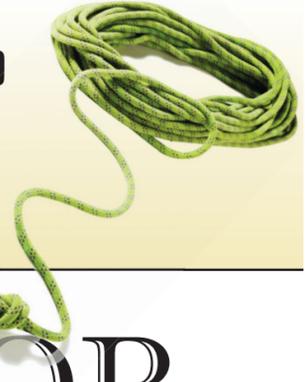




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www.jber.af.mil/news

ARCTIC WARRIOR

Volume 3, No. 23

Joint Base Elmendorf-Richardson

June 8, 2012

Deployed Spartan medic realizes lifelong dream by becoming Soldier

Story by Sgt. William Begley
 Task Force Spartan Public Affairs

The transition from high school to college and adulthood can be difficult for many people. It takes discipline to achieve goals and work towards a dream. It helps to be able to laugh along the way.

Spc. Spencer Smith, a medic with Headquarters Platoon, Delaware Company, 1st Battalion (Airborne), 501st Infantry Regiment, remembers being at that crossroad all too well.

A native of Auburn, Calif., and a graduate of Placer High School in 2008, Smith had received acceptance letters from three major colleges: Sacramento State, Chico State and the University of Nevada-Reno. After analyzing his finances, he made the choice to attend Sierra College instead. There, he started his trek towards an associate's degree. During his spare time he volunteered with the Auburn City Fire Department.

Most of his fellow classmates had left the area to attend other colleges. Smith said the people he met at Sierra were very school focused, not necessarily friend focused. He grew weary of the daily grind at school.

Feeling the need for some inspiration, Smith headed to the armed forces recruiting station.

"Initially I wanted to join the Air Force and be pararescue jumper, but I decided not to do that," Smith recalled. "The Air Force couldn't really guarantee me that I could have a job that I wanted if I didn't make it as a PJ, so I went to see the Army recruiter. I told him that I want to be an airborne medic and if I can't have that then I'm not interested. They gave it to me right away."

Smith said joining the Army fulfilled a lifelong dream.

"Ever since I was young, I always wanted to be in the Army," Smith said. "I never thought that it would actually happen. It's definitely the biggest commitment I've ever made."

Smith's first-line supervisor, Sgt. David Riley, a native of Houghton, Mich., and senior medic for Delaware Company, said Smith is a welcome addition to his team.

See Smith, Page A-3

Duffy takes command of 673d ABW, JBER



Air Force Col. Brian Duffy accepts the 673d Air Base Wing colors from Lt. Gen. Stephen Hoog, Alaska Command and 11th Air Force commander, during a change-of-command ceremony at Hangar 5 June 1. (U.S. Air Force photo/Staff Sgt. Zachary Wolf)



Members of the official party salute during the playing of the national anthem during the 673d Air Base Wing change of command ceremony June 1. Air Force Col. Brian Duffy took command as Air Force Col. Robert Evans retired after 25 years of service. (U.S. Air Force photo by Staff Sgt. Cynthia Spalding)

Career civil engineer takes reigns

By Air Force Staff Sgt. Zachary Wolf
 JBER Public Affairs

Air Force Col. Brian Duffy became the Joint Base Elmendorf-Richardson and 673d Air Base Wing commander in a change-of-command ceremony June 1 at Hangar 5.

He comes to JBER from Kadena Air Base, where he served as the 18th Civil Engineer Group commander.

Duffy replaces Air Force Col. Robert Evans, who has been the commander of JBER and the 673d ABW since July 2010.

See Duffy, Page A-3

PACAF releases report on aggressor squadron move

Pacific Air Forces news release

Pacific Air Forces released a report May 31 on the Air Force's plan to move people and aircraft associated with the 18th Aggressor Squadron from Eielson Air Force Base to JBER.

Pacific Air Forces led a 26-member Site Activation Task Force team which traveled to both installations in April to study the overall impact of the F-16 Fighting Falcon squadron move scheduled for fiscal year 2013.

The team validated that, after an initial outlay of \$5.6 million in FY13, the move will result in manpower savings of 81 military positions and cost savings of \$14.6 million during the next five years, through a combination of manpower and efficiency savings generated by consolidating operations and maintenance supervision overhead and base support functions.

The relocation is one part of the Air Force's fiscal year 2013 force structure adjustments, which are designed to save approximately \$8.7 billion of the Air Force's \$54 billion share of savings across the Future Years Defense Plan.

The SATAF report specifically



A F-16 Fighting Falcon taxis towards the flightline Oct. 27, 2011, at Eielson Air Force Base. The aircraft is assigned to the 18th Aggressor Squadron. (U.S. Air Force photo/Staff Sgt. Christopher Boitz)

details actions needed to move the aggressors in FY13 and details planning and incidental costs associated with this action.

Eielson Air Force hosts the only wing in the active duty Air Force that has only a single operational

squadron. In addition to expected cost savings, this move would lead to more efficient operations by locating the F-16 Aggressor aircraft with their primary customers, the F-22 Raptors at JBER.

The F-16 aggressors will re-

tain the capability to operate from Eielson during exercises and as otherwise needed.

"Eielson Air Force Base is, and will continue to be, a valuable strategic location as part of the Total Force," said Brig. Gen. Mark

McLeod, director of logistics, Pacific Air Forces, and SATAF team lead. "The base will remain the home station for the Alaska Air National Guard's 168th Air Refueling Wing and will provide critical training through the Joint Pacific Alaska Range Complex supporting major joint training exercises such as Red Flag, Distant Frontier and Northern Edge."

In addition to the savings generated from the F-16 squadron move, the Air Force expects there will be additional savings based on proposed base operating support manpower adjustments in FY15. The estimated follow-on cost savings are projected to be approximately \$90 million per year beginning in FY16, and \$227 million across the FYDP.

These savings are based on eliminating 749 military and 179 civilian manpower authorizations that analysis determined would no longer be needed at Eielson once the remaining infrastructure and support functions are adjusted after the aggressor squadron's relocation. Savings resulting from the base operating support adjustments in FY15 will be further refined in future SATAFs.

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Road closure
 From June 15 to March 15, 2013, Juneau Avenue will be closed between 5th and 6th streets to support demolition operations and construction of new homes.



Command Emphasis



New JBER commander talks with the Arctic Warrior

PAO staff report

Air Force Col. Brian Duffy took command of 673d Air Base Wing and Joint Base Elmendorf-Richardson during a June 1 ceremony at Hangar 5. In this column, Duffy answers questions concerning his background and thoughts about taking command.

Q: Who is Col Brian Duffy? What is your background and experience?

A: For almost 23 years, I've had the opportunity to serve in a variety of organizations and locations across our Air Force and Department of Defense with a significant portion of that time working installation and installation support issues that affect our mission areas and families. Throughout that period, but honestly to a greater extent in the past seven years, that experience aperture opened wider to include a joint and international audience.

Q: What are guiding beliefs leading to your success?

A: We all come from varied backgrounds and have different elements that make us different, such as our uniforms, service culture, or governing regulations, etc. However, there are several things that are common to us all. First, an innate desire to serve and be part of something greater than ourselves. Second, is a voluntary declaration, materialized by the swearing or affirming of our oaths of office or enlistment in which we dedicate ourselves to support and defend a Constitution, born out of a desire to ensure all men and women were free to be whatever it is they chose to be.

Q: What is your roadmap to success?

A: I went to a small school in the Shenandoah Valley in Virginia and each day walked through our main arch into barracks under a statement which read "You May Be Whatever You Resolve to Be." Resolution is quite different than wishing, wanting, hoping, etc ... it requires focus, dedication, and plain hard work.

Q: What are your expectations?

A: I expect the men and women of the 673d Air Base Wing to do their best each day to accomplish their assigned missions, keeping an eye on the larger picture. Each of us should be able to link our daily activities to our five priorities ... preparing our



warfighting capability, ensuring JBER is an able weapons systems that can support and project the mission sets which reside aboard her, supporting our deserving military families, developing our leaders of tomorrow, and pushing our joint base construct further to achieve optimal results in as many categories as possible.

I expect our military personnel, both officer and enlisted, to take care of their business with respect to physical fitness, professional military education, Community College of the Air Force, undergraduate and graduate

degrees, as appropriate, and growing in your area of expertise.

For our civilians, you're our continuity ... you're in many cases our most experienced in your functional area. We need your help to provide instruction, guidance, and mentoring of our junior personnel so they're ready to take on their assigned missions when their turn comes to deploy - which in our business, is simply a matter of when, rather than if.

Additionally, I encourage our civilians to take on the challenge of equivalent and

appropriate professional military education and developmental opportunities, where appropriate. That common experience brings us closer together as a community.

