upgrades included gears that do not need to be lubricated by grease and oil.

"This reduces the amount of maintenance to the system," Burke explained. "So instead of squirting grease in there and then worrying about dust and sand mixing with it and gunking it up, now we're using Kevlar and other

self lubricating material coatings so there's no grease required and the components still move like they're supposed to move."

The Kevlar is reinforced with composites and protective coatings infused with lubricants that eliminate the need for external lubrication.

Another improvement to the bipod is the addition of self-locking legs that lock in both the open and closed position. The former system had a chain that held the legs in the open position. It was also used to chain the legs together for transportation.

"Now, when the legs fold in they lock in place so they don't flop around and they don't have to be wrapped up with fiber straps or a chain anymore," Burke said.

Greater mobility

A cross-level bubble has also been built into the bipod to assist the Soldiers in positioning the cannon to achieve accurate leveling needed for proper targeting.

Soldiers will see increased mobility with

the new light-weight system, Burke said.

During testing, a crew participated in a cross-country course carrying the lightweight M224A1 and the former M224. Overall, when the crew carried the lightweight system, crew members took 11 percent less time to finish the cross-country course.

"It was quicker because it weighed less, and the crew had reduced fatigue. When we asked them at the end of the course, they said they felt less tired with the lighter weight system," Burke said.

Burke said his team is excited to be fielding the new system and other Soldiers are looking forward to the lightweight 60mm mortar system.

"The Soldiers who have seen it at trade shows can't wait to get it," Burke said.

"They depend on it, they always carry it around, and they're looking forward to getting something lighter."

PEO Ammunition is scheduled to begin fielding a lightweight 81-mm mortar system to troops in early 2012.

Briefs and Announcements

New service hours

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

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

The Reassignments Section will only be open to the Unit S-1s, 1–5 p.m. Soldiers must see their battalion or brigade S-1 and have authorization prior to being seen at the Army MPS.

Passports are processed on JBER-Elmendorf every Friday at 10 a.m. in the People's Center, Room 118, and on JBER-Richardson every fourth Tuesday of the month 9 a.m.–3 p.m., location to be determined (This Tuesday's passport clinic will be at Building 7)

Road closures

From Monday–Aug. 22, Fairchild Avenue will be closed to traffic for road repaving between north of the 381st Intelligence Squadron and Green Lake. All traffic will have to use the alternate road with the exception of personnel belonging to the 381st IS, Hillberg lodge, the horse stables and the Air Support Operations Center

Any questions or concerns can be directed to Air Force Staff Sgt. Joby Mathews at 552-2374 or Air Force Staff Sgt. Martin Young at 552-2373.

Dining facility closure

The Gold Rush Inn, Building 655, will close Aug. 1–31 for improvement.

Patrons can eat at the Wilderness Inn, Building 647, between C and 2nd streets in the interim.

Home buyer seminar

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

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

If interested in becoming a homeowner, please call 552-4439

to be included on the sign-up sheet.

Sled hill off limits

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

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

Sports physicals

A mass-physical day is planned for July 30. Appointments are from 8–9:45 a.m. and can be booked by calling 580-2778.

Walk-in appointments will be available the same day at the Pediatric Clinic from 9:30–11:45 a.m.

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

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

MiCare registration

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

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

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

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

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

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

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

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, contractors will construct new senior NCO homes during the next 10 months.

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

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

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

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

Working past 6:30 p.m. on

Sundays is not currently planned, but maintaining the construction schedule or emergency concerns may require this work period in the future.

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.

For further information, questions and concerns email 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.

Furnishings management

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

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

These items are available on a first-come, first-served basis. The service member is responsible for transporting these furnishings. Airmen should take a copy of PCS orders to the Government Housing Office at 6346 Arctic Warrior Drive to schedule 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 confidential, voluntary, and at no cost to the employee. The screening and referral service is provided to supervisors, civilian employees, their spouse, retired military and disabled veterans.

For the supervisor, the EAP provides expert consultation and

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

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

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

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

Military Pathways

Service members returning from deployments may find themselves struggling with feelings of anger, sadness, loneliness and depression.

Taking an online, anonymous self assessment can help troops figure out what is wrong and find a way back to emotional wellness.

The questions are designed to review a service member's situation with regard to some of the more common mental health issues.

The screening will not provide a diagnosis which can only be given by a mental health professional.

Visit www.militarymentalhealth.org/JBER to take the assessment.

Thrift shops

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

The Bargain Shop, 8515 Saville Ave., phone number 753-6134, is open Tuesday and Wednesday, 10 a.m.–2 p.m.

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

EYES OF THE EAGLE

Air Force Office of Special Investigations is recruiting Airmen to be special agents



Jon Beasley, image and extraction technician, peers through a stack of hard drive platters, Sept. 9, 2010, at the Defense Computer Forensic Laboratory, Department of Defense Cyber Crime Center, Md. Air Force Office of Special Investigations special agents can specialize in several disciplines following training and a one-year probationary period. (U.S. Air Force photo/Lance Cheung)

By David Bedard
JBER Public Affairs

Special agents assigned to Air Force Office of Special Investigations Detachment 631, Joint Base Elmendorf-Richardson, go about their daily affairs with relative anonymity. Most days, AFOSI Airmen trade in their tiger-stripe uniforms for tweed and a concealed-carry harness.

Special Agent Nicholas Murphy, Det. 631, said AFOSI is currently recruiting special agents Air Force wide and is communicating their efforts through local activities like Det. 631.

Murphy dispelled notions of OSI special agents being mysterious, spooky operatives of the night.

"We're not the shadowy figures hiding in the bushes that everyone has to be intimidated by and afraid of," he said. "That's not us at all. We love talking to folks and we all come into this job to help people. That's what we like to do."

Murphy said the mission of AFOSI is "To identify, exploit and neutralize criminal, terrorist and intelligence threats to the Air Force, Department of Defense and U.S. government."

The special agent said AFOSI was established in 1948 at the recommendation of Congress in order to consolidate and modernize the Air Force's investigative activities. Then Secretary of the Air Force, W. Stuart Symington, patterned AFOSI after the FBI, appointing FBI Special Agent Joseph Carroll as the first AFOSI commander.

Murphy said AFOSI currently has more than 2,700 active-duty, Reserve and civilian personnel with more than 2,000 serving as special agents representing enlisted, officer and civilian segments of the Air Force.

AFOSI is divided into seven regions roughly aligned to Air Force major commands. An eighth region provides special investigative support to the other regions.

Murphy said AFOSI is an independent agency, with detachments supporting local Air Force activities but answering to the AFOSI chain of command. He said this arrangement ensures special agents remain impartial and outside the influence of high-ranking service members and civilians.

