

Health

Lynx Wing opens

Mental Health Flight finds new home in PACAF's largest mental health clinic
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Photo feature

Gold Geronimo patrol

Paratroopers of 3rd Battalion (Airborne), 509th Infantry Regiment, patrol Gardez with Afghan Uniform Police
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www.jber.af.mil/news

ARCTIC WARRIOR

Volume 3, No. 8

Joint Base Elmendorf-Richardson

February 24, 2012



Alaska Army National Guard paratroopers trained and ready to deploy to Afghanistan

By Army Staff Sgt. Karima Turner
134th Public Affairs Detachment

CAMP ATTERBURY, Ind. — Alaska Army National Guard Soldiers from B Company, 1st Battalion (Airborne), 143rd Infantry Regiment, are anticipating their deployment day, scheduled to leave for Afghanistan before the end of the month.

More than 126 Soldiers, most from western Alaska, were mobilized Nov. 25, 2011, and left Alaska for Camp Atterbury, Ind., to finalize their pre-deployment training before taking over a security forces mission in support of the Provincial Reconstruction Teams who are helping to rebuild Afghanistan.

"The past year and a half, B Company has grown from a small core of about 35 Soldiers as a new airborne infantry company within a new airborne infantry battalion to the present with only a few short days away from deploying 123 fully-trained infantry Soldiers to Afghanistan," said Capt. Jason

Caldwell, B Company commander and Kandahar Provincial Reconstruction Team Security Forces commander.

B Company will provide security for three Provincial Reconstruction Teams while deployed to Afghanistan. The Provincial Reconstruction Teams operate in potentially dangerous areas to rebuild infrastructure, assist with agriculture, build wells and provide healthcare.

The company's final pre-deployment training is nearing completion, and the Soldiers are scheduled to depart for Afghanistan by the end of February.

Caldwell said the readiness of the Soldiers is evident in the way they are performing their security forces training. Although the training has seemed monotonous at times, Caldwell said it has paid off.

"Repetition for all involved is key for a mission like this," Caldwell said. "It's easy to become complacent, so the Soldiers need

See Deployment, Page A-2



ABOVE: Alaska Gov. Sean Parnell visits with National Guardsmen Sgt. Joseph Meacham, center, of Anchorage, and Staff Sgt. James Zuelow, of Juneau, both of B Company, 1st Battalion (Airborne), 143rd Infantry Regiment, at the King Dining Facility on Camp Atterbury, Ind., Feb. 16.

TOP: Wasilla resident Sgt. Elijah Gutierrez, B/1-143rd Inf., Zabul Provincial Reconstruction Team Security Forces, directs his security forces team during a training mission Feb. 15 at Camp Atterbury. (U.S. Army photos/Staff Sgt. Karima Turner)

Chief of Staff of the Air Force visits JBER

By Air Force Staff Sgt. Sheila deVera
JBER Public Affairs

Air Force Chief of Staff Gen. Norton Schwartz and his wife Suzie met with Airmen at Joint Base Elmendorf-Richardson during a visit to Alaska Feb. 15 through Saturday.

During the second day of his visit, the general, along with the 11th Air Force Commander Lt. Gen. Stephen Hoog and 673rd Air Base Wing Commander Col. Robert Evans, hosted an Airmen's call at Hangar 1 to discuss current Air Force issues with Airmen.

"It's been a long time since I was last in this hangar," said Schwartz, who served as 11th AF commander from 2000 to 2002. "We did a change of command here more than a few years ago



Air Force Chief of Staff Gen. Norton Schwartz meets Staff Sgt. Chris Bowerfind, who is assigned to the 212th Rescue Squadron, Alaska Air National Guard, and is a native of Eagle River, during Schwartz' visit at Joint Base Elmendorf-Richardson. Schwartz visited the 212th RS as part of his tour of the installation. (U.S. Air Force photo/Staff Sgt. Sheila deVera)

Military Personnel Section renovated for customer convenience

By Airman 1st Class Ty-Rico Lea
JBER Public Affairs

Recent renovation for the People Center's Military Personnel Section is nearing completion after months of construction.

"The budget was allocated to us by Col. Edward Thomas Jr., 673d Mission Support Group commander," said Tech. Sgt. Curtis Jackson, 673d Force Support Squadron, section chief.

The project started in November 2011, and is expected to be completed in May 2012.

"The People Center has needed work for many years

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CUI preparation

Know policies and procedures for responding to emergency situations as well as safeguarding personally identifiable information. For information cards that can be cut out, see Page A-3.

10 days until CUI

PERMIT NO. 220
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PRESORTED STANDARD

Command Emphasis

High-risk behavior contributes to rise in STDs

Editorial by Maj. Gen. Raymond P. Palumbo
U.S. Army Alaska commanding general

Ready units and strong families are essential to U.S. Army Alaska accomplishing its mission. Sexually transmitted diseases are preventable and have a direct effect on unit readiness and personal relationships. One STD that has recently gained some attention in Alaska is human immunodeficiency virus.

The Centers for Disease Control and Prevention estimate 1.2 million people living in the U.S. are infected with HIV, and one in five are unaware of their infection. Approximately 50,000 new cases are diagnosed every year. From 1982 to 2010, 1,394 cases were diagnosed in Alaska, with 38 cases diagnosed across the state in 2010.

U.S. Army Alaska has had a low incidence of HIV infection until a sudden spike in 2011, when nine cases were reported



Courtesy graphic

around the Fairbanks area. Seven of the nine infected individuals were either active duty military or civilians linked to the military. Many of these cases were diagnosed by pre-deployment HIV testing, and several of

them contracted their infections by engaging in high-risk practices such as unprotected sex with multiple or anonymous partners.

The Department of Defense has set vigorous standards for education and training. Service members receive annual training on sexually transmitted diseases and reducing high-risk behaviors. The current screening standards include testing service members for HIV every two years, as well as prior to and following deployments. In addition, testing is available for all Soldiers and family members upon request.

As of 2010, there were more than 400 HIV-positive Soldiers on active duty. While infection is disqualifying for entry into the military, it is not a reason for discharge from active duty. Each of these Soldiers receives world-class medical care and case management to maintain their health and prevent the progression of disease.

Active duty Soldiers with HIV infection

are barred from combat deployments, and may only be stationed within the United States (including Alaska and Hawaii). This is for their protection, the protection of their fellow service members who may be exposed to blood and body fluids, and to ensure access to medical care.

Those infected with HIV face a lifetime of social, emotional and physical health challenges. Their finances, relationships and well-being are all impacted. That is why I urge our Soldiers, family members and civilian employees to engage only in safe sexual practices.

This recent increase in the number of HIV cases is concerning and is a symptom of the greater issue of engaging in high risk behavior. I ask you to all do your part to stop the spread of HIV and other STDs by taking a look at your own activities and reducing risky behavior.

Arctic Warriors!

Deployment

From Page A-1

to be able to complete their security forces mission like it is second nature and under any circumstance."

Caldwell, who is based out of Bethel, said he's impressed with how far his Soldiers have come since beginning their first major pre-deployment training in July 2011.

"The accomplishments of these Soldiers are phenomenal," Caldwell said. "As a group, we overcame geographical barriers, language differences and cultural differences to mesh into one cohesive group before we left Alaska."

During the pre-deployment training at Camp Atterbury, the Soldiers have continued to build on that unit cohesion, he said, as well as tactics, techniques and procedures. They also learned to work in a joint environment alongside the U.S. Air Force and the U.S. Navy, who are running the provincial reconstruction teams.

"Working with (the company) has truly been a pleasure and an honor," said Sgt.



