



Polar Force 11-5

JBER agencies train in crisis response procedures, A-11

Northern Edge

Northern Edge 2011 begins Monday, expect increased airfield activity, for the complete advisory, visit <http://tiny.cc/j4g53>



www.jber.af.mil/news

ARCTIC WARRIOR

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Joint Base Elmendorf-Richardson

June 10, 2011

5 Trailblazer, Stryker Soldiers die in Afghanistan



Sgt. Joshua D. Powell



Cpl. Christopher R. Bell



Spc. Devin A. Snyder



Pfc. Robert L. Voakes Jr.



Sgt. Jeffrey C.S. Sherer

USARAK Soldiers killed in IED attacks

USARAK news release

The names of the four Joint Base Elmendorf-Richardson Soldiers who died in Afghanistan, Saturday, were announced by the Department of Defense.

Sgt. Joshua David Powell, Cpl. Christopher Roger Bell, Spc. Devin Arielle Snyder and Pfc. Robert Lee Voakes Jr. were killed during an attack on their mounted patrol by insurgents using an improvised explosive device.

The four military policemen were assigned to the 164th Military Police Company, 793rd Military Police Battalion, 3rd Maneuver Enhancement Brigade.

Powell, 28, of Quitman, Texas, joined

the Army in May 2004, and served at Fort Leonard Wood, Mo., and Fort Carson, Colo., before arriving in Alaska in February 2011. He had two previous deployments to Iraq and Afghanistan.

Bell, 21, of Golden, Miss., joined the Army in July 2008 and served at Fort Leonard Wood, Mo., before coming to Alaska in January 2009.

Snyder, 20, of Cohocton, N.Y., entered the Army in August 2008 and served at Fort Leonard Wood, Mo., before coming to Alaska in February 2009.

Voakes, 21, of L'anse, Mich., entered the Army in November 2009 and served at Fort Leonard Wood, Mo., before coming to Alaska in April 2010.

The attack took place while on patrol in the Laghman Province, Afghanistan, Saturday morning.

The 164th Military Police Company deployed to Afghanistan in late-March for a one-year tour in support of Operation Enduring Freedom.

The name of the Fort Wainwright Soldier who died in Afghanistan, June 2, was also announced by the DoD.

Sgt. Jeffrey C. S. Sherer died June 2 of injuries sustained when enemy forces attacked his unit with an improvised explosive device in the city of Shah Joy in Afghanistan while conducting a mounted patrol in a Stryker vehicle.

He was an infantryman assigned to the

1st Battalion, 24th Infantry Regiment, 1st Stryker Brigade Combat Team, 25th Infantry Division, Fort Wainwright.

Sherer, 29, of Four Oaks, N.C., joined the Army in December 2005 and served at Fort Irwin, Calif. and Fort Campbell, Ky., before arriving at Fort Wainwright in January 2010.

He had one previous deployment to Afghanistan from March 2008 to May 2009.

Seven other brigade Soldiers were wounded in the same incident.

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

The next of kin for all Soldiers have been notified.



Sgt. Adrian A. Velasquez

Soldier found dead in home

USARAK news release

The Army paratrooper found deceased in his home in Anchorage, May 31, has been identified as Sgt. Adrian Anthony Velasquez, 32, of Fresno, Calif.

The Soldier was assigned to the 725th Brigade Support Battalion, 4th Brigade Combat Team (Airborne), 25th Infantry Division.

Sgt. Velasquez joined the Army in November 2007, completed Basic and Advanced Individual Training at Fort Jackson, S. C.; and Airborne training at Fort Benning, Ga. before arriving at Fort Richardson in July 2008.

He was deployed to Afghanistan with the 4-25th ABCT March 2009 to March 2010.

The cause of death remains under investigation by the Anchorage police department.

The next of kin have been notified. A memorial is scheduled 2 p.m., Wednesday, at Chapel 1.

Welcome home

Soldiers of Headquarters, 17th CSSB, return following successful Afghanistan deployment

By Sgt. 1st Class Pete Mayes and Spc. Sarah Keegan
101st Sustainment Brigade Public Affairs

BAGRAM AIR FIELD, Afghanistan – One battalion commander marked the beginning of year-his unit's long deployment to Afghanistan while another finally prepared to bring her team home.

Army Lt. Col. Jose Solis marked the beginning of his command Thursday as the 142nd Combat Sustainment Support Battalion conducted their Relief in Place Transfer of Authority ceremony in Afghanistan at the Morale, Welfare and Recreation Center clamshell.

Uncasing the Battalion colors, Solis and his battalion command sergeant major, Command Sgt. Maj. Dolishia King, completed the RIPTOA with the 17th combat Sustainment Support Battalion, 3rd Maneuver Enhancement Brigade.

The battalion, based out of Fort Bliss, Texas, will be assigned to the 101st Sustainment Brigade out of Fort Campbell, Ky., during their deployment in support of Operation Enduring Freedom.

Solis, an officer in the Quartermaster Branch, took command of the 142nd Combat Sustainment Support Battalion in January of 2010. He said his initial plan is to follow the 17th CSSB's footsteps.

"We want to look at the areas

See 17th CSSB, Page A-11



ABOVE: Families and friends cheer the arrival of 17th Combat Sustainment Support Battalion Soldiers, home from deployment, Monday, at Buckner Physical Fitness Center on Joint Base Elmendorf-Richardson. (Photos by Army Staff Sgt. Jason Epperson/3rd MEB PAO)

LEFT: Soldiers of the 17th CSSB cross the tarmac at JBSB, Monday, to catch a bus bound for their reunion with families and friends at BPFIC.

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Index

Editorial and opinion.....	A-2
Tsunami response training.....	A-4
Briefs and announcements.....	A-8
Smoking cessation help.....	B-1
Chaplain's corner.....	B-2
Community calendar.....	B-3
Movie times.....	B-6



Editorial & Opinion

More with less Shrinking budgets, enduring mission requirements squeeze the service

Commentary by David Bedard
JBER Public Affairs

Due to the world's economic woes coupled with the nation's ongoing commitments in Iraq and Afghanistan, the dollars and cents of running the world's most powerful military has rarely come under such close scrutiny as it does today.

Though the "Great Recession" technically ended in July of 2009 – according to economists' strict definition of the term – I would wager most Americans probably don't feel we have fully recovered because of the high unemployment rate, rising deficits, inflation and a general sense we have not returned to the prosperity enjoyed before 2008.

In light of falling government revenue as well as the continuing drawdown in Iraq and the scheduled drawdown in Afghanistan, it falls to reason the Department of Defense will be required to do its share of belt tightening to reduce deficit spending.

The specter of cuts already looms among the military as troop reductions are made across all of the services. Programs like the F-22 Raptor fighter were vastly reduced in number while the Army's Future Combat Vehicle was eliminated entirely.

Hiring freezes for civilians are in place in certain sectors of the DoD while contracted services are under review or cancelled in an effort to return to 2001 levels.

All of these cost cutting measures are taking place despite the fact this year's defense budget is the largest on record with a base budget of \$549 billion and \$159 billion for overseas contingency operations, according to a DoD release. Those figures are compared with fiscal year 2010 at \$533.7 billion and \$130 billion; and fiscal year 2001 at \$297.1 billion (before supplemental spending).

The proposed 2012 defense budget would even see an incremental increase with a base budget of \$553 billion while overseas contingency spending is projected to decrease to \$118 billion to reflect drawdowns.

So why are we seeing cost-cutting measures if defense spend-

ing continues increasing? I suspect one reason is because it takes a long time to turn the proverbial aircraft carrier. Defense officials have been implementing cost-cutting measures while ensuring current commitments are fully funded.

Another reason I see is weapons acquisition. During the 1980s, the DoD fielded most of the marquee weapons systems we use today – the F-15 Eagle and the F-16 Viper fighters, the M2 Bradley Infantry Fighting Vehicle and the H-60 series of helicopters to name a few.

All of those systems are 20 years of age or older. They were designed to meet Cold War requirements and are at the end of their service lives. Additionally, weapons systems used in Iraq and Afghanistan have seen more usage during the past 10 years than could have been anticipated, and many will need to be refurbished at maintenance depots.

Still, statements I have read from defense officials seem to indicate we will not devolve into a "hollow military."

During a training hop to Germany as an Army ROTC cadet in 1998, I saw how an M1 Abrams tank battalion fared under severe budget constraints. Road wheels were severely degraded, but continued in use because replacements weren't readily available. V-pack air filters were hit with compressed air to remove caked on dust. Today, those items would have been long replaced.

Fast forward seven years to 2005 when I was a battalion purchasing agent in Iraq, and I could order just about anything we needed to best take the fight to the enemy – improved Humvee gun turrets with blast-proof glass, door breaching kits and state-of-the-art night vision goggles to replace our Cold War-era kit.

Today, we are all being asked to "do more with less." What does that mean? Is that always the best policy?

The U.S. military witnessed a massive expansion from the post-Cold War force to a beefed-up organization primed to fight terrorism on a global scale.

Economic forces and the twin

drawdowns in Iraq and Afghanistan require a change of perspective in the DoD.

In numerous statements, Secretary of Defense Robert M. Gates said the military will reduce spending while maintaining excellence.

"Four times in the last century, after wars, we have unilaterally had to discover all over again that the world isn't a friendly place," he said in a meeting with troops last month.

The military is being asked to meet the nation's defense needs while working with reduced budgets and manning.