Q: What is your first impression of Alaska and JBER?

A: Alaska is an incredible part of our country and from the looks at JBER, both the installation itself and the men and women who live, work, and play here, it's obvious to me that there's been an incredible sense of teamwork to get us out of the joint base gates. My hat is off to all those who've been engaging 5-meter targets on a continuous basis to get us where we are now.

Q: What kind of opportunity do you think this is?

A: This is an incredible opportunity. When you merge elements of two world class organizations, U.S. Army Alaska and her subordinate formations along with the 3rd Wing, you have the best of both worlds coming out of the starting blocks. I look forward to understanding more about where we've been to help us better shape where we're going.

Q: What environment do you see us operating in?

A: Our fiscal environment is going to be very interesting in the years to come. Some have said our greatest national security issue is our nation's mounting debt. DoD has already been asked to play a major role in helping attack this challenge and I anticipate we may be asked for more. Working through those challenges as a team, we'll no doubt have to make some very tough decisions, but we'll do so in as transparent and collective means as possible.

Q: Do you have any parting thoughts for Arctic Warriors?

A: Two things. First, my college lacrosse coach had a saying that "little things lead to big things that score big goals that win big games." We've done an incredible job in getting JBER out of the gates and I look forward to helping us ensure our processes are sound and repeatable so they can not only weather time, but also potential changes in our fiscal environment.

Secondly, I look forward to being out in the work centers and having an opportunity to interact with not only the great men and women of the 673d Air Base Wing, but all our mission partners across JBER.

Summer safety: stuck between a rock and a hard place

Commentary by Air Force Capt. Ashley P.W. Norris
Air Force News Service

MARCH AIR RESERVE BASE, Calif. — We had digital and hard copy maps, detailed driving and hiking directions, two GPS devices, two compasses, four cell phones, three Camelbaks, walking sticks, two first aid kits, two hand-guns, sunscreen, lunch, snacks and a cooler full of extra drinks and ice. Despite all of our preparations, we were still confronted with a situation where we almost had to dial 911 for help. Luckily, with some ingenuity and sheer willpower we were able to save ourselves and avert a potential crisis.

Hiking in the mountains, trails, or wilderness, requires that you focus on the "what if's" of a worst case scenario. Injury, dehydration, getting lost, dangerous wildlife, bad weather, or car troubles are a few possibilities to consider when making preparations. I had a close call and learned a valuable lesson that coincides with the start of 101 Critical Days of Summer.

On Mother's Day morning, my husband, friends and I set out on a four and one-half mile hike through the Nevada wilderness. We were following a mapped route with multiple waypoints to Mt. Potosi. This was the site of the 1942 plane crash that took the lives of 22 people, to include Clark Gable's wife, Carole Lombard and 15 Army Air Corps pilots. Her death caused the "Gone with the Wind" star to join the U.S. Army Air Force where he served for three years in Europe.

We planned and packed accordingly for the hike, in which we estimated would take about four to five hours for the entire excursion. While under way, we encountered unpaved and somewhat treacherous roads, which added an unex-

pected hour and one-half to our trip. Prior to reaching our proposed starting point, we decided to take the easiest trail to the site, but due to a missed the turn, we were forced to hike the steeper, more challenging trail.

After trekking through fields of arroyos and brush for almost three hours, we finally reached 3,373 feet above sea level. The mid-day heat began to take a toll, as the sun glared down on us. Feeling weathered and fatigued, we somehow lost the trail and began disagreeing about which canyon the crash site was located on.

I was nursing a tender ankle - a prior injury and not figured into our trip plan - which hindered me from scaling the rocky hillsides at a pace to keep up with the rest of my party. When the pain became too great, I told the others to continue on and collect me on the way back down. Like a good military team, they refused to leave me behind, so we decided to discontinue our hike and grab a bite to eat.

After eating, we started our decent and lucked out by finding a low grade trail that took us the entire way down with minimal effort. We had a brief scare when my husband stepped on a concealed dead log and slid four feet down the hill. Luckily his pack and long-sleeve shirt took the brunt of the damage.

We celebrated our arrival to the vehicle by drinking some ice cold soft drinks and tea from the cooler. While shedding our gear, we laughed and talked about re-attacking the hike, but not today. We packed up our belongings and started for home with plans of using the same rocky road that brought us here.

By now, our trip had exceeded four hours and we were all tired, hot and slightly dehydrated. We didn't concentrate on the present



Courtesy photo

situation and assumed that the drive home would be as uneventful as the drive to the trailhead, which was our critical mistake.

On the way to the main road, under the watchful eyes of my gentlemen navigators, we managed to drive right into a steep grade and immediately got stuck. The opposing wheels of my vehicle were spinning in the air and the front bumper was lodged in the dirt; long story short, we weren't going anywhere!

We tried rocking the car backward and forward, we shoved dirt and rocks under the tires and we put weight in the bed of the truck but nothing worked. After about

thirty intense minutes, we began feeling extremely fatigued, were sunburnt and dehydration was slowly becoming evident. At that point, we wondered if we needed to call for help. However, we figured it would take a rescue team at least two hours to find to our location and we were quickly running out of time before sunset. We were 10 miles from the closest paved road and 12 miles from the outskirts of Las Vegas.

So, with cell phones in hand, we climbed the closest hill for better reception and were able to get enough bars to make a call. After talking with roadside assistance for more than an hour, they were still

unable to find our location on the map. Since that didn't work, they wrote down the driving directions and forwarded to a local towing company for action. They recommended several times that we call 911 because at this point, we were starting to panic and I thought we were going to have to save ourselves and hike out.

Luckily, during my phone call, the guys were finally able to move the truck back six inches and dig out the front end of the bumper with their hands. Also, they used sticks to move several big rocks from the road. They moved enough earth to drive the truck forward and through the ditch after almost two hours of frantic digging.

We were lucky that everything turned out alright and that we didn't have to hike out of the desert. If we had, we assuredly would have run out of water after another hour or two of hiking. If we hadn't packed the ice chest full of extra drinks, we surely would have been even more stressed, pondering the thought of dehydration during the two hours we spent digging out the truck.

Regardless of the food and water we packed, the sunscreen and the essential hiking supplies, we still weren't fully prepared. We never packed any supplies to help if we had problems with the truck. A towing strap or rope and a small shovel would have been very useful tools to have. While we can laugh about it now, we were lucky. The only scars suffered from that day were on the front and rear bumper of my vehicle.

I can guarantee that on our next trip to Mt. Potosi, and there will be a next trip, we'll prepare properly for both the hiking and the road trip to ensure that neither the wilderness nor the rocky roads makes us a casualty.

**Alaskan Command/
11th Air Force
Commanding General**
Lt. Gen. Stephen Hoog (USAF)

**U.S. Army Alaska
Commanding General**
Maj. Gen. Michael X. Garrett (USA)

**Joint Base Elmendorf-Richardson/
673d Air Base Wing Commander**
Col. Brian P. Duffy (USAF)

**Joint Base Elmendorf-Richardson/
673d Air Base Wing Vice Commander**
Col. Timothy R. Prior (USA)

ARCTIC WARRIOR

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To advertise in the *Arctic Warrior*, please call (907) 561-7737. Editorial content is edited, prepared and provided by the *Arctic Warrior* staff.

Editorial office and mailing address: JBER Public Affairs, 10480 22nd St., Suite 123, Joint Base Elmendorf-Richardson, AK 99506; telephone (907) 552-2174.

Send emails about news stories to ArcticWarrior@elmendorf.af.mil and david.bedard@elmendorf.af.mil.

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

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Duffy

From Page A-1

Evans will retire from the Air Force after serving 25 years and hosted his retirement ceremony the morning of the change of command ceremony.

Air Force Lt. Gen. Stephen Hoog, commander of Alaskan Command and the 11th Air Force, serving as reviewing officer for the ceremony, welcomed Duffy from “the land of the rising sun to the land of the midnight sun.”

“A variety of assignments, to include two command tours as a civil engineer and the deputy director of engineering support in Force Engineer Command in Kabul, Afghanistan, have prepared him for the command challenge on which you are about to embark,” Hoog said.

Hoog also commended Evans on how he has handled command of JBER and the 673d ABW.

“In an endeavor known as joint basing, Col. Evans’ challenge was to merge the facilities, the support functions and, yes, even the cultures of two great services and anyone who has been around the military will tell you, this is no small feat... Thank you for a job well done,” Hoog said.

Evans talked about the beginnings of the wing and how far they have come.