Kwethluk resident Pfc. Randell Andrew, B Company, 1st Battalion (Airborne), 143rd Infantry Regiment, pulls security by an RG-33 Armored Utility Variant mine-resistant ambush-protected vehicle during a training mission at Camp Atterbury, Ind., Feb. 14. (U.S. Army photo/Staff Sgt. Karima Turner)

Maj. Gary Ortega, Kandahar Provincial Reconstruction Team non-commissioned officer-in-charge. "Their willingness to do whatever it takes to get the job done is impressive. As professionals I think they're

the greatest, and they'll do a real good job for us in Afghanistan."

Caldwell said his Soldiers have shown true Alaska spirit and have made the state proud.

"At Camp Atterbury, we again, overcame differences in other services to forge ties within the different provincial reconstruction teams and facilitate each group becoming a cohesive unit," Caldwell said. "It is a display of our resilience, confidence and ability."

"Each provincial reconstruction team staff continuously relied on Alaska's Security Forces Soldiers to help them get through critical tasks such as weapon qualification, mounted gunnery and situational training exercises," he continued. "It proves that if the standard is raised, Soldiers will continuously raise themselves to meet it. I could not have asked for a finer group of men to deploy with, and I am proud to be allowed to serve with them as commander."

The deploying Soldiers hail from Anchorage, Bethel, Chevak, Delta Junction, Dillingham, Eagle River, Ekwok, Emmonak, Fairbanks, Fort Greely, Hooper Bay, Houston, Juneau, Kipnuk, Kodiak, Kongiganak, Kwethluk, Little Diomedede, Marshal, Nikkiski, Nome, North Pole, Palmer, Port Graham, Quinaag, Scammon Bay, Shishmaref, Sitka, Tuluksa, Upper Kalskag, Valdez, Wasilla and Wrangell.



Chief of Staff of the Air Force Gen. Norton Schwartz speaks to Col. Bryan Radcliff, 477th Fighter Group commander, Feb. 16, at the 477th FG headquarters. (U.S. Air Force photo/Staff Sgt. Sheila deVera)

CSAF

From Page A-1

after Suzie and I spent a tour here in the last frontier."

The general addressed more than 500 Airmen about challenges the Air Force is facing and the future of the force.

"I salute you for the way you provide mutual support to one another and pull together when it's time to do the serious work expected of us," Schwartz said.

The budget for fiscal year 2013 was recently released, and Schwartz told attendees that the Air Force will get smaller but remain a supremely capable force.

"With respect to active duty, reserve and guard Airmen, it's very important that we design this smaller force in a way that does not drive anybody into the dirt," Schwartz said. "So we will structure ourselves so that our tempo is sustainable for the long term, and so we won't burn out the active duty, the Guard and the Reserve."

Schwartz also talked about how Airmen will deploy through

the new Air Expeditionary Force construct.

"The notion for the new AEF system is to primarily deploy as units, or major portions of the units, rather than as individuals from many different units," Schwartz said. "This new approach means units will deploy with their commander, first sergeant and senior NCOs from home station."

Suicide prevention was another key topic Schwartz discussed during the Airmen's Call.

"I make an appeal to each one of you to not let a teammate make the choice – a permanent choice – to commit suicide when you have the opportunity to alter the outcome," Schwartz said. "Our Air Force is a team, so please reach out to those teammates who may be struggling and need a helping hand."

In addition to the Airmen's Call, Schwartz had the opportunity to tour the base and visit with Airmen from the 212th Rescue Squadron, the Combat Alert Cell, the 525th Fighter Squadron and the 477th Fighter Group, and well as see JBER's C-17 Globemaster III operations up close.

MPS

From Page A-1

and now the base is fortunate to be able to make some significant improvements," Thomas said.

The total cost for construction is estimated to be \$2 million, but is currently at \$500k.

"You can never make a first impression twice, and this building has a clear impact on our newcomer's first impressions and beliefs as far as our joint base," Thomas said. "We need to look professional and be even better in the customer service we provide. Presenting a recognizable image and creating an environment for great support to our people counts."

The 673d MSG is comprised of four squadrons: the 673d Contracting Squadron, 673d Communications Squadron, 673d Security Forces Squadron and the 673d Force Support Squadron.

There are three sections in the MPS: The customer service department, the career development department and the force management department. The customer service department is responsible for the replacement and distribution of common access cards and dependent identification cards, date of estimated return overseas updates, in-processing to the base and leave. The career development department is responsible for assignments, re-enlisting, retirement and separation, and promotions. The force management department is responsible for evaluations, duty status, special duty pay and Air Force specialty code conversions.

The People Center manages all JBER military and dependent's personal data.

"I personally thought the MPS was an eyesore," Jackson said. "Furniture was old, things were placed haphazardly, the overall appearance was bad. So we did a \$70,000 renovation here in customer service and force management, using funds to get new furniture and a television system for customers to enjoy while they



Air Force Staff Sgt. Veronica Jackson, 673d Force Support Squadron, assists U.S. Air Force Lt. Col. Brett Blake with his out-processing, Feb. 17. The Military Personnel Section's newly renovated customer area features a computer sign-in station, more seating, a television and a new joint consolidated lobby. (U.S. Air Force photo/Airman 1st Class Ty-Rico Lea)

wait to be assisted."

A percentage of the expenses were put toward other parts of the People Center.

"Capt. Bailey Mark, 673d FSS man power personnel flight commander, wanted new tiling and the re-painting of the People Center," Jackson said. "She simply wanted to make it more pleasing to our customer's eyes and let them know that they are walking into a place where they know that their needs are going to get met professionally."

Construction was done across the entire People Center.

"Prior to the renovation, each MPS department had its own lobby. We found it more convenient for our personnelist to retrieve customers from one centralized location and take them where they need to go," Jackson said.

Customer computer sign-in stations were added so employees from any of the three departments will be notified when a customer arrives.

"One of our last new features

we're waiting on is wall directories to point customers in the direction of the MPS," Jackson said. "That way it can alleviate stress on customers new to the building."

In May, a centralized passport area will be added where customers will be able to obtain official passports.

"When we have service members in-process, the People Center is the first place they come to and we wanted it to be presentable," 2nd Lt. Chad Ortega-Foster, 673d FSS MPS chief military personnel section chief said. "That was kind of the big push. We just wanted to make it easier for the customer."

Staff Sgt. Kory McLaughlin, 773rd Civil Engineer Squadron with his wife Jessica came out to register their new-born daughter into the Defense Enrollment Eligibility Reporting System.

"The wait time has shown a bit of improvement," McLaughlin said. "And customer service has always been great and, thanks to the renovations, things are running a lot smoother."

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

**U.S. Army Alaska
Commanding General**
Maj. Gen. Raymond P. Palumbo (USA)

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

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

ARCTIC WARRIOR

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ARCTIC WATCH

SUSPICIOUS ACTIVITY REPORTING



384-0823/0824

552-2256/4444

JBER Antiterrorism Office

“Alert and aware in the Arctic”

FPCON ALPHA. An increased general threat of possible terrorist activity against personnel or facilities.

FPCON BRAVO. An increased or more predictable threat of terrorist activity exists.

FPCON CHARLIE. An incident occurs or intelligence indicates terrorist action or targeting is likely.

FPCON DELTA. A terrorist attack has occurred or is imminent. (Usually declared as a localized condition.)

PII Includes but is not limited to:
-Name
-Other Names Used
-Race/ethnic origin.
-Religious preference
-Age and date of birth (year)
-Gender
-Citizenship
-Legal Status
-Social Security Number (to include partial SSN)
-Driver's license
-Other ID number
-Place of Birth/Home of Record
-Mailing or Home address
-Personal phone number (to include home or cell phone)
-Personal e-mail address
-Mother's maiden name/middle name
-Marital status (single, divorced, widowed, separated).
-Number, name, and sex of dependents
-Spouse information
-Children's information
-Emergency Contact
-Biometrics
-Financial information
-Medical Information
-Disability Information
-Law Enforcement information
-Employment information
-Security Clearance
-Military Records
-Education Level (unless the request for release of the information relates to the professional qualifications for Federal employment)
-Civilian educational degrees and major areas of study (unless the request for the information relates to the professional for Federal employment).
-School and year of graduation (if in connection with professional qualifications for Federal employment).
-Present or future assignments for overseas or for routinely deployable or sensitive units.
-Office, name, state, unit address and duty phone for overseas or for routinely deployable or sensitive units.