Unfortunately, doing more with less often means one person does the work of two people while having half the resources. I would argue this is unsustainable.

A troop, civilian or contractor may be able to do twice as much with less resources, but the quality of the work will suffer.

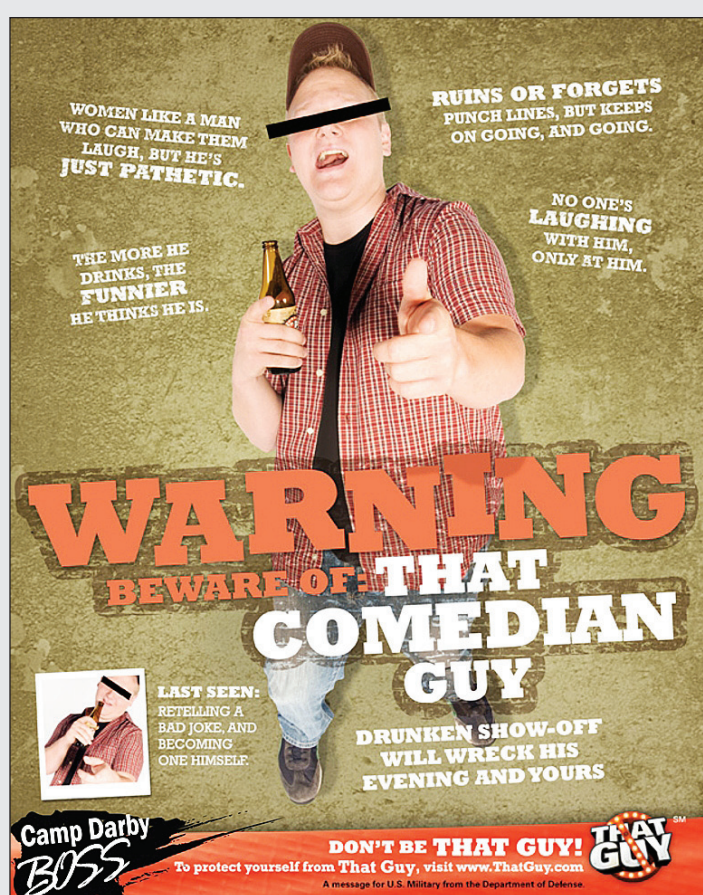
But the work still needs to be done. How do we do that?

We focus on core mission requirements while avoiding "mission creep," the expansion of a mission beyond its original goals. Supporting the warfighter and taking care of families remain paramount, but pet projects may have to fall by the wayside.

Efficiencies can be identified and implemented through Air Force Smart Operations for the 21st Century and Lean Six Sigma. Under current conditions, these programs – designed to identify performance gaps and innovative ways to accomplish tasks – have transitioned from mission enhancing to mission essential.

While senior leaders may have to reassess what can realistically be accomplished with less people and money, it is incumbent on troops, civilians and contractors to innovate and find the best, least expensive and most efficient ways to accomplish the mission.

While "doing more with less," has become the buzz phrase for the way forward, the reality is the American people expect us to effectively accomplish the mission in defense of the nation, regardless of budget cuts and manpower reductions. It's up to us as the DoD community to get the job done.



Courtesy graphic

That guy

DoD campaign aims to discourage binge drinking

Courtesy of www.thatguy.com

So, who is That Guy?

Each night he's on display somewhere, but makes his most frequent appearances on the weekends.

He's a regular guy, but when he's had a few too many drinks, it shows.

That Guy loses control, and he may not remember it in the morning.

That Guy applies to anyone who, because of excessive drinking, behaves in a manner that others do not want to emulate or be around.

In fact, women can be That Guy too.

Society sends mixed signals to That Guy. He's just letting off some steam after a hard day or week, right?

Sometimes his friends and strangers encourage his behavior. Maybe, in the moment, he feels like he's funny or popular. Sometimes he's the life of the party.

But is the crowd at the party, in the bar, or on the town laughing with him or at him? Are people cutting their eyes to the floor when he rambles on? Are they finding excuses to move elsewhere in the room? Is he

embarrassing himself and others?

When we see him in action, or see the consequences he faces, he's a reminder to all of us: "Don't let me be That Guy."

The day after, when everyone's talking about his antics, we're so glad we weren't That Guy. If we become That Guy on occasion, we regret it.

If we're That Guy all the time, we need help. But the truth is, no one wants to be That Guy.

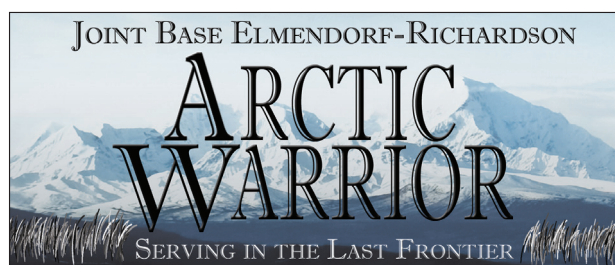
That Guy is a multi-media campaign which uses online and offline communication with the goal of reducing excessive drinking among young servicemen.

The campaign encourages young enlisted personnel to reject binge drinking because it detracts from the things they care about: family, friends, dating, sex, money, and reputation.

The campaign uses humor to deliver a serious message and provides viral tools so you can be part of the effort to eradicate That Guy.

The campaign is a reminder to everyone: Don't Be That Guy!

The site can be visited at www.thatguy.com



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'My life was changed forever'

Commentary by Air Force
Staff Sgt. Anthony Huling
20th Equipment
Maintenance Squadron

My life was changed forever Feb. 11.

It was a Friday. I was glad to be getting off work, because I was going to be on leave for the next two weeks.

Around 5 p.m., my friend, Chris, texted me and asked if I wanted to come over to his house. Since my wife was taking my daughter over to a friend's house, I decided to go.

When I arrived, he was in his garage building a paint booth for his motorcycle. So, I started helping him out. We were working and having some drinks.

Somewhere around 10:30 p.m., we decided to take his motorcycle for a spin.

We headed out of our neighborhood, and it was only about a

half mile before we veered off of the road.

The next thing I remember is waking up in a helicopter. It felt like a bad dream. I asked the EMT where I was and what happened. They told me that I had been in a motorcycle accident, and I was being airlifted to the hospital. I was told that we were driving between 80 and 120 mph.

Chris and I were thrown about 100 feet from the cycle. There were several bones broken in my back and road rash on my forehead, back, chest, stomach, knees, ankles and toes. I now have nerve damage in both arms.

Chris was not as lucky. He has severe head trauma and some broken ribs. He is also currently in a coma and is not responding.

I can only hope and pray that he will wake up.

Our selfish act affected our family, friends and co-workers.

When his wife heard us leave

she got in her car to find us. She was passed by an ambulance heading out and followed. She arrived on scene and saw us lying on the asphalt.

She rushed back to my house to get my wife. Luckily, my oldest daughter was spending the night at a friend's house.

Chris was just recently married, and his wife was pregnant. We had to postpone my youngest daughter's second birthday party.

Most people don't get a second chance in life. I would have never made this mistake if I had not been drinking.

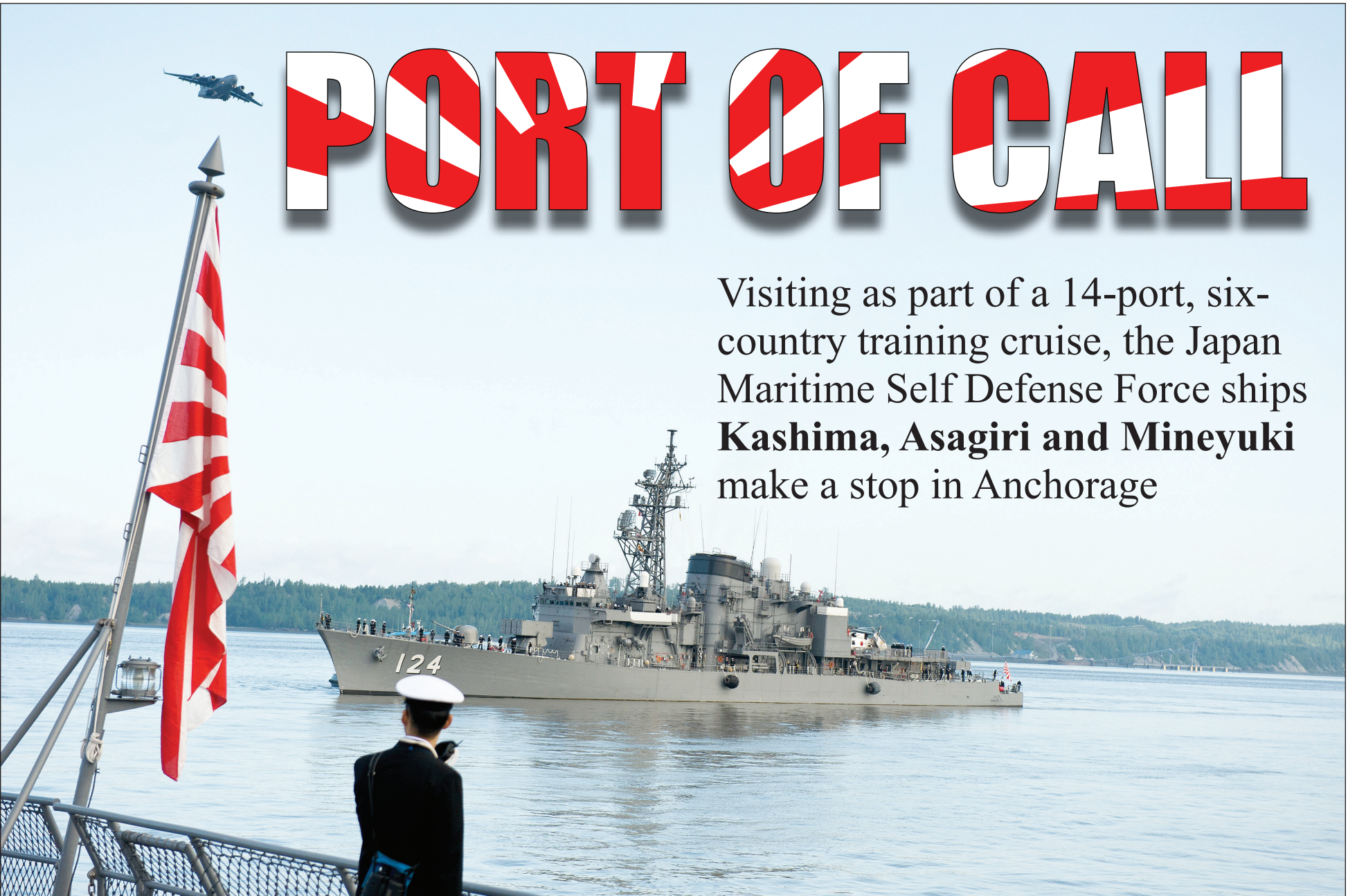
I thought I had a safe plan.

