

ARCTIC WARRIOR

MODERN WARFARE

MARINES OF D COMPANY, ANTI-TERRORISM BATTALION, TRAIN FOR MILITARY OPERATIONS IN URBAN TERRAIN



By David Bedard
JBER Public Affairs

Marines of D Company, Anti-Terrorism Battalion, 4th Marine Division, listened closely as Marine Sgt. Evan Bearce, 1st Platoon sergeant, provided instruction on military operations in urban terrain April 21 at the Baumeister City MOUT complex.

"Anyone here play Modern Warfare III?" Bearce asked, making a reference to the wildly popular first-person-shooter videogame.

Marines enthusiastically raised their hands, talking to one another briefly in hushed tones about their virtual exploits.

"Who thinks video games are cool?" the sergeant inquired. "Video games are cool, right?"

Perhaps it was the gruff sarcasm in Bearce's voice, but fewer Marines raised their hands and then, only sheepishly, Bearce stepped back and rocked on his right heel like he was going to kick down a door or throw a hail-Mary pass.

"What we're going to do today is a lot cooler than anything you can play in a video game," the Palmer native said with

a wry grin.

During the course of the day, D Company Marines assaulted the houses of Baumeister City, huddling together in four-man "stacks" organized to root out their fellow Marines who acted as opposing forces far more cunning and menacing than any video game opponent.

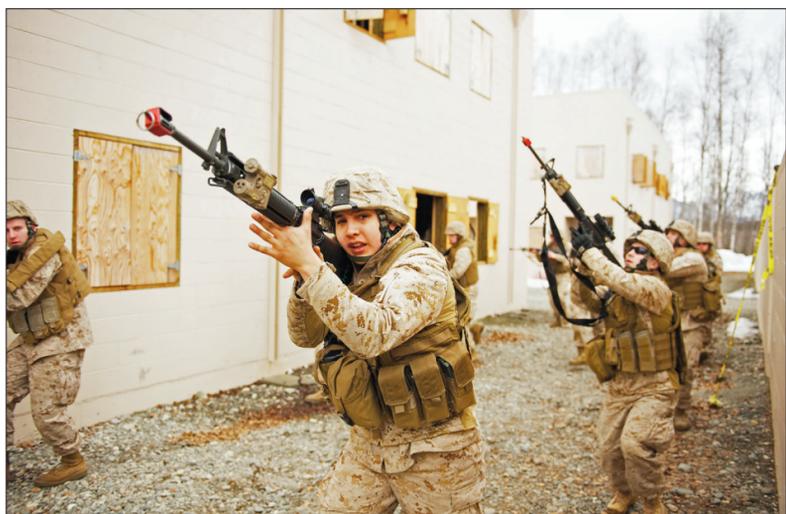
Through close instruction from platoon leadership and by endless repetition, the Marines perfected the craft of clearing a city of insurgents house by house.

"Slow is smooth and smooth is fast," Bearce said of the seemingly paradoxical idea of using deliberate technique to rapidly overwhelm an enemy trying to find refuge in a concrete cityscape.

The MOUT training was part of the Reserve Marines' drill weekend, which started on Friday with mandatory briefings, and included chemical training and a semi-annual physical fitness test.

Marine Maj. Daniel Sullivan, D Company commanding officer, said the Anti-Terrorism Battalion is charged with detecting, deterring and defending against terrorism, with urban warfare being a key component

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TOP: Anchorage native Marine Pfc. Kevin Corey, D Company, Anti-Terrorism Battalion, provides security April 21 during training in urban operations at JBER's Baumeister City Military Operations in Urban Terrain Complex. Urban operations are an integral capability of the company, which is charged with detecting, deterring and defending against terrorism.

ABOVE: Lance Cpl. Jared Palmer, D Company, Anti-Terrorism Battalion, maneuvers at the head of a squad April 21 during training in urban operations at JBER's Baumeister City MOUT Complex. (U.S. Air Force photos/David Bedard)

JBER merges official mail centers

By Air Force Staff Sgt.
Robert Barnett
JBER Public Affairs

The Official Mail Distribution Center and the Official Mail Center are merging as part of the joint-basing process.

"The merger is scheduled for May 14," said Air Force Staff Sgt. Anya Rivera, mail clerk for the 673d Communications Squadron and native of San Antonio, Texas.

Official mail is different from the regular post office. The mail doesn't get delivered to personal addresses, she said. Certificates, awards and various other items like maintenance supplies are examples of official mail.

Customers pay for regular mail, she said.

"When sending out a package, each unit has an account and they are billed quarterly," Rivera said.

The mission of the Official Mail Center is to get mail delivered out to all squadrons and units on base, she said.

"We get roughly 200 pieces of mail a day to process," Rivera explained. "That's for receiving, pick-up, processing, all of it."

As the two units merge, customers can expect to see minimal impact.

"The biggest impact will be that those that pick up from us will now have to pick up from Fort Richardson," she said. "Those that picked up mail on the Elmendorf side will have to go to the Fort Richardson side."

Dorm residents on the Elmendorf side will continue to pick up

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ABOVE: Airman 1st Class Matthew Fernandez processes mail in the Official Mail Center of JBER Monday. The Official Mail Center will be merging with the Official Mail Distribution Center May 14 as part of the joint-basing process. Fernandez is a mail clerk for the 673d Communications Squadron.

RIGHT: Airman 1st Class Matthew Fernandez pitches mail April 23 in the JBER Official Mail Center. Official mail is critical for the day-to-day operations of units stationed at JBER. (U.S. Air Force photo/Staff Sgt. Robert Barnett)

Officials explain new sexual assault policies

By Karen Parrish
American Forces Press Service

WASHINGTON — Senior Defense Department officials Monday said they hope more service members who are victims of sexual assault report the crimes as a result of a policy change Defense Secretary Leon Panetta announced last week.

Panetta issued guidance April 20 withholding "initial disposition authority" from any officer who is below the O-6 – colonel or Navy captain – level and who does not hold special court-martial convening authority. In other words, unit commanders at the company or squadron level no longer have authority to decide whether to take further action in reported cases of attempted rape, forcible sodomy or sexual assault.

In announcing the new policy, the secretary said the change will ensure that sexual assault cases receive high-level attention.

A senior defense official told reporters today during a background briefing that the new policy will allow more experienced and less partial officers to make the initial decision on whether a sexual assault case goes to trial. That will add consistency to how such cases are handled, the official added.

"The further 'north' you go

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Time to remove studded tires

Tires with studs must be removed before Tuesday. Motorists who do not comply on JBER will be subject to a \$50 per tire fine or administrative punishment.

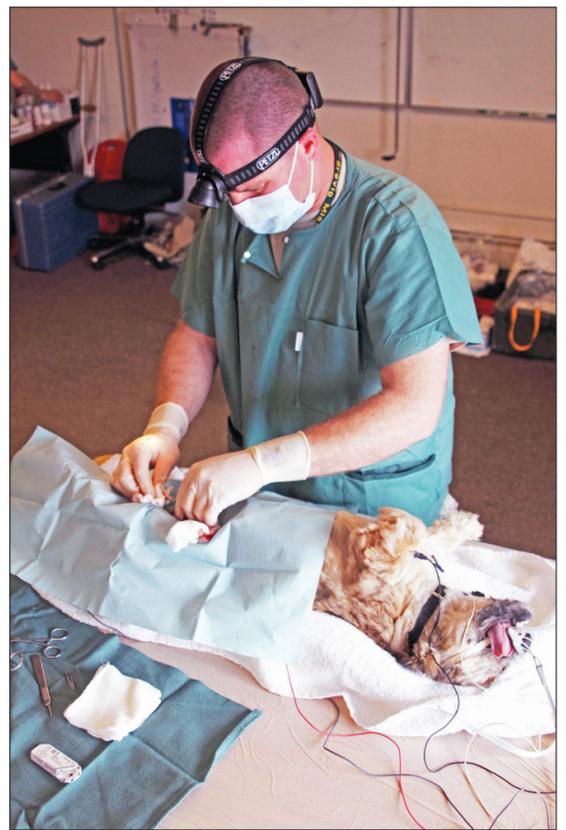


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ARCTIC CARE VETERINARIANS PERFORM CRITICAL PROCEDURES



ABOVE: Capt. Brooke Henderson (left), veterinarian, 993rd Medical Detachment, U.S. Army Reserve, performs an eye exam on Wilson, a Maltese-mix puppy, in Nome April 18 while U.S. Army Reserve Sgt. Andrew King, 949th Medical Detachment, holds him during the procedure. (Alaska National Guard photos/Air Force Maj. Guy Hayes)
BELOW: Richards injects anesthesia into Wilson, while Army Reserve Sgt. Andrew King, 949th Medical Detachment, holds him during the procedure.
RIGHT: Capt. Jeff Richards, veterinarian, 993rd Medical Detachment, U.S. Army Reserve, neuters Wilson.



Alaska Raptors reach major upgrade milestone

By Air Force Capt. Ashley Conner
477th Fighter Group PAO

Alaska F-22 Raptor fighters met a major milestone during a recent training sortie when new upgrades to the fighter allowed for a Joint Direct Attack Munition to be dropped on self-generated coordinates.

Software and hardware upgrades, part of the F-22 modernization plan known as Increment 3.1, allow for pilots to map the ground using the radar before dropping the munitions.

Previously, they had to rely on outside sources to locate targets and provide coordinates before dropping a weapon. Increment 3.1 drops have, until now, only been accomplished on test missions.

"The ability to drop weapons on self-generated coordinates is significant because it gives commanders the ability to task us against dynamic targets," said Air Force Lt. Col. Robert Davis, 90th Fighter Squadron director of operations. "When combined with other recent modifications, the F-22 now has significantly more lethality, flexibility, and survivability in an Anti-Access/Area Denial scenario."