“This wing was born into adversity and we have faced adversity in the years since with the loss of an F-22 and the pilot Capt. (Jeff) Haney, the loss of Soldiers and Airmen in combat, the loss of friends, teammates and family members of suicides, tragic accidents and most recently a murder,” Evans said.

Evans went on to say one learns about the character of the leaders and the people from adversity.

“What I learned was that Joint Base Elmendorf-Richardson, our teammates, and the men and women of the 673d Air Base



A formation of troops stands at parade rest during the 673d Air Base Wing change of command ceremony June 1. Air Force Col. Brian Duffy took command as Air Force Col. Robert Evans retired after 25 years of service. (U.S. Air Force photo by Staff Sgt. Cynthia Spalding)

Wing were up to any task,” Evans said.

In his remarks, Duffy thanked everyone who was involved in putting the ceremony together. He also stated his wishes for JBER and the 673 ABW.

“I look forward to serving the many missions and people of JBER in the time to come and to continue the incredible work done by a great team here,” Duffy said.

Duffy entered the Air Force in August 1989 as a graduate of the Air Force Reserve Officer Training Corps and has served in 16 assignments, 5 overseas and 11 stateside, including his tour here as commander of JBER and the 673 ABW.

Duffy is a graduate of the Virginia Military Institute, where he received a Bachelor of Science degree in Electrical Engineering.

He also has a Master of Engineering from North Carolina State, is a distinguished graduate and earned a Master’s Degree in Military Operational Art and Science from the Air Command and Staff College at Air University, and a Master of Science in National Security Strategy from the National War College on Fort Lesley J. McNair in Washington, D.C.

Smith

From Page A-1

“Smith has been my Soldier now for over a year, and he’s probably the most squared-away Soldier I’ve ever had,” Riley said. “That guy can just make you laugh constantly. He’s funny.”

Riley recalled a time when he put Smith through the paces during what he called a “stress test.” Medics are put into a high-stress condition, usually induced by physical exercise. At the point when they are physically stressed, they’re given a trauma situation where they have to figure out everything wrong with the casualty and treat them.

“The first time I tested Smith I started by making him do push-ups in all of his gear and he was just smiling the whole time,” Riley said. “He didn’t get tired, so I had him start sprinting back and forth across the parking lot. He kept on smiling and still didn’t get tired. So I had him do (interval sprints), and he continued smiling. I was getting tired trying to tire him out. He’s in great shape.”

While Smith worked on the mock patient, Riley said he tried distracting him, and Smith just remained focused on what he was doing.

Smith said he likes to have fun



Spc. Spencer Smith, a native of Auburn, Calif., and a medic with Team Delaware, 1st Battalion (Airborne), 501st Infantry Regiment, checks out a local villager who has back pain in the Tani district, May 28. Smith performs minor medical treatment as a courtesy to the villagers who have to travel many miles to the nearest medical facility. (U.S. Army photo/Spc. William Begley)

while he works.

“He’s got this way of making wisecracks while he works that just cracks you up,” Riley said. “I quit trying to stress him out because I was laughing too hard. I don’t know anybody that doesn’t like the guy.”

One of Riley’s fellow non-

commissioned officers commented Smith never has a bad day.

“He always seems to find something good about the day,” Riley said. “It’s awesome being around someone like that when you’re deployed. It helps to keep your mind off the fact that your so far from home and your

loved ones.”

Sgt. 1st Class Jason Person who hails from Gaithersburg, Md., is Smith’s platoon sergeant. Person said Smith has helped a lot of guys to smile during this deployment, but he’s also helped a lot of the local populace.

“He’s outstanding; he’s a smart

guy who does his job well,” Person said. “He has treated a lot of Afghans on this mission cycle. He’s very well trusted by the Soldiers in this company. Everybody likes him.”

As the platoon sergeant, 43-year-old Person is responsible for creating casualty collection points and said Smith is tied to his hip most of the time. He’s Person’s battle buddy.

“He likes to sing, all the time,” Person said. “If I’m bored I’ll say sing me a song and he even goes back to the 80’s just for me.”

Smith is not satisfied with just being an Airborne medic in the “regular Army.” When he gets back to the United States after this deployment, he wants to attend the U.S. Army Ranger School or become a member of the Special Forces.

“I either want to wear a green beret or a tan beret,” Smith said.

If he doesn’t make it as one of those elite forces, there are other options.

“There are lots of opportunities in the Army,” Smith said. “If I can’t qualify for Special Forces or the Rangers, I would love to fly. If I stay in as a career Soldier, I have thought about dropping a packet to become a pilot.”

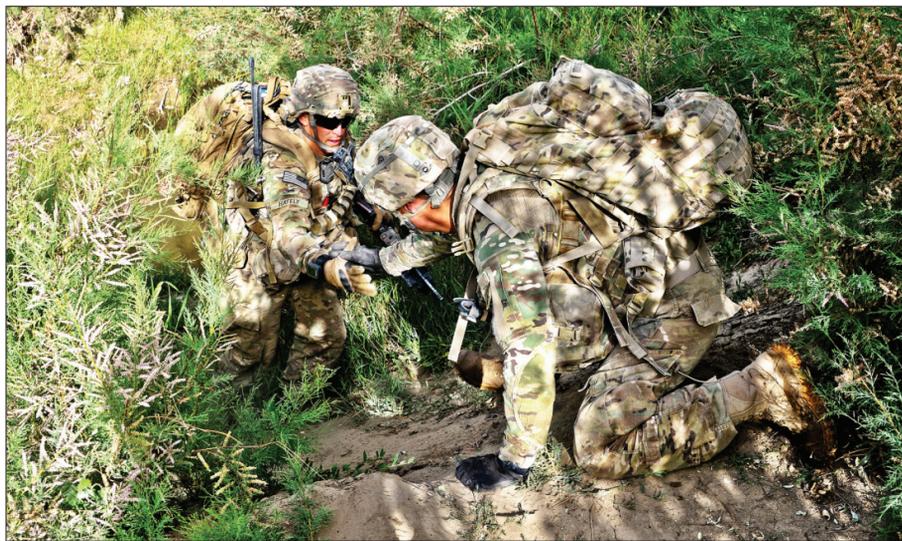
One thing is certain, if Smith becomes a pilot, he will probably have the funniest pre-flight briefing you’ve ever heard.



DOG DAYS *of* SUMMER

*Dog Company, 3-509th Inf.
patrols outside COP Zormat*

Sgt. 1st Class Fernando Gonzalez, platoon sergeant of 3rd Platoon, Dog Company, 3rd Battalion (Airborne), 509th Infantry Regiment, from El Paso, Texas, directs the movements of his platoon outside Combat Outpost Zormat, May 30. (U.S. Army photos/Spc. Eric-James Estrada)



ABOVE: A fellow paratrooper aids Cpl. John Hatley, from Alexandria, Va., up a muddy hill during a patrol outside the village of Omar Kala near Combat Outpost Zormat, May 30.

LEFT: Pfc. Jared Johnson, a mortar paratrooper from Yukon, Okla., conducts security during a patrol outside the village of Kalian.

RIGHT: Paratroopers with Dog Company, 3-509th Inf., move through a field during a patrol outside the village of Omar Kala.



Briefs and Announcements

Disposition of effects

Army 1st Lt. Michael Paris, Rear Detachment, 4th Brigade Combat Team (Airborne), 25th Infantry Division, is authorized to make disposition of personal effects of Sgt. Brian L. Walker, 425th Brigade Special Troops Battalion, as stated in Army Regulation 638-2.

Any person or persons having claims for or against the estate of the deceased should contact Paris at (907) 230-8712.

Disposition of effects

Army 2nd Lt. James Lewis, 425th Brigade Special Troops Battalion, is authorized to make disposition of personal effects of Pfc. Richard L. McNulty III, 425th BSTB, as stated in Army Regulation 638-2.

Any person or persons having claims for or against the estate of the deceased should contact Lewis at (907) 384-1347.

Army Birthday Ball

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

Hospital closures

The 673d Medical Group will close the hospital all day June 21 for an exercise.

School physicals

The 673d Medical Group is offering physicals by appointment only for school and sports. Physicals are valid for one year. To schedule an appointment, call 580-2778.

Public Health closures

Public Health closes the first Thursday of the month from 1 to 4:30 p.m. and the third Thursday of the month from noon to 4:30 p.m. every month. For more information, call 580-4014.

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 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 process.

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.

U-Fix-It Store

The U-Fix-it Store is located in Building 706 and is open to all Aurora Military Housing tenants.

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

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

There are also American flag kits, and fire extinguishers available. U-Fix-It work includes all home maintenance activities.

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

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

located on base.

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

The JBER-Richardson location is Building 706 1st St., open from 8:30 a.m. to 5:30 p.m., Monday to Friday.