But, that all fell apart because I could not make any responsible decisions after I started drinking.

I pray that none of you will ever have to go through something like this. The world does not look the same as it did before the accident. Only by God's grace am I alive and able to tell this story.



Courtesy graphic



PORT OF CALL

Visiting as part of a 14-port, six-country training cruise, the Japan Maritime Self Defense Force ships **Kashima, Asagiri and Mineyuki** make a stop in Anchorage



ABOVE: A 517th Airlift Squadron C-17 Globemaster III from Joint Base Elmendorf-Richardson passes over the Japan Maritime Self Defense Force's Mineyuki as it docks at the Port of Anchorage, June 6. (Photos by Johnathon Green/JBER PA) **RIGHT:** Commander, Joint Base Elmendorf-Richardson and 673 Air Base Wing, Colonel Robert Evans disembarks the JMSDF Kashima after a tour of the ship June 6. **LEFT:** JMSDF Rear Admiral Umio Otsuka, commander of the Japan Training Squadron, exchanges salutes with Cadet Cmdr. Brenda Echak, Service High School Navy Junior ROTC. The ships visited the Port of Anchorage June 6 through 9 as the first stop of a 14-port, six-country training cruise. **BELOW:** Naval officers, naval cadets and crew members of the JMSDF assemble just before the official arrival ceremony of the JMSDF's Kashima, Asagiri and Mineyuki at the Port of Anchorage, June 6.



17th CSSB

From Page A-1

that we can improve while looking out for the soldiers and the mission," he said.

Solis described the transition between the two battalions as "very smooth and professional," saying that establishing an early relationship with 17th CSSB commander, Army Lt. Col. Leslie Caballero was crucial.

"The relationship we started many months ago paid off," Solis said. "We had a team here that was already part of the mission, and they provided us with many notes

which we used to develop our plan."

As for Caballero, her team's journey has come to an end.

The 17th CSSB came to Afghanistan this past June during the surge, arriving at the peak of the fighting season. During their time, they've moved plenty of cargo across Regional Commands East, North, and Capitol, as well as helped push out tons of mail to Soldiers across Afghanistan.

Because of the surge, mail became one of those positive things which had to happen.

"It was part of maintaining Soldier morale," Caballero said. "So we played a big part in that throughout the holiday season, making a big difference to those soldiers out on the outer Forward Operating Bases."

Caballero described the 17th CSSB as a multi-component "pickup team," one who was comprised of Active Duty, National Guard, and Reservists, who were put together and grown as they conducted the mission.

"It is a very complex organization on top of a complex environment," she said. "Overall, a very rewarding but tough tour," she said.

At the end of the day, Caballero said, with all of those accomplishments, the mission is still about the soldier.

"Every Soldier that comes here wants to do their best," she said. "And with that, I am confident that (Solis') team will do that because it is the individual Soldier at the end of the day that makes the difference."

Solis said he wants the 142nd CSSB to set the standard for all combat sustainment support battalions during their deployment in Afghanistan.

"We need to find a way to establish a positive relationship with the Afghan people," he said. "That's going to be key for us. Internally, I just want to ensure that my Soldiers are trained, that they're safe, that they're taking care of each other, take advantage of the educational opportunities here, and keep in contact with their families," he said.

The battalion headquarters redeployed, Monday, and were welcomed by family at Joint Base Elmendorf-Richardson's Buckner Physical Fitness Center.

Joint basing instruction provides Army, Air Force crash course

By Air Force Staff Sgt. Jeremy Larlee
JBER Public Affairs

The Army and Air Force 301 courses provide basic information about the other services to civilian employees and service members at Joint Base Elmendorf-Richardson.

Dean Hone, deputy commander for installation support, 673d Mission Support Group, said the genesis for the course came from a senior leadership meeting. The leaders recognized long time employees of one service may not know a lot about the other service.

"There needed to be a course of orientation for people joining this joint base to learn about the other service," Hone said. "It's all about understanding each other's culture and knowing that we are now a joint war fighting team."

Air Force Master Sgt. Bret Copple, director of education at the JBER Professional Military Education Center, is instructing both courses. Throughout the course, he sprinkles in personal stories from his past joint deployments. He said he believes his experience working in a joint environment helps him to better instruct the courses.

"It is much easier to teach this when you have that experience," he said. "It has been rewarding to see people's expressions when certain points hit home."

He said joint experience during deployments has been a benefit to JBER.

A lot of people on this base have that experience as well," he said. "It is a resource that will help make joint basing successful."

Copple said he hopes people will use the course as a jumping

off point in their joint service knowledge.

"People will not understand everything about the other service from attending these courses," he said. "It is a good starting point and I hope people will talk to their other service counterparts and learn more."

Hone said he thinks the information is critical for people in customer service positions.

"It is very important that we support our customers and understand their needs and the needs of their families," he said. "We need to make sure our programs take care of all of our customers."

Hone said people have been enjoying the training.

"All the feedback we have received from the first classes has been very positive."

Gena Walker, an Air Force employee at the Denali Child Care Center, was one of the people who attended the Army 301 course and said she learned a lot from it.

"This course taught me a lot about the Army, especially about how their rank structure works," she said. "It is good to know the Army perspective, Lots of things are changing here and it is important to know where they are coming from."

Walker said she highly recommends the course for anybody who doesn't know much about the other service.

Training is at the PME Center located off 11th Street.

"Come on out and get it done," she said. "You will definitely learn something during this course."

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

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

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



Air Force Master Sgt. Bret Copple, Joint Base Elmendorf-Richardson Professional Military Education Center instructor, teaches Army 301, Wednesday, to Airmen and Air Force civilians. (Photo by Air Force Staff Sgt. Jeremy Larlee/JBER PA)

Prepared for any emergency

Alaska National Guard partners with Coast Guard for tsunami response training

By Army Staff Sgt. Karima Turner
Alaska National Guard
Public Affairs

Soldiers from the Alaska Army National Guard participated in a multi-agency Tsunami Response Exercise in Kodiak, Saturday.

More than 30 Soldiers from the 1st Reconnaissance and Surveillance Squadron, 297th Battlefield Surveillance Brigade, tested and validated their support capabilities to civil authorities.

The squadron trained using a scenario based on a simulated earthquake and tsunami event, focussing on multi-agency response.

In addition to 1/297th R&S, the U.S. Coast Guard, the Alaska National Guard 103rd Civil Support Team, Providence Kodiak Island Medical Center, Kenai Borough Citizen Emergency Response Team, Kodiak Island Search and Rescue, Bayside Fire Station, U.S. Army 6th Engineer Battalion and the North Carolina Air National Guard participated in the multi-agency exercise.

“Conducting exercises and training events are the best method to develop and foster multi-agency relationships,” said Army Capt. David Kang, B Troop, 1/297th R&S commander. “It is better to exchange business cards when the sun is shining rather than during a thunderstorm. The application of a ‘hands-on’ training event allows an interface between people not replicable through a Power Point presentation or a teleconference.”



A Coast Guard Air Station Kodiak MH-60 Jayhawk helicopter crew prepares to sling load cargo from the air station’s tarmac, Saturday, as two Alaska Air National Guardsmen with B Troop, 1st Reconnaissance and Surveillance Squadron, 297th Battlefield Surveillance Brigade, provide hand signals to the aircrew. (Photo by Petty Officer 3rd Class Charly Hengen)

During the simulated disaster, R&S Soldiers were tested on damage assessments, light urban search and rescue, HAZMAT response, mass casualty response and MEDEVAC procedures.

“As a state of Alaska asset, the

Alaska National Guard needs to be vigilant and on a heightened state of readiness to respond to state disasters,” Kang said. “Incorporating defense-support-to-civil-authorities training during drill weekends allows the unit to better

integrate with first responders at the local level.”

The various scenarios played out at Marine Way, the Kodiak Armory, the U.S. Coast Guard Station and Providence Kodiak Island Medical Center.