Personally Identifiable Information (PII) Action Card
What is PII? PII is anything that can identify you individually. Examples include: · Medical info - Date of Birth - SSN (full or partial) - Driver's license number · Address - Cell phone # - Home address - Marital status · Personal email - Race/ethnicity - Home of record - Children/spouse info
How do I treat PII in my email? Take the following steps: 1. Type "(FOUO)" in the subject line 2. Encrypt your email 3. Include the following statement in the body of the email: "The information herein is For Official Use Only (FOUO) which must be protected under the Privacy Act of 1974, as amended. Unauthorized disclosure or misuse of this PERSONAL INFORMATION may result in criminal and/or civil penalties." 4. Do not send information to anyone without a need to know
How do I treat hard copy PII? 1. Ensure binders and loose papers which contain PII are covered with an AF IMT 3227 (Privacy Act cover sheet) 2. Shred every paper copy once you're done with it (see other side1)
How do I treat electronic records with PII? Don't - Store records where accessible to anyone without need to know (e.g. unsecured shared drives)

ACTIVE SHOOTER LOCKDOWN CHECKLIST
2. When in a safe location, call 9-1-1 only: • If you have pertinent information Incident/shooter location Number of shooters Number and type of weapon (handgun, shotgun/rifle, etc.) Shooter's physical description and direction of travel Number of casualties, explosive devices, chained doors, etc. To ensure lockdown procedures are initiated To alert first responders and/or threat To provide current/updated information regarding the threat Do not assume others have alerted 9-1-1 operators until that action is confirmed by the activation of mass notification systems (i.e. Giant Voice, etc).
3. Communication with First Responder Systems: NOTE: These cards apply to public facilities that have customers on a daily basis. This is not for your normal office building. Three cards are displayed to signal the status of the occupants inside. One card is displayed on the exterior window such that first responders can see it from the outside, and one displayed on the interior window or door so that rescue teams working the halls may see it. The color codes are as follows: • Red: We urgently need medical assistance. No suspects present. • Green: We are Okay. No suspect present. • Yellow: We have evacuated this room. The absence of a marker indicates to first responders the presence of a suspect and/or the likelihood that the room's occupants have been killed or seriously injured.
4. Follow directions given by identified SF or LE personnel or by mass notification systems. Evacuation may be directed by building or one room at a time.

ACTIVE SHOOTER LOCKDOWN (NOT IN YOUR IMMEDIATE AREA)
1. Immediately ensure all personnel outdoors are brought inside.
2. Warn everyone in the building of the situation.
3. Close and lock exterior doors and windows. Post Lockdown sign with a good contact number (can be a cell) if people need to gain entry to the building. If it is reasonably safe, let them in the building and lock the door behind them.
4. If feasible report to the SIP room to get accountability of those who reported to work first. Depending on your work center you can go back to interior offices and continue working once you have been accounted for. NOTE: If the offices have exterior windows and the shooter is loose on base it is not a good idea to go back to those offices.
5. Allow individuals to contact family who might be affected.
6. Conduct a full accountability and report it up the chain.
7. Listen for updates via Giant Voice or call base information line at 552-INFO.
8. Follow directions given by identified SF or LE personnel or by mass notification systems
9. Emergency responders should be the only ones moving around the installation, unless a shooter is in the building or office space you are in and you are in imminent danger.
ACTIVE SHOOTER LOCKDOWN (IMMEDIATE AREA)
1. If evacuation isn't possible, move quickly away from the threat and seek shelter inside the nearest room/building which can be locked. Relocate as many personnel from hallways and common areas to an area which can be secured and locked. While moving, personnel should alert others of the incident by shouting "LOCKDOWN, LOCKDOWN, LOCKDOWN."

JBER INCIDENT REPORTING AID	
CLASSIFIED MESSAGE INCIDENT (CMI) REPORTING PROCEDURES FOR USERS	
A CMI is defined as a classified data that has been sent and/or received over an unclassified network.	
STEP 1	STOP! DISCONNECT THE LAN CABLE of the affected computer system(s) and/or printer(s)
STEP 2	SECURE affected system(s) and/or printer(s) in a GSA-approved container or vault, or post a guard with the appropriate clearance.
STEP 3	REPORT INCIDENT IMMEDIATELY by telephone or in person to your Security Manager, IAO, and the JBER Comm Focal Point (CFP) at 552-2666 opt 1. Note: You may ONLY say, "I'd like to report a possible CMI" via non-secure means and wait for CFP personnel to assist.

PERSONALLY IDENTIFIABLE INFORMATION (PII) BREACH REPORTING PROCEDURES FOR USERS	
A breach is defined as a loss of control, compromise, unauthorized disclosure/acquisition/access of Personally Identifiable Information.	
STEP 1	Identify the information as PII. Verify the information was sent to a non-DOD email address or personnel who did not have a need to know.
STEP 2	Immediately attempt to safeguard the information; recall the message, inform recipients not to forward or allow others to view. Track/annotate who you contacted.
STEP 3	While completing Step 2, notify the Privacy Act Officer at JBER.foia@elmdendorf.af.mil or 552-1395.

COMPUTER VIRUS REPORTING PROCEDURES FOR USERS	
STEP 1	STOP! DISCONNECT LAN CABLE. Discontinue Use. LEAVE THE SYSTEM POWERED UP. Personnel
STEP 2	should not click on any prompts, close any windows, or shut down the system.
STEP 3	If a message appears on the monitor of the affected system - WRITE IT DOWN!
STEP 4	WRITE DOWN ALL ACTIONS that occurred during the suspected virus attack. (Did the virus come from an e-mail attachment, disk, etc...?)
STEP 5	REPORT IT IMMEDIATELY! Contact your CSA or the JBER Comm Focal Point (CFP) at 552-2666 opt 1.

NOTE: When reporting a suspected virus to your CSA or the JBER CFP ensure that you give the following information to the technician:
 * Event Date & Time * Name of your CSA
 * Report Date & Time * Location of infected system(s)
 * Your name, telephone number, bldg, and organization

PHISHING E-MAILS	
STEP 1	If you receive a possible phishing e-mail, do not provide any personal information.
STEP 2	Notify your IAO and follow their instructions.
STEP 3	Delete the e-mail out of "Inbox" and then "Deleted Items" folder.
Security Manger	
CSA	
Unit IAO	
WIAO	552-9426 Communications Focal Point (CFP) 552-2666 opt. 1
OPR: 673d Wing Information Assurance Office, 552-WIAO	
Version: 002 Date: 15 Feb. 2012	

SIP Shelter-in-place checklist

SIP is a means of providing low-cost, short term (less than 2 hours) protection against the effects of a chemical, biological, radiological, or nuclear (CBRN) release or the accidental or deliberate release of a toxic industrial material (TIM).

INTENT:
 One of the instructions you may be given in an emergency where hazardous materials may have been released is to Shelter-In-Place (SIP). This is a precaution aimed to keep you safe while remaining indoors (this is not the same thing as going to a shelter in case of a storm). SIP means selecting a small, interior room, with no or few windows, and taking refuge there. It does not mean sealing off your entire office building. Sheltering in Place is intended to be use for periods of 2 hours or less.

REASONS TO SIP:
 Chemical (to include Toxic Industrial Chemicals/Toxic Industrial Materials), biological, or radiological contaminants may be released accidentally or intentionally into the environment. Should this occur, information will be provided by local authorities on television (Base Cable Channel 2), computer IPTV channel 2, radio stations, giant voice, and/or base direct messenger.