AFOSI recruits who are selected as special agents begin their training by attending the 11-week Criminal Investigator Training Program with other federal law enforcement agencies at the Federal Law Enforcement Training Center, Glynco, Ga.

"By us going down to FLETC and attending that first 11-week course prior to going to the OSI Academy, it allows us to be recognized as federally-credentialed law enforcement agents amongst the rest of the federal law enforcement community," Murphy said.

According to the AFOSI fact sheet, CITP is followed by AFOSI specific coursework. Both programs of instruction combine to provide special agents with training in firearms, forensics, antiterrorism methodology, crime scene processing, interrogations, interviews, court testimony, as well as federal

and military law.

After graduation, special agents serve a one-year probationary period while operating in the field. After probation, some agents receive specialized training in economic crime, antiterrorism service, counterintelligence, computer crimes and other advanced criminal investigation disciplines.

Special Agent Keith King, Det. 631 Counterintelligence, said though he is specialized now, he cut his teeth in the criminal investigation field.

"Every agent is first and foremost a criminal investigator," King explained. "OSI agents are always training."

"We are a jack of all trades, master of all trades," he continued. "We continually, constantly train in anything and everything."

King said counterintelligence works to neutralize any threat which may be attempting to collect intelligence from Department of Defense activities.

"My job is to identify the acts committed by individuals who may be participants with a foreign government who are basically spying on the U.S.," King said. "We identify what they're doing and what it is they're targeting and we counter that."

Special Agent Travis Williamson, Det. 631 Fraud Investigation, said his department's responsibilities are closer to home.

He investigates allegations of service members fraudulently reporting issued equipment as lost or selling it on the private market.

On a larger scale, Williamson said he investigates allegations of contracting fraud

on base service and construction levels.

"I think in today's current financial climate, proper and prudent spending is of great concern — not only to tax payers but also to those who are making the decisions," Williamson said. "It's important we get out there and make sure the government isn't being ripped off, that we're getting what we're paying for."

Murphy said other specialties include polygraph operators, forensic consultants, computer crime investigators as well as providing protective services for the Secretary of the Air Force and the Chief of Staff of the Air Force.

Murphy said AFOSI applicants must be Air Force staff or technical sergeants who are releasable from their current career field and qualify for a top secret security clearance.

Staff sergeant applicants must have time in grade of five to seven years. Technical sergeant applicants must have less than one year time in grade and less than 11 years time in service.

Enlisted Airmen interested in applying to reclassify for the AFOSI career field can speak with a Det. 631 special agent at 552-2256.

Murphy said AFOSI can provide a rewarding job experience for career Airmen looking for a change of pace.

"OSI gives you the opportunity to do something different everyday," he said. "It gives you the opportunity to be a critical thinker. Folks in this career field find themselves in positions where they manage their time almost exclusively."



Aurora transfer complete, Page B-7

**JBER's 2011
EcoChallenge**



Page B-4

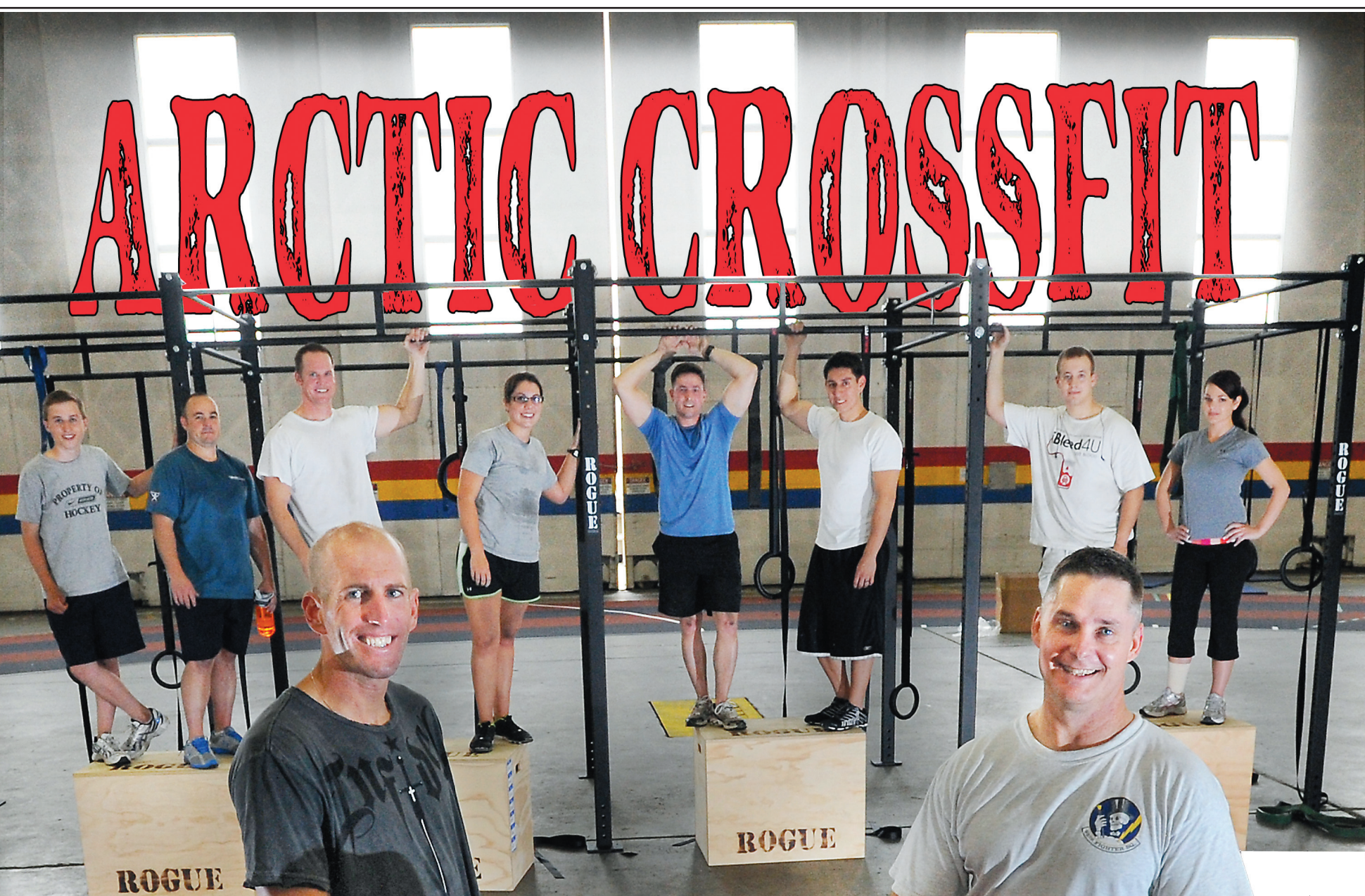
www.jber.af.mil/news

ARCTIC WARRIOR

Volume 2, No. 28

COMMUNITY

July 22, 2011



Specializing in not specializing is the name of the game

Routine is the enemy.” The physical challenges facing first responders and military service members are many and varied. A Soldier might be driving eight hours a day, every day – and suddenly is attacked and has to carry a 200-pound comrade to safety 300 meters away. Or climb a stone wall. Or any of countless challenging, full-body exertions that doing pushups and situps don’t address.