“The 1-297th Reconnaissance and Surveillance Squadron is committed to both our federal and state mission,” Kang said. “You can expect more of these types of training events in the future from 1-297th R&S.”

Briefs and Announcements

Disposition of personal effects

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

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

Sports physicals

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

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

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

MiCare registration

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

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

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

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

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

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

Road closures

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

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

For more information, call 868-1911.



That others may live

An Alaska Air National Guard 210th Rescue Squadron HH-60 Pave Hawk helicopter hovers over a Joint Base Elmendorf-Richardson apron, June 1, before embarking on a training mission. Crew looked on as fellow 176th Wing Airmen deployed to Afghanistan via a 144th Airlift Squadron C-130 Hercules. (Photo by Senior Airman Christopher Gross/JBER PA)

Housing construction

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

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

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

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

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

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

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

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

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

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

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

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

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

The project points of contact are Melody Marsh at 552-4295; privatization lead, Tim Griffith at

552-0626; privatization contracted project manager, Rich Watson at 384-0133; housing operations manager, Genevieve Holubik at 552-2554; design review lead, and Aurora Housing at 753-1023.

Army Birthday Ball

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

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

Civilian dress is tuxedo or business suit and ball gowns.

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

Joint training

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

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

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

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

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

Furnishings management

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

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

These items are available on a first-come, first-served basis. The service member is responsible for

transporting these furnishings. Airmen should take a copy of PCS orders to the Government Housing Office at 6346 Arctic Warrior Dr. to schedule furniture delivery.

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

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

Employee assistance

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

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

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

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

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

Rental Partnership

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

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

The other option, RPP 5 percent Below Market, saves the

member five percent off the rental fee that other tenants pay however utilities are paid for by the tenant.

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

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

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

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

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.

Computer upgrade

Recently, Windows 7 became the new standard desktop configuration across the Air Force.

Benefits of the new operating system include faster performance, shorter system boot time and enhanced search capabilities.

The 673d Communications Squadron is remotely pushing Windows 7 to the base populace unit.

Users will be notified approximately one week before receiving the new operating system.

Users who wish to receive the push early should contact their computer support technician.

For more information, call 552-2666, option 1.

Military Pathways

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

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

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

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

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

Waste disposal

The use of the Anchorage Municipal Landfill requires all animal waste, diapers, sanitary pads and biological waste be double bagged.

This is for everyone's safety and protection of the environment.

During trash pickup, if the above items are found loose, the containers will not be serviced.



TOP: Senior Airman Payton Barnes, Airman 1st Class Stephen Becker and Air Force Staff Sgt. John Szewzyk, 673d Security Forces Squadron, come under simulated fire during a village sweep as part of Polar Force 11-5 which tested readiness for Joint Base Elmendorf-Richardson agencies, May 23-25. (Photos by Steve White/JBER PA)

ABOVE: Fire rescue personnel assigned to the 673d Civil Engineer Squadron extract a crew member from an F-22 Raptor during the Polar Force 11-5.

RIGHT: Air Force Staff Sgt. Scott Luitzen, 3rd Equipment Maintenance Squadron, checks on moulaged role players following a simulated incident during Polar Force 11-5.





Running Rich

37th annual Arctic Valley Run draws plenty of people B-4

Summer salmon

Hooking into a Russian River red isn't easy – but it's worth it B-6



www.jber.af.mil/news

ARCTIC WARRIOR

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COMMUNITY

June 10, 2011

When you want to quit, there's help available

By Chris McCann
JBER Public Affairs

In 1940, it was conclusively proven that tobacco use is linked to cancer, heart disease and heart attack, and other serious health problems.

It's no secret that tobacco is harmful – but plenty of people smoke and chew anyway, for a variety of reasons.

Maybe it's to have a reason to take a break, to escape a stressful situation, or as a "treat" after a difficult task.

In the military, tobacco use seriously harms readiness – injuries take longer to heal, bone density lessens, tobacco users are more often heat and cold casualties, and tend to have lower physical fitness scores.

In 2006, the military health system spent about \$564 million on tobacco-related health care costs.

In 1947, psychologist Ernest Dichter surveyed hundreds of smokers, and wrote, "Smoking is as much a psychological pleasure as it is a physiological satisfaction. As one of our respondents explained, 'It is not the taste that counts. It's that sense of satisfaction you get from a cigarette that you can't get from anything else.'"

Once a tobacco user decides it's time to quit, however, there is plenty of help available.

Nicotine replacement therapy – while it may look expensive in the pharmacy – is far cheaper than cigarettes, and there are lozenges, gum, patches, nasal sprays and other ways to get a low dose of nicotine to lower cravings, according to Smokefree.gov.

Doctors can prescribe medications for quitting as well, which may reduce cravings and ease nicotine withdrawal symptoms.

Perhaps most importantly, however, Joint Base Elmendorf-Richardson offers

tobacco cessation support, all the way from doctors to groups of other people who are quitting.

If a person doesn't want to quit, though, all the facts and figures won't make a difference – some level of desire must be there.

"People think that when they come to the tobacco cessation class, they have to quit," said Rebecca Kleinschmidt, a health educator on JBER. "That's not true. They often think that if they go through the classes and then keep smoking, they're a failure – but they're not. On average, it takes between eight and 11 tries for a smoker to quit for good. At some point, it clicks, and they quit. But coming to the class has benefits whether you quit or not."

The tobacco cessation classes are held at the Health and Wellness Center the first through third Thursdays of the month at 8 a.m. and 12 p.m., and the first through third Tuesdays of each month at the Education Center at 12 p.m., Kleinschmidt said.

The first class is two hours long, but subsequent classes are only one hour, she explained.

In the first session, educators and physicians discuss medication possibilities for those who are interested, and a physician meets one-on-one with each student, which takes more time.

"Studies have shown that education and intervention combined with pharmacotherapy are more effective, so we make it convenient – students can leave with their medication after the first session. But they meet with a physician to make sure there are no health concerns or contraindications for it," Kleinschmidt said.

For those who are deployed or far from a class, there are online courses with



Courtesy photo

groups available through a pilot program at JBER called 2BNICFREE.

"What I like about it is that students go through the modules in a group and get to "meet," Kleinschmidt said. The instructor uses a webcam, as do many students, and there are many interactive aspects to the course.

"If they miss a class, every module is recorded, so they can review it at a better time," she explained. "It's more flexible than physically being in a classroom, but you can still see faces and connect with peers."

If it's really time to quit, Kleinschmidt said, there are ways of increas-

ing your chances of success.

"For people to be most successful, they have to branch out and use a variety of tools. There's lots of information online, things we can't even cover in class. Coming to the classes offers peer support though."

People generally go through a few stages of making a major change, Kleinschmidt said – whether

it's quitting tobacco, eating more fruits and vegetables, or improving their physical fitness.

The most important stage is preparation, she said.

"In that stage, they're talking to other people who have done it, gathering information. It's a great opportunity to do a dress rehearsal – like not smoking just for one day, or using a nicotine patch to see what it's like.

"There's less pressure, and people feel free to test their options without committing. It's really important, because the longer people spend in the preparation stage, the more successful they tend to be," Kleinschmidt said.

Even if a tobacco

user isn't ready to quit, just cutting back on use does reduce the health risks – especially as a precursor to quitting for good.

And since some people worry about weight gain after quitting, the HAWC has a nutrition component to the program as well.

"Often when people quit, they miss the feeling of having a cigarette, so they eat more.

"Your metabolism can slow down a little, and some people do gain weight. We have a dietitian come in to educate people and let them ask questions," she said.

For those who want to quit tobacco, the HAWC has brochures with resources both on JBER and from the Department of Defense and the Alaska State Quit Line.

For more information, call the HAWC at 552-2361.

“People think that when they come to the tobacco cessation class, they have to quit. That's not true.”

Moose calving season is upon us, and it's serious business

Courtesy of Kachemak Heritage Land Trust and Alaska Dept. of Fish and Game

Moose have evolved defenses to keep them from becoming easy prey.

Unfortunately for humans, moose sometimes perceive us as threats. When a moose feels threatened it has only two choices, either to flee or attack. Normally it will flee, and we can feel glad or apologetic, but when a moose de-

cides to be aggressive, we can find ourselves in a dangerous situation.

Each year in Alaska more people are injured by moose than by bears. In the past 10 years two people have died from moose attacks in the Anchorage area. Each year there are at least five moose-related injuries in the Anchorage area alone, with many reports of charging moose in neighborhoods or on ski trails.

Moose, like other animals, have a distance around them, that if entered by another animal – wolf, dog, bear, or human – causes them to react. Biologists call this area "personal space" or "critical distance."

Moose calves, because of their size and lack of experience, are particularly susceptible to predation. Thus cow moose have evolved some very strong defensive behaviors.

If one perceives a threat to its calf, it may attack. A cow moose can defend itself against a full-grown grizzly.

If you are out walking and see a calf but not a cow, be very careful; you may have gotten between them and will want to remove yourself without drawing their attention.

Calves themselves can also be dangerous. Weighing 200 to 400 pounds by their first winter, they are fully equipped to injure a predator – or a human.

Moose are likely to treat dogs just as they do wolves. If Lassie barks and runs towards a moose, the moose is likely to defend itself by lunging, kicking and chasing the dog.

A frightened dog, not having been a wolf for several thousand years, will run back to its master for protection, and you may find

yourself between your pet and 1,000 pounds of irate moose that seems capable of kicking in four directions at once.