- WHAT SHOULD YOU DO IF TOLD TO "SHELTER IN PLACE:"**
1. Ensure all customers, clients, or visitors stay in the building.
 2. If at work, secure classified material:
 - a. Immediately notify all other personnel in or outside the facility,
 - b. Proceed to the room identified by your facility manager for SIP,
 - c. Locate the SIP kit,
 - d. Account for all personnel using sign-in sheets, and report your status to UCC
 3. If at home, close your windows and doors.
 - a. Find anything you can use to cover and tape windows, doors, and air ducts closed,
 - b. Ensure you can block the gap between door and the floor by placing wet towels at the bottom of the door. (Do not tape plastic to carpet)
 4. When the "All Clear" is issued: take the sign-in sheets and leave the shelter room. Remove the plastic from the windows and vents. Open the windows and doors
 5. Go outside and follow instructions from emergency response personnel on reentry. Ranking person will ensure that everyone goes to one meeting point for accountability.



CULTURES COLLIDING

Task Force Gold Geronimo patrols
Gardez with Afghan Uniform Police



ABOVE: Scouts of 3rd Battalion, 509th Infantry Regiment, patrol the outskirts of the city of Gardez behind a unit of local Afghan Uniform Police, Feb. 16. The scout unit was assisting local AUP on a presence patrol around the city. LEFT: Sgt. Nicholas Fenton exchanges greetings with a member of the Afghan Border Police during a presence patrol. TOP: Staff Sgt. Guy Cooper passes two local women during a presence patrol. (U.S. Army photos/Spc. Ken Scar)

Briefs and Announcements

Tax centers open

Volunteers at both Joint Base Elmendorf-Richardson tax centers are trained to prepare 1040 EZ and 1040 tax returns and will do so until April 17.

The JBER-Elmendorf Tax Center is in Building 8124 and is open Monday, Tuesday, Thursday and Friday from 8 a.m. to 3 p.m. and Wednesday from 8 a.m. to noon.

The JBER-Richardson Tax Center is in Building 600, Room A305, and is open from 9 a.m. to 4:30 p.m. Monday through Wednesday and Friday, and 1 p.m. to 8 p.m. on Thursday. Walk-in service is available.

Appointments can be made by calling 551-1175 for JBER-E; for JBER-R call 384-1040.

Volunteering for the Iditarod?

The 2012 Iditarod Trail Sled Dog Race will set off from downtown Anchorage, March 3, beginning at 10 a.m.

Are you (or someone you know) volunteering as part of the Last Great Race? If so, JBER Public Affairs would like to talk to you.

Please email us at jber.pateam@elmendorf.af.mil or call the Arctic Warrior editor at 552-8918.

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.

Snowmachine orientation

Snowmachine orientation is required for all personnel intending on riding the Elmendorf side of Joint Base Elmendorf-Richardson.

The orientation is hosted every Thursday at 5 p.m. at Building 7210.

For more information, call 552-2023.

Furnishings management

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

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

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

These items are available on a first-come, first-served basis. The

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

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 ma-

chine 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.

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 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.

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.

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.

Military publications

Visit the Joint Base Elmendorf-Richardson Public Affairs Office, 10480 22nd Ave., Suite 123, for copies of the following official military publications: the JBER Installation Guide and Phonebook (limited supply), Air Force Priorities poster series (large and small sizes), and Airman Magazine.

City of Anchorage maps are also available.

Call 552-8918 for information.

Quartermaster Laundry

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

Otter Lake fishing

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

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

Additionally, the legal gear for ice fishing on Otter Lake is increased to five lines with up to two hooks per line as long as both hooks are attached to the same single piece of bait.

For more information call 267-2153.



Home away from home

Alaska's first Fisher House opens with a visit from CSAF
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www.jber.af.mil/news

Dating violence

Keep your teen safe,
Page B-4



COMMUNITY

Volume 3, No. 8

Joint Base Elmendorf-Richardson

February 24, 2012

Lynx wing opens its doors at JBER hospital

By Air Force Staff Sgt. Robert Barnett
JBER Public Affairs

The enemy's favorite weapon today is the improvised explosive device and, as a result, some of the most common injuries on the battlefield are head injuries. As the war continues, mental health has gained priority and military medicine has continuously improved its mental health capabilities.

Medical leadership officially opened the Lynx Wing during a ceremony at Joint Base Elmendorf-Richardson medical facility Feb. 14, which houses one of the largest mental health clinics in the Air Force.

"It's actually the biggest in the Pacific Air Forces, one of the biggest in the Air Force," said Air Force Lt. Col. Joann Wilder, Mental Health Flight deputy commander and native of Seattle. "We're the only ones that have a traumatic brain injury clinic."

Mental health is a primary focus, she said, so this facility allows for more patients.

"Everything is going to be a one-stop shop for us," she said. "We love it here; this is the most perfect facility we've ever had."

The building was constructed by the U.S. Army Corps of Engineers-Alaska District.

"We got to see a lot of TBI's in Iraq," said Army Lt. Col. Bobby Stone, deputy commander of the U.S. Army Corps of Engineers-Alaska District and native of Greensboro, N.C. "I had to learn very quickly about the Corps and how important this facility was. This is really about the team. Over the years, the medical community, the Corps, the Air Force and Army have had a great relationship."

Deployments have increased the number

of head injuries over time.

"It is really important that we take head concussions seriously, which is why our clinic exists today," said Air Force Maj. Marissa Cook, Mental Health Flight chief and native of Edinburg, Texas. "We exist primarily to support the 4th Brigade Combat Team (Airborne), 25th Infantry Division."

During the ceremony, Air Force Col. Thomas Harrell, 673d Medical Group commander, explained their mission.

"We feel a sacred trust for our 4/25 members that are out the door, currently in Afghanistan, but also individuals, units and members of the Air Force side of JBER and the Richardson side that are out doing the bidding of our country," Harrell said. "But this facility also takes care of any beneficiary that happens to be an unfortunate recipient of TBI. We want you to know that our patients matter. They are valuable to us. The most important message you need to carry out into our community is that our patients matter. They trust us with their lives, and that is not trivial."

"We're moving from a TBI clinic to what can truly be called the TBI Center within this building," Harrell said. "Now we have TBI professionals that reach out to the entire Medical Group, the only place TBI does not touch is obstetrics, otherwise every service in this medical group functions to support mild traumatic injury. And now they are all co-located here because those patients need things to be as easy as possible when they are seeking their care."

We are resilient, not only as medics but into the fight and the community, he said.

"Our patient is the mission, so every



Courtesy graphic by William Vance

patient that walks into our office is taken seriously," Cook said. "We will do our very best to treat every possible part of that patient that is necessary. We're going to make sure that that patient is taken care of. Do they have family problems? We can refer them to Family Advocacy. Do they have tinnitus or ringing in their ears? We can refer them to audiology. What I'm getting at is that the patient is truly our mission."

The center consists of the physician, the nurse practitioner, two licensed clinical social workers, a case manager, a certified occupational therapy assistant, two nurse case managers, one noncommissioned officer in charge and an Airman who serves as an administrative assistant, Cook said.

Additionally, the other two clinics that comprise the center are the neurology clinic headed by Air Force Maj. Tara Cook and the pain management clinic with Air Force Capt. Nichelle Cook and Dr. Joseph Klor. The neurology clinic has two neurologists and four

technicians on staff. The pain management clinic also has two technicians on staff, she said.

"It's really awesome when patients leave here feeling relief," she said. "Some people that are afflicted with headaches have chronic headaches that last for weeks and months on end and don't ever go away. They may not be as painful some days but they are constant."

The best treatment for the TBI right after it happens is rest, fluids and getting away from the stress, she said. That's the best medicine for anyone with a head injury. Be in a dark room if you have headaches; get plenty of water and make sure you're eating appropriately, she said.