This milestone sortie kicked off a week of JDAM training for the 90th FS and its Reserve Total Force Integration partner, the 302nd Fighter Squadron.

"Like any other skill, if you don't practice it you run the risk of losing proficiency," said Air Force Capt. Evan Parr, 90th FS F-22 pilot and flight lead during the first sortie of the week. "We practice dropping simulated



Air Force Staff Sgt. Geneva Rumbaugh looks over her check list after loading a Joint Direct Attack Munition onto an F-22 Raptor while fellow 525th Aircraft Maintenance Unit maintainer Airman 1st Class Justin Baker inspects the JDAM April 14, 2009. Increment 3.1 grants the F-22 the capability to drop JDAMs on self-generated coordinates. (U.S. Air Force photo by Senior Airman Jonathan Steffen)

JDAMs every couple months as a part of our training plan. Nothing can replace the feeling of something falling off of your jet when you hit the pickle button – let alone all of the things that must be considered prior to hitting the pickle button."

Over a five-day period the 90th FS dropped eight live and 12 inert JDAMs on target without incident on the Joint Pacific Alaska Range Complex.

Dropping air-to-ground ordnance is not only good training for the pilots but also for Airmen from the 3rd Munitions Squadron, who build the bombs, and the 3rd Aircraft Maintenance Unit, who load the bombs on the jets allowing for the entire Arctic Warrior team to receive valuable training.

Air Force Reserve maintainers from the 477th Fighter Group are integrated with their active-duty counterparts on a daily basis and

were involved in this training to maintain proficiency as well.

"We have evaluators that go out on launches as the weapon crews are arming the aircraft to ensure they are conducting proper arming procedures," said Senior Master Sgt. Benjamin Dorsey, Weapons Standardization superintendent for the 3rd Wing and 477th FG. "Once the jets land, we also conduct the recovery procedures to ensure that no parts are damaged and the rack is clean."

With the ability to generate F-22s for realistic training carrying both live and inert weapons, high fidelity air-to-air training with the aggressors, robust embedded training capability in the F-22's software, along with live emitters and targets on the JPARC makes training in Alaska a unique and valuable experience for the Raptor pilots and maintainers.

"The key to our continuous improvement and constantly increasing level of combat capability is the tremendous talent and leadership by our Airmen, young NCOs, and Company Grade Officers," said Air Force Col. Dirk Smith, 3rd Wing commander. "It is a privilege to be a part of this team and to see them in action every day. Seamless teamwork between the 477th FG and the 3rd WG is simply a part of every aspect of our F-22 operation every day and it is critical to our combat readiness."

This week, the 525th Fighter Squadron, the other active duty F-22 squadron here which is also partnered with the Reserve 302nd FS, also plans to drop JDAMs from F-22s upgraded with Increment 3.1.

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**U.S. Army Alaska
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**Joint Base Elmendorf-Richardson/
673d Air Base Wing Commander**
Col. Robert D. Evans (USAF)

**Joint Base Elmendorf-Richardson/
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Col. Timothy R. Prior (USA)

ARCTIC WARRIOR

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Marines

From Page A-1

of that mission.

“Military operations in urban terrain is something this unit works on regularly – small unit, fire team and squad-level tactics,” Sullivan explained. “We focus a lot on small-unit leadership, so MOUT is a classic example of that paradigm.”

“A four-man fire team that’s led by a corporal – maybe lance corporal – is going in, clearing rooms and coordinating with other fire teams,” the Anchorage resident continued. “That’s complicated business. When you go into an urban environment, you have to really know what you’re doing in order to keep your Marines alive.”

In his civilian capacity, Sullivan is the Alaska State commissioner of the Alaska Department of Natural Resources, having studied at Harvard University before receiving his law degree at Georgetown. Though perhaps exceptional in his professional stature, the major said the company’s Reservists represent a wide variety of civilian employment.

“I really believe that, in the employment realm, you pick a young guy like this – an Alaskan who has raised his hand, volunteered to be in the what we believe to be the toughest service in the U.S. military and then further volunteered to be an infantry Marine and then deploy overseas, defend your country – those guys come back with a lot of skill sets that can make them great business people, lawyers, doctors, (Alaska State) Troopers, police officers, we have a great diversity of civilian employment represented here,” Sullivan said. “That’s something that makes it great to serve in this unit.”

For his part, Marine Sgt. Edwin Anderson, 1st Platoon commander, is studying history at the University of Alaska Anchorage and aspires to be an Alaska State Trooper. During the training, he could often be found perched on roof tops observing the training of his squads, imparting tactical wisdom and know how to his young squad leaders, though he is only a few years their senior.

“We do a lot of training as if we’re a regular line infantry company,” the Wasilla native said. “But we do have a few extra essential missions that deal with the newer aspects of fighting terrorism, especially in urban environments.”

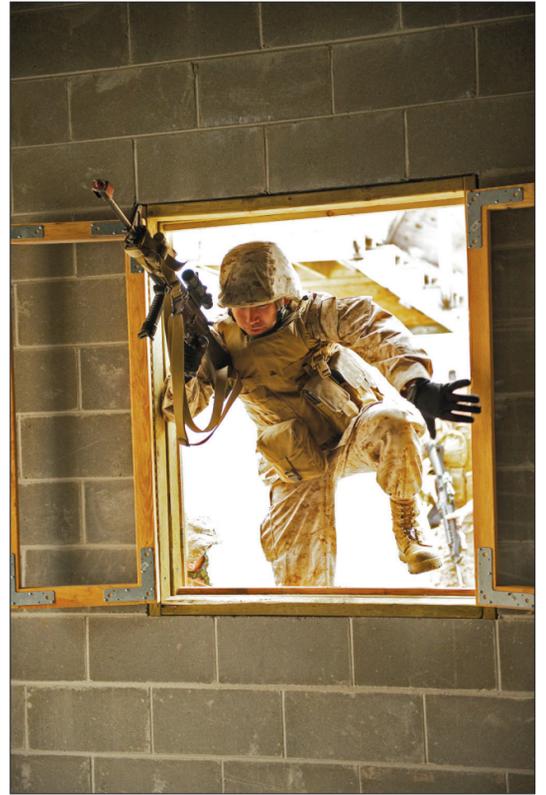
“We’re reinforcing the fundamentals of military operations in urban terrain,” Anderson continued. “Specifically, we’re reemphasizing the skills they need to move from room to room and from house to house as an infantry platoon.”

Anderson said he wanted to be a Marine since he was in junior high school. Because he planned to marry his high school sweetheart, he decided to join the Marine Corps Reserve rather than ship off with the active-duty fleet.

After a deployment to Iraq, Anderson married his sweetheart and set about earning his degree. With the Montgomery GI Bill, the platoon commander said the Marine Corps Reserve pay for approximately 70 percent of his tuition and fees, and he receives a housing allowance.

Though he drills once a weekend and attends annual training for two weeks or more, Anderson said he expects a lot of his Marines.

“A unique challenge of being a Reservist is that we are held to the exact same standards as the active-duty guys,” he said. “But whereas they do it day in and day out



ABOVE: D Company, Anti-Terrorism Battalion Marines Pfc. Joel Cage of Eagle River, Pfc. Kevin Corey of Anchorage, and Cpl. Tae Yoon of Anchorage, enter a building April 21 during training in urban operations at JBER’s Baumeister City MOUT Complex. **RIGHT:** Lance Cpl. Matthew Alexander of Anchorage, enters a window April 21. **TOP:** D Company, Anti-Terrorism Battalion Marines Lance Cpl. Colton Campbell and Lance Cpl. Eric Whisman clear a rooftop April 21. (U.S. Air Force photos/David Bedard)

PHOTO SLIDE SHOW

For a photo slide show of Marines training at Baumeister City, scan this QR code with a smartphone. For more stories and photos, visit us at www.jber.af.mil.



all month long, we do it for three days out of the month, four at tops.”

Marine Staff Sgt. David Venegas, operations chief, is a member of the company’s inspector-instructor staff – active duty cadre who take care of the day-to-day business of the unit so Reserve Marines can focus on tactical proficiency.

“We provide the Reservists the support for them to be able to train,” the Chicago native said. “For them to be able to train, you have to give them the proper gear, the proper knowledge, the proper areas to train in.”

Because the Reserve Marines can focus on training, Sullivan said more than half of the company’s Marines fired expert during marksmanship training, with no unqualified

shooters – a feat he said is remarkable even in the active-duty fleet.

The major said in order to maintain that level of proficiency, D Company Marines have to thoughtfully juggle three “bowling balls” – their Marine Corps duties, their civilian job, and their commitment to their families.

Anderson said he feels the juggling act is worth it because of the prestige and honor of being a member of the Marine Corps.

“The majority of our Marines are here consistently every month even though a lot of times it’s inconvenient, it conflicts with their school or their work or their family,” he said. “But they’re really motivated about serving their country and having that

title of ‘Marine.’”

Sullivan said being a Marine in Alaska is especially distinctive because D Company is the only tactical Marine unit serving in the state. D Company Marines are often called upon to perform military honors at Marines’ funerals, and the unit delivers toys to remote villages every Christmas during their annual Toys for Tots campaign.

“It’s an honor representing the Marine Corps,” he said. “One of the many great things about Alaska is it’s a very, very pro-military state. The support the military gets from the average Alaskan is high. Being able to represent the Marine Corps in the spectrum of military services is a real honor.”



Airman 1st Class Matthew Fernandez processes mail through a metering machine April 23 in the JBER Official Mail Center. (U.S. Air Force photo/Staff Sgt. Robert Barnett)

Mail

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mail at building 8111, she said.

Changes that may be noticed relate to the specific mail processing methods.