Each year packs of domestic dogs harm and sometimes kill moose.

Moose calves are especially vulnerable. It is against the law to allow your pet to harass wildlife.

Moose use body language as a method of communication. Understanding this language will help keep both you and the moose out of harm's way. The first thing you might notice is that a moose has stopped feeding, walking, or resting, and is looking at you.

Its ears will be up and it will be listening as well as looking for clues as to what you are, and what you may be up to. You can stay where you are, or increase the distance between you and the moose.

The moose can move towards you, stay put, or move away. What you do influences what the moose does.

If the moose has your garden fence on one side, your house on another, and you are in its only path of escape, it is going to behave differently than if it is on the edge of your lawn with only the Chugach Mountains beyond.

Even then, what looks like a logical escape route to you isn't always apparent to a moose. Terrified moose have run through and over all manner of things.

If the moose puts down its head, lowers its ears, and the hair on its back and neck go up, it's time to start worrying and looking for your own escape route.

The moose may begin to lick its lips and walk towards you.

The moose is telling you very clearly in moose language that either you have gotten too close

and are a threat, or, in urban areas where it may have been hand-fed by humans, it may think you have something for it to eat.

Regardless of the reason, you are too close and in a dangerous situation. Back off and look for something to get behind.

Fortunately most moose charges are bluffs – warnings for you to get back. They should nevertheless be taken seriously. If a moose chases you, get behind something solid.

You can run around a tree faster than a moose can. If a moose knocks you down, it may continue running or start stomping and kicking with all four feet. Curl up in a ball, protect your head with your arms, and lie still. Don't try to move until the moose moves a safe distance away or it may renew its attack.

Feeding moose either at your house, dumpster, or haystack is against the law. Moose quickly become habituated, and can be very aggressive when they expect to be fed.

It may seem harmless to feed a hungry moose out of your car window or off your porch. However, when the same moose charges a child on the way to school, with the hope of a handout, the outcome can be tragic.

By feeding a moose, you are likely contributing to its death.

Every year people find "abandoned" moose calves. In most cases the mother has moved off for one reason or another and will return.

If you find a calf, remember that its best chance for survival is to be left alone.

After early July, calves are weaned and capable of surviving on their own, although they remain very vulnerable to predation.



Moose may look cute and friendly – but if agitated, they can become aggressive and even deadly. (Courtesy photo)

Scripture can offer help through the grieving process

By Chaplain (Capt.) Patrick L. Devine
4-25th ABCT, 25th Infantry Division

In my last article, I commented on some observations and personal reflections concerning recent events and the process of grieving in our immediate community.

My goal in this post is to provide some framework to those observations that will hopefully serve as a reminder and an encouragement for those processing loss and grief.

Biblical observations

When examining and searching for patterns of grief from the Scriptures, it quickly becomes apparent why no one believes they grieve "correctly" — a quick survey reveals there is not one "right" process.

Each instance is unique, even with the same person in different situations. Further, the Bible validates that grieving is most certainly not an event, but a process.

David: The death of Saul and Jonathan

"Then David took hold of his clothes and tore them, and so did all the men who were with him.

"And they mourned and wept and fasted until evening for Saul and for Jonathan his son and for the people of the Lord and for the house of Israel, because they had fallen by the sword." 2 Samuel 1:11-12

This passage certainly demonstrates a community in grief.

We can say with assurance that none of the men in the company had more intimate relationships with Saul and Jonathan than David.

Yet verse 11 includes, "all the men who were with him." They appeared to readily join David in the grieving process.

David also recorded his process; 2 Samuel 1:19-27 records David's lament for Saul and Jonathan.

For many, writing out thoughts, memories, and feelings can help advance the grieving process.

In "All our Losses, All our Grievings" (1983), Kenneth Mitchell and Herbert Anderson wrote, "... one gains emotional release from what is lost by actively making a memory."

Many of David's writings in the Psalms appear to do just that. His meditations and reflections help transition from loss to memory.

David: The death of the infant

We see another snapshot of David's grieving with the loss of Bathsheba's child. David sought God while the child was sick,

and for seven days he stayed on the ground and would not eat (2 Samuel 12:17) as those in his house tried to restore him.

His grieving was so severe that those around feared he would harm himself when he heard news the child had died.

On the contrary, after the child had passed, David rose and cleaned himself, changed his clothes, and finally ate the food that was brought to him.

When questioned about his grieving, David gives us additional information and benefit from the grieving process.

His servants asked why he fasted and mourned while the child was alive and ate after the child died.

David revealed his heart stating, "While the child was still alive, I fasted and wept, for I said, 'Who knows whether the LORD will be gracious to me, that the child may live?'"

David then transitioned rather quickly in his process soon after the baby died.

I believe this illustrates that grieving is not just a post-event reality.

David's process and grieving before the

child's death seemingly prepared him for processing and adjusting to life following the event.

Even Jesus weeps

John 11 is one of the most intimate and touching accounts of Jesus' ministry.

It's packed with amazing dialogue and interaction regarding faith and relationships. After correcting his disciples about returning to Judea, after sharing his Gospel with Martha, and after seeing Mary inconsolable at his feet, the shortest verse records his actions simply, "Jesus wept."

Even though Jesus knew what he was going to do, he wept.

He knew Lazarus would walk out of the tomb in a few moments. He knew Mary and Martha would soon rejoice at the sight of their brother.

Yet, Jesus wept.

We have a Savior that grieves with us. He joins us where we are and doesn't try to hurry the process along.

He doesn't speak empty words to comfort himself at the sight of our grieving. He knows that losing loved ones in this world is painful.

He knows we need gospel grace in order to confront our pain and loss (John 11:17-27). And he weeps with us.

Far more can and should be said...but I think my grieving process is progressing, so this is the end...for now.

“ We have a Savior that grieves with us. He joins us where we are and doesn't try to hurry the process.”

The first step to real wellness is always the the toughest part

Commentary by Tech. Sgt. Terri L. Kaas
86th Airlift Wing Public Affairs

RAMSTEIN AIR BASE, Germany — It started with an assignment I wasn't too keen on taking. We all have them, where we have already been there, done that and wanted something else. I knew the assignment would be difficult since I recently retrained into a different career field.

I hadn't expected or been told before arriving that I would be a 3-level NCO in a job I was just learning. But it happens, we all work through it and adapt as needed.

My husband at the time deployed within six months of moving to our new duty location, leaving me alone with our 1-year-old child.

This is the stuff they tell us can happen as military couples who have children.

No problem, I am a modern woman: I can bring home the bacon, cook it and feed it to my family, then wash all the dishes, bathe the baby and write enlisted performance reports all night.

Then, I couldn't sleep at night. I would

sometimes get only 10 hours of sleep for the entire week. It wasn't an upset baby keeping me up, just an inability to sleep no matter what I tried.

So, I decided to be productive with my insomnia and would bake the work center cakes and cookies or even breakfast muffins, all from scratch, because what else is there to do at 2 a.m.?

I started coming to work late and getting appropriately counseled. Then I started losing weight, no matter what I ate. I could eat a double cheeseburger, a large-sized onion rings and a large strawberry shake for lunch and dinner, yet I still lost 30 pounds in just three weeks.

I wasn't throwing it up, heavens no, I love food! I was living off of take out, junk food, coffee and lots of candy. How could this be happening?

I didn't know it at the time, but I learned I had some classic symptoms of depression. Symptoms can include depressed mood, loss of interest in activities you used to enjoy, feelings of guilt, hopelessness and worthlessness, sleep disturbances, appetite and weight

changes, difficulty concentrating, and lack of energy and fatigue.

According to the National Mental Health Association, approximately 12 million women in the U.S. experience clinical depression every year.

About one in every eight women can expect to develop clinical depression in her lifetime. Women are twice as likely as men to develop depression.

Social and cultural causes can stem from many aspects. The more roles that a woman is expected to play — wife, mother, working woman, etc. — the more susceptible she is to "role strain" and its association with stress and depression. Women who receive little help at home or are single mothers are more likely to experience depression.

I remember the first time that someone genuinely asked how I was, because they were concerned about me. Me.

Someone actually wanted to know what was going on and wanted to help. And it wasn't my supervisors, my peers or my commander.

It was my own Airman, who cared

enough and noticed that something was wrong and helped me get the help that I desperately needed.

With the help and support of my friend, I was able to find the strength to go to the mental health clinic and receive the help I needed.

I was one of the more than 60 percent of service members who, according to the American Psychiatric Association, think seeking help for mental health issues would have at least some negative impact on their career. This isn't so.

Mental health disorders have a biological basis and can be treated like any other health condition.

As military members, we have been briefed many times on how to recognize the signs and symptoms of someone who is in need of mental health assistance.

For someone who truly needs help, the first step to wellness is the hardest step there is.

Acknowledging your problem is not a weakness, but a step made with incredible strength.

673d Force Support Squadron ☀️ JBER-Richardson Events

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

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

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

CALL 384-9006/9023/7619 FOR DETAILS!

COME FOR THE FUN BUT, STAY FOR THE SUN!

Starts at 11 a.m. Summer Solstice The Arctic Chill's Deck! Music, dance and fun!

The Chill is open to everyone 18 years & older.

JBER · Richardson Outdoor Recreation Fishing Specials!