A window blind cleaning machine is currently located at the JBER-Elmendorf location.

A “reservation required to use” policy is in place with the priority going to military members PCS-ing. For more information, call 375-5540.

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.

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.

Giant Voice testing

Giant Voice mass notification system testing occurs every

Wednesday at noon. If the announcement is difficult to hear or understand, please call 552-3000.

If the announcement is difficult to hear or understand in any base housing area, please contact JBER at [Facebook.com/JBERAK](https://www.facebook.com/JBERAK).

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.

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 Man-

agement 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.

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 transport.

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.



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.

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.

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>.

Military publications

Visit the Joint Base Elmendorf-Richardson Public Affairs Office, 10480 22nd Ave., Suite 123, for copies of the JBER Installation Guide and Phonebook (limited supply).

City of Anchorage maps are also available.

Call 552-8918 for information.

Spartan Celebration

4-25 ABCT families mark mid-point of deployment with food, games
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Static scrubdown

JBER static display aircraft get their annual washing
Page B-9



www.jber.af.mil/news

COMMUNITY

Volume 3, No. 23

Joint Base Elmendorf-Richardson

June 8, 2012

HIGH ADVENTURE



Bartlett High School Junior ROTC Cadet Amber Bachtell, 13, listens to instructions while she rappels June 1 at Camp Carroll. Cadets stayed at JBER for a week during JROTC Cadet Leadership Challenge.

JROTC cadets learn to surmount fear, limits at JBER towers

By David Bedard
JBER Public Affairs

In a single week, Junior ROTC cadets from Bartlett and Colony high schools encountered more adventure than most adults will experience in a lifetime.

During last week's JROTC Cadet Leadership Challenge summer camp at JBER, cadets leapt out of the 34-foot jump tower, traversed the 35-foot rappel tower, rode by the open doors of UH-60 Black Hawk helicopters, learned survival-swimming skills and successfully negotiated a grueling obstacle course.

Retired Army Lt. Col. Butch Diotte, Colony High School JROTC senior Army instructor, said because almost all of the events involve overcoming the natural fear of heights through faith in their equipment and newly acquired skills, cadets were challenged to break through the barriers of their perceived limits.

"It's a challenge for a lot of the cadets," Diotte said. "It challenges them physically and mentally – instills mental toughness.

"During the jump tower, some cadets had concerns and fears, but they overcame them," he continued. "Now, their confidence is much improved."

One Colony cadet, clad in parachute harness, helmet and dummy reserve parachute, froze in the door when she could see just how high above the ground she was.

It wasn't long before her fellow cadets gathered at the bottom of the tower to encourage her.

After a few minutes of nearly jumping

before recoiling back into the door, the cadet stepped out – dropping several feet before the parachute risers countered the unforgiving force of gravity.

Wild cheers broke out among her fellow cadets, a confident smile beamed across her face as she was extracted from the harness.

The fear is something Cadet Cannon Jurrens, Bartlett High School cadet battalion commander, said she can identify with.

For her, it was willfully lowering herself over the precipice of the rappel tower and assuming a good L-shape before bounding 35 feet to safety.

"I cried the first time I rappelled off the tower," Jurrens said with a laugh. "But now, it's really easy, and I think it helps me with the rest of my life. I'm not scared to do a lot of other things that I would have been scared to do, because I know I'm capable of doing that.

"Cadets get to face their fears," she continued. "They get more confidence. They get to learn structure and learn a little bit of discipline."

Structure is a subject that comes up quite often in JROTC circles during JCLC. Diotte said cadets are organized like an Army battalion, complete with a cadet staff, companies, platoons and squads.

"A lot of the kids need structure in their life," the colonel said. "Some of the kids – when they come in their freshman year – are brand new to the whole discipline thing. It takes them awhile to figure it out. But you would be to see the improvement after one year.

"You'll have a wise guy starting out in the fall, but by spring he's one that's a squad leader who's giving orders because he's matured. It's a good structure."



Sgt. 1st Class Joshua Collins, 1st Battalion (Airborne), 501st Infantry Regiment, a native of Garfield, Ark., talks to Bartlett High School Junior ROTC Cadet Jessica Romero, 16, during rappelling training at Camp Carroll June 1.



With the help of Sgt. 1st Class Donshay Morning, 6th Engineer Battalion, Colony High School Junior ROTC Cadet James Sawyer, 17, exits the 34-foot jump tower June 1 at the Airborne Sustainment Training Area. (U.S. Air Force photos/David Bedard)

– the appeal of the discipline and structure quickly helped her decide to pursue a military officer's commission. She has applied to all of the military service academies as well as to Dartmouth, Stanford and Harvard.

Throughout the week, cadets received instruction, facilities and range support from

Alaska Army National Guard and USARAK Soldiers. Diotte said he feels fortunate to be near a base that can support a robust JCLC.

"The facilities are really great here at JBER," he said. "We've had nothing but superb support from both the active duty and the National Guard."



Colony High School Junior ROTC Cadet 1st Sgt. Tessa McKittrick, 17, stands at the head of the formation June 1 at the Airborne Sustainment Training Area. For more photos, see page B-6.

Creating a will isn't comfortable, but it's always necessary

By Air Force Capt. Quiana McCarthy
673d ABW Judge Advocate

Planning for your death is not a comfortable process. To be sure, we don't generally enjoy discussing such a somber topic.

It is wise to be prepared, however, and legal readiness includes estate planning and ensuring your affairs are properly arranged. Every military member bears this burden in order to be ready to deploy. But how does one satisfy this duty?

Estate planning can be confusing and present difficult questions. Where does one even begin? An important first step is preparing a will (with the assistance of an attorney).

Active duty service members can avail themselves of free legal assistance from the base legal office. If you have a fairly simple estate, the base attorneys can create your will and can also create simple trusts for your minor children.

With respect to the latter, an important initial step is to have a conversation with your family to discuss guardians and trusts for minor children, personal representatives, funeral arrangements, and other issues pertinent to your final wishes.

Many clients come to the legal office with questions regarding what is included in a will and what considerations should be made when drafting such a document.

The advice provided here is merely a

basic overview and is not meant to replace seeking legal counsel.

This advice should simply introduce you to the subject and assist in focusing on your individual estate.

With a better understanding of estate planning, you can ensure the maximum benefit from your legal assistance appointment.

What is an "estate?"

Your estate includes everything you own, no matter whether you own it entirely or have only a partial interest in it. For example, your estate can include cars, military memorabilia, insurance policies, timeshares, etc.

What is estate planning? Estate planning involves deciding how to dispose of your real and personal property upon your death.

To whom, for instance, do you want to give your autographed baseball or your wedding ring? Estate planning also involves making provisions for your minor children, including appointing a guardian and a trustee.

These individuals care for your children and manage their property until they reach adulthood. Of course, it is wise to check with every proposed guardian and trustee ahead of time to ensure they will accept the job.

Do I need a will?

You should execute a will if you have minor children, own real estate, have an

estate exceeding \$500,000, or have pieces of personal property you want to go to specific individuals. This list is not exhaustive, and it often helps to speak with an attorney when deciding whether to make a will.

Does a will cover all my property?

No. Your life insurance and certain retirement accounts, for example, are called "non-probate assets," which means they do not pass as part of your will (although they may count toward the total value of your estate for tax purposes). When you set up a life insurance policy or retirement account, you probably designated beneficiaries for it. Life insurance proceeds and retirement accounts pass according to those designations.

In your will, you will designate beneficiaries (the individuals or organizations who will inherit your assets according to your will), personal representatives/executors, guardians and trustees.

What is a personal representative or executor?

A personal representative or executor is the individual who will manage and settle your estate pursuant to your will. You can also appoint a secondary personal representative or executor, to take over in the event the primary fails to act for any reason.

What should I consider when appointing a guardian? A guardian is the individual who

will handle the parenting of your children.

Unless you appoint a separate trustee, the guardian will also manage your children's property until they reach adulthood. Therefore, you should consider the maturity level and financial stability of every potential guardian. You should also consider their personal and religious values, as well as their physical health.

When should I change my will? You should change your will if:

- you get married or divorced;
- the individual you name as guardian, trustee, or personal representative dies;
- there is a birth or death that affects your estate plan;
- you want to change your beneficiaries;
- you change your state of legal residence;
- your property value increases or decreases significantly;
- estate tax law changes

How long is a will valid?

Your will is valid until you revoke it or execute a new one.

Legal readiness includes planning your estate and having a valid will in place.

Active duty service members may be called to deploy at any time and they must ensure that their final affairs are in order.