“The processes between Army and Air Force will be consolidated,” she said. “So it’s just one location and one standardized process. We will ultimately be located in building 724 on the Fort Richardson side. Flyers have been put out both by mail and through media like on Facebook and on billboards throughout the base.”

Internally, one major difference between the two official mail facilities is that one side is military-operated and the other is operated by civilians.

“Currently we are assigned five Airmen and two staff sergeants,” she said. “On the Fort Rich side, we have four civilians.”

While the facilities face manning challenges due to deployments and other circumstances,

Rivera sees a different challenge in the spotlight.

“The Army doesn’t process mail the exact same way that we do,” she said. “It’ll be an interesting consolidation.”

Rivera said she expects the civilian side to be affected more.

“As far as personnel being affected with this, the Fort Richardson side will be affected more,” she said. “Being that JBER is an Air Force owned base, the Army side will have to pick up a lot of Air Force’s processes. It’s not hugely different, but customers will definitely notice a bit of change.”

“There are a lot of sections that are still separated between the Air Force and Army side, there’s a lot to change.”

The basic fundamentals of mail are going to be the same, she said.

“Combining Fort Richardson and Elmendorf Air Force Base, there should only be one official mail center,” Rivera said. “There should always be only one per base. Being that we are combined, the consolidation was inevitable.”

Policy

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(in rank) the more attention there is paid to this,” the official said. “They get a level of training that somebody at the O-3 level wouldn’t necessarily get.”

The defense official cited a hypothetical case in which an alleged attacker and victim belong to the same company-level unit of about 115 enlisted people and five officers working for the same Army captain or Navy lieutenant commander.

In the past, the official said, a victim in that unit might choose not to report an assault because

the commander liked the alleged attacker more, or because the victim’s performance in the unit might cause the commander to disbelieve the victim’s report. Now, that unit commander must forward such reports up the chain of command to a colonel-level special court-martial convening authority.

A Joint Staff official told reporters, also on background, that the new policy is intended in part to remove decisions from the “immediate level of the crime.”

“More senior officers will have a more neutral ability to take a look at the facts . . . and make a reasoned decision,” the Joint Staff official said.

The change also means that officers making future disposition

decisions typically will have legal and medical staff members who can assist in determining proper handling of the case, the defense official said. The new policy also applies to any associated charges related to an alleged assault, the official added.

“Any suggestion or appearance of retaliation would have to be resolved at the same (higher) level,” the official said.

The official noted there are several precedents for the withholding policy. A similar approach – placing authority for case disposition under the Uniform Code of Military Justice with more senior officers – typically applies in cases of officer misconduct, cases with national security interest or in

alleged misconduct by civilians accompanying the force, the official said.

Specific measures

The official said Panetta has directed that other new policies also take effect:

- Establishing “special victim’s unit” capabilities within each of the services, to ensure that specially trained investigators, prosecutors and victim-witness assistance personnel are available to assist with sexual assault cases;
- Requiring that sexual assault policies be explained to all service members within 14 days of their entrance on active duty;
- Allowing Reserve and National Guard members who have

been sexually assaulted while on active duty to remain in their active-duty status to obtain the treatment and support afforded to active-duty members;

- Requiring a record of the outcome of disciplinary and administrative proceedings related to sexual assault, and requiring that copies of those records be centrally retained;
- Requiring annual organizational climate assessments; and
- Mandating wider public dissemination of DOD resources, including the DOD Safe Helpline, a free, anonymous and confidential resource that can be reached worldwide, 24 hours a day, to connect victims with live sexual assault support professionals.



OPERATION MARBLE LION

ABOVE: Army 1st Lt. Ryan Gibbons, a native of Monte Vista, Calif., and 1st platoon leader for C Company, 3rd Battalion (Airborne), 509th Infantry Regiment, patrols in the Jani Khel District April 12 during Operation Marble Lion. **LEFT:** Army 1st Sgt. Patrick S. Connell, a native of Buhl, Idaho, and Spc. Tyler Noyes, a native of Katy, Texas, both are assigned to C/3-509th Inf., scan an area for enemy activity.

BELOW: A UH-60 Black Hawk helicopter lands in the Jani Khel district April 14 to extract paratroopers assigned to C/3-509th Inf. (U.S. Army photos/ Staff Sgt. Jason Epperson)



National Guard aviation support critical to Arctic Care

By Air Force Maj. Guy Hayes
Alaska National Guard PAO

NOME — Pulling off the nation’s largest recurring joint medical readiness exercise, Operation Arctic Care, requires significant logistical support in remote areas of western Alaska where miles of wilderness separate villages in Alaska’s last frontier.

With no roads connecting villages, transporting supplies, equipment, and personnel to 16 locations in two weeks requires dedicated planning, flexibility and knowledgeable professionals — professionals like the men and women of the Alaska National Guard.

“Task force aviation is critical to our ability to travel to each village and provide medical, dental, optometry and veterinary care,” said Lt. Col. Sharolyn Lange, task force medical commander for Operation Arctic Care 2012. “We can’t do our job without their daily support getting supplies and personnel into each of the Arctic Care villages.”

Following the arrival of Arctic Care participants April 9 on Alaska Air National Guard C-130 Hercules cargo aircraft and an Air Force C-17 Globemaster III cargo aircraft, Alaska Army National Guard aviators and maintenance crews have worked tirelessly to get the right people and equipment to wherever they are needed.

“On an average day we move about 40 people right now, but we’re moving more supplies than people to the villages, so they have the equipment they need,” said Capt. Peter Pagni, UH-60 Black Hawk helicopter pilot, Alaska Army National Guard.

Pagni, who is supporting his second Arctic Care operation, is just one of many Alaska Army National Guard aviators supporting this year’s mission out of Nome and credits the support and maintenance personnel for ensuring they are mission ready each day.

“Our maintenance people work the longest days to make sure we’re ready to fly,” Pagni said. “We have mechanics here who are strictly ground mechanics, so when the birds are put to bed at night, the mechanics stay until they are fixed and mission capable before the next morning. It wouldn’t be a mission without them.”

Ensuring each of the six Black Hawk helicopters supporting Arctic Care is fully mission capable rests on the shoulders of people such as Sgt. 1st Class Corwin Viglione, B Company, 1st Battalion, 207th Aviation Regiment platoon sergeant, who does everything from assigning crew chiefs



A pair of Alaska Army National Guard UH-60 Black Hawk helicopters taxi after pilots land at the Alaska Army National Guard Army Aviation Support Facility in Nome April 17. Alaska National Guard aviation support is critical to moving supplies and personnel between villages during Arctic Care operations. (Alaska National Guard photo/Air Force Maj. Guy Hayes)

for various missions to inspecting each helicopter to ensure it is ready for the day’s mission.

“I come in and assign flight crews for missions, but I’m also a technical inspector,” Viglione said. “Any maintenance that grounded the aircraft, I will verify they did the work according to the book and verify the bird is ready for flight.”

Viglione, who is originally from Kotzebue, has also seen how the benefits of Operation Arctic Care can have on a village and even his own family.

“I have family members who tell me about the help they received from the doctors, veterinarians and dentists,” Viglione said. “It’s nice to be a part of a mission that’s helped my own family, and it feels

good when pilots tell us they had a good mission because it verifies that we’re doing our job well.”

Flying up to six aircraft a day in support of Arctic Care operations to various villages across the Bering Sea and Norton Sound region, the biggest factor flight crews need to be prepared for is the weather.

“It can be bright and sunny right now, but in 15 minutes it can close up pretty quick, especially in Bush Alaska,” Viglione said.

“We make sure the birds are prepped, fueled and have the equipment they need like life vests, life rafts, immersion suits and survival equipment in case of an emergency.”

“We’ve been fortunate this year,” Pagni said. “The main concern is always the weather closing in behind you, and fortunately, we

haven’t had too many problems. We’re able to get out there and provide the support the medical teams need for Arctic Care; and so far, it’s been a great success.”

With the support of the Alaska National Guard, Arctic Care 2012 military medical professionals have conducted 7,102 procedures, met with 3,979 patients and received significant training, providing needed care to some of America’s most rural citizens.

Sponsored by the Innovative Readiness Training program under the Office of the Assistant Secretary of Defense for Reserve Affairs, Arctic Care brought health care and veterinary support to residents in the Bering Strait and Norton Sound regions of western Alaska from April 9 to Monday.

Briefs and Announcements

Disposition of effects

Army 2nd Lt. Christopher Carter, 1st Battalion (Airborne), 501st Infantry Regiment, is authorized to make disposition of personal effects of Spc. Jeffrey L. White, 1-501st Inf., as stated in Army Regulation 638-2.

Any person or persons having claims for or against the estate of the deceased should contact Carter at 907-384-7668.

Disposition of effects

Air Force 2nd Lt. Christopher Walker, 3rd Maintenance Squadron, is authorized to make disposition of personal effects of Senior Airman Russell R. Lytle, 3rd Aircraft Maintenance Squadron, as stated in Air Force Instruction 34-244.

Any person or persons having claims for or against the estate of the deceased should contact Walker at 229-425-9206.

School physicals

The 673d Medical Group is offering physicals for school and sports. Physicals are valid for one year.

To schedule an appointment, call 580-2778.

May hospital closures

The 673d Medical Group will close the hospital May 17 beginning at noon for a wing exercise, all day May 25 for a family day, and all day May 28 for Memorial Day.

Public Health closures

Public Health closes the first Thursday 1 to 4:30 p.m. and the third Thursday noon to 4:30 p.m. every month.

For more information, call 580-4014.

STAP termination

Due to Air Force reductions in funding and manpower, the Joint Base Elmendorf-Richardson Education Center will no longer provide administrative support of the Air Force Aid Society's Spouse Tuition Assistance Program for

JBER spouses after July.