The military is changing physical fitness tests to reflect this, but how does one best train for all the needed flexibility, strength and agility?

One option is CrossFit, a relatively new method of training. It can be done almost anywhere, with no specialized equipment – and it’s attracting thousands of devotees among firefighters, service members, paramedics and, strangely enough, people who hate spending hours at the gym. On Joint Base Elmendorf-Richardson, civilians, Airmen, Soldiers and family members meet at Hangar 5 to get a thorough workout and then get out.

Air Force Staff Sgt. Allan Parra of the 773rd Logistics Readiness Squadron has been doing CrossFit for about two weeks, he said.

“My wife has been doing it for a year, so I started – I love it,” Parra said. “I like the feeling of being fit. And it’s fast; I don’t want to be at the gym for hours.”

The cornerstone of CrossFit is the “Workout of the Day” – most groups will post a WOD in the gym. In most cases, the object of the game is to do it as fast as possible, so since people work out at different times, they will write their time on a whiteboard. Some workouts take as little as five minutes.

Air Force Col. William Rountt, former commander of the 3rd Operations Group, started Arctic Crossfit on JBER and

trained regularly at Hangar 5.

“CrossFit is about constantly varied functional movements, done at high intensity,” he explained. “It specializes in not specializing. (The WOD) is like having a drum of bingo balls – until you take one out, you never know what the workout will be. You draw, and sometimes you say, ‘Oh, I hate that one!’ but you do it.”

An average workout combines cardiovascular fitness, weightlifting, gymnastics and stretching. Medicine balls – 10- to 20-pound leather balls – are often thrown at a 10-foot-high target as “wall ball.” They can be used instead of barbells for dead lifts or other lifts, either to vary the workout or as a way to scale down for someone less fit.

“Everything is tailorable,” Rountt said. “Some people say ‘When I get in better shape, I’ll try CrossFit,’ but you can do it right now. It’s scaled ability and strength.”

He gave the example of handstand pushups: a staple of CrossFit, the movement combines balance and flexibility with strength. But hardly anyone can do one without plenty of practice. At least at first, feet can be elevated on a box or a wall.

Rachel Canning, an Army spouse, is a certified CrossFit trainer who helps out on JBER. She said she has been doing CrossFit for about two and a half years.

“It’s always different, and it’s always challenging,” Canning said. “Sometimes your workout is 20 minutes and sometimes it’s five. And the community is so awesome – they’re welcoming wherever you go in the world.”

“The biggest draw for me was the quick workout,” said Air Force Capt. Peter Wingerter of the 962nd Airborne Air Control Squadron. “This isn’t having to spend two hours at the gym every day – most workouts are 20 minutes or less, five times a week.”

Wingerter said he always did well on his physical fitness tests, but CrossFit has had other benefits too.

“My knees aren’t hurting as bad as they used to. My back is feeling better,” he said.

See CrossFit, page B-9



ABOVE (left to right): Army 1st Sgt. Marcus McClain, Rachel Canning, and Air Force Col. William Rountt strike a pose in Hangar 5 on Joint Base Elmendorf-Richardson July 13 during a CrossFit workout, while other JBER CrossFitters show off new equipment.

LEFT: Senior Airman Chelsea Snellgrove (center) of the 673d Civil Engineering Squadron, participates in a CrossFit fitness program at Hangar 5 on Joint Base Elmendorf-Richardson after duty hours July 13. The CrossFit facility recently received new equipment, and about 100 people currently use it on a regular basis. The facility is open to service members, dependents, civilian employees and anyone else interested in CrossFit. (U.S. Air Force photos/Justin Connahey)

Standing for something more important than standing against

By Army Chaplain (Maj.) Ken Bolin
4th Brigade Combat Team (Airborne), 25th
Infantry Division

My wife, God bless her, often doesn't know what she wants, but she is very certain at all times of what she does not want.

We may head out to dinner, and she's in the mood for something, but she has no idea what. Each time I offer a suggestion, she is sure that it is not what she's hungry for. Have any of you experienced that?

Life today often offers us too many choices, and this isn't about just food; it's about everything.

You can have any of thousands of television channels, millions of movies, hundreds of restaurants (well, dozens here in Anchorage), etc.

You name it, you have too many things to choose from. We've found that raising our kids, we really need to offer them limited choices in order to help them make any choice at all. Many in our culture, though, don't do things like that.

Many people out there don't make choices, and won't make choices. Some people won't make choices because of what they will miss out on.

The bottom line is every choice means two things: you are choosing one thing, and you are intentionally not choosing something else.

There is an opportunity cost for everything. Some people won't make choices because they are afraid to get into trouble.

Others won't choose because they are simply overwhelmed with life at that point in time.

In Baghdad in 2007, our convoy was hit by an explosively-formed projectile. The vehicle in front of ours was incapacitated, but ours was fine.

Unfortunately, our driver violated our standard operating procedures and techniques and all that we'd rehearsed before the convoy. He froze, and we went nowhere – it's often referred to as operational paralysis.

As a chaplain, I do not get on the radio very often, but I was concerned about the vehicle in front of us, which wasn't moving because it had been hit.

I got onto the radio and threatened the driver by telling him that if he didn't move the vehicle up now to check on the other gun crew, I was getting out of the vehicle right there on Route Tampa in the middle of Baghdad and walking up there myself to

check on the crew.

Then I hit him on the back of his helmet.

He moved, we got some help, and everyone made it back safely from the convoy. Operational paralysis isn't just a combat-zone event, though. It can happen with marital issues, child-rearing issues, financial issues, or everyday work issues.

Many will argue the world is not all black and white – that there are many shades of gray, so we should investigate all options before making a choice.

I disagree entirely. I see the world as black and white. You make choices and you live with them.

Things are either right or they are wrong; there is no in-between. The question is what will you stand for? What is right?

There is an old saying often associated with Ranger school – "The 80-percent solution on time is better than the 100-percent solution too late."

The other sad piece of this is that there are many people out there who epitomize that idea I started with, that it's not about what they do believe in, but what they do not. These are the people that are "anti-everything."

I'm sure you know some of them. I

know some too, and I consider some of them friends.

In the early 19th century, an Englishman named F.D. Maurice penned a phrase that went like this: "A man is most often right in what he affirms and wrong in what he denies."