"We're doing a much better job at that in theater these days. We currently have a little more than 200 patients. What a patient can expect in TBI treatment is to recover in a few days or a few weeks. The most common symptoms we hear about from patients with TBI are headaches that start with the incident and stick around for days or weeks or, in rare cases, longer than that," she said. "Patients should expect that they will be just fine, just the way they were before the head injury occurred."

A majority of active duty members with TBI also have concurrent diagnosis of post-traumatic stress disorder.

"That's why our clinic is so focused on the holistic approach," she said. "We look at the whole person. If a patient comes in for headaches, we're going to look beyond the headaches and treat the whole person. When a patient comes to us, they can expect to get better; that's the take-home message."



Rick Vandegrift watches Air Force Staff Sgt. Robert Szymczak use a Virtual Learning Driving Simulator in the Traumatic Brain Injury Clinic Feb. 17. The clinic is part of the Lynx Wing of the hospital on Joint Base Elmendorf-Richardson. The simulator helps establish if the patient is capable of driving, their level of attention to detail, their reaction times and evaluates their visual processing of information. Szymczak is NCOIC of the mental health center resiliency element. Vandegrift is a certified occupational therapy technician for the Traumatic Brain Injury Clinic. (U.S. Air Force photo/Staff Sgt. Robert Barnett)

JBER-E hobby shop closes

JBER Public Affairs
News release

Due to Department of Defense civilian personnel cuts, the Joint Base Elmendorf-Richardson Arts and Crafts/Auto Hobby Shop on the Elmendorf side will close.

All appropriated-fund positions in the programs were eliminated, and the cost of supporting two separate facilities with non-appropriated funds is too much to absorb, said Air Force Maj. Brian Rendell.

"Numerous factors were taken into consideration when making this decision, and it wasn't easy," Rendell said.

The Arts and Crafts/Auto Hobby Shop on JBER-R will remain open and provide complete services.

The facility includes a wood shop, frame shop, engraving shop, arts and crafts programs, auto shop, and a three-bay car wash.

Family lounge opens at passenger terminal

By Airman 1st Class Ty-Rico Lea
JBER Public Affairs

Joint Base Elmendorf-Richardson's 732nd Air Mobility Squadron, announced the grand opening of the passenger terminal's family lounge Jan. 27.

"Bringing about the family lounge was an initiative that was stimulated by Air Force Gen. Raymond Johns Jr., commander of the Air Mobility Command," said Air Force 1st Lt. Bernard Patenaude, passenger and fleet services officer-in-charge. "The squadron as a whole undertook this job. After lots of bidding and involvement from dozens who wanted an area for families, especially those with children, we made it happen."

Construction took six months, beginning Aug. 22, and ended Jan. 27 with a ribbon-cutting ceremony.

The passenger terminal's lounge is available to all active duty, reserve and retired military members and their families.

The space-available program allows passengers to travel to any Air Force installation across the Pacific, Atlantic, and Indian Ocean via C-21, UC-35



Air Force Col. Robert Evans, JBER and 673d Air Base Wing commander, along with other service members interact with the family lounge's child nursery Jan. 27. Other areas of the lounge have arm chairs that convert into beds, a refrigerator containing refreshments, and an infant changing area. (U.S. Air Force photo/Airman 1st Class Ty-Rico Lea)

or C-9 aircraft.

"It's all about transporting passengers and bags to their designated locations," Patenaude said. "We also exist to provide space-required and space-available passengers with convenient travel."

"We wanted to provide these families with a relaxing lounge-type atmosphere," Patenaude said.

"The lounge has arm chairs which convert into beds, a children's play area, a refrigerator containing refreshments and an infant changing area," he said.

"This is a big deal for us; it is the culmination of a \$160,300 project to expand a section of our terminal," Patenaude said. "It looks great, it's an awesome chance for our military families to have a respite and get away from the

rigors of traveling – especially in crossing the Pacific or coming from overseas locations. It's honestly just a great thing for our military members."

To contact the passenger terminal, call 552-3781.

The terminal's family lounge is located directly across from the passenger service counter, where space available sign-ups and check-ins are processed.

Trusting in God, not things, lets true beauty shine

Commentary by Army Chaplain (Capt.) Joseph Palermo
17th CSSB, 2nd Eng. Bde.

“Trust in the Lord forever, for the Lord God is an everlasting rock.” Isaiah 26:4

So many times, we are called upon to trust in things.

As we drive to work each day, especially here in Alaska where deadly temperatures can cause harm quickly, we trust in our vehicles to carry us safely and keep us warm.

We trust our investments to grow so that, when we retire, the funds can give us a security blanket woven of financial yarns.

We trust our military equipment to transport and even protect us as we train in difficult climates and terrain.

Yet, though our automobiles may be grand, our investments sound, and our military equipment the finest, each of these things falls far short when measured against the trustworthiness of our creator.

Even still, such a realization forces the greater question: What does it mean to trust in God?

First, it means to trust in his decisions.

Many times in life, we can be faced with challenges that do not seem to have logical reasoning.

When one views a painting after the artist has been at work for only a few moments, the lines, blotches and wayward brush strokes appear to be a jumbled mess without much meaning.

Yet, as the person works, the painting begins to take shape, bit by bit, little by little, until at last -

its final beauty is revealed.

Indeed, how much greater the work of our Lord, the master of all artists, still yet to be revealed in each of our lives.

Second, to trust in God means to trust in his care.

If you and I were to travel to an outdoor automobile junk yard and visit the vehicles there, we would be awash in visions of rusted hulks; vehicles whose prime has been lost as a long-ago memory.

Yet if you and I were to visit the esteemed indoor museum of a fine automobile collector, such a difference we would see: each automobile carefully protected from the elements, meticulously restored, polished to perfection in perfect condition.

As the collector cares for his charges in a higher holier way so

also does God care for his.

God has a vested interest in you because he made you.

You are God’s prized child, cherished in his eyes and precious to him.

Indeed, his care is unchanging and everlasting just as Isaiah confirms in holy scripture.

Finally, it means to trust in his ability. Recalling what we have already discussed, if I were to tell you I could take an old car out of a junkyard and make it look exactly like it did when it came from the manufacturer’s production line, you might look upon my claim with a bit of skepticism.

Indeed, you would be wise to do so since I do not possess one ounce of ability to restore old cars.

Furthermore, if I were to tell you I could take canvas, brush

and ink and produce an exact replica of Monet’s finest work, your doubts would be equally well founded.

I simply do not have the ability to do these things nor will I ever.

Yet, in a great contrast to my abilities, God does have the ability to make a difference in your life.

We can see this through God’s direct interaction with his people, revealed in scripture.

We can also see this in God’s creative hand, readily apparent in all the earth’s foundation.

Yet, we most clearly see God’s ability through the eyes of faith – when we believe not only that he has a plan for each of us, that he cares for each of us, but most importantly that he has the ability to work out his plan, in his own perfect time.

You have to get down the mountain; ride the resiliency slopes



Commentary by Air Force Capt. Cary Tolman
Air Force News Service

Life is like a ski slope.

Life has smooth parts, bumps, turns, and sometimes even icy patches.

Every person on that hill needs to find a way down, no matter what his or her experience level is in negotiating the terrain.

Some people are better equipped to tackle the large bumps while others are content to try to avoid them.

Some people are not at all equipped to handle the terrain and prefer to take their skis off and slide down the hill.

No matter the ability level, every person on that mountain needs to get down the hill.

Like the ski hill, we all have obstacles in our daily lives. It’s part of life.

Like the ski slope, those obstacles can range from a difficult boss, an accident on the road that makes us late for work, or an argument with our spouse.

These are the ordinary day-to-day stressors that we all deal with as part of our everyday lives.

At times, those day-to-day stressors give way to more significant, sometimes traumatic events that can have devastating and long-lasting effects on us, such as the death of a loved one, a serious illness or the stresses associated with combat.