In response, the Air Force Aid Society has looked at possible solutions to keep STAP operational. However, the software development costs and the time necessary to develop and implement a solution for the following academic year were not feasible.

Therefore, in an effort to maintain some support of spouses for the 2012-2013 academic year, the society has decided to discontinue STAP at the conclusion of the program year, which ends July 31, and to immediately expand eligibility requirements of the Gen. Henry H. Arnold Education Grant Program to include spouses at overseas locations.

The Arnold Grant Program is limited to full-time undergraduates only, though awards are generally higher than STAP.

Deadline for application to the Arnold Grant Program is March 31 for academic year 2012-2013. To

access the application, visit <http://tiny.cc/agjhf>.

Call the Education Center at 384-0970 for more information.

WAPS move

Air Force Weighted Airman Promotion System testing has permanently moved from the People Center to the Air Force Education and Training Center, 4109 Bul-lard Ave.

For more information, email joseph.oneil@elmendorf.af.mil.

Mortgage relief

President Barack Obama announced March 6 steps to provide significant housing relief to thousands of service members and veterans who have faced wrongful foreclosure or been denied a lower interest rate on their mortgages.

Service members and their dependents who believe that their Service Member Civil Relief Act rights have been violated should contact their servicing legal assistance office – 552-3046 at JBER-Elmendorf office, and 284-0371 for the JBER-Richardson office.

Additionally, information and referral services regarding the mortgage relief plan can be obtained at the JBER Military and

Family Readiness Center, 552-4943.

Utility allowance changes

The utility allowance has been adjusted for all Phase I (Sunflower – those units on Fairchild Ave., Dallas, Silver Run and Chugach housing areas) metered housing units to reflect decreases or increases in electricity and natural gas rates Aurora pays.

Aurora will continue to read utility meters monthly and provide a statement reflecting actual consumption, quarterly allowance amount and the resulting balance of customer accounts.

As is currently the case, when the credit balance of accounts exceed \$250, Aurora will issue a refund check.

If an account reflects a debit balance in excess of \$250, customers are required to make payment to Aurora in the amount of the account balance.

In addition, each account is annually reconciled and adjusted to zero at the end June.

This means during July, customers will either be refunded any accumulated credit or invoiced for any amount owed, regardless of the dollar amount.

For any questions regarding the Utility Program or further information, please contact the Aurora Utility Staff at 375-0508 or Aurora Housing Office at 753-1023.

Dining facility survey

ARAMARK is conducting a survey to evaluate how the contractor can better offer dining service to Joint Base Elmendorf-Richardson.

The 17-question survey can be accessed at <http://tinyurl.com/bm5koz6>.

Furnishings management

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

The FMO also has appliances for Airmen residing off base, for longterm use.

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

These items are available on a

first-come, first-served basis. The service member is responsible for transporting these furnishings. Airmen should take a copy of PCS orders to the Government Housing Office at 6346 Arctic Warrior Drive to schedule delivery. Call 552-2740 for any questions regarding the FMO program. Hours of operation are Monday through Friday, 8 a.m. to 4:30 p.m. Soldiers can call 384-0092 for the JBER-Richardson FMO.

Motorcycle training

Riders can now start the registration process for the 2012 Contracted Motorcycle Training.

A change from previous years is training is only offered to uniformed service members and Department of Defense civilians who have motorcycle operation listed in their position descriptions.

For information on how to register, call 552-5092.

Home buyer's seminar

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

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

If interested in becoming a home owner and wish to attend, please call 552-4439 to be included on the sign-up sheet.

Rental Partnership

The Rental Partnership Program at Joint Base Elmendorf-Richardson is available to all eligible active-duty members and consists of two options. The first option, RPP Plus, includes utilities and sometimes cable costs providing an easier budget with a set rental payment year round.

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

Both options are made available with no deposits or fees to the member with the exclusion of pet

fees as it may apply.

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

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

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

At JBER-Richardson, visit the Housing Management Office, Building 600, Richardson Drive, or call at 384-3088 or 384-7632.

Find housing

Visit the Automated Housing Referral Network at www.ahrn.com to find housing before packing up. Sponsored by the Department of Defense, the website listings include available community rentals, military housing, shared rentals, temporary lodging and military for sale by owner listings.

Listings include property descriptions, pictures, maps, links to local schools, and contact information.

Service members who would like to rent their homes, sell their homes, or are looking for another service member as a roommate in their current homes, may post an ad free of charge on the site.

For more information, call 552-4439.

Quartermaster Laundry

The Quartermaster Laundry, located at 726 Quartermaster Road, cleans TA-50 gear for free and is open Monday to Friday 7:30 a.m. to 4:30 p.m.

Otter Lake fishing

The sport fishery on Otter Lake has been liberalized to allow harvest of 10 rainbow trout per day, 10 in possession, effective until Oct. 1.

There continues to be no bag, possession or size limits for northern pike.

For more information call 267-2153.



www.jber.af.mil/news

COMMUNITY

Volume 3, No. 17

Joint Base Elmendorf-Richardson

April 27, 2012

TO THE FINISH LINE

Senior NCO beats the odds, competes in Warrior Games (yet again)

By Air Force Staff Sgt. Cynthia Spalding
JBER Public Affairs

Cancer survivor Senior Master Sgt. Michael Sanders, superintendent of operations directorate of joint staff, Alaskan Command, plans to retire this September.

But he won't finish his career without running a few more races, including his second participation in the Warrior Games.

A brief re-cap

Sanders said 2007 was a tough year. His father, Tommy, was diagnosed with colon cancer and his son, Shawn, had just had heart surgery.

Who would have been thinking about their own pain with all that going on?

"My son demonstrated to me strength and trust," Sanders said. "His attitude certainly showed me that I could trust our God."

Soon after his son's surgery, Sanders was diagnosed with Stage IV squamous-cell car-



Senior Master Sgt. Michael Sanders finishes in the recumbent tricycle event at the 2010 Warrior Olympics. After four years of being cancer-free, Sanders will participate in in the 2012 Warrior Games. Sanders is the superintendent of operations joint staff with the Alaskan Command. (Courtesy photo)

cinoma in his throat in September of 2007.

"My dad, even though he was fighting his own fight, was always encouraging me during my fight against cancer," Sanders said. "I don't know what I would have done

without my whole family."

The Warrior Games

Several radiation treatments and surgeries later, Sanders was proclaimed cancer-free in January of 2008.

This, however, did not stop Sanders from his participation in local 5K, half marathons or even his selected participation in the very first Department of Defense Warrior Games in 2010.

The Warrior Games are a celebration of the achievement and abilities of wounded, ill and injured service members through athletic competitions.

Winners of the games can also go on to compete for the Paralympics.

"My experience as an athlete in the first games was a way to get back to what I thought was normal," Sanders said. "Of course, normal is different for all of us and this is my new normal. The coaches and fellow athletes were all so supportive, encouraging and inspiring."

Sanders, with 23 years of service, is still not ready to quit racing just yet.

Even after suffering from post-traumatic growth syndrome, a diagnosis with symptoms involving a person's challenge of returning to normal activities with their newly changed lives, he still strives to continue doing his best in physical fitness.

"When he has a fitness goal, nothing will stop him," said his wife, Laurie. "He does get frustrated when he sees people not doing their best on their (physical fitness) test, so he's always striving for others to have goals too."

He was recently selected for the 2012 Warrior Games, which will take place this May.

He plans to compete in the recumbent trike competition and the 1500-meter run.

Retired Chief Master Sgt. Damian Orslene of Ocean Springs, Miss., participated in the first warrior games in 2010 with Sanders and mentioned his excitement to have him join the team again.

"It's really good to have such a great leader, friend and athlete return to the team for this season," Orslene said. "We missed

having him here last year because he brings a positive attitude that helps bring the team's spirits up right when the moment gets tough."

Until the finishline

After Sanders makes it through another season of Warrior Games, he doesn't plan to stop.

He also has marked on his calendar the Sea-to-Shining-Sea Ride, a World T.E.A.M. (The Exceptional Athlete Matters) Sports event, with 13 selected wounded, ill or injured warriors before he retires from the Air Force.

This is a cycling event that will take about two months, going from one coast of the United States to the other, starting at the Pacific Ocean in San Francisco and ending at the Atlantic Ocean in Virginia Beach, Virginia.

Sanders aspires to run another marathon in his future.

Not only does he have all these plans while still in the Air Force, but even with everything he's overcome, his physical training score has never been lower than 100 percent.

Sanders continues to train with Staff Sgt. Raymond Rugenstein, a weather forecaster with the 3rd Operations Support Squadron, leading up to his departure for the Warrior Games.

"If I can be half the runner that Sgt. Sanders is when I am even half his age, I'll be happy," Rugenstein said.

Sanders is set to retire in August 2012, but his running doesn't stop there, as he still plans to be a member of the base running club and helping others who struggle with running.

"I could not have done it without God as my light, my wife as my faithful partner and the support of all the people around me," Sanders said.

"As Romans 5 says, '...we rejoice in our sufferings, because we know that suffering produces perseverance; perseverance, character; and character, hope. And hope does not put us to shame...'"

For the first three parts of the story, visit www.618tacc.amc.af.mil/.



Senior Master Sgt. Michael Sanders, right, trains in Hangar 5 with Staff Sgt. Raymond Rugenstein, April 10, prior to Sanders' departure for the 2012 Warrior Games. After four years of being cancer-free, Sanders will participate in in the 2012 Warrior Games. (U.S. Air Force photo/Staff Sgt. Cynthia Spalding)

Alaska Reservists minimize carbon footprint

By Air Force Capt. Ashley Conner
477th Fighter Group Public Affairs

In an effort to save money and be kinder to the environment, Reservists assigned to the 477th Fighter Group have been utilizing Share-A-Van, a carpooling venture sponsored by Anchorage's Public Transportation Department.