To discuss estate-planning concerns, make an appointment with the base legal office by calling 552-3046 or 384-0371.

Faith that will support your RV of life

Commentary by Air Force Chaplain (Capt.) Todd Dickman

The other day I spoke to a group of Airmen who have recently returned from deployment.

I asked, "How many of you are people of faith?"

About two-thirds of them raised their hands.

Then I asked, "How many of you rode in a car this morning?"

All of them raised their hands and then the light bulbs started going on over everyone's heads. We are all people of faith.

We ride in cars with other people in cars just feet from us, we work with jet fuel and firearms, we fly planes, we deploy to dangerous areas of the world...how could we do any of this without some kind of faith?

In New Testament Greek, faith is many times a verb; it is an action word. The verb is *pisteuo*; it means "to believe, to have a mental

persuasion" or, perhaps more a more compelling translation is "to entrust, to commit to the charge or power of."

So when I climb into a vehicle, I am "faithing" that the vehicle is in proper working order, that I and the vehicle operators around me will operate correctly and with suitable attention to the road, etc.

Perhaps the best illustration of faith I have found is that of North Dakotan ice fishermen and women.

The good people of North Dakota have figured out that X number of days below zero degrees equals X thickness of ice on the lakes. Once enough below-zero days have occurred (and there are plenty) they know that the ice is thick enough to support a person.

More below-zero days and the ice will support a fishing shack. More days and the ice will support a car...There are people who will drive their huge RVs out onto the ice of those lakes.

That, my friend, is faith.

Faith is something intangible that sustains a person's life. With faith a person can go on; faith is the foundation of hope.

I don't have to tell you that military life is difficult – the constant change of location and people, the strain of the mission, and the weight of our commitment to defend our country from all enemies, foreign and domestic just to mention a few.

I wonder, have you found something on which you can drive the RV of your life? Have you found something that will support you in whatever situation or circumstance you find yourself in?

A lot of people I talk to have the sense that their lives would be better if they started going to church, synagogue, mosque, etc. or going back.

The Air Force and Army Chaplain Corps exist, in part, to assist you in your faith development. Give us a call or stop in and talk to your unit chaplain. You'll be glad you did.

Men's health for Father's Day

By Shari Lopatin
TriWest Healthcare Alliance

Prostate cancer is the most common cancer in American men, regardless of their age or ethnicity, according to the Centers for Disease Control and Prevention.

So for Father's Day this year – which is June 17 – why not encourage the men in your life to get tested?

"Prostate cancer screening means looking for cancer before it causes symptoms. This helps to find cancer at an early stage when it may be easier to treat," the CDC says on its website.

One such test is called the PSA test. And it's as simple as drawing some blood.

TRICARE covers prostate screening tests for men who are older than 50, those older than 40 who have had a vasectomy, and those between the ages of

40 and 49 who also have a family history of prostate cancer.

In addition to regular prostate cancer screenings, men should receive the following top six tests to stay at optimal health:

- Cholesterol tests every five years, and yearly starting at age 35
- Blood sugar levels, every three years
- Colon cancer screening, starting at age 50; colonoscopies are recommended only once every 10 years
- Blood pressure, every year
- Digital rectal exam, starting at age 50
- Skin cancer screening, every three years between age 20 and 40, and every year for anyone older than 40.

For more tips on screening recommendations, visit *TriWest.com/Healthy Living* and visit the Screening Guide under "Health and Wellness."

FSS EVENTS & ACTIVITIES

FAMILY FUN



DISCOUNTED AK ZOO TICKETS
18 & OVER · \$8, 3 - 17 YRS · \$5
INFORMATION, TICKETS & TRAVEL
BLDG. 9497 · 753-2378

WILDLIFE CONSERVATION CENTER
SEASON PASS \$75
INFORMATION, TICKETS & TRAVEL
BLDG. 9497 · 753-2378

GOT VISITORS?
VISIT ALASKA NATIVE HERITAGE CENTER.
JUST OUTSIDE MULDOON GATE
ADULTS · \$21
7-16 YRS · \$14.50
6 AND UNDER FREE
INFORMATION, TICKETS & TRAVEL
BLDG. 9497 · 753-2378

DADS & DUCT TAPE
HANDS ON CONSTRUCTION PROGRAM
JUNE 16 · 1 - 3 P.M.
JBER CONSOLIDATED LIBRARY
BLDG. 7 · 384-1640

CERAMICS
PICK AND PAINT CERAMICS
\$10 & UP
POLAR EXPRESS ARTS & CRAFTS CENTER
BLDG. 755 · 384-3717

POLAR BOWL
OPEN BOWLING ON SATURDAYS
JUNE 2, 9, 16, 23, & 30 · 12 - 9 P.M.
X-TREME BOWLING
JUNE 2, 9, 16, 23, & 30 · 9 P.M. - 1 A.M.
BLDG. 7176 · 753-PINS (7467)

MILITARY APPRECIATION DAY PICNIC
JUNE 8 · 11 A.M. - 2 P.M.
BUCKNER PHYSICAL FITNESS CENTER
SPORTS FIELD
BLDG. 690 · 384-1308

FREE MOVIE & POPCORN
JOURNEY 2 · JUNE 8 · 6 P.M.
JUNE 16 · 1 - 3 P.M.
BIG MIRACLE · JUNE 22 · 6 P.M.
ARCTIC OASIS
BLDG. 9497 · 552-8529

Community happenings

SATURDAY AND SUNDAY
Three Barons Ren Faire
 The Three Barons invite all to enter their realm for revelry and merriment.
 Living chess, circuses, puppets, magic shows and fairy tales make for fun-filled times for the whole family from noon until 8 p.m. at Tozier Track.
 For more information visit www.3barons.org.

THROUGH WEDNESDAY
Astronomy Week
 The American Astronomical Society hosts its 220th meeting in Anchorage.
 The week-long program features hands-on science, talks by scientists including Nobel Prize in Physics winner Dr. Brian Schmidt, films and much more. Locations vary; for information visit www.aas.org.

JUNE 13
Orienteering outing
 A family-friendly "Mooskit-O" from 4 p.m. until 7 provides varied courses for map and compass.
 Bring an iSportsman pass and follow the orange markers north off Davis Highway out Pole Line Road to Thompson Lake.
 For more information, call 346-2294 or visit www.oalaska.org.

THROUGH JUNE 18
Slam'n Salm'n Derby
 Ship Creek is just feet away from downtown hotels, but the fish can top 40 pounds.
 There are many classes and prizes in this annual derby, so you don't need to land the biggest fish to reel in great prizes.
 For information, visit www.shipcreeksalmonderby.com.

SATURDAY
Potter Marsh discovery
 Discover Potter Marsh and some of Alaska's wildlife at Anchorage's most popular wildlife viewing area from 11 a.m. to 4 p.m.
 This family-friendly event on National Get Outdoors Day includes nature-related games and prizes, birding stations along the boardwalk, captive birds from the Bird Treatment and Learning Center, educational animals from the Alaska Zoo, kid-friendly archery range, fly-fishing practice area, release of a rehabilitated bald eagle

and more.
Run for Women
 Alaska women pound the pavement to raise funds for breast cancer research and awareness, with 1 and 5-mile runs beginning at Sullivan Arena.
 Registration and bib pick up is from 6:45 to 8:15 a.m. The 1-mile run begins at 8:30 a.m., and the 5-mile run begins at 8:45 a.m.

Book signing
 The JBER Library hosts Steven Levi, an Alaska historian, for a book signing from 1 to 3 p.m.
 Levi has written more than 70 books as well as poetry, screenplays and media presentations.
 For information, call 384-1799.

JUNE 15
Beach party day
 Enjoy the sun and get crazy with volleyball, frisbee, water guns and a sand-castle contest at Goose Lake Park all day. Bring a beach towel, sunscreen and a picnic lunch.
 For information, visit www.muni.org/parks or call 343-4130.

JUNE 15 THROUGH 17
Juneteenth celebraton
 This family-oriented multicultural event offers the opportunity to learn more about historical African-Americans. Live entertainment, free food for children, games and more aim to make this a weekend of unity and celebration.
 For more information visit juneteenthalaska.com.

JUNE 16
Weed Smackdown
 Help smack down the invasive European Bird Cherry at the 2nd Annual Weed Smackdown at the Valley of the Moon Park.
 This family-friendly event features prizes and free lunch for all participants.
 Register at www.weedwar.org or email weedwar.org@gmail.com.