The mechanism we use to deal with the more distressing events that life throws at us is called resilience.

Resilience is the ability to work within the face of adversity and come out stronger on the other side.

It is the ability to bounce back from difficult or traumatic experiences.

Resilience is a skill set developed during the course of life that includes thoughts, behaviors and attitudes employed when dealing with stressful situations.

Not everyone reacts to trauma in the same way.

According to the American Psychological Association, the most important factor in resilience is having caring and supportive relationships both inside and outside the family.

Additional factors associated with resilience include the capacity to make realistic plans and carry them out; having a positive view of yourself and confidence in your strengths and abilities; possessing communication and problem-solving skills; and the capacity to manage strong feelings and impulses.

In its pamphlet, “The Road to Resilience” www.apa.org/helpcenter/road-resilience.aspx, the APA recommends 10 ways we can build resilience.

Here are a few of those skills and how we can relate them to our everyday lives.

1. Accept change is a part of living. There are events and circumstances in life that are beyond our control, no matter how hard we try to make it otherwise.

By accepting changes in our lives must occur as a result of an event or circumstance outside of our control, it frees us to concentrate on those objectives and goals that are within our control.

Additionally, it encourages us to set new goals for ourselves to keep in line with the change.

2. Keep things in perspective. It is important to try to keep stressful or traumatic events from being blown out of proportion, even when we feel that the pain or stress is never going to end.

By employing a long-term view to situations and putting them into the context of a bigger picture, it can provide a greater perspective on the situation.

As the old sayings go, “Time heals all wounds” and “this too shall pass.”

3. Maintain a hopeful outlook. By being optimistic about your future, you become empowered to believe that the best is yet to come.

One way to achieve this is to try and visualize what you want your future to look like and then set reasonable, attainable goals toward that future.

Even when it’s hard to visualize an end to the pain of the event, maintaining a positive, healthy outlook is a small step toward

helping to ease the burden.

4. Take care of yourself. Participate in activities that you enjoy doing, whether it’s going to the gym, taking a walk in the woods or getting a massage.

Taking care of yourself physically and emotionally is another way to help keep your mind and body healthy so that you are prepared to cope when adversity strikes.

Exercising is a great way to ease stress, as is taking a walk through nature or doing something nice to treat yourself.

Good physical health lends itself to good mental and overall health.

5. Resilience also requires flexibility and balance in life as you deal with the emotional rollercoaster that comes along with stressful and traumatic events.

There are many resources available to help us fill our boxes with tools to ease the pain of traumatic situations.

These resources include the chaplain, support groups, books, on-line resources and mental health providers.

There are even resiliency applications for smart phones available both for purchase and for free.

Each of these resources offers varying degrees of support along with varying degrees of professional expertise and help in building our resiliency tools.

Whether you face the slopes of life head-on or you slide down the hill, the point is to reach the bottom of the hill.

With the right resources and approach, even the sliders can someday become the triple-black-diamond skiers – bumps, ice and all.

FSS EVENTS & ACTIVITIES

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Community happenings

THROUGH SATURDAY
The Anchorage Opera presents Macbeth

Shakespeare's classic tale of the doomed Scots general Macbeth set to grand operatic music by Giuseppe Verdi comes to the Alaska Center for the Performing Arts. Catch a show at 8 p.m. Saturday, 7 p.m. Wednesday, 8 p.m. Feb. 24 or 4 p.m. Feb. 26. For information call 263-2787.

New Shanghai Circus

China's most celebrated acrobatic company brings the exotic wonders of China to Anchorage. Showcasing dramatic interpretations of ancient dances, these performances at the Alaska Center for the Performing Arts start at 7:30 p.m. Friday and 2 p.m. and 7:30 p.m. Saturday. For information, call 263-2787.

SATURDAY
Winter North Face Vertical Challenge

Skiers and snowboarders compete to see who can do the most laps on the longest continuous double-black-diamond ski run in North America at the Alyeska Resort. For information visit www.alyeskaresort.com.

THROUGH MARCH 2
The Hobbit

The Alaska Center for the Performing Arts brings the work of J.R.R. Tolkien to the stage with this suspenseful, fast-paced journey through Middle Earth.

The show starts at 2 p.m. and 7 p.m. Fridays and 7 p.m. Saturdays. For information, visit www.alaskatheatreofyouth.org or call 338-4901.

THROUGH MARCH 4
Fur Rendezvous

Celebrating winter like nowhere else, Alaska's largest and oldest winter festival features tons of fun events. All around Anchorage are events like outhouse races, snowshoe softball and the Running of the Reindeer. For information, call 274-1177.

THROUGH MARCH 5
The Three Little Pigs

The Alaska Pacific University Theater hosts this physical comedy extravaganza retelling of the well-known story.

The child-friendly show starts at 7 p.m. Fridays and Saturdays and Saturdays and Sundays at 3 p.m. For information, visit tbatheatre.org or call 677-7529.

Silent Auction for troops

The Fort Richardson Spouses' Club hosts a support-the-troops silent auction at the Alaska Native Heritage Center from 6:30 p.m. until 9 p.m. For information visit frsc.shutterfly.com.

MARCH 2 AND 3
Othello, Moor of Venice

This dance version of Shakespeare's classic explores jealousy, racism and irony while physically expressing the play through movement. Alaska Dance Theatre Company takes the stage at the Alaska Center for the Performing Arts at 7:30 both nights. For information, visit www.alaskadancetheatre.org.

MARCH 3
Iditarod ceremonial start

World-class mushers and their dog teams mush toward the Bering Sea coast in the Last Great Race. The 1,150 miles of race start on Fourth Avenue in downtown Anchorage at 10 a.m. as the Fur Rondy draws to a close. For information visit www.iditarod.com.

Rage City Rollergirls

Roller derby action lights up the Dena'ina Center at 7 p.m. as Rage City faces off against their long-standing nemesis, the Fairbanks Rollergirls. For information visit www.ragecityrollergirls.org.

Disney's Aladdin, Jr.

Visit the Alaska Center for the Performing Arts and walk into Agrabah. All your favorites from the Disney classic are here, including Aladdin, Jasmine, and the Genie, starting at 2 and 7 p.m. For information call 263-2787 or visit www.alaskatheatreofyouth.org.

MARCH 9
Eye of the Beholder

The human body becomes a living, breathing, moving canvas in this wearable art show. Create a wearable piece of art that challenges what most people think of

as wearable, and vie for \$2,000 in prize money at the Crosspoint Auditorium starting at 8 p.m. For information visit www.alaskafiberfestival.org.

MARCH 24
NSAA Ski Train to Curry

Eating, polka music, and skiing make the Nordic Skiing Association of Anchorage's trip to Curry. Ski, visit historic Curry, or snowshoe from 8 a.m. to 6 p.m. For information visit www.anchoragenordicski.com or email meese@anchorage.net.

MARCH 30
State Geography Bee

The Alaska State Geography Bee takes place at the Egan Center as youth from around the state pit their geographic wits against each other. For information, call 263-2800.

MARCH 31
Lily Tomlin

The incomparable Tomlin brings many classic characters to life in this one-woman show. One of America's foremost comedienne, Tomlin may be best known for her roles on Rowan and Martin's Laugh-In. She appears at 4 p.m. and 7 p.m. at the Alaska Center for the Performing Arts. For information email meese@anchorage.net.

APRIL 3
Carolina Chocolate Drops

The 2011 Grammy-winning group for traditional folk music, the Carolina Chocolate Drops bring black string-band and jug-band music of the 1920s and 1930s with a joyful vengeance. Dirt-floor dance electricity starts at 7 p.m. at the Wendy Williamson Auditorium. For information email meese@anchorage.net.

APRIL 6
Rage City Rollergirls

Anchorage's own roller-derby girls battle it out at the Dena'ina Center. As usual, wheels roll from 7 to 10 p.m. For information visit www.ragecityrollergirls.com.