Many people out there base their entire lives on what they are against, rather than what they are for.

There are politicians and political movements like this; there are churches like this; there are military organizations whose command climate reflects this idea.

Think about all the things that they are missing. If someone were to stand for something rather than against everything, they have opportunities to really live, to experience new things, to take risks, and to be curious.

So, as a Midwestern farm boy, I encourage each of you to make decisions, to choose which side of the fence you'll stand on – what you stand for, what you believe in. Life is too short to sit on the fence and watch it go by.

Besides, as a farm boy, I've sat on fences; if it happens to be barbed-wire, it's not very comfortable.

Don't be a bear-baiter

Don't leave food in the car

Don't leave dirty barbecue grills outdoors

Don't put out bird seed, except in winter

Put trash out on the day of pick-up, not before



Photos courtesy of the JBER Wildlife Education Center



673d Force Support Squadron ☀️ Richardson Events

Open to All!

STEP Right Up TO THE BEST

SHOW IN TOWN
THE 2011 U.S. ARMY
SOLDIER
SHOW

★ ★ ★

FOR THE SOLDIER,
BY THE SOLDIER.

**ELMENDORF-RICHARDSON
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The U.S. Army Soldier Show, proudly presented by Family and MWR, returns with a LIVE 90-minute musical performance!

Don't miss this memorable night of music, dance and celebration. Admission is FREE.

IMCOM **MWR** **ARMY Entertainment** **ELMIR** **I.A.M. STRONG** **NAVY FEDERAL Credit Union**

No federal endorsement implied.

July 27 ♦ 7:30 p.m. ♦ Buckner Physical Fitness Center
Contact 384-9006 for more information.

Hike into Adventure this July with Two Rivers Youth Center!

OUTDOOR ADVENTURE PROGRAM

T.R.A.I.L.

July 25 - 29

FREE! Backpacking Trip - Five days of backpacking. Students must be at least 13 years of age and able to carry 45 lb. backpack 6 - 9 miles per day. Open to ages 13 - 18. Limited openings, first come first served.

August 1 - 5

FREE! Eklutna Camping trip - Open to ages 12-18. They will be camping at Eklutna and rafting, canoeing, & hiking throughout the week. Limited openings, first come first served.

YP youth programs **Two Rivers Youth Center**
Building 297 • 384-1508

Everyone's Welcome!
Open to 18 years old & older!

**FINAL ON
THURSDAY, JULY 28.**

Chili Building 655
384 - 7619

Summer

TEXAS HOLD'EM NO LIMIT

Sign-up at 5 p.m.,
Cards fly around 6 p.m.!

Community happenings

July 30 Arctic Warrior Half-Marathon and 5K race

The Arctic Warrior Half-Marathon and 5K races kick off at 9 a.m. at the Talkeetna Theater on Fighter Drive. Participants must check in on Thursday or July 29 between 5 and 7 p.m. at the parking lot of Lowe's on Muldoon to collect bibs and base access passes.

Race day check-in is between 8 and 8:40 a.m. for the half-marathon and from 8:45 until 9:15 a.m. for the 5K. Tickets are \$45 and \$25 respectively.

For information, email arctic-warriorhalfmarathon2011@gmail.com or call 552-3649.

Papa Roach concert

The multi-platinum rock band teams up with The Hoons, Delmag and Noise Brigade for an all-ages parking lot show. Tickets are \$35 and are available at Chilkoot Charlie's or www.koots.com.

For more information, call 279-1692 or email promo@koots.com.

Aug. 4 Eagle River Camera Club

The Eagle River Camera Club will discuss abstract photos, composition and shooting techniques at 7 p.m. at the Alaska Fine Arts Academy at 12340 Old Glenn Highway in Eagle River. The monthly shooting assignment is water.

A more detailed announcement is available at www.meetup.com.

Aug. 11 Annual MOC golf tourney

The 381st Intelligence Squadron and Alaska Mission Operations Center will host the Top III 4th Annual Golf Tournament at Eagleleg Golf Course. Space is limited to 36 four-person teams. All military and civilians are welcome; prizes will be awarded. Start time is 7 a.m. Ticket price includes greens fees, cart and a door-prize ticket.

For information or to reserve a spot, call 552-4590 or email skye.whipkey@elmendorf.af.mil.

Aug. 13 and 14 Alyeska Resort Blueberry Mountain Arts and Music

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

as live music and blueberry concoctions.

For more information call 754-1111 or visit www.alyeskaresort.com.

Aug. 13 Operation Arctic Warrior

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

For more information, call 384-7687.

Aug. 20 Downtown Anchorage Hawaiian Festival

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

For more information, visit www.anchorage-downtown.org or call 279-5650.

Aug. 19-21 Greek Festival

Holy Transfiguration Greek Orthodox Church hosts their 17th annual Greek Festival from 11 a.m. to 10 p.m. Aug. 19 and 20 and from noon until 8 p.m. Sunday. Parking and admission are free, with traditional Greek food and folk dancing on the menu. For information call 344-0190 or visit www.transfiguration.ak.goarch.org.

Aug. 25 - Sept. 5 Alaska State Fair

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

For more information visit www.alaskastatefair.org.

ONGOING CYSA Flag Football

Chugiak Youth Sports Association is currently taking registrations for flag football. The season starts the first week of August and runs through mid-September.

It is open to all boys and girls ages 7 to 14. There are no weekend practices or games. To register,

visit www.cysa-ak.org or call the office at 694-6559 to register by phone.

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

Anchorage baseball

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.

Aurora: The Great Northern Lights show

There isn't much darkness in Alaska this time of year, but it's still possible to see the Northern Lights set to beautiful music.

The 40-minute program runs every day and begins every hour at the Alaska Center for the Performing Arts. Visitors should enter on the 6th Avenue side. Discounts are available.

For information, visit www.alaskapac.centeritx.net or call 263-2993.

Spenard Farmers' Market

Alaska-grown, -caught, -baked and -made items are available under the windmill in Spenard. Everything from fresh oysters, organic bread, garden starts, kettle corn and reindeer sausage is available, including live music, every Saturday from 9 a.m. until 2 p.m.

For information, call 563-6273 or email spenardfarmersmarket@gmail.com.

Market and festival

Local farmers and artisans sell their goods Saturdays and Sundays in a festival atmosphere.

Enjoy free lively entertainment and food while browsing booths.

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

For information, call 272-5634 or visit www.anchoragemarkets.com.

Model railroading

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

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

Farmers' market

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

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

For information, e-mail info@anchoragefarmersmarket.org.