JUNE 17
De Ronde van Anchorage
 All levels of cyclists are welcome to experience this 62-mile loop around Anchorage. Put adventure back into your rides by discovering new areas all around the Anchorage area.
 Ride starts at the Peanut Farm

with registration from 7 to 7:45 a.m.; the ride starts at 8 a.m.
 For information visit alaska-randonneurs.org or call 276-6299.
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, contact a unit representative or call 384-2067.

JUNE 23
Summer Solstice Festival
 Alaskans celebrate the longest day of the year in downtown Anchorage with tons of events in one sweet celebration.
 Hero Games pit police, firefighters, military members and state troopers against each other. Live music, vendors and more are on the docket.
 For information, visit www.anchoragedowntown.org or call 279-5650.

Mayor's Marathon
 Join runners and walkers from around the world for the annual half marathon or full marathon, a 5K, and a Youth Cup.
 The longest day of summer kicks off at 8 a.m. from Bartlett High School to West High School.
 For information, call 786-1325 or visit mayorsmarathon.com.

JULY 4
July 4th Celebration
 The citywide celebration of Independence Day features a parade at the Park Strip, a pancake breakfast and tons of activities for the whole family.
 For information visit www.anchoragejuly4thcelebration.com.

JULY 6 THROUGH 8
Girdwood Forest Fair
 The fair features Alaska artists, hand-crafted items, exotic foods and entertainment from all over the state. The event kicks off with a parade Saturday at 10 a.m. with parking at the Alyeska Resort daylodge.
 July 6 and 7 from 11 a.m. to 8 p.m. and July 8 from 11 a.m. to 6 p.m. For information, visit www.girdwoodforestfair.com.

JULY 21
Alaska Men's Run
 Join this 5-mile run or 2-mile walk with registration from 8:30 to 9:30 a.m. at the Anchorage football stadium.
 The run starts at 10 a.m. and benefits those with prostate or testicular cancer.
 For information call 622-9243.



ONGOING
Sing-along at the zoo
 Pre-school aged children 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/msmre or email bjorgan@alaska.net.

Motorcycle training
 The Basic Rider Course, Basic Rider Course 2 and Military Sport-bike Rider Course are now accepting applications.
 All military personnel and those civilians who use motorcycles as a duty requirement need to be certified.
 To register, visit www.militarysafepmv.com and select Elmendorf-Richardson, or contact the safety office at 552-5092 or 552-6850.

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 though 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.)

Road Warriors running
 Want to get out and run, bike or swim?
 Military, family members and civilians alike are welcome to train regularly with the group and get involved with monthly running, biking and swimming events with the Road Warriors.
 For events and more information, check the Road Warriors (Alaska) Facebook page or call 384-7733 or 552-1361.

FSS EVENTS & ACTIVITIES

RECREATION

 *First 40 sign-ups get free t-shirts*

HILLBERG CHALLENGE
4.5 MILE CROSS COUNTRY RUN
JUNE 15 - Race Starts 12 P.M.
SIGN UP 11 A.M. @ HILLBERG SKI AREA
JBER ELMENDORF FITNESS CENTER
BLDG. 9510 · 552-0610



COMBAT X-COUNTRY SERIES
MOUNTAIN RUN
JUNE 15 - 1 P.M.
FREE @ ARCTIC VALLEY SKI AREA
BUCKNER PHYSICAL FITNESS CENTER
BLDG 690 · 384-1308

TRIPS



SEWARD JBER RECREATION CAMP
NOW - JUNE 30
50% OFF SUNDAY-THURSDAY RESERVATIONS
AUGUST 11 - 19
SHOW US YOUR SEWARD SILVER SALMON DERBY TICKET AND RECEIVE 25% OFF YOUR STAY
FOR RESERVATIONS 552-5526
OR (907) 224-5425



FISHING LICENSES
AND KING STAMPS FOR SALE
OUTDOOR RECREATION JBER ELMENDORF
BLDG 7301 · 552-2023



ATV SAFETY COURSE
JUNE 12, 19 & 26 · 1 - 5 P.M. · \$50
FREE IF YOU HAVE YOUR OWN ATV.
CALL FOR LOCATION
JBER RICHARDSON
OUTDOOR RECREATION
BLDG. 7301 · 384-1475



EAGLE RIVER
WHITewater RAFTING
JUNE 6 & 7 · 5 - 8 P.M. · \$49
OUTDOOR ADVENTURE PROGRAM
BLDG. 7301 · 552-4599



Spartan families celebrate midpoint of Afghanistan deployment

Goins makes appearance as families gather for team-building events

By Staff Sgt. Matthew E. Winstead
U.S. Army Alaska Public Affairs

Friends and families of the six battalions that compose the 4th Airborne Brigade Combat Team (Airborne), 25th Infantry Division gathered at Cottonwood Park May 31 to mark the halfway point of their loved ones' Afghanistan deployment.

Coordinated by a combination of the brigade's rear detachment leadership, key leaders of the brigade family readiness group and many volunteers, the day marked the unit's accomplishments during their time away.

The celebration also aimed to provide the families back home a fun way to relax.

The event featured several bouncy houses, displays from JBER police and fire departments, games, face painting and even a small spa where wives could get their hands and arms massaged while their children enjoyed the activities.

Among the attractions was a JBER Fire Prevention Services fire engine, which the children were allowed to play on.

"We were really happy to be able to come support this operation today," JBER Firefighter Ryan Sharr said.

The base fire department also provided a fire safety simulation house where several hazardous situations can be simulated under

a controlled setting. Events like safe smoke in a bedroom, kitchen and even a "hot door" which can be used to indicate danger in the form of hidden fire can be simulated to educate children on the dangers of house fires.

There were burgers and hot dogs and door prize giveaways including flat screen TVs and car-detailing packages.

There was one more surprise in store for the gathered crowd.

Army Col. Morris T. Goins, the commander of the 4-25th ABCT, had managed to quietly return home on leave in time for the mid-tour celebration to attend the celebration as a guest speaker much to the joy of the surprised guests.

"We wanted to keep his presence at the celebration as quiet as possible just in case he got delayed or wasn't able to make it home in time," Yolanda Goins said, of her husband's return.

But with the commander present and able to address members of the crowd on a one-on-one basis, the mood was both festive and motivated.

The positive attitude of the gathering was clearly visible when Goins took to the microphone and his voice boomed across the park as he addressed the families of his Soldiers as the meal line was opened.

The commander met with families one-on-one and addressed the crowd.

"On the behalf of all the men and women still deployed to Afghanistan under my command, I just want to say thank you," Goins said. "Thank you for this event and thank you for all of the support you show on a regular basis."



Army Col. Morris T. Goins, commander of the 4th (Airborne) Brigade Combat Team, 25th Infantry Division, is told that the dunk-tank water is unheated as a young pitcher aims a fastball at the bull's eye during the 4-25th ABCT mid-tour celebration May 31 in Cottonwood Park. (U.S. Army photos/Staff Sgt. Matthew E. Winstead)

Goins went on to express additional thanks toward the families for their support and credited some of the significant accomplishments of his unit to the unwavering commitment they constantly show without fail day in and day out.

"Since our arrival in Afghanistan, the paratroopers of 4-25 have put away more bad guys and uncovered more caches than any other brigade in (Regional Command) East," he said.

After expressing additional thanks to the families in attendance, Goins invited them to continue to enjoy the food and events provided before giving them one last surprise.

In addition to being able to attend the event in person during his personal leave time back home Goins also volunteered to hop into the dunk tank and let some of the children toss tennis balls at the target to drop him into the vat.

With their spirits visibly high and several commanders and leaders dripping wet, the families continued to enjoy the celebration that had been provided and readied themselves for the last half of the deployment.

Goins bid farewell in his closing remarks, looking forward to the unit's homecoming.

"Airborne – and we'll see you on the high ground," he said.



A mechanical salmon – the Alaska version of a mechanical bull – is a main attraction at the mid-tour celebration for families of the 4th Brigade Combat Team (Airborne), 25th Infantry Division, hosted May 31 at Cottonwood Park. Families celebrated the fact that they and their Soldiers have made it halfway through the yearlong deployment to Afghanistan. The event featured a JBER Fire Prevention Services tour through a mock house.



Sparky the Firehouse Dalmatian offers a hug to a cautious toddler during the 4th Airborne Brigade Combat Team, 25th Infantry Division mid-tour celebration at Cottonwood Park on May 31.

Fitness is more than just your PT score

Commentary by Dr. Todd Fore
Air Force News Service

If asked about their health, many service members would point to their physical condition or recent fitness test as an indicator.

Being healthy is about more than just passing a fitness test.

Physical fitness is one component of total health, and contributes to mental and social health.

Learning to balance all the components of a healthy life is what makes Airmen and Soldiers truly fit.