APRIL 14
Anchorage Symphony season finale

This bittersweet performance

of Brahms's Double Concerto features superstar cellist Zuill Bailey as well as Sitka Music Festival founder and violinist Paul Rosenthal. Celebrate the last of the season at 8 p.m. at the Alaska Center for the Performing Arts. For information visit www.anchoragesymphony.org.

APRIL 20 THROUGH 22
Alyeska Slush Cup

Celebrate the coming of spring with a last blast of snowy fun at the Alyeska Resort's spring carnival and slush cup. Costumed competitors brave a chillingly cold pond of water on skis at the signature event. For information visit www.alyeskaresort.com.

ONGOING
Sing-a-long at the zoo

Pre-school aged kids can explore the world of animals through music with musician Annie Reeves. Children can sing along with the guitar, or play with the musical instruments for kids. Sing-a-longs are held 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 also free home-cooked meals Thursday evenings at 6:30 p.m. For information, call 552-4422.

Scholarship opportunity

The Richardson Spouses' Club is currently accepting scholarship applications for 2012. The scholarship program is open to all eligible JBER military and retiree dependents, and can be used toward undergraduate studies. Deadline is Feb. 29. For information, visit frsc.shutterfly.com.

Scholarship opportunity

The Elmendorf Officers' Spouses' Organization is currently accepting scholarship applications from high school seniors who are dependents of active duty or retired service members. Application deadline is Feb. 27; for information or an application,

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, Wednesday and Friday
11:30 a.m. – Elmendorf Chapel Center
Thursday
11:30 a.m. – Hospital Chapel

Confession

Sunday
4:30 p.m. – Soldiers' Chapel
Monday through Friday
Before/after 11:40 Mass – Soldiers' Chapel

Protestant Sunday Services

Joint Liturgical Service
9 a.m. – Elmendorf Chapel 2
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.)

visit www.elmendorfoso.com, or visit a guidance counselor.

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/msmrrre or email bjorgan@alaska.net.

FSS EVENTS & ACTIVITIES

ORGANIZED TRIPS



WILLOW SNOWMACHINE TRIP
MARCH 10 - 8 A.M. - 5 P.M. - \$150
MUST SIGN-UP AT LEAST ONE WEEK IN ADVANCE
OUTDOOR RECREATION RICHARDSON
384-1475



IDITAROD RACE OFFICIAL START
MARCH 4 IN WILLOW - \$25
OUTDOOR RECREATION RICHARDSON
384-1475

TIME TO LEARN



HANDGUN CARTRIDGE RELOADING
TONIGHT, FEBRUARY 24 - 5:30 P.M. - \$5
OUTDOOR RECREATION ELMENDORF
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Alaska's first Fisher House opens near JBER hospital

By Chris McCann
JBER Public Affairs

Air Force Chief of Staff Gen. Norton Schwartz helped dedicate the new Alaska Fisher House in a ceremony at Joint Base Elmendorf-Richardson Feb. 17.

The 56th Fisher House to be built, it is the only one of its kind in Alaska, and has already hosted a military family from Eielson Air Force Base, whose newborn is in an Anchorage hospital.

"Sometimes you get lost with the metrics," said Fisher House Foundation president Dave Coker. "It's important not to forget that every number is a person, a family."

The house has been the work of three years of planning, which had to take into account Alaska's short building seasons, coordination and timing.

Zachary Fisher, prominent in New York real estate, was a benefactor of the U.S. armed forces throughout his life.

Ken Fisher, chairman and CEO of the Fisher House foundation and Zachary Fisher's nephew, was on hand for the celebration, and related some of his uncle's story.

The son of Russian immigrants, Zachary Fisher felt that there was no more underappreciated group than the military, his nephew said.

Although he could not serve in World War II due to a leg injury, he dedicated his life to the service of troops. He wanted his legacy of Fisher Houses to be not only livable, but as nice as his own home.

"He wanted to give (service members) something he'd want to stay in," Ken Fisher said.

"The philosophy is very simple behind the Fisher House. It began with my uncle's desire to give back to the nation that allowed him to prosper.

"Family members of those who are sick or wounded can stay free of charge for as long as the hospital stay dictates. It eases the financial burden they don't need right now. The houses form a support system – they might be 12 families, and the 12 families become one. They share the joy of the good days, and the sorrow of the bad days."

While each guest room has a private bath so families can also be alone, the living and kitchen areas are shared.

"The most important thing is the financial burden," Ken Fisher said. "Bills still come, children still



Ken Fisher, Fisher House Foundation chairman and chief executive officer, addresses attendees of the Alaska Fisher House dedication ceremony on Joint Base Elmendorf-Richardson, Feb. 17. The Fisher House on JBER is already hosting a family and is the first Fisher House built in Alaska. (U.S. Air Force photo/Staff Sgt. Zachary Wolf)

need to be raised. They don't need to wonder how they're going to pay for (lodging)."

While the homes use one designer, they're each decorated with a local theme, said Jody Fisher, senior vice president of the Fisher House Foundation's public relations firm.

Each house is entirely built and stocked by the foundation, then turned over to the government, where service members, families and civilians maintain it, she said.

"It's something tangible, you can touch and see and take pride in," said Ken Fisher. "You only have to come here to see what the impact is."

The JBER Fisher House has some unique features – not including the moose that browse the landscaping.

"When I saw pictures of the house in progress, I was struck by the beauty and the background, and the colors – and that there's no snow on the walkways," Ken

Fisher said. "There are heated sidewalks; you'll never have to shovel a bit of snow away from that Fisher House."

Air Force Col. Robert Evans, 673d Air Base Wing and JBER commander, spoke at an official ceremony inside the JBER Department of Defense and Veterans Affairs Joint Venture Hospital. "We're thrilled to have a Fisher House on JBER," he said.

"There are no words, only grateful hearts. The generosity and compassion of the Fisher family is evident in the Alaska Fisher House."

Evans also mentioned the newly-opened Lynx wing of the hospital, which offers pain management, neurology and behavioral health clinics, as well as a traumatic brain injury clinic – all frequently used by service members wounded in battle.

Service members can, when medically appropriate, bypass major military treatment centers and

come home, Evans said. "These families now have a home," he said, pointing out that the house is on the grounds of the hospital.

"They can provide an additional measure of peace of mind and physical comfort." Fisher Houses in the U.S. and Germany provided 17,000 families last year with more than 14 million nights of lodging, said Ken Fisher.

"This is the first Fisher House in the Pacific area," Schwartz said. "We're eternally grateful for what this home represents. It's so important that we offer support to families when they're most in need, and few people are as willing and ready to do this as Ken Fisher and the Fisher House Foundation."

Ken Fisher said it is not uncommon to hear people thank service members in airports and train station. "But often forgotten are those who stand beside them, their families," he said. "Deployment does not bring the world to a grinding halt. They sacrifice too."

The foundation plans to build 24 more houses in the next five years. They also fund the Hero Miles program, which helps bring family members to Fisher Houses to help relieve the primary caregivers, and sponsor a scholarship fund.

On April 23, they will break ground for Fisher House U.K., for British servicemembers.

A plaque was presented to Jeffrey Temple, manager of the house, by retired Medal of Honor recipient Army Maj. Drew Dix.

"I'm proud to present this to the Fisher House, on behalf of the Congressional Medal of Honor Society and the other 82 living recipients," Dix said. "The Fisher House Foundation and corporate donors do far more than provide resources – they provide a way for citizens to honor service members."

Ken Fisher said it all comes back to honoring the military and honoring families. "Saying 'Thank you for your service' is no longer enough," he said.

Teen dating violence is a very real threat

By Chris McCann
JBER Public Affairs

We would like to think that teens – whether they're young Soldiers or Airmen under our care, or our children – are having healthy dating relationships, respecting their partners and being treated respectfully.