"My dad rode a van for about 15 years until he retired," said Tech. Sgt. Joseph McQueen, 477th Force Support Squadron. "I rode his van for a while and then I was approached by some (477th FG) maintainers in 2009 about starting one for the 477th."

The 477th FG currently has two

Share-A-Vans shuttling sometimes upwards of 20 personnel from Wasilla and surrounding areas to Joint Base Elmendorf-Richardson.

The drive is approximately 40 miles and in the winter can take up to 60 minutes if the traffic slows because of inclement weather.

"I prefer taking the van in the winter," said Tech. Sgt. Heidi Dickinson, 477th FSS. "Tech. Sgt. McQueen is our driver and knows the roads and how to drive in icy conditions."

"If something were to happen and we slid off the road we are with a group which is better than being in a snow bank alone waiting on help to arrive."

Collectively the Share-A-Van riders agree there are disadvantages – but they are outweighed by the advantages.

"It takes a little extra time each day waiting for people to arrive in the morning and at the end of the day," McQueen said. "But the cost savings extends out further than just simply gas money, I'm not going through tires as fast as I would, I'm not getting as many oil changes or having as many break downs, and I'm

not replacing my vehicle every three to five years.

"These advantages to me justify the little extra time and inconvenience and it helps the environment too."

The 477th Fighter Group, the only Air Force Reserve unit in Alaska, was activated in 2007 and the headquarters building, built in 2009, was designed to maximize energy efficiency and sustainability.

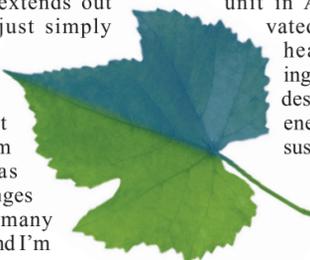
The group also participates in the base-wide recycling program

managed by Tim Zellar, Weston Solutions project manager.

During Reserve Unit Training Assembly weekends, Zellar is also a member of the 477th Fighter Group staff and serves as the chief enlisted manager.

"Protecting the earth and conserving our natural resources is important for future generations," said Chief Master Sgt. Zellar. "We are so lucky to live in a place like Alaska where natural beauty is in abundance. It is our job to take care of it."

For more ways to help with the "30 Days of Blue and Green," visit the JBER Wildlife Education Center's Facebook page.



What do you see in Alaska – and in your life?

Commentary by Air Force Chaplain (Capt) Roland Reitz
673d ABW Chaplain

On June 10, 1752, Benjamin Franklin flew a kite in a thunderstorm.

His experiment is a historical event, though the details have been mixed with myth.

Some pictures representing the experiment show Franklin standing in a storm with a glowing key attached to a kite string.

In actuality, an iron key was attached by a separate silk string to the kite. Then a thin wire ran from the key to a Leyden jar, a capacitor used to store electrical energy.

Once the kite was aloft, Franklin is reported to have retreated to a barn, which kept him and the lower end of the kite string dry.

This experiment still remains in the category of “don’t try this at home” because the risk of electrocution is very real.

Franklin was fortunate the charge followed the path from the kite, to the silk string, to the key, to the Leyden jar. The electric charge could have gone to him instead.

While the experiment undoubtedly was not wise operational risk management, it also illustrates how Franklin saw things differently than many of his contemporaries.

Creating electrical sparks was nothing new, and nearly everyone saw lightning. Few saw the connection between the two.

Franklin not only saw the connection between the two, he saw how to demonstrate it to others.

And Franklin saw much more. He saw a need to protect people from the catastrophic loss associated with house fires and started the first fire insurance company.

He saw the need for education and saw the importance of accessibility and affordability of books.

He started a library and developed an academy in Philadelphia that would eventually become the University of Pennsylvania. He saw medical needs around him and helped start a city hospital.

As Franklin got older, his eyesight got worse. He needed two pair of glasses; one for distance vision and one for reading and writing. He saw a solution, and created bifocals.

A few years ago my optometrist told me I was one prescription away from bifocals.

Instead I had PRK surgery and now need glasses only for occasional up close detail work. I am grateful for good eyes, and appreciate what I can see.

Yet I know people with better eyesight than mine, and certainly better eyesight than

Franklin who have difficulty being grateful and find it a challenge to appreciate what they can see.

And right now in Alaska we can see a great deal. With daylight nearly 24 hours a day, one can see mountains, rivers and greening landscapes any time.

Many people spend thousands of dollars to travel to Alaska on vacation to see glaciers, salmon, bears and moose. Amazingly, the government pays me to be in Alaska and I get to see those things for free.

It is easy not to see blessings, but instead focus only on obstacles, pain, and disadvantages which are also often present.

One of my sacred texts reminds me, “The eye is the lamp of the body. If your eyes are good, your whole body will be full of light. But if your eyes are bad, your whole body will be full of darkness.”

This text is about more than anatomy; it’s about what we see. And often what we see is very much a choice.

When my family was stationed in Grand Forks, North Dakota, we saw the biggest city we had lived in in more than a decade.

We saw restaurants, and shopping, and activities for my daughters to be involved in and good schools and community activities and opportunities. Yet I knew other people

who saw “nothing” in North Dakota.

At least that’s what they said there was in North Dakota. I know people who were stationed in England who say there is nothing to do in England except drink.

Yet my wife wants me to get stationed in England so she can see the home of Charles Dickens, and Shakespeare, and the Globe Theater and Stratford-on-Avon.

If we ever get stationed in England I’m going to see us go broke. But I would still love to see England.

The eye is the lamp of the body. If you see good things around you, your whole life can be filled with light. But if you see only bad things around you, if you see nothing to do, and nothing good, then it is easy to be full of darkness.

Helen Keller, both blind and deaf, said, “The only thing worse than being blind is having sight, but no vision.”

What do you see, with your blessing of sight? Right now we have physical light 24 hours a day.

Enjoy the light, see good things, and let the light of life fill you. If you are struggling instead with darkness, reach out to others to help begin filling your life with light.

What you see is priceless, may it fill your whole being with light.

Abuse of prescriptions is still abuse – and they show up on tests

Commentary by Air Force Col. Scott Sprenger
Air Force News Service

As a pharmacist for more than 28 years, I have witnessed the incredible value medications bring to the treatment, and sometimes cure, of a multitude of ailments and disease.

Although they have improved the quality of life for millions of people, their use is certainly not without risk, as attested to by the litany of side effects reported in “speed reading” fashion during each pharma-

ceutical advertisement.

I’d like to highlight an equally concerning reality regarding medication use – their fast expanding misuse and abuse.

Would you believe that prescription medication abuse is the fastest growing drug problem in the United States? Prescription medications are now second only to marijuana as the “gateway” of drugs first abused. Alarming, six of the top 10 abused substances among high school students are prescription drugs.

How is the military affected?

Although not as wide-

spread, the Department of Defense trend follows the same national concern.

The DoD Health Behaviors Survey indicates the self-reported misuse of pain medications for non-medical purposes by all service members has increased from two percent in 2002 to 17 percent in 2008.

I recently attended a commanders’ educational briefing on substance abuse provided by security forces, the Office of Special Investigations and the Alaska State Troopers narcotics division.

As members of an organization founded on the principles of honesty, service and excellence, we all should be looking to be participants of a solution. As it is with most complex problems, their solutions are also usually multifaceted.

What is the DoD doing about pre-

scription medication abuse? It begins with awareness.

Deterrence is the cornerstone of military practice and thus serves as the foundation for the Drug Demand Reduction or drug testing program.

The DoD is expanding the drug testing protocols currently in place to include abused prescription drugs effective May 1.

The testing procedures won’t change for military and authorized civilians at the test collection sites, but there will be more drugs included in the screening process.

As a reminder, prescription medications should only be taken for the purposes and at the dose and frequency prescribed, and never take a medication prescribed to someone else.

Doing so may have negative health consequences and may also violate the Uniformed Code of Military Justice. Also, dispose of prescription medications once they are no longer needed for their prescribed purpose, especially

pain medications.

Although the Drug Enforcement Administration prohibits pharmacies from taking back controlled substances, medical units partner with law enforcement and the DEA for a “drug take back day” to help facilitate the disposal of these medications on April 28 from 10 a.m. to 2 p.m. at the Base Exchange entrance.

I am pleased and honored to be part of a military health system which includes the use of medications that continues to help so many people improve their quality of life.

I am responsible and challenged to play an active role in ensuring that medication use follows the safest of practice standards. Please join me in that goal. We are all a part of the solution.

For additional information on appropriate prescription drug disposal, please consult the JBER pharmacy at 580-6842 or visit www.fda.gov/ForConsumers/ConsumerUpdates/ucm101653.htm.