Be Mentally Fit

Physical fitness absolutely improves your mental well-being.

Who couldn't use a little less stress in their lives? Or more energy? Or better quality sleep? Studies show that physical activity accomplishes that and more by increasing serotonin levels in the brain.

Serotonin is known as the "feel good" hormone and is associated with low anxiety and depression levels, and promotes relaxation.

Studies show additional by-products of physical activity are increased confidence, improved self-esteem and enhanced cognitive abilities including concentration, memory and learning.

Overall, physical activity improves mental awareness and improves mood.

Be Socially Fit

The benefits extend to our social health.

Physical activity gives us a venue to bond with others through shared experiences and strengthens our relationships.

Physical activities allow us to be involved in the community, by joining sports teams or running groups and supporting charity organizations.

Fitness also allows us to engage with like minded individuals.

As service members, we can extend the wingman concept to physical activity.

Find a fit battle buddy or wingman who can help you increase accountability and motivation for fitness activities.

Be Physically Fit

In our high ops-tempo culture, complete with force reductions and deployments, physical fitness is a must to complete our wartime mission.

The military expects all service members to be fit to fight, which requires we meet minimum fitness standards, but it is exceeding the standards that will make you fit to lead the fight.

The benefits of physical fitness extend far beyond our duties as Soldiers and Airmen.

Embracing a fit lifestyle yields results in all areas of our lives.

Studies have shown regular physical activity increases energy, combats depression, helps relieve stress, improves quality of sleep and staves off bad health conditions and disease.

Essentially exercise makes you strong – strong in body as well as in mind.

Ultimately it is every service member's responsibility to balance the components of health to ensure complete well-being.

Instead of focusing on simply passing your next fitness test, evolve the way you think about what it means to be fit.

Make fitness a priority in your life.

Make conscious decisions everyday to balance the components of total health – physical, mental and social.

Only then can you be the best Airman or Soldier who is fit to lead the fight.

'Just a diet' won't lead to lasting weight loss

Commentary by Air Force Lt. Col. Anthony Bankes
Air Force News Service

Two controversial topics that often dominate the headlines in our country are obesity and weight loss.

We are bombarded day and night with advertisements for weight loss pills, diets and workout contraptions.

According to the Centers for Disease Control, 34 percent of American adults 20 years and older are considered obese, with another 34 percent of adults considered overweight but not clinically obese.

An adult is considered obese if they have a body mass index of 30 or higher.

As a health care professional, I am always concerned about the relationship between excess body weight and medical conditions associated with them such as cardiovascular disease, hypertension and Type 2 diabetes.

I am also concerned about the false and misleading information we see in weight loss product and service advertising.

The use of deceptive or false information in

weight loss advertising is rampant and dangerous.

Many promise immediate success without the need to reduce caloric intake or increase physical activity.

Numerous supplements are of unproven value or have been linked to serious health risks.

According to *attorneygeneral.gov*, the market for these products, or schemes in some cases, is staggering, with consumers spending more than \$30 billion a year on weight loss products and services.

The world of weight-loss advertising is a fraudulent dream world where pounds "melt away," no diet or exercise is required, and "miracle" substances "seek and destroy" fat.

The Federal Trade Commission warns consumers about the extensive use of deceptive claims in weight-loss advertising.

A study conducted by FTC regulators found that 55 percent of advertisements made claims that were likely false or lacked proof.

We all want to believe that there is a fast and easy fix when it comes to our weight, but there is not.

So what, if anything, are we to believe?

First, use your head when making decisions about how to approach weight loss.

Be reasonable and take emotions out of the equation, take weight loss schemes at face value and don't buy into unreasonable claims.

Second, keep these words from the CDC in mind: "It's natural for anyone trying to

lose weight to want to lose it very quickly.

But evidence shows that people who lose weight gradually and steadily are more successful at keeping weight off.

Healthy weight loss isn't just about a "diet" ... It's about an ongoing lifestyle that includes long-term changes."

The bottom line is, there is no such thing as an easy answer to losing weight.

It takes work, time and an accurate knowledge of the calories in the food you eat and what it takes to burn them.

The traditional McDonald's Happy Meal, which consists of a hamburger, small fries and a 12 ounce soda, contains 590 calories, or 25 percent of an active adult male's daily caloric need.

It would take the average 170 pound male 4.9 miles of running to burn this amount of calories.

To lose a pound of fat per week, you need to burn approximately 3,500 calories more than you consume.

A regimen of 60-90 minutes of exercise four or more days a week along with a well-balanced diet helps achieve this goal.

The true secret to losing weight is having a smart, well-planned 500-calorie daily deficit that promotes healthy and consistent weight loss.

Don't approach weight-loss and exercise as sidebars to your life; make them a priority.

A healthy and well-conditioned body allows us to better handle the physical and emotional challenges we encounter every day – and it also helps us look great for the upcoming beach season.



Births

MAY 19

A son, Hunter Ryan Thayer, was born 22 inches long and weighing 8 pounds, 10 ounces at 12:03 p.m. to Leslie Ann Thayer and Air Force Staff Sgt. Micheal Ryan Thayer of the 3rd Munitions Squadron.

MAY 21

A daughter, Sydney Renee Lockwood, was born 21 inches long and weighing 8 pounds, 2 ounces at 5:47 a.m. to Jennifer Lynn Lockwood and Air Force Master Sgt. George Henry Lockwood of the 144th Airlift Squadron.

A son, Kason Marcos Diaz, was born 21 inches long and weighing 9 pounds, 5 ounces at 7:47 a.m. to Sara Jane Diaz and Army 1st Lt. Ramses Diaz of the 1st Squadron (Airborne), 40th Cavalry Regiment.

MAY 22

A son, Ian Christopher Nixon, was born 22 inches long and weighing 9 pounds, 6 ounces at 3:40 p.m. to Rebecca Marie Nixon and Air Force Staff Sgt. Mark L. Nixon of the U.S. Air Force Band of the Pacific.

MAY 23

A daughter, Audrey Paige Smith, was born 18 inches long and weighing 4 pounds, 15 ounces at 5:44 a.m. to Angelica Marie Windley-Yorbra and Airman 1st Class Christopher Robert Smith of the 3rd Munitions Squadron.

A daughter, Brooklyn Susan Semak, was born 19 inches long and weighing 7 pounds, 6 ounces at 10:46 p.m. to Jean Elise Semak and United States Public Health Service Cmdr. Jeffery Ronald Semak.

MAY 24

A daughter, Marie Lynn Parrish, was born 21 inches long and weighing 8 pounds, 14 ounces at 8:41 p.m. to Jennifer Lynn Parrish and Air Force Staff Sgt. Dwight Dodd Parrish Jr. of the 3rd Maintenance Squadron.

A daughter, Indira Rose Washburn, was born 19.25 inches long and weighing 6 pounds, 8 ounces at 3:03 a.m. to Antoinette Washburn and Sgt. Johnny Frank Junior Washburn of the 2nd Battalion, 377th Parachute Field Artillery Regiment.

A son, Hayden Elysium Otto Brown, was born 21 inches long and weighing 7 pounds, 8 ounces at 4:37 p.m. to Miranda Anne Tokoly and Pfc. Jayson Matthew Brown of the 1st Squadron (Airborne), 40th Cavalry Regiment.

MAY 25

A son, Joey Bently Salas, was born 19 inches long and weighing 6 pounds, 14 ounces at 2:34 a.m. to Karen Salas and Spc. Jose Carlos Salas of the 1st Battalion (Airborne), 501st Infantry Regiment.

A daughter, Savanna Avalon Roberts was born 20.25 inches long and weighing 6 pounds, 11 ounces at 7:30 a.m. to Monica Marchelle Roberts and Pfc. George Michael Roberts of the 725th Brigade Support Battalion.

A son, Tanner Thomas LaMere, was born 19.25 inches long weighing 7 pounds, 2 ounces at 8 a.m. to Krysty Lyn LaMere and Sgt. Keagan Thomas LaMere of the 425th Brigade Special Troops Battalion.

A daughter, Adalynne Lee Waller, was born 20.5 inches long and weighing 7

pounds, 8 ounces at 8:20 p.m. to Heather Lynne Waller and Air Force Staff Sgt. Jonathan James Waller of the 381st Intelligence Squadron.

A daughter, Emily Anne Brunner, was born 21 inches long and weighing 9 pounds, 12 ounces at 7:56 a.m. to Melissa Eve Brunner and Air Force 2nd Lieutenant Christopher James Brunner of the 144th Airlift Squadron.

MAY 26

A son, Anthony Jackson Simmons, was born 20.75 inches long and weighing 7 pounds, 1 ounce at 7:29 p.m. to Jacqueline Irene Simmons and retired Air Force Leonard Anthony Simmons Jr.