Family Advocacy support programs available

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

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

Museum unravels the 'History of Basketry'

The Anchorage Museum presents "Unraveling the History of Basketry" through the end of the year exhibiting baskets from Haida, Tlingit, Tsimshian, and Yup'ik baskets. For more information, call 929-9200, or visit www.anchagemuseum.org.

Planetarium shows

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

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

This new exhibit uses historical

Chapel services

Catholic Mass Sunday

9 a.m. – Soldiers' Chapel
10:30 a.m. – Elmendorf Chapel
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 though 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

photos to tell the stories of optimistic prospectors and fortune hunters.

For more information, call 929-9200 or visit www.anchagemuseum.org.

Wired Cafe for Airmen

The Wired Cafe is located at 7076 Fighter Drive 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 offers programs throughout the week.

There are also free home-cooked meals Thursdays, with dinner served at 6:30 p.m.

For more information call 552-4422.

ELMENDORF-RICHARDSON FORCE SUPPORT SQUADRON

Classes & Activities at the Community Center



MYSTIC SERENITY MASSAGE
Chair and Table massages, Sound Therapy, Hot Stone Massages available. Call 552-8529 for more information.

KENPO
Martial Arts Class Mondays and Wednesdays, 6 - 8 p.m. Ages 3 and up. Learn Kenpo, \$30 per student, \$20 for additional family members.

TANG SOO DO
Martial Arts Class, Tuesdays and Thursdays, 6 - 8 p.m. Ages 3 and up. Learn Tang Soo Do, \$35 per students, \$25 for additional family members.

BELLY DANCING
Dance Class, Fridays, 7 - 8 p.m. 8 week class for women 13 years and older. \$50 for the whole session.

ZUMBA™ AND ZUMBA TONING™
Times vary, calendar available at the front desk. \$8 per class for each student or \$60 for a class punch card. Free Craft Hours for 3 years old and younger during class.

**COMING SOON!
KIDS DANCE CRAZE,
ZUMBATOMIC™!**

**ARCTIC OASIS
COMMUNITY
CENTER**
9497 20TH ST.
552-8529

Buffalo Mine Road Bike Trip

Get outdoors and enjoy Alaska up close on a bike trip. Departs FSS Elmendorf Outdoor Recreation Center at 10 a.m., Saturday, July 23. Cost of trip is \$15. If you need a bike for the trip you can rent one from us for only \$5. Advance sign up is required.



**FSS Elmendorf
Outdoor Recreation
Center**
552-2023

Experience 673FSS Elmendorf-Richardson



Summer 2011 Outdoor Adventure Program

Looking for something
fun to do after work or on
a long weekend?

White Water Rafting

Eagle River

Wednesday, July 27, 5 - 8 p.m.

Saturday, July 30, 2 - 5 p.m. and more dates in August.

Have family and friends visiting from out of town? Why not treat them to an exciting evening of white water rafting! Join us for this two-hour trip filled with excitement and adventure down scenic Eagle River. For ages eight years old and older.

\$90



Kayak Day Trips

Prince William Sound or Eklutna Lake

Sundays, July 24, 31, August 7, 14, 21 & 28

8 a.m. - 5 p.m., cost \$90

Paddle along the northern shore of Passage Canal past cliffs and waterfalls to a large bird rookery. Keep your eyes open for eagles, otters and sealions. If weather is unfavorable we will head to Eklutna Lake surrounded by the scenic Chugach Mountains. For ages 12 and older. Plan your trip today and call to reserve your spot.

\$100



ATV Trips to Hatcher Pass

Sunday, August 21 & 28

9 a.m. - 5 p.m., Cost \$100

Experience the remote areas of Alaska that can only be seen on an ATV! We'll travel to Hatcher Pass for a full day riding and exploring. Pack a lunch and bring plenty of water. Space is limited so sign up early.

FSS ELMENDORF OUTDOOR ADVENTURE PROGRAM
For Reservations call 552-4599
Reservations must be made in advance.

Get out and enjoy summertime in Alaska!



Airman Josh Ashton, 3rd Maintenance Squadron, paddles to make time in the half-mile kayak leg of the EcoChallenge at Hillberg Ski Area on Joint Base Elmendorf-Richardson July 15.

BELOW LEFT: Airman 1st Class Devon Sheehan, 3rd Maintenance Squadron, finishes the four-mile hike carrying a 35 pound backpack as part of the EcoChallenge at Hillberg Ski Area. Teams and individuals completed a 4.4-mile run, nine-mile bicycle course, a half-mile kayak, then a four-mile hike with a pack.

BELOW CENTER: Air Force Staff Sgt. Andrew Postula of the 3rd Maintenance Squadron brings his bike in to complete his nine-mile ride as part of the challenge.

BELOW: Air Force Staff Sgt. Diane Singh, Alaska Air National Guard, Joint Forces Headquarters, pushes through the 4.4-mile run. (U.S. Air Force photos by Steve White)



Newman races Army Chevy to first win at Sprint Cup

By U.S. Army Racing

LOUDON, N.H. — As Sunday's NASCAR Sprint Cup race was winding down at New Hampshire Motor Speedway, Ryan Newman performed a delicate balancing act in his No. 39 U.S. Army Chevrolet.

He was forced to conserve fuel, but still drive aggressively.

The end result was Newman claiming his first victory of the season, the 15th of his career and third at the 1.058-mile New England track.

It was also the first win for Newman driving the U.S. Army-sponsored Chevrolet.

Newman was on the edge of not having enough fuel to finish the 301-lap race, but managed to hold off his teammate and team owner Tony Stewart.

Stewart charged late in the race to finish runner-up in his No. 14 Office Depot/Mobile 1 Chevrolet.

The 1-2 finish by the Stewart-Haas Racing drivers mirrored the start of the race with Newman and Stewart starting on the front row — Newman on the pole and Stewart on the outside pole.

It was the first 1-2 start for Stewart-Haas Racing and also the first 1-2 finish for the team, which is in its third year of competition.

"Man, this is one perfect weekend," Stewart said. "It was a sweet 1-2 qualifying and 1-2 in the race. I am so proud of my buddy (Newman) there standing on top

of his car. He deserved it."

Driving the Soldiers' car to Victory Lane was something Newman talked about all week. And in his many post-race interviews he made a point in each to thank the Army Strong Soldiers, who he has represented on the NASCAR circuit since the 2009 season.

"This win is for the Soldiers!" exclaimed Newman. "We appreciate all the things they have done and do. They make all the difference, and wearing their uniform gives us so much inspiration and fight."

Despite fuel concerns, Newman's Army race car was dominant throughout the Lenox Industrial Tools 301.

Newman led six different times for a race high 119 laps, including the final 72 laps.

The next closest in laps led was Kurt Busch with 66, whom Newman fought off for the lead in the late stages of the race.