FSS EVENTS & ACTIVITIES

MONTH OF THE MILITARY CHILD





.25¢ BOWLING SPECIAL
WEDNESDAYS IN APRIL - 2 - 4 P.M.
\$1 SHOE RENTAL
POLAR BOWL - 753-PINS

FREE MOVIE & POPCORN
“WE BOUGHT A ZOO”
APRIL 27 - 6 P.M.
THE ARCTIC OASIS - 552-8529

FREE AIR FORCE ISLAND LAKE SUMMER CAMP SCHOLARSHIPS
APPLICATIONS DUE MAY 1 CAMP DETAILS:
JULY 31 - AUGUST 12 - AGES 8 - 13
FOR ACTIVE DUTY AIR FORCE, AIR NATIONAL GUARD, AND AIR FORCE RESERVE FAMILIES. PRIORITY GIVEN TO YOUTH WITH DEPLOYED PARENT. AF ISLAND LAKE CAMP IS LOCATED IN POCONO MOUNTAINS OF PENNSYLVANIA. TRANSPORTATION TO CAMP EXTRA. APPLY AT:
[HTTPS://AFKM.WPAFB.AF.MIL/DOCVIEW.ASP?DOCID=11917412](https://afkm.wpafb.af.mil/docview.asp?docid=11917412)

SOMETHING FOR EVERYONE






WIN A FREE 30 MINUTE MASSAGE
BOOK A TABLE MASSAGE DURING THE MONTH OF APRIL AND MENTION THIS AD TO BE ENTERED TO WIN A FREE 30 MINUTE MASSAGE
MYSTIC SERENITY MASSAGE AT THE ARCTIC OASIS - 552-8529

HANDGUN CARTRIDGE RELOADING
APRIL 27 - 5:30 P.M. - \$5
OUTDOOR RECREATION ELMENDORF 552-2023

BIKE MAINTENANCE CLINIC
APRIL 28 AND MAY 5 - 1 P.M. - \$5
OUTDOOR RECREATION ELMENDORF 552-2023

2ND ANNUAL 17-MILE BIKE RACE
MAY 5 - 9 A.M.
SIGN-UP BEGINS AT 8 A.M.
JBER ELMENDORF FITNESS CENTER TO 6-MILE LAKE - 552-0610

ELMENDORF-RICHARDSON
FORCE
SUPPORT SQUADRON

Community happenings

THROUGH SUNDAY
Native Youth Olympics
 More than 500 youth competitors meet at the Dena'ina Center to demonstrate strength, agility and skill in traditional games like the Seal Hop and Alaskan High Kick.
 April 27 from 10 a.m. to 6 p.m., April 28 from 8 a.m. to 10 p.m. and April 29 from 9 a.m. to 6 p.m.
 For information, visit www.citci.com/myogamesalaska.

SATURDAY AND SUNDAY
Whole Life Festival
 A holistic spiritual event featuring free lectures and drawings, plus stones, jewelry, aura photos, healing oils, books, bodyworkers and more.
 Hosted both days from 11 a.m. to 6 p.m. at the Coast International Inn.
 For information visit www.drglennkey.com.

SATURDAY
Bettye Lavette concert
 Detroit's Bettye Lavette brings soul stylings to songs by Rosanne Cash, Fiona Apple and others.
 Hailed by Rolling Stone magazine, she tears it up Aretha-Franklin style at the Alaska Center for the Performing Arts starting at 7:30.
 For information, call 257-2304 or email meese@anchorage.net.

MAY 4
Graduation ceremony
 JBER hosts this ceremony at the Frontier (Richardson) Theater at 2 p.m. Those who have earned degrees through distance learning will be recognized.
 For information call 384-0970.

MAY 5
Salmon Run and carnival
 Run or walk the Anchorage Coastal Trail for two, five or 10 kilometers starting at Inlet View Elementary School. Immediately after the run, an old-fashioned carnival is on tap with games and activities.
 For information visit www.anchorsalmonrun.com.

MAY 6
Asian Pacific Family Day
 Celebrate Anchorage's spectrum of Asian cultures with music, dance, games and activities. Hear Taiko drumming and play Chinese puzzle games, or make Korean hackey-sack-like toys at the

Anchorage Museum; admission is free all day.
 For information call 929-9200.

Rage City Rollergirls
 The Dirty Pollis, Devil's Club and Sockeye Sallys host this three-way internal tournament.
 Be at the Sullivan Arena for hard-hitting roller derby action. Doors open at 7 p.m. and wheels roll at 7:30.
 For more information visit ragecityrollergirls.com.

MAY 10
E-Reader seminar
 Visit the JBER Library for this seminar on what resources are available through the library to download on your portable reading device.
 For information, call 552-9475.

Assault awareness for men
 The Sexual Assault Prevention and Response Office hosts a presentation for males, addressing communication, relationships, consequences and ethical choices from 11:30 a.m. to 1 p.m. in the SAPRO office in the basement of 7153 Fighter Drive.
 For information call 552-1580.

MAY 12
Anchorage Ballet
 Guest artist Rokaya Duvall joins the Anchorage Ballet in the last performance of the season as they perform her choreographic works.
 Join them for this celebration of spring at the Alaska Center for the Performing Arts at 7:30 p.m.
 For information call 263-2787 or visit www.anchorageballet.com.

Denali Destroyer Dolls
 Palmer wraps up its roller derby action in this military-salute event. Doors of the Palmer Event Center open at 6 p.m. and wheels roll at 7.
 For information, visit www.denalidestroyers.org.

MAY 16
Fighting Championship
 Mixed martial arts are on tap at the Sullivan Arena starting at 7:30 p.m.
 Many a gritty Alaskan competitor has moved on to large-market venues such as UFC.
 For more information, visit

their Facebook page *Alaska fighting*.

MAY 17 THROUGH 23
Rock of Ages
 The Alaska Center for the Performing Arts hosts this five-time Tony-nominee arena-rock love story told through the hits of Journey, Styx, Poison, Asia, Pat Benatar and many others.
 For more information, visit anchorageconcerts.org or call 263-2787.

MAY 20
Gold Nugget Triathlon
 Women and girls are encouraged to participate in this triathlon, and mothers and daughters can participate as teams.
 For information, visit goldnuggettriathlon.com or email clairecnc@hotmail.com.

JUNE 22
Army Birthday Ball
 All ranks are welcomed to this Army ball at the Hilton starting at 6 p.m.
 Lt. Gen. Michael Ferriter will speak. For information or tickets, contact unit representative or call 384-2067.

ONGOING
Volunteers needed
 Volunteers are needed to help organize games and activities for children, and to set up and tear down equipment at the Military Appreciation Picnic June 8 from 11 a.m. to 2 p.m.
 To volunteer, call 552-3598 or 552-7456.

Volunteers needed
 Volunteer referees are needed for the CrossFit Games during the Arctic Warrior Olympics June 8.
 If you want to be a referee or participate in the games, call 552-2629.

Sing-along at the zoo
 Pre-school aged kids can explore the world of animals through music with musician Annie Reeves.
 Children can sing along with the guitar, or play with the musical instruments for kids.
 Sing-alongs are at 10:30 a.m. Mondays at the coffee shop greenhouse.
 For information email klarson@alaskazoo.org.

Wired Cafe for Airmen
 The Wired Cafe is located at 7076 Fighter Dr., between Polaris and Yukla dormitories.
 The cafe has wireless Internet and programs throughout the week for single Airmen living in the dorms.
 There are free meals Fridays at 6 p.m.
 For information, call 552-4422.

Model railroading
 The Military Society of Model Railroad Engineers meets at 7 p.m. Tuesdays and 1 p.m. Saturdays in basement Room 35 of Matanuska Hall, 7153 Fighter Drive.
 Anyone interested in model railroading is invited.
 For information, call 552-5234, visit www.trainweb.org/msmrr or email bjorgan@alaska.net.

Combat Fishing tourney
 Registration is open through May 2 for the annual Combat Fishing tournament.
 If you have recently returned from a combat zone or are deploying within six months, register for a spot on the boats.
 For more information, visit asymcaofalaska.com or visit their office on the second floor of the Kashim club.

Motorcycle training
 The Basic Rider Course, Basic Rider Course 2 and Military Sport-bike Rider Course will begin soon for the April 15 start of motorcycle riding.
 To register, visit www.militarysafepmv.com and select Elmendorf-Richardson, contact the JBER Safety office at 552-5092 or 552-6850.

AER, AFAP campaigns
 Army Emergency Relief and the Air Force Assistance Fund are taking donations to help service members and families in need with grants or loans.
 To donate, contact your unit AER or AFAP representative or first sergeant, or call 552-2629.

Youth coaches needed
 Little League coaches are still needed for baseball and softball season. There are many slots available, and no previous experience is necessary – only a desire to connect with youth.
 Anyone interested in coaching

Chapel services

Catholic Mass
Sunday
 9 a.m. – Soldiers' Chapel
 10:30 a.m. – Elmendorf Chapel 1

Monday through Friday
 11:40 a.m. – Soldiers' Chapel
Monday, Tuesday, Wednesday and Friday
 11:30 a.m. – Elmendorf Chapel Center
Thursday
 11:30 a.m. – Hospital Chapel

Confession
Saturday
 6 p.m. – Soldiers' Chapel
Monday through Friday
 Before/after 11:40 Mass – Soldiers' Chapel

Protestant Sunday Services
Joint Liturgical Service
 9 a.m. – Elmendorf Chapel 2
Traditional Service
 9 a.m. – Elmendorf Chapel 1
Contemporary Protestant Service
 11 a.m. – Soldiers' Chapel
Gospel Service
 Noon – Elmendorf Chapel 1
Contemporary Protestant Service
 5 p.m. – Elmendorf Chapel 1

Buddhist
Soka Gakkai Goshu
 7 p.m., first Friday of the month – Chapel Center (10427 Kuter Ave.)

JBER youth is encouraged to call 552-2266 or email paul.caron@elmendorf.af.mil.

Scholarship opportunities
 The Denali chapter of the Airlift/Tanker Association is offering scholarships for the 2012-2013 school year. Applications are due by May 15.
 For information or an application, email fernando.cervantes@us.af.mil or kevin.vaughan@us.af.mil.