King Salmon Guided Fishing Trips on the Little Susitna River

June 11 & 17

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

Call 384-1475/1476 for reservations

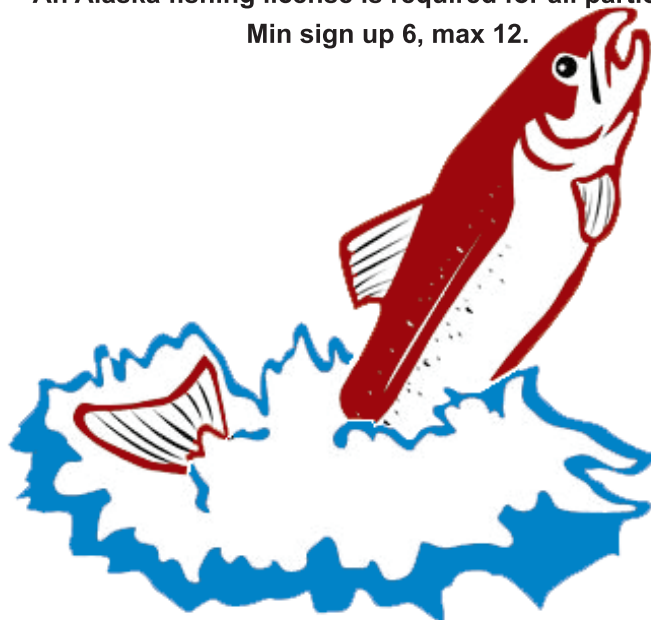
All customers need to sign up a minimum of 7 days prior to trip.

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

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

An Alaska fishing license is required for all participants.

Min sign up 6, max 12.



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

Web: www.elmendorf-richardson.com

Facebook: 673FSS

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Right Arm Night

**June 10
3 - 5 p.m.**

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



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

facebook

Community happenings

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

SATURDAY
Alaska Run for Women
 Alaska women pound the pavement in force to raise funds for breast cancer research and awareness. The race unites serious runners and casual walkers, starting at 8:30 a.m. at Sullivan Arena. For information, email run@akrfw.org.

TUESDAY
Guys' Survivor Breakfast
 Men who have lost military family members, whether in theatre, by accident, or other means meet at Johann's Restaurant in Eagle River at 7 a.m. For more information, call 384-0272 or 428-6066, or email richard.cavens@us.army.mil.

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

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

Summer Solstice Festival
 The year's longest weekend kicks off in downtown Anchorage with live music, children's activi-

ties, cultural performances, hero games and much more. Activities are free. For more information, visit www.anchoragedowntown.org or call 279-5650.

Aug. 11
Annual MOC golf tourney
 The 381st Intelligence Squadron and Alaska Mission Operations Center will host the Top III 4th Annual Golf Tournament at Eagleleglen Golf Course.

Space is limited to 36 four-person teams. All military and civilians are welcome; prizes will be awarded.

Start time is 7 a.m. Ticket price includes greens fees, cart, and a door-prize ticket. For information or to reserve a spot, call 552-4590 or email skye.whipkey@elmendorf.af.mil.

ONGOING
Renaissance fair
 Renaissance enthusiasts from around Alaska gather for a festival with feasting, fighting and circuses through Sunday.

Vendors will offer crafts and renaissance wares at Tozier Memorial Track from noon until 8 p.m. daily; for information call 868-8012 or visit www.3barons.org.

Festival of Flowers
 Educational seminars, flower sales and auctions, music, art, face-painting and more with a carnival feel in downtown Anchorage.

The free events run from noon until 6 p.m. in the town square. For information, call 279-5650 or visit www.anchoragedowntown.org.

Farmers' market
 Non-profit, famer-directed market at 15th and Cordova, offering fruits, vegetables, herbs, flowers, plants, and animal products available. Offerings and vendors vary seasonally; open Saturdays from 9 a.m. until 2 p.m. through Oct. 15.

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

Anchorage baseball
 From June 5 through Aug. 3, the Mulcahy Stadium hosts the Anchorage Bucs and the Anchorage Glacier Pilots baseball. Outstanding collegiate play-

ers from around the world join forces to create the Alaska Baseball League, and many future major-league players have competed with the teams. Schedules are available on the website.

For information, visit www.anchoragebucs.com or www.glacierpilots.com, or call 561-BUCS.

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

The 40-minute program runs every day and begins every hour at the Alaska Center for the Performing Arts.

Visitors should enter on the 6th Avenue side of the building. Discounts are available.

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

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

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

Market and festival
 Local farmers and artisans sell their goods Saturdays and Sundays in a festival atmosphere. Enjoy free lively entertainment and great food while browsing more than 300 booths.

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

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

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

Anyone interested in model railroading is invited. For more information, call

552-5234 or 952-4353, visit www.trainweb.org/msmre or email bjorgan@alaska.net.

Ice age titans
 The Anchorage Museum presents "Mammoths and Mastodons: Titans of the Ice Age" through Aug. 9. Developed by the Field Museum of Chicago, this exhibit includes life-size replica creatures, skeletons, skulls and tusks; and includes ancient art contemporary to the extinct giants.

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

Wired Cafe for Airmen
 The Wired Cafe is located at 7076 Fighter Dr., between Polaris and Yukla dormitories.

The cafe was built to serve Airmen who live in the dormitories with a home-away-from-home atmosphere.

The cafe has wireless Internet and programs throughout the week. There are also free home-cooked meals Thursdays, with dinner served at 6:30 p.m.

For information, call 552-4422.

Family Advocacy support programs available
 The New Parent Support Program hosts several activities for families with young children up to age 3.

Family Advocacy also offers anger management classes, classes for new fathers and nursing mothers, as well as other programs for service and family members. "Dads 101" and "Home Improvement" are also featured.

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

Planetarium shows
 Through 3-D graphics, surround sound and a dome screen, the Anchorage Museum's planetarium offers a fascinating way to learn about astronomy, the solar system and more.

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

Museum unravels the "History of Basketry"
 The Anchorage Museum presents "Unraveling the History of Basketry" through Dec. 31 exhibiting baskets from Haida, Tlin-

Chapel services

Catholic Mass

Sunday

9 a.m. - Soldiers' Chapel
 10:30 a.m. - Elmendorf Chapel 1
 5 p.m. - Soldiers' Chapel

Monday through Friday

11:40 a.m. - Soldiers' Chapel
Monday, Wednesday and Friday
 11:30 a.m. - Elmendorf Chapel Center

Thursday

11:30 a.m. - Hospital Chapel

Confession

Sunday

4:30 p.m. - Soldiers' Chapel
Monday though Friday
 Before/after 11:40 Mass - Soldiers' Chapel

Protestant Sunday Services

Joint Liturgical Service

9 a.m. - Elmendorf Chapel 2

Celebration Service

9 a.m. - Elmendorf Chapel 1

Collective Protestant Service

11 a.m. - Soldiers' Chapel

Gospel Service

Noon - Elmendorf Chapel 1

Contemporary Protestant Service

5 p.m. - Elmendorf Chapel 1

git, Tsimshian, and Yup'ik baskets.

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

Potter Marsh bird walk

The Alaska Department of Fish and Game hosts a daily walk along the Potter Marsh boardwalk to learn about the area's wildlife, waterfowl and other creatures.

This family-friendly event is for everyone from beginning birders to experts.

Visitors should dress for rain, wind or shine and meet at 8 a.m. at the boardwalk entrance at Mile Post 117 on the Seward Highway. For information, call 267-2281.



Experience JBER Elmendorf-Richardson

Summer 2011 Outdoor Adventure Program

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

ATV Trip: Hatcher Pass

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

ATV Safety Certification

June 15, 22 and 29
 4 - 9 p.m. • \$50

Meet: Hillberg Ski Area
 This fee will be deducted from the cost of your 1st ATV trip with OAP. (16 yrs and up)

Whitewater Rafting Eagle River

June 15, 16, 22,
 23 & 29

5 - 8 p.m.
 June 11 & 25

10 a.m. - 1 p.m.
 2 p.m. - 5 p.m.

Reservations must be made in advance for trips at OAP **552-4599**

Go Geocaching

Learn how to use your GPS and enjoy geocaching. June 19 at 11 p.m. GPS units will be provided. Cost \$10.

Handgun Cartridge Reloading

June 23 at 5:30 p.m. for \$5 per person.

Get your State of Alaska Fishing License **HERE!**

Hillberg Challenge

June 17

Sign up 11 a.m. • Race 2 p.m.

Registration begins at 11 a.m. at Hillberg Ski Lodge parking lot. This is a cross county 4.5 mile race. Prizes to first and second place finishers for both men and women. The first 40 that sign up will receive a T-shirt.

JBER Elmendorf Fitness Center • 552-5353

To find out awesome opportunities the FSS Gift Card can give you visit...
www.myfssgiftcard.com

Learn how one card provides so many options for FSS activities and adventure.

About your card...

Force Support Squadron (FSS) gift cards make it easy to purchase gifts for family and friends on special occasions, the holidays or for everyday use while on base. The cards are simple to use and provide specialized purchasing power within all participating FSS activities. And best of all, there are no fees to use your card, and no lost value if you don't use it right away!

Use your card to...

Take a much-needed vacation, Experience the great outdoors, Enroll your child in an activity or sport, Play a few rounds of golf, Enjoy a tasty breakfast, lunch or dinner, Put some fuel in the plane, Or... choose from the many FSS activities and locations to create your own adventure!

Gift Card limitations...