While he did not relinquish the lead to Busch, those last 72 laps were nail-biters as Newman was constantly being told by crew chief Tony Gibson to save fuel.

At one point he was informed he could be as much as eight laps short.

"I never believed we were going to make it," said Gibson. "We were definitely a solid two to three laps short from making it. I was hounding Ryan on the radio to save fuel. I am sure he



Ryan Newman's pit crew moves with a purpose while the Army Chevy is stopped during the NASCAR Sprint Cup Series Lenox 301 at New Hampshire Motor Speedway in Loudon, New Hampshire July 17. The pit crew kept tire changes to a minimum, improving his time. (Photo courtesy of Rusty Jarrett)

got tired of hearing it. It was time to showcase what he can do as far as driving and saving fuel. He did an awesome job."

Newman's weekend at the New Hampshire Motor Speedway started off as well as it ended.

The 33-year-old not only won the Cup race from the pole, he also won Saturday's Whelen Modified Series race from the pole.

Newman was candid explaining his success at the New Hampshire Motor Speedway, where he won

his first career Cup race in September 2002.

"I've always said about this track that you have to only take what it will give you. Track position is important because it's so hard to pass here," Newman said.

To make sure that Newman and his U.S. Army Chevrolet maintained the all-important track position, Gibson's master plan for how many tires to take during the team's five pit stops was perfectly calculated.

Only once did Gibson call for four fresh tires. The

other four times he called for two right-side tires only. The short two-tire pit stops kept Newman in striking distance.

"Our strategy was to stay up front, keep Ryan in clean air," explained Gibson. "We knew if we could do that we had a shot to win."

Newman was quick to credit Gibson and the pit crew.

"Tony made one great call after another," he noted. "It was truly a team effort, just like our Soldiers do every day."

The victory lifted Newman from ninth to eighth-place in the driver standings. He is now one point shy of Jeff Gordon in seventh-place.

Stewart remains 11th in points.

Following Newman and Stewart past the checkered flag were Denny Hamlin (third), Joey Logano (fourth) and Jimmie Johnson (fifth).

The Sprint Cup Series has the coming weekend off. The next race is July 31, the Brickyard 400 at Indianapolis Motor Speedway.

Births

JULY 1

A son, Noah Eben Cerullo, was born 22 inches long and weighing 8 pounds, 3 ounces, at 8:30 a.m. to Kyra Amanda Newton and Senior Airman Joseph Anthony Cerullo of the 381st Intelligence Squadron.

JULY 4

A daughter, Aurora Rose Dzieman, was born 21 inches long and weighing 6 pounds, 5 ounces, at 10:44 a.m. to Victoria Marie Dzieman and Airman 1st Class Jonathan Toyco Dzieman of the 525th Aircraft Maintenance Unit.

JULY 5

A daughter, Eleanor Audrey Ivacic, was born 20.5 inches long and weighing 6 pounds, 15 ounces, was born at 3:31 p.m. and a daughter, Genevieve Gertrude Ivacic, was born 19.5 inches long and weighing 6 pounds, 6 ounces, at 3:32 p.m., to Patricia Donielle Ivacic and Army Master Sgt. Matthew Thomas Ivacic of the 793rd Military Police Battalion.

A son, Trenton Walker

Wiles, was born 21 inches long and weighing 6 pounds, 7 ounces, at 5:35 p.m. to Heather Hope Wiles and Tech. Sgt. Christopher Donald Wiles of the 673d Logistics Readiness Squadron.

JULY 6

A son, Jonathan Alexander Rice, was born 19 inches long and weighing 6 pounds, 7 ounces, at 10:39 p.m. to Christine Marie Rice and Air Force Staff Sgt. Matthew Brandon Rice of the 773rd Civil Engineering Squadron.

A son, Levi Scout Sacchieri, was born 21.5 inches long and weighing 7 pounds, 10 ounces, to Shannon Leigh Sacchieri and Army Capt. Thomas James Sacchieri of 3rd Battalion (Airborne), 509th Infantry Regiment.

JULY 7

A son, Joseph Paul Boggs, was born 21 inches long and weighing 7 pounds, 15 ounces, at 4:18 p.m. to Shelia Gayle Boggs and Air Force Capt. Joseph Paul Boggs of the 517th Airlift Squadron.

JULY 8

A son, Gabriel James Chipman, was born 21.5 inches long and weighing 9 pounds, 4 ounces, at 11:50 p.m. to Erin Donna Chipman and Spc. James Brett Chipman of the 109th Transportation Company, 17th Combat Sustainment Support Battalion.

JULY 9

A daughter, Katherine Viola Manzel, was born 20.25 inches long and weighing 7 pounds, 5 ounces, at 10:46 a.m. to Mary Manzel and Spc. Jason Manzel of Headquarters and Headquarters Company, 725th Brigade Support Battalion.

A son, Jake Allen Raymond, was born 21.75 inches long and weighing 9 pounds, 3 ounces, at 4:30 a.m. to

Christin Marie Raymond and Army Capt. Daniel Paul Raymond of Headquarters and Headquarters Detachment, U.S. Army Alaska.

A son, Thomas Glenn Pierce, was born 19 inches long and weighing 7 pounds, 2 ounces, at 5:04 a.m. to Nicole Pierce and Army 1st Lt. Garland Pierce of the 164th Military Police Company.

JULY 10

A daughter, Aubrey Courtney Koster, was born 20 inches long and weighing 8 pounds, 14 ounces, at 9:59 a.m. to Courtney Lynn Koster and Air Force 1st Lt. Brandon James Koster of the 381st Intelligence Squadron.

A daughter, Cadence Liberty Wiley, was born 21.25 inches long and weighing 7 pounds, 13 ounces, at

9:23 p.m. to Air Force Staff Sgt. Brenna Christine Wiley of the 3rd Operations Support Squadron and Army 1st Sgt. Richard Chad Wiley of Company A, 3rd Battalion (Airborne), 509th Infantry Regiment.

JULY 11

A son, Chase Landon Myers, was born 20.75 inches long and weighing 7 pounds, 9 ounces, at 10:29 p.m. to Anna Margaret Myers and Airman 1st Class Aaron Robert Myers of the 673d Logistics Readiness Squadron.

JULY 12

A daughter, Arianna Renée Fairbanks, was born 21 inches long and weighing 7 pounds, 14 ounces, at 1:28 a.m. to Kristina Marie Fairbanks and Sgt. Andrew John Fairbanks of Company C, 3rd Battalion (Airborne), 509th Infantry Regiment.

A son, Matthew James Loer, was born 22 inches long and weighing 8 pounds, 9 ounces, at 7:21 a.m. to

Karissa Lynn Loer and Sgt. Justin James Loer of the 56th Engineer Company, 6th Engineer Battalion (Airborne).