FSS EVENTS & ACTIVITIES

TRIPS & ADVENTURE



ATV TRIP TO EKLUTNA
 MAY 6 - 9 A.M. - 4 P.M. - \$99
OUTDOOR RECREATION RICHARDSON
 384-1475



ATV SAFETY CERTIFICATION
 MAY 11 - 1 - 5 P.M. - \$50
REQUIRED FOR ATV RENTALS FOR 16+ WITH LICENSE
OUTDOOR RECREATION RICHARDSON
 384-1475



GEOCACHING CLASS
 MAY 6 - NOON - \$10
OUTDOOR RECREATION ELMENDORF
 552-5023



SEWARD JBER RECREATION CAMP
OPENING MAY 23
JUST IN TIME FOR SEWARD'S COMBAT FISHING & MILITARY APPRECIATION DAY
MAY 23 - JUNE 30
50% OFF SUNDAY-THURSDAY RESERVATIONS
AUGUST 11 - 19
SEWARD SILVER SALMON DERBY
SHOW US YOUR DERBY TICKET AND RECEIVE 25% OFF YOUR STAY
RESERVATIONS: 552-5526

SINGLE SERVICE MEMBERS



8-BALL POOL TOURNAMENT
QUALIFYING ROUNDS
APRIL 27 AND MAY 4, 11, 18 & 25
6 P.M. - SIGN-UP AT 5:30 P.M.
FREE FOR MEMBERS - \$5 FOR NON-MEMBERS
ARCTIC CHILL/BOSS/WARRIOR ZONE
384-7619



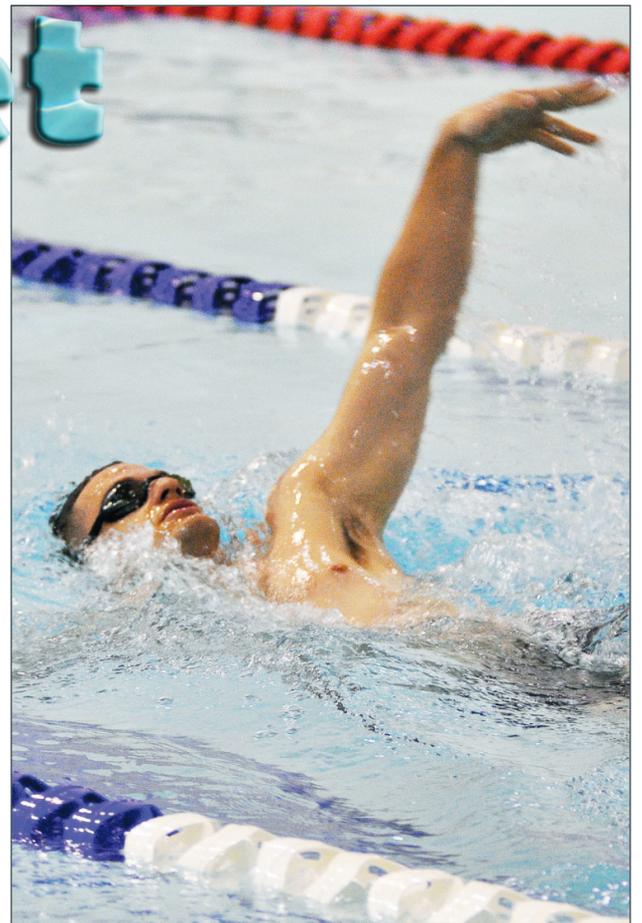
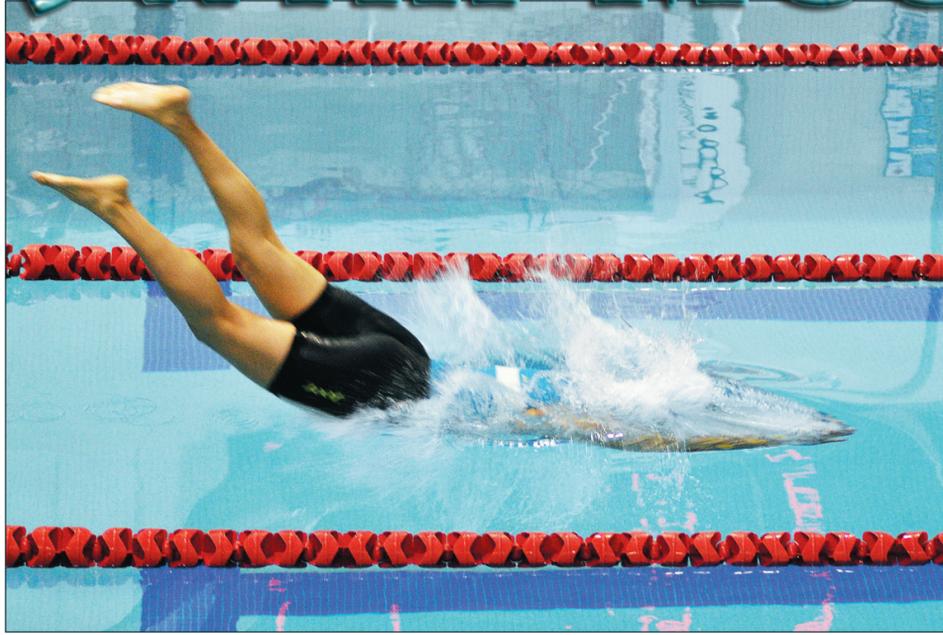
TOUR OF ANCHORAGE
LEARN ABOUT YOUR DUTY STATION FOR SOLDIERS/AIRMEN WHO ARRIVED AT JBER IN FEBRUARY OR LATER
APRIL 28 - 9 A.M. - 11 P.M. - \$75
INCLUDES TRANSPORTATION, ALL MEALS, AND ENTRY TICKETS TO A VARIETY OF ACTIVITIES
ARCTIC CHILL/BOSS/WARRIOR ZONE
384-9023



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Swim Meet



JBER Swim Meet brings out the best

By Air Force Staff Sgt. Robert Barnett
JBER Public Affairs

Swim meet championships started at Buckner Physical Fitness Center on Joint Base Elmendorf-Richardson April 19.

The competition is seen as an opportunity to get out, swim and have fun.

"We do these competitions twice a year," said Comptonne Byers, lead life guard for the fitness center. "This is the first meet of the season."

The competitions are scored on a point-based system.

"We add up points from the first and second meets for overall team scores and that's where we hand out the trophy," she said. "Every meet, we give out medals for each individual. Both meets go towards the trophies for their units."

The scores are divided into units and gender categories.

In the female's category, 3rd Operations Support Squadron earned 11 points. The Health and Wellness Center earned 37 points. The Alaska District U.S. Army Corps of Engineers earned 28 points. The 673d Force Support Squadron earned 96 points.

In the male's category, the 95th Chemical Company earned 12 points. The 3 Operations Support Squadron earned 35 points. The Health and Wellness Center earned 37 points. The Alaska District U.S. Army Corps of Engineers earned 12 points. The 673d Force Support Squadron earned 75 points.

First place for the male and female categories went to the 673d Force Support Squadron with a combined 171 points.

The second meet is tentatively scheduled for October or November.

"That's when we hand out trophies for the commander's cup," Byers said.

A number of people normally participate in the competition.

"We usually get a variety of people," she said. "I definitely think it would be more exciting if

we had more competition. Right now it's very slow. If we had more people competing, a lot more people would get into it watching and cheering.

"We had a neck-and-neck race just a bit ago and everyone was screaming and excited. A lot of people underestimate how exciting swimming can be and how competitive it really is, how much energy is exerted when swimming, so I think it's an awesome workout and very exciting to watch."

She doesn't just talk about the excitement; Byers swims as well.

"I've swam the 500, the 50 and the 100," she said.

People don't have to be after the points to compete.

"We just put this team together," said Rebecca Kleinschmidt, 673d Health and Wellness Center health educator. "For the Army, they get points for this. We're just doing this for fun. We do water polo, we do broomball, and we'll do just about anything just to get out there. It's not about being good at it, it's about just getting together and doing things with new people and getting new skills and mostly just having fun."

A lot of people find swimming challenging, she said.

"I do triathlons too and the swimming part — people are really intimidated with it," she said. "People are usually okay with biking or running or broomball, but people seem intimidated by the water. But people on our team who have not swum in quite a while are doing well. People should have confidence in themselves and come out and give it a try."

Many of the competitors get involved in

events besides swimming.

"I swam competitively in high school and college, so I missed the water," said Sara Tansey, 673d Health and Wellness Center health and fitness specialist. "I've been getting into other sports, trying other things. We did inner-tube water polo, broomball, cross country skiing, downhill skiing, and trying to get into other activities that are available. I'm from Michigan, I moved up here by myself. I don't know anybody, so I started doing this to make friends. I'd recommend people get out and try new things."

For some, there is much more to swimming than competition.

"It's my stress reliever," Tansy said. "I think I've placed first the whole time, but I enjoy doing it and that's all that matters. I really just wanted to do a relay."

Buckner PFC has an excellent

ABOVE LEFT: Staci Coleman dives for the 3rd Operations Support Squadron in the women's 100-yard free in the first swim meet of 2012 at Buckner Physical Fitness Center April 19.

ABOVE: Raymond Rugenstein competes for the 3rd Operations Support Squadron in the men's 100-yard backstroke during the meet. (U.S. Air Force photos/John Pennell)

program, even if you're not in the Army, Keinschmidt said.

"I feel so lucky that, as a civilian, I can participate for free," she said. "I can come and do all these sports. In the real world, in the civilian world, people pay a lot of money to get involved in all this stuff. I feel really fortunate that we have all these wonderful facilities, and Buckner (Physical Fitness Center) especially has a stellar intramural sports program."

"It's run by civilians; they learn over time, they know what works and what doesn't work and they have a great program. There are

really inclusive people here. When I first started working here, I didn't have teams of my own. I was working for the Air Force and yet they welcomed me to come here and participate in teams that we had going and they weren't worried about the fact that I wasn't Army and it's really nice. I hope more people take advantage of the great opportunities here."

"We're here to cheer everyone on," Byers said. "Everyone here has great spirits. Everyone here is chipping in for the team. There's a lot of good morale here. We're just here to have fun."