Gift cards cannot be redeemed for online purchases or for cash. The cards cannot be used in Army, Air Force Exchange Service activities, or the Commissary. Unused Gift Card balances cannot be transferred.

The Force Support Squadron has the right to require alternative forms of payment if redemption on a fraudulently obtained or fraudulently altered Gift Card is attempted. Members of the U.S. Armed Services may be subject to penalties under the Uniformed Code of Military Justice for intentional fraud.

The United States Air Force and its affiliates make no warranties express or implied, with respect to gift cards, including without limitation, any express or implied warranty of merchantability or fitness for a particular purpose. In the event a gift card code is non-function, your sole remedy and our sole liability, shall be the replacement of such gift card.

No Air Force entity or affiliate is responsible if a Gift Card is lost, stolen, destroyed or used without your permission.

Purchase More Cards...

Give the gift of choice. FSS gift cards can be used for a variety of activities and they are available for purchase at participating FSS locations. Any amount can be loaded on the card in \$5 increments, regardless of the balance.



Eklutna Trail Bike Ride

June 11. Departs 10 a.m. from Outdoor Recreation Center. \$15.

Indian to Girdwood Bike Ride

June 25. 510 a.m. \$15.

Call **Elmendorf Outdoor Recreation Center at 552-2023** to make your reservations today!

Get out and enjoy spring in Alaska!



TOP: The runners leave the start point at the beginning of the Arctic Valley Run, a 37-year tradition on Fort Richardson.
ABOVE LEFT: Bob Gerik cools down just after taking first place in the five-mile race of the 37th Annual Arctic Valley Run. Gerik finished in 34:08. Second place in the five-mile went to Jeremy Wiseman, with Jane Senaga and Matt Waddel taking third and fourth.
RIGHT: Timothy Blake crosses the finish line of the 12.5-mile run, with a time of 1:30:49. Second place went to David Driscoll of Headquarters and Headquarters Company, 725th Brigade Support Battalion, with Susan Casey and Ann Williams placing third and fourth.
BELOW: The runners take off – including a toddler whose father pushed a three-wheeled stroller all five miles. (Photos by Johnathon Green/JBER PA)



Extra challenges make life - and work - more interesting

Commentary by Air Force Staff Sgt. Jeremy Larlee
 JBER Public Affairs

Many professional athletes are so talented that they often make performing their craft look simple.

For some, it seems like some kind of autopilot kicks in and allows them to do athletic feats with ease that are impossible for most everyone else. That ease can sometimes be misconstrued as laziness by some sports viewers.

Due in part to this, many of the most famous sports stories are about athletes dealing with an extra obstacle in their way.

Usually this hurdle is a physical one from an injury. Kirk Gibson hitting an inspirational homerun to help lead his Los Angeles Dodgers past the Oakland Athletics in the 1988 World Series is one famous example.

Fighting a stomach virus and injuries to both legs, Gibson somehow managed to hit

a pinch-hit homerun in the first game that set a tone for the entire series.

The video of him limping around the bases is some of the most famous baseball imagery caught on tape.

Sometimes the burden is a mental one. For example, Brett Favre returning to his team less than a week after his father passing away and leading his team to victory.

To me the most impressive feat is Michael Jordan's flu game in game five of the 1997 NBA Finals.

Jordan, suffering from either food poisoning or a stomach virus, was told by his trainers the day before the game that there was no way he could play in the game.

I don't know how other people handle being sick, but if I was that sick I would be barely able to walk much less play in a basketball game.

Jordan crawled out of bed three hours before tipoff and arrived at the arena looking pale and lethargic. Not only did Jordan

play for 44 minutes, he somehow managed to rack up 38 points. He was visibly slower and lacked his trademark explosiveness, but he still managed to help lead his Chicago Bulls to victory over the Utah Jazz. He hit a key three-pointer in the final minutes and the final score was 90-88.

The game was of a paramount importance in the series. The Jazz had won two straight and if they won game five they probably would have been NBA champions that year instead of the Bulls.

In a hall of fame career full of highlights, the determination that Jordan showed in that game is what impresses me most about his career.

Now I hope that none of my military brethren decide to show up to work sick, because I have a knack for catching any contagious disease in my vicinity.

But we have gotten pretty good at completing our missions despite the many obstacles put in our paths.

Doing less with more has become a common battle call. Keeping our focus while deployed from family and friends can be challenging as well.

During the exercise two weeks ago I got to experience a slight physical obstacle. You take for granted that wearing the Mission-Oriented Protective Posture gear is uncomfortable, but typing wearing those gloves is a challenge.

The first sentence I tried to type looked like some gibberish a 1-year-old would bang out on the keyboard. I ended up using a pencil to hunt-and-peck like I had just learned to type.

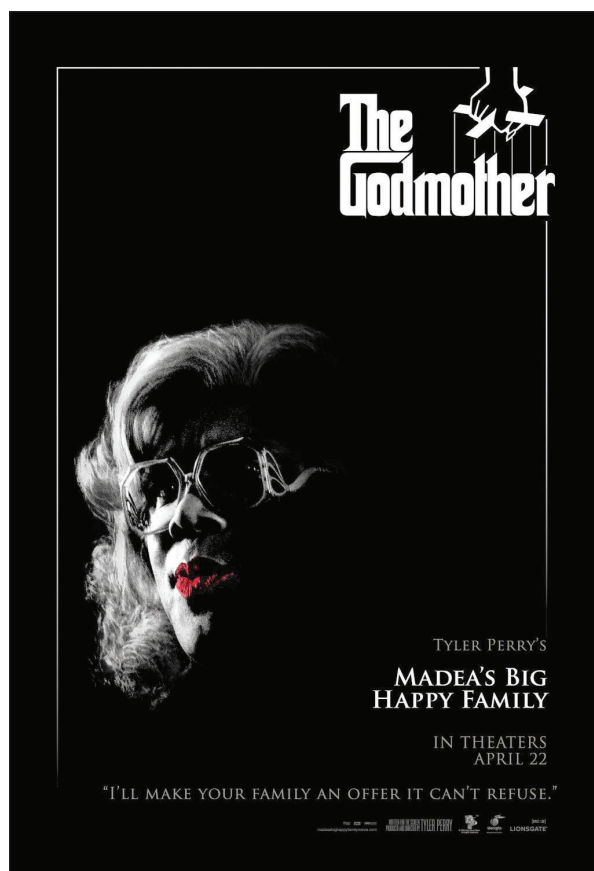
It can be hectic trying to accomplish your job, but it was good to experience that challenge in a training environment.

There will be no documentaries or great stories written about many of the challenges we face as military members, but facing them down with little complaint is what makes us great.

At the movies

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

Now playing



MADEA'S BIG HAPPY FAMILY

Rated: PG-13
Playing: Friday at 7 p.m.
Run time: 106 minutes
Starring: Tyler Perry, Loretta Devine, Cassi Davis, Shannon Kane

Madea jumps into action when her niece, Shirley, receives distressing news about her health, but her children are distracted by their own problems. It's up to Madea, with the help of the equally rambunctious Aunt Bam, to gather the clan together and make things right the only way she knows how: with a lot of tough love, laughter ... and the revelation of a long-buried family secret.

Now playing



RIO

Rated: G
Playing: Saturday at 7 p.m.
Run time: 96 minutes
Starring: Jesse Eisenberg, Anne Hathaway, George Lopez

When Blu, a domesticated macaw from small-town Minnesota, meets the fiercely independent Jewel, he takes off on an adventure to Rio de Janeiro with this bird of his dreams.

Salmon fishing on the Russian River

Commentary by Jim Hart
 JBER Public Affairs

Practice doesn't make perfect, perfect practice makes perfect. Whoever said it is either a genius or has never fished in Alaska for salmon.

I believe that there are fishermen for whom the fish make appointments. These guys catch halibut in drinking fountains. There are also fishermen at whom fish laugh. They couldn't catch a bag of frozen fish at a

grocery store. I'm that kind of guy.

Like any good Alaska story, I must include bears, icy water, fish a-plenty and a bungling angler (played by myself).

I also have to contrast the non-fisherman with a more seasoned angler – for me, that list would include almost anyone older than six, so the “seasoned angler” will be the stranger I met on my second Russian River fishing excursion.

Having lived on Naval Air Station Adak for a few years, I remembered how frustrating it is to “legally” catch a sockeye.

Contrary to popular opinion, this isn't really fishing – it's hunting. You “floss” the

fish's mouth with your line and drag the hook into its mouth.

Simple, really. Any idiot with a fishing pole should be able to master the technique within a few hours.

So, on my second day with no fish to my name, I was struggling to catch the elusive red salmon when I looked up stream at some commotion on the water. There was a fisherman extraordinaire – a kung-fu master with a fly rod, reeling in yet another salmon. His stringer was full; he was fishing for fun.

I struggled with the impulse to throw my fishing pole into the woods and go home; then I thought of the adage about teaching a man to fish.

I was a man, though I was quickly regressing into a Neanderthal at that point, and I needed some serious instruction.

I don't remember the guy's name; he worked in 3rd Wing operations someplace, but he cheerfully showed me how to position the weight, how to position myself relative to the fish, where to cast the line – and I hooked her.

The battle raged for nearly two minutes. It was my first salmon – two minutes is a long

time. When I got her to the shoal, he asked if I had a “bonker.”