JULY 14

A son, Paul Robert Hoadley Jr., was born 20 inches long and weighing 6 pounds, 3 ounces, at 12:44 p.m. to Karlleen Anna Hoadley and Spc. Paul Robert Hoadley of Company C, 307th Integrated Signal Battalion.

A daughter, Finley Grace Sarten, was born 21.25 inches long and weighing 8 pounds, 6 ounces, at 12:59 a.m. to Leslie J. Sarten and Sgt. 1st Class Jared W. Sarten of University of Alaska Reserve Officer Training Corps.

JULY 15

A daughter, Kynlee Marie Waters, was born 20.25 inches long and weighing 7 pounds, 6 ounces, at 10:50 a.m. to Spc. Allison Waters of the 17th Combat Sustainment Support Battalion, and Pfc. David Waters of the 6th Engineer Battalion (Airborne).

Air Force calls for language, cultural scholarship candidates

By Debbie Gildea

Air Force Personnel, Services and Manpower Public Affairs

RANDOLPH AIR FORCE BASE, Texas — Airmen who would like to study in a foreign language as a full-time student, are interested in a White House fellowship, would like to serve a two-year fellowship in Japan, or would like to compete for an information assurance scholarship have until Aug. 31 to submit an application to the Air Force Personnel Center.

“These are great growth and development opportunities for current and future leaders,” said AFPC assignments director Col. David Slade. “Nomination packages take some time to prepare properly, so if you’re interested, you should get started now.”

The Olmsted Scholar Program is an opportunity for Air Force line officers



Selected candidates work for a year as special assistants or senior executives to cabinet-level agencies or in the executive office of the president.

For more information about the Fellows program, interested applicants can contact their local military personnel section, or go to www.whitehouse.gov/about/fellows.

Airmen interested in cultural immersion in Japan can look into the Mansfield Fellowship Exchange Program.

This first-of-its-kind fellowship (for the U.S. and Japan), enables federal government employees to develop in-depth understanding of Japan, learn how its government works, and develop relationships with their Japanese counterparts.

For more information about this rigorous two-year program, and for application instructions, go to www.mansfieldfdn.org, or contact the local personnel section.

To meet the growing need for qualified information assurance personnel, the Department of Defense has established the Information Assurance Scholarship Program.

Eligible candidates could earn master’s degrees in cyber operations or information resource management, or doctorate degrees in electrical or computer engineering.

The scholarship program covers tuition, fees and books, with follow-on placement based on Air Force needs.

For more information about developmental opportunities and other personnel issues, visit the Air Force personnel services website at <https://gum-crm.csd.disa.mil>.

to study in a foreign language at an international university overseas.

Candidates selected for the program will experience cultural immersion in the selected country, including university study in the native language.

Interested applicants can go

to the George and Carol Olmsted Foundation website, www.olmsted-foundation.org, for more information about the program.

The White House Fellowship Program provides promising leaders with first-hand experience in the American government process.

Aurora Military Housing completes JBER home privatization process

Aurora Military Housing

On July 1, Aurora Military Housing III, LLC began ownership and operations of the former Army housing that is now part of Joint Base Elmendorf-Richardson. Aurora was selected by the U.S. Air Force to privatize military family housing at JBER-Richardson last December. The privatization of JBER-Richardson neighbor-

hoods of Birch Hill, Kodiak, Moose Haven, Cottonwood, Fireweed, Raven Ridge and Puffin Park will provide new and renovated housing for 1,240 military families. The Aurora team consists of the following principle parties. Affiliates of Hunt Development Group; LP of El Paso, Texas and JL Properties, Inc. of Anchorage will be the owners and developers of the project. The principal design-

builders will be Davis Constructors and Engineers, Inc.; Osborne Construction Company, with Kumin Associates, Inc.; and RIM Architects-Alaska as the project architects. The team has designed the new homes and construction will begin almost immediately. Additionally, demolition has commenced and continue throughout the summer. Under the terms of this

agreement, the Air Force leases to Aurora almost 370 acres of land on JBER-Richardson as part of a 50-year lease and conveys 1,242 existing homes and other improvements. This closing transfers the existing houses to the property of Aurora. JL will be in charge of property management at JBER-Richardson, including operation and maintenance of the homes and facilities. This transaction fully priva-

tizes all of the family house on JBER. Privatization of housing is not a new initiative in the Department of Defense. The federal government realized in the mid-1990s that military family housing was in immediate need of improvement or replacement. Budgeting through traditional military construction approved by Congress was not a timely possibility. In response, Congress

created the Military Housing Privatization Initiative as part of the 1996 National Defense Authorization Act. The MHPI allows the military services to privatize the housing on all domestic installations, expediting the improvement and replacement process. This is a 50-year commitment to provide quality homes for our nation's service members and their families.



Joint Base Elmendorf-Richardson housing is now run by Aurora Military Housing III, LLC. JBER-Richardson housing changed hands July 1. (U.S. Air Force photo/Jim Hart)

CrossFit

From Page B-1

1st Sgt. Marcus McClain of Company A, 425th Brigade Special Troops Battalion, is also a trainer.

“These are functional movements with real-world applications,” he said. “You can do them anywhere, anytime – on a Forward Operating Base, in training, in garrison.”

When Routt came to JBER, he discovered there was no good place to do CrossFit (most gyms frown on the dropping of barbells, jumping on things and dragging of tractor tires), but he found an opportunity in Hangar 5.

“I got permission to spend money on some basic equipment,” Routt said, crediting the Mission Support Group commander, Air Force Col. Ed Thomas.

Just before he left JBER for Tyndall Air Force Base, Fla., the group received new equipment – jump ropes, climbing ropes, rowing machines and some other things to make the workouts more pleasant.

“We had some word of mouth publicity, and now we have more than 100 people doing CrossFit here regularly and we’re hoping for more,” Routt said.

The equipment is wonderful, but CrossFit “equipment” can be simple – and may be easier to find in deployed environments.

The main CrossFit website – *Crossfit.com* – even has ideas for do-it-yourself

CrossFit types. For example, the medicine balls can be spendy to buy new. But an old basketball, cut open and filled with sand, then duct-taped shut, makes a perfectly good “medicine ball.”

For those who want to get involved – or even try it out – Hangar 5 is always open.

There are plenty of resources online, from workouts people have invented to video tutorials on proper movement, Canning said.

Working with a trainer or at least someone who has been doing CrossFit for a while is important at first, however. There are basic movements that form the foundations, and form is critical to prevent injury and accidents.

“It’s good to get in with a class,” said Canning.