A daughter, Aryanna Lynnae Miessner, was born 19.5 inches long and weighing 6 pounds, 13 ounces at 5:09 p.m. to Shannyn Lynnae Miessner and Senior Airman Raymond Cody Miessner of the 703 Aircraft Maintenance Squadron.

A son, Nathan Andrew Pritchett, was born 20.5 inches long and weighing 7 pounds, 12 ounces at 9:15 p.m. to Kelli Nicol Pritchett and Tech. Sgt. Darrell Lee Pritchett of the 3rd Aircraft Maintenance Squadron.

A daughter, Jordyn Angela Maldonado, was born 20.5 inches long and weighing 6 pounds, 14 ounces at 1:19 p.m. to Karen Maldonado and Senior Airman Jaime Eduardo Maldonado of the 3rd Equipment Maintenance Squadron.

MAY 29

A son, Trevor David James Anthony, was born weighing 7 pounds, 12 ounces at 5:02 p.m. to Anastacia Grace Carrillo and

Airman 1st Class Ryan Ninonuevo Carrillo of the 703rd Aircraft Maintenance Squadron.

A daughter, Mabel Sierra Morrison, was born 20.75 inches long and weighing 8 pounds, 6 ounces to Andrea Loraine Morrison and Tech. Sgt. Gage Anthony Morrison of the 611th Civil Engineer Squadron.

A daughter, Juliet Kathleen Christie Wainwright, was born 19.5 inches long and weighing 7 pounds to Stephanie Marie Wainwright and Sgt. Andrew J. Wainwright of the 1st Squadron, 207th Aviation Regiment.

MAY 30

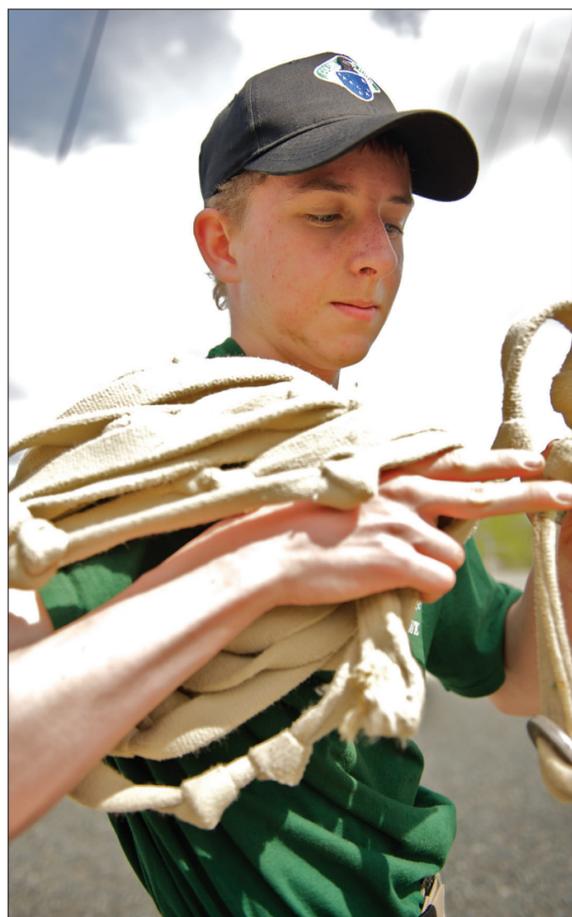
A son, Seth Andrew Thomas II, was born 20 inches long and weighing 7 pounds, 3 ounces at 1:33 a.m. to Alexis Brown Thomas and Army Staff Sgt. Seth Andrew Thomas of the 1st Battalion (Airborne), 501st Infantry Regiment.

JUNE 1

A daughter, Ariella Melody Silva-Rojas, was born 20.75 inches long and weighing 8 pounds, 6 ounces at 8:19 a.m. to Sofia Violeta Lorena Silva and Senior Airman Julio Cesar Rojas of the 611th Civil Engineer Squadron.

A daughter, Isabella Marie Morningstar, was born 20 inches long and weighing 7 pounds, 2 ounces to Tech. Sgt. Lerenzy P. Morningstar of the 3rd Air Maintenance Squadron and Air Force Staff Sgt. Nathan Morningstar of the 732nd Air Mobility Squadron.

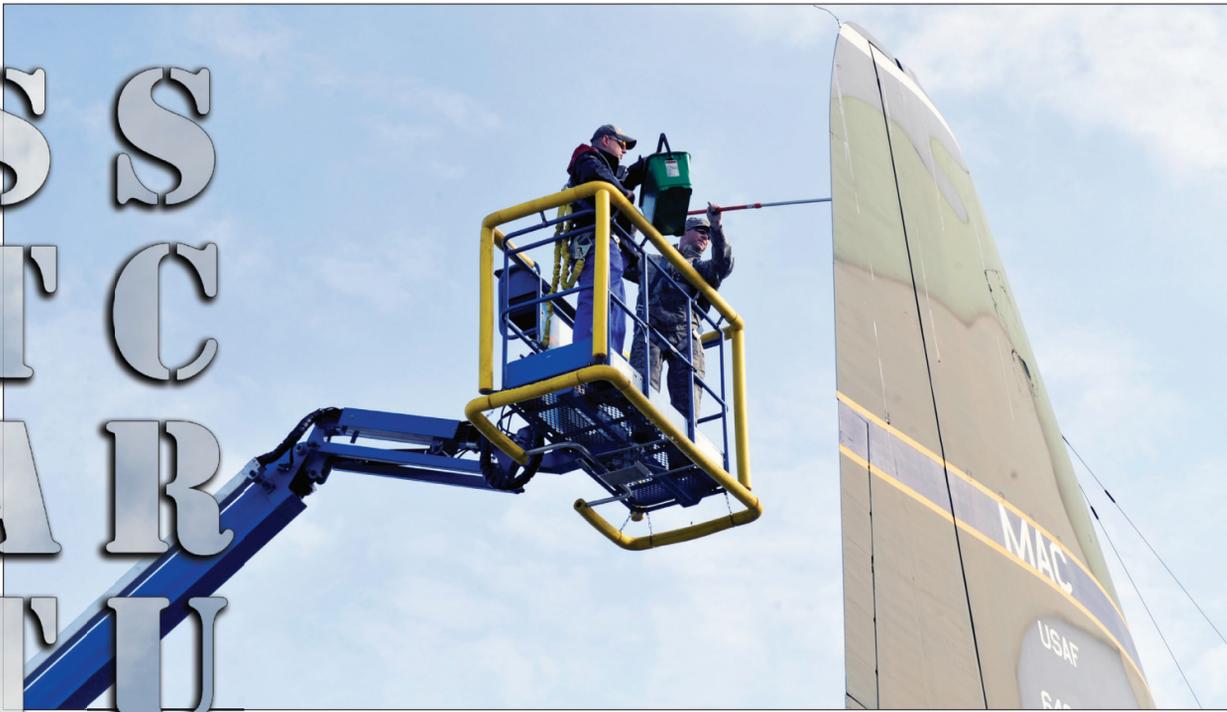
A son, Jacek Michael Ryneski, was born 20.5 inches long and weighing 7 pounds, 9 ounces to Carol Ryneski and retired Air Force Master Sgt. John Michael Ryneski.



ABOVE: Army Capt. Andrew Scott, 6th Engineer Battalion (Airborne), inspects the harness of Colony High School Junior ROTC Cadet Nathan Sidell, 15, before the cadet climbs the stairs of the 34-foot jump tower June 1 at the Airborne Sustainment Training Area on JBER.

LEFT: Colony High School Junior ROTC Cadet Morgan Chapman, 14, winds up part of a static line at the 34-foot jump tower June 1 at the Airborne Sustainment Training Area. (U.S. Air Force photos/David Bedard)

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LEFT: Air Force Master Sgt. Mark Worth, a supply craftsman, and Tech Sgt. Thomas Savage of the 381st Intelligence Squadron, scrub down a C-130 on display at Heritage Park on JBER. The static wash is an annual event to preserve and maintain the aircraft on display in the park.
BELOW: Air Force Staff Sgt. Joshua Gilbert of the 703d Aircraft Maintenance Squadron waters down an F-102 "Delta Dagger" aircraft at the Heritage Park memorial. The Delta Dagger was the first operational supersonic interceptor and delta-wing fighter in the U.S. Air Force. The 317th Fighter Interceptor Squadron operated the F-102 here from 1956 to 1959. (U.S. Air Force photos/ Airman 1st Class Ty-Rico Lea)