“The river bed is loaded with them,” I said. Apparently, rocks don't knock out fish quite as well as a nicely polished piece of teak. He hit the fish; she got off the line and quickly rejoined the school.

While the fish wasn't stunned, I was. I had just caught a SALMON! Oh yeah, and she got off – but I caught her!

He apologized profusely for “losing” my fish, but all I could say is that I actually caught one. He said, “Ahh – there she is...”

One cast, two casts, three – FISH ON!

That night I went home with the tastiest red in the world.

Oh – and I almost forgot about the bears. The next time I went fishing on the Russian River, the only wildlife I saw was a 400-pound brownie. He wasn't catching anything either.

Editor's note: That was also Jim's last red salmon for the year. He still hasn't caught a king - a point not lost on his coworkers and friends. Red salmon season on the Russian River opens at 12:01 a.m. Saturday.

Going green, paperless raises \$85,000 for military families

TRICARE gives to charity for each household

Courtesy of TRIWEST

PHOENIX — Just making the simple — and convenient — switch to electronic statements means military families throughout the country will receive thousands in additional funding to help during a future time of need.

Through TriWest Healthcare Alliance's "Go Green & Give" campaign, more than \$85,000 was raised to help four national military charities in their mission of supporting military families.

All told, more than 17,000 TRICARE West Region households participated in the three-month effort.

Go Green

For each of the 17,000 households that chose to "Go Green" and receive healthcare statements electronically, TriWest agreed to donate five dollars to one of four military charities — the Armed Services YMCA (www.asymca.org) Operation Homefront

(www.operationhomefront.net), Tragedy Assistance Program for Survivors (www.taps.org), and the United Service Organizations (www.uso.org).

"It's great to know that by simply choosing paperless options, our customers were able to help these four outstanding organizations and ultimately, provide support to the men, women and children who do so much for our country," said TriWest President and CEO David J. McIntyre, Jr.

Clearing the clutter

TRICARE West Region beneficiaries can continue opting in for paperless healthcare communications, such as referral and autho-

rization letters, claims and explanation of benefits statements, by visiting www.triwest.com/GoGreen.

TriWest Healthcare Alliance partners with the Department of Defense to do "Whatever It Takes" to support the healthcare needs of 2.7 million members of America's military family.

A Phoenix-based corporation, TriWest provides its members access to cost-effective, high-quality health care in the 21-state TRICARE West Region.

Those interested are invited to follow us on Twitter @Triwest, on Facebook at www.facebook.com/TriWest or visit www.triwest.com for more information.

Births

MAY 22

A daughter, Rosalie Grace Aber, was born 20 inches long and weighing 7 pounds, 1 ounce, at 8:32 a.m. to Megan M. Aber and Cpl. Bryan G. Aber of A Company, 725th Brigade Support Battalion.

A daughter, Andrea Victoria Grillasca, was born 20.5 inches long and weighing 7 pounds, 11 ounces, at 3:18 a.m. to Maria Salado and Air Force Staff Sgt. Andre F. Grillasca of the 3rd Combined Maintenance Squadron.

MAY 23

A son, Jerard Raymond Holton Jr., was born 21 inches long and weighing 9 pounds, at 11:15 p.m. to Air Force Staff Sgt. Crystal Gail Holton and Tech. Sgt. Jerard Raymond Holton, both of the 673d Security Forces Squadron.

A son, Jason Lee Zarr, was born 21 inches long and weighing 7 pounds, 11 ounces, at 3:29 p.m. to Ashley Lynn Zarr and Spc. Christopher Timothy Zarr of the 98th Maintenance Company.

MAY 24

A daughter, Sara Irene Castillo, was born 20.5 inches long and weighing 6 pounds, 15 ounces, at 3:44 p.m. to Noemi Castillo and Air Force Staff Sgt. Jose Antonio Castillo of the 537th Airlift Squadron.

A son, Shepard Grant Monkemier, was born 21 inches long and weighing 7 pounds, 15 ounces, at 4:50 a.m. to Air Force Capt. Tia Sun Monkemeier of the 673d Inpatient Squadron and Matthew Joel Monkemeier.

MAY 25

A son, Trevor Jordan Russo, was born 20.5 inches long and weighing 7 pounds, 3 ounces, at 1:53 a.m. to Tech. Sgt. Brandy

Renee Russo of the 673d Dental Squadron and Gregory Charles Russo.

A daughter, Dakotah Belle Carson, was born 20.5 inches long and weighing 7 pounds, 4 ounces, at 7:49 a.m. to Air Force Staff Sgt. Mia Nicole Carson of the 176th Civil Engineer Squadron and Jack Ellis Carson.

A daughter, Meadow Grace Doncits, was born 20 inches long and weighing 5 pounds, 11 ounces, at 3:26 p.m. to Air Force Staff Sgt. Shanté Breon Doncits of the 962d AACS and Air Force Staff Sgt. Darren John Doncits of the 517th Airlift Squadron.

A daughter, Aniya Lanay Mitchell was born 20.5 inches long and weighing 8 pounds, 5 ounces, at 6:32 a.m. to Tech. Sgt. Aisha Michelle Mitchell of the 673d Medical Group and Air Force Staff Sgt. Cedrick Leon Mitchell of the 525th Aircraft Maintenance Squadron.

MAY 26

A son, Jaxsen Troy Muzzey, was born 21 inches long and weighing 8 pounds, 4 ounces, at 9:47 a.m. to Tiffany Elizabeth Muzzey and Army Staff Sgt. Morgan Lee Muzzey of Headquarters and Headquarters Company, 1st Battalion, 501st Infantry Regiment.

MAY 28

A daughter, Camryn Elise Emery, was born 20.5 inches long and weighing 6 pounds, 11 ounces at 8:19 a.m. to Senior Airman Amber Dawn Emery of the 673d Force Support Squadron and Senior Airman Ryan Bexar Emery of the 3rd Aircraft Maintenance Squadron.

MAY 29

A daughter, Zoey Kaylynn Parrish, was

born 19 inches long and weighing 5 pounds, 7 ounces at 6:31 p.m. to Kimberly Ann Parrish and Spc. Alan Curtis Parrish of the 501st Infantry Regiment.

MAY 30

A son, Adrian Darnell Gray Jr., was born 21 inches long and weighing 8 pounds, 2 ounces at 6:50 p.m. to Spc. Alicea Gray of B Company, 725th Brigade Support Battalion, and Army Staff Sgt. Adrian Darnell Gray of E Company, 725th BSB.

A daughter, Nora Rose Johnson, was born 20 inches long and weighing 6 pounds, 8 ounces at 10:09 p.m. to Tricia Johnson and Marine Corps Major Lee Johnson of the Marine Corps Inspector-Instructor staff.

MAY 31

A daughter, Maya Renae Burton, was born 21 inches long and weighing 8 pounds, 3 ounces at 6:32 p.m. to Biljana Burton and Spc. Ronald Darnell Burton Jr., of the 725th Brigade Support Battalion.

A son, Jakson Taylor Dennis, was born 20.25 inches long and weighing 7 pounds, 10 ounces at 9:56 a.m. to Spc. Heather Nicole Dennis of the 1984th U.S. Army Hospital, Detachment 1, and Spc. Quintin Aquontus Dennis of the 95th Chemical Company.

JUNE 1

A son, Samuel Allen Steele, was born 22 inches long and weighing 9 pounds, 4.5 ounces at 10:33 p.m. to Melissa Renee Steele and Army Staff Sgt. Robert Allen Steele of the 98th Maintenance Company.

JUNE 3

A son, Porter Charles Gagnon, was born 20.75 inches long and weighing 7 pounds, 14 ounces at 12:06 p.m. to Megan Rose Gagnon and Air Force Staff Sgt. Richard C.

Gagnon of the 3rd Equipment Maintenance Squadron.

A son, Eli Allen Nichols, was born 19 inches long and weighing 7 pounds, 4 ounces, to Melissa Renee Nichols and Airman First Class Darren Allen Nichols of the 3rd Equipment Maintenance Squadron.

A son, Elijah James Weaver, was born 19 inches long and weighing 6 pounds, 5 ounces at 4:59 p.m., and a son, Micah Xavier Weaver, was born 19.25 inches long and weighing 6 pounds, 8 ounces at 5:04 p.m., to Ronda Nacole Weaver and Sgt. LeAndre Quarte Weaver of the 17th Combat Support Sustainment Brigade.

JUNE 4

A son, James Ayden Cross, was born 20.5 inches long and weighing 8 pounds, 6 ounces at 6:38 p.m., to Kaylee Ranea Cross and Pfc. Johnathon Richard Cross of the 1st Squadron (Airborne), 40th Cavalry Regiment.

A son, Darcy Sloan Anchor Entzel, was born 21 inches long and weighing 8 pounds, 7 ounces at 6:48 a.m. to Shirlee Ann Young Entzel and Coast Guard Petty Officer 3rd Class Kristopher James Entzel of Maritime Safety and Security Team 91111.

A daughter, Brianna Amerie Harris, was born 19 inches long and weighing 7 pounds, 3 ounces at 6:17 p.m. to Brandy Nicole Harris and Senior Airman Brandon Sherrod Harris of the 3rd Equipment Maintenance Squadron.

JUNE 5

A son, Matthew Todd Moore, was born 22 inches long and weighing 9 pounds, 6 ounces at 3:48 a.m. to Tech. Sgt. Bridget L. Moore of the 703rd Aircraft Maintenance Squadron and Todd M. Moore.