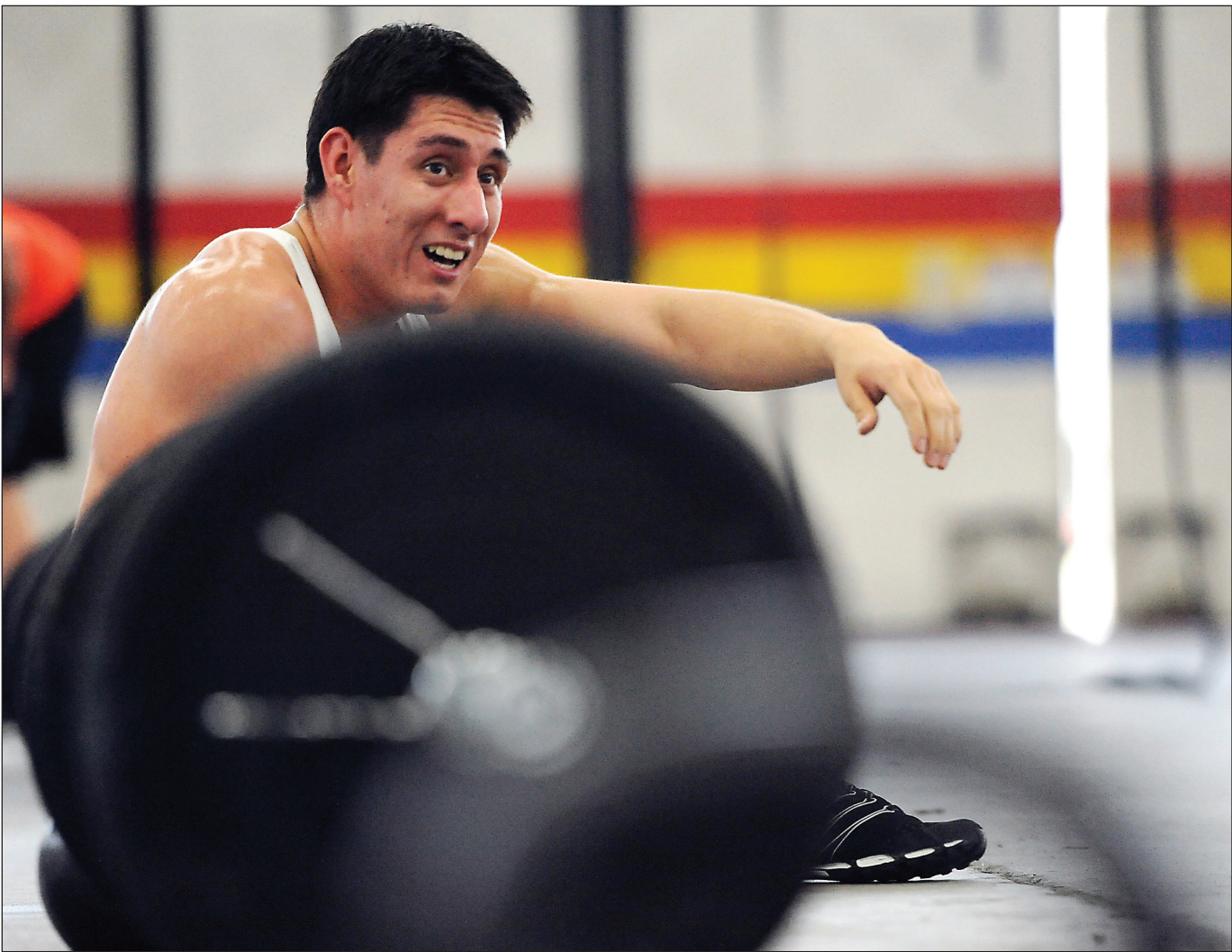
Arctic CrossFit maintains a Facebook page at [facebook.com/pages/Arctic-CrossFit](https://www.facebook.com/pages/Arctic-CrossFit) and a website at www.hitechgym.com/Arctic-CrossFit. The pages list upcoming events like fundamentals classes, group workouts and the WOD.

Routt started doing CrossFit while he was at Ramstein Air Base in Germany, he said, with a group of Airmen who took fitness seriously.

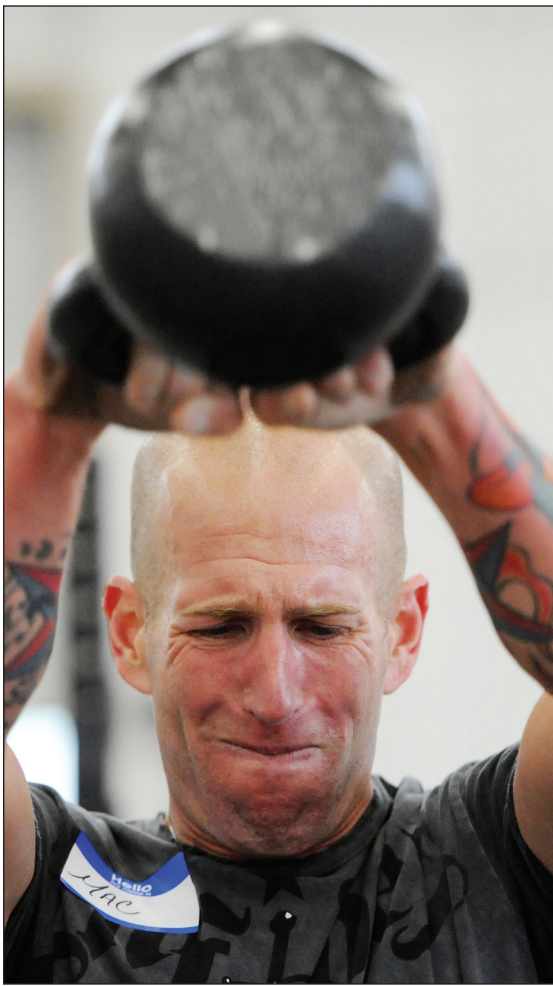
“I saw the variety and the benefits for me – I was 43 when I started. I’ll be 46 soon; this is how I stay in shape and defy age,” Routt said.

“It hurts to leave,” Routt said. He said he’s not sure whether Tyndall has a CrossFit group.

“If they don’t, they will soon,” he said.



Staff Sgt. Allan Parra, of Brentwood, Long Island, N.Y., who serves with the 773rd Logistics Readiness Squadron, catches his breath during a CrossFit workout at Hangar 5 on Joint Base Elmendorf-Richardson after duty hours July 13. Parra started doing CrossFit a few weeks ago after his wife, a long-term CrossFitter, encouraged him to get involved.



1st Sgt. Marcus McClain, Company A, 425th Brigade Special Troops Battalion, swings a kettle bell during a CrossFit workout. About 100 Soldiers, Airmen and civilians participate in CrossFit at Hangar 5 on JBER. (U.S. Air Force photos/Justin Connaher)