Catherine Brooks competes for the Army Corps of Engineers in the women's 100-yard fly in the first swim meet of 2012 at Buckner Physical Fitness Center April 19. (U.S. Air Force photo/John Pennell)

A very muddy Soldier — one of more than 250 service members and civilians — participates in the 7th annual Pat Tillman Run at Forward Operating Base Salerno, Afghanistan April 20. In honor of Tillman's legacy, the run has taken place on the FOB since Tillman's death in 2004. The run was organized by Army 1st Sgt. Marcus McClain of the 425th Brigade Special Troops Battalion. "I've done this event previously on another deployment and I decided I wanted to do it here on FOB Salerno and organize the event to raise situational awareness about the Pat Tillman Foundation," McClain said. The winner of the race, Army Capt. Phil Sakala, is a fire support officer for the 1st Battalion (Airborne), 501st Infantry, Task Force Blue Geronimo, from Las Cruces, N.M., with a run time of 22:03. I came here to come out and do a fun run for a great cause," Sakala said. "Being a staff officer, I don't have an opportunity to get out and have a little bit of fun because I'm (usually) stuck behind my computer." (U.S. Army photo/SpC. Erik-James Estrada)

Muddy memorial at FOB Salerno



Births

APRIL 1

A son, Khristian Samuel Wolfe, was born 20.5 inches long and weighing 7 pounds, 10 ounces at 1 a.m. to Karen Isela Wolfe and Pfc. Derek Samuel Wolfe of the 82nd Sustainment Brigade.

A son, Hunter Richard Schultz, was born 21 inches long and weighing 7 pounds, 1 ounce at 12:22 p.m. to Danielle Norma Schultz and Tech. Sgt. Brian David Schultz of the 773d Civil Engineer Squadron.

APRIL 2

A son, Tribal Marcus Richison, was born 19.5 inches long and weighing 6 pounds, 4 ounces at 1:02 a.m. to Jayme M. Richison and Air Force Staff Sgt. Anthony M. Richison Jr. of the 673d Security Forces Squadron.

APRIL 5

A daughter, Yukiko Nishikawa Carter, was born 21 inches long and weighing 8 pounds, 11 ounces at 1:52 a.m. to Azumi Nishikawa and Navy Lt. Eric Mitchell Carter of the Navy Operational Support Center Anchorage.

A daughter, Lily Katherine Ferguson, was born 19.25 inches long and weighing 6 pounds, 4 ounces at 12:44 p.m. to Katie Solomon Ferguson and Tech. Sgt. Brian P. Ferguson of 673d Air Base Wing Public Affairs.

A daughter, Malani Neiel Fuller, was born 19.5 inches long and weighing 7 pounds, 3 ounces at 7:58 a.m. to Armintha LaNell Fuller and Pvt. George H. Fuller of the 1st Squadron, 40th Cavalry Regiment (Airborne).

A daughter, Aria Sophia Swenson, was born 19.5 inches long and weighing 6 pounds, 12 ounces

at 12:37 p.m. to Melanie Lynn Swenson and Pvt. Devon K. Swenson of the 84th Engineer Support Company.

APRIL 6

A son, Jacob Daniel Cacal, was born 19 inches long and weighing 6 pounds, 7 ounces at 5:53 a.m. to Air Force 2nd Lt. Jessica Dale Cacal of the 673d Inpatient Squadron and Tech. Sgt. Junicio Cacal Jr. of the 673d Aerospace Medical Squadron.

A son, Jaydon Louis Clerveaux, was born 20.5 inches long and weighing 6 pounds, 14 ounces at 4:04 p.m. to LeTanya Clerveaux and Army Staff Sgt. Jetho Clerveaux Sr. of the 17th Combat Sustainment Support Battalion.

A daughter, Kaitlyn Lee Leslie Campbell, was born 19.5 inches long and weighing 7 pounds, 3 ounces at 5:37 a.m. to Nichole Lee Campbell and Tech. Sgt. Kit K. Campbell of the 673d Surgical Operations Squadron.

APRIL 7

A daughter, Rhyne Nicole King, was born 20 inches long and weighing 8 pounds, 6 ounces at 5 p.m. to Air Force Master Sgt. Rayna Nicole Lawter of the 673d Surgical Operations Squadron and Air Force Staff Sgt. Shayis M. King of the 703rd Aircraft Maintenance Squadron.

APRIL 8

A son, Caden Nathaniel Buck, was born 21.5 inches long and weighing 9 pounds, 8 ounces at 4:02 p.m. to Blair Maren Buck and Airman 1st Class Nathaniel Thomas Buck of the 381st Intelligence Squadron.

APRIL 10

A son, Christopher Michael

Hasselbrink, was born 21 inches long and weighing 8 pounds, 12 ounces at 9:10 a.m. to Korie Kaylene Hasselbrink and Sgt. Michael A. Hasselbrink of the 6th Engineer Battalion (Airborne).

A son, Andrew Francis Ohotnick, was born 21 inches long and weighing 8 pounds, 3 ounces at 8:08 a.m. to Sherry Ann Ohotnick and Air Force Lt. Col. Peter Patrick Ohotnick of Alaskan Command.

A daughter, Karissa Samiya Pate, was born weighing 9 pounds, 8 ounces at 2:17 p.m. to Sonya Marie Pate and Air Force Staff Sgt. Keely Chion Pate of the 673d Force Support Squadron.

APRIL 11

A daughter, Emily Rose Burpee, was born 19 inches long and weighing 6 pounds, 10 ounces at 2:44 p.m. to Renee C. Burpee and Army Staff Sgt. Adam L. Burpee of Headquarters and Headquarters Detachment, U.S. Army Alaska.

APRIL 12

A daughter, Kyla Rose Apland, was born 20 inches long and weighing 7 pounds, 10 ounces at 12:32 p.m. to Christie Apland and Sgt. Shilo Apland of the 84th Engineer Support Company.

A daughter, Aubrey Jane Cleveland, was born 19.5 inches long and weighing 7 pounds, 3 ounces at 7:57 a.m. to Donnia T. Cleveland and Spc. William E. Cleveland of the 84th Engineer Support Company.

A son, Matthew Curtis Freund, was born 21 inches long and weighing 7 pounds, 12 ounces at 3:24 p.m. to Carol B. Freund and Air Force Master Sgt. Paul C. Freund of the 176th Mission Support Group.

A daughter, Piper Danielle Rhoads, was born 20.25 inches long and weighing 7 pounds, 12 ounces at 1:51 a.m. to Laurie Danielle Rhoads and Air Force Staff Sgt. Laurence E. Rhoads of the 3rd Aircraft Maintenance Squadron.

APRIL 14

A daughter, Abigail Faith Aurora Guidry, was born 20.5 inches long and weighing 7 pounds, 14 ounces at 7:51 p.m. to Erin Lee Guidry and Spc. Jacob Paul Guidry of the 3rd Battalion (Airborne) 509th Infantry Regiment.

A son, Karsen William Sams, was born 20 inches long and weighing 7 pounds, 5 ounces at 2:23 a.m. to Kristin Marie Sams and Tech. Sgt. William D. Sams of the 3rd Mission Operations Group.

APRIL 16

A daughter, Charlotte Fay Wolf was born 19.5 inches long and weighing 8 pounds, 4 ounces at 4:29 p.m. to Elisabeth Feld Wolf and Air Force Staff Sgt. Zachary J. Wolf of 673d Air Base Wing Public Affairs.

A daughter, Madilyn Kristine Worrick, was born 19 inches long and weighing 7 pounds, 2 ounces at 5:40 p.m. to Bonnie S. Worrick and Air Force Staff Sgt. Andrew P. Worrick of the 611th Civil Engineer Squadron.

APRIL 17

A son, Noah Blake Davis, was born 20.5 inches long and weighing 7 pounds, 8 ounces at 10:46 a.m. to Crystal Nicole Davis and Sgt. Sean Eric Davis of the 49th Missile Defense Battalion.

A daughter, Bella Rose Gries, was born 20.5 inches long and weighing 8 pounds, 3 ounces at 2:23 p.m. to Caitlyn C. Gries and

Senior Airman Eric M. Gries of the 90th Aircraft Maintenance Unit.

APRIL 18

A daughter, Crystal Marie Anne Erickson, was born 20 inches long and weighing 7 pounds, 1 ounce at 8:46 p.m. to Senior Airman Rachael Anne Erickson of the 3rd Aircraft Maintenance Squadron and Kyle David Moyer.

A daughter, Maya Jane Jones, was born 20 inches long and weighing 7 pounds, 11 ounces at 7:37 p.m. to Satomi Jones and Air Force Staff Sgt. Naniah Jones of the 773d Civil Engineer Squadron.

A daughter, Aunjell Lorraine Kline, was born 19.5 inches long and weighing 6 pounds, 11 ounces at 11:58 a.m. to Jennifer Lorraine Kline and Air Force Staff Sgt. Dustin Lee Kline of the 3rd Maintenance Group.

APRIL 20

A daughter, Piper Ann Kendall, was born 20.5 inches long and weighing 7 pounds at 6:27 a.m. to Kayla Ann Kendall and Air Force Staff Sgt. Travis Andrew Kendall of the 703rd Aircraft Maintenance Squadron.

APRIL 21

A daughter, Amelia Rebecca Fields, was born 21.5 inches long and weighing 7 pounds, 13 ounces at 4:43 a.m. to Senior Airman Brianna Lynn Fields and Senior Airman Rory Patrick Fields, both of the 381st Intelligence Squadron.

A daughter, Hayden Marie Stoneback, was born 19.5 inches long and weighing 8 pounds, 1 ounce at 9:27 a.m. to Shelby Ann Stoneback and Airman 1st Class Andrew Michael Stoneback of the 673d Civil Engineer Squadron.