Unfortunately, one in four teenagers will experience violence in a dating relationship between the ages of 12 and 21, according to *breakthesilenceonviolence.com*.

Women between 16 and 24 have the highest per capita rate of abuse, according to a Bureau of Justice study, but young men also suffer.

"Teens are so impressionable," said Diann Richardson, an outreach manager with the Joint Base Elmendorf-Richardson family advocacy program. "When I worked at a middle school, the trend was that parents were hands-off. The students had ultimate freedom to make all the choices."

In a situation where there is peer pressure and no solid communication with parents, that can be dangerous.

"If we didn't get healthy relationships modeled for us, where do we get them?" Richardson said. "We used to have The Cosby Show and things like that – but not anymore, really."

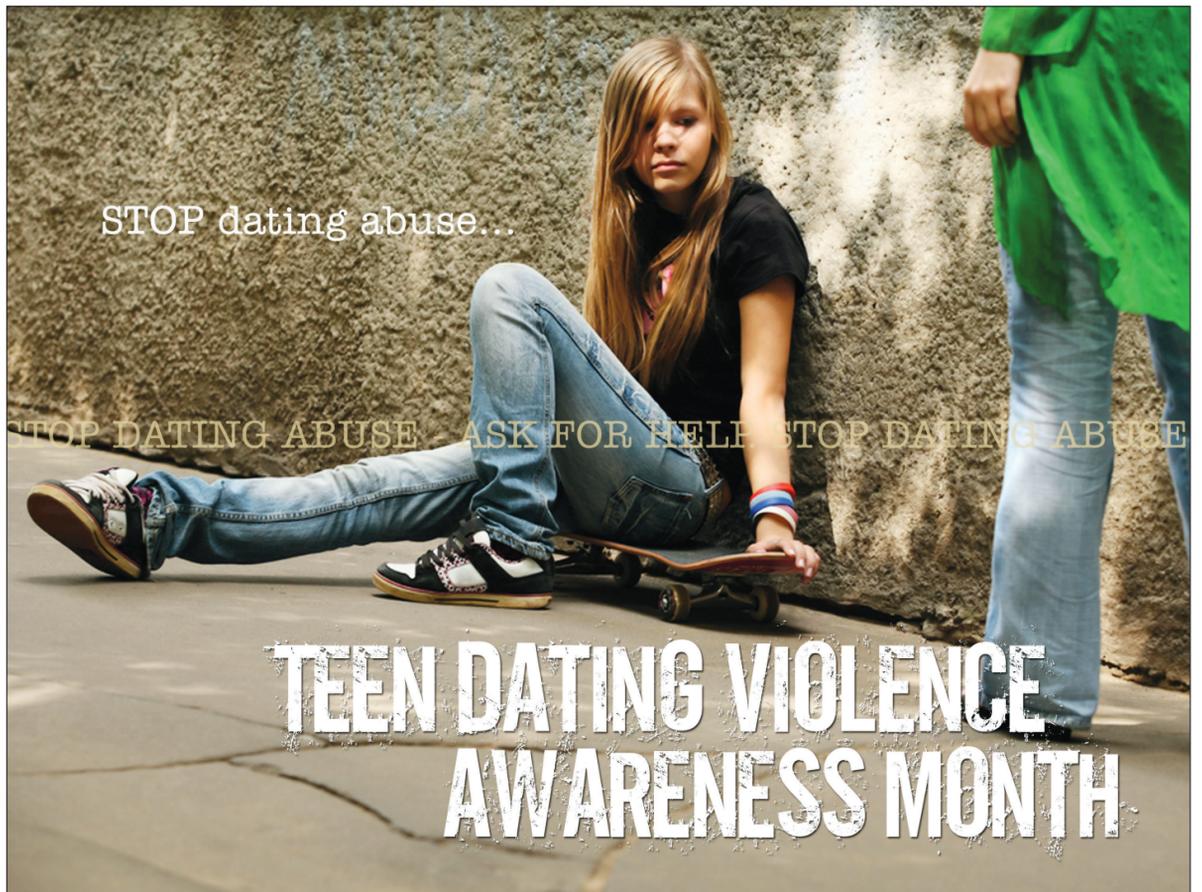
Even broaching the subject can be difficult.

"It's uncomfortable for people," said Verna Loosli, also a FAP outreach manager.

He doesn't own you



(U.S. Air Force illustration/ Airman 1st Class Joshua Green)



(U.S. Air Force graphic/Naoko Shimoji)

"We know it goes on in marriage, but it's more prevalent among teens than we think."

Dating abuse doesn't have to be violent, Richardson pointed out.

"People think about assault, but really it's a pattern of control," she said. Multiple text messages checking up on a partner, extreme jealousy, Facebook "stalking," or demanding email or social media passwords are all common. And while teens often dedicate a lot of time to relationships, becoming isolated from friends and family is a warning sign.

Worse, popular culture seems to condone such abusive tactics.

"If you listen to pop songs, the lyrics can be pretty scary," said Richardson. "Even country songs and commercials seem to condone it."

Singer Rihanna was a notable victim of violence, allegedly at the hands of fellow singer Chris Brown – and that acceptance can be problematic.

"Teen violence is a continuum," said Loosli. "If your boyfriend is texting, asking what you're doing, or saying 'I told you

not to hang out with him,' it can escalate to pushing or slapping, becoming physically violent. It's a slippery slope, and if you approve it, it escalates."

While most girls have plucked flower petals and said "he loves me, he loves me not," Richardson said, no one says "he respects me" – and buying into the idea of fairy-tale love can be dangerous, especially when it's what Richardson called the "bad boy syndrome."

Teen dating violence may be hidden because young adults are inexperienced with dating relationships, have romanticized views of love, or are pressured by peers, according to *savingpromise.org*, an anti-dating-violence website.

So how can you protect the teen in your care from dating violence?

Maintaining clear communication is paramount, Richardson said.

"Healthy parenting includes keeping open communication with your teen," Loosli said. "We're their lifeline. I would want my child to call me, even at 2 a.m., if some-

thing's wrong. These can be life-and-death issues. Think of how you would talk to an adult friend.

"You should be their parent and an authority figure, but have the respectful relationship you have with adults, too."

"Parents need to model respect," Loosli said. "We tend to act one way toward our friends, but there are different rules of engagement with kids. But it starts with respect – when you treat them respectfully, they grow up believing they're worthy of respect."

Abusers need to be aware there are consequences for their behavior – security forces can be called on base, and the police department in off-base communities.

Even juveniles are subject to the justice system.

Richardson said that several organizations promote respect toward others and build character – as well as providing safe socialization.

"There are plenty of great, healthy (activities) on base," she said.

Keeping track can get weight off – and keep it off for good

By Shari Lopatin
TriWest Healthcare Alliance

Did you know more than half of American adults are overweight or obese?

The actual number is 66 percent, according to the U.S. National Library of Medicine and the National Institutes of Health.

Imagine a map of the U.S. showing the Mississippi River. Then imagine everyone west of the river is obese.

The problem of obesity in America is just that big.

According to the American Dietetic Association, if you're overweight or obese, you're at a higher risk of a number of illnesses.

These include things like heart disease, stroke, diabetes, certain cancers, liver and gallbladder disease and infertility.

The risk of injuries is also increased.

You've probably heard that with proper diet and exercise, you can lose weight and keep it off.

But you may not know about one other simple little secret to weight loss.

Keep a Journal

"Keeping a food and exercise log can help you achieve the weight loss results you want," said Meghean Cook, a health coach at TriWest Healthcare Alliance.

"A log is a way to hold yourself accountable for the foods you put into your mouth and the activity

you choose to do," she said.

Cook said keeping a food journal may reveal habits you didn't even know existed.

Do you grab a snack every time you pass the candy jar at work?

Do you nibble all day, then eat a huge meal at night?

Do you drink too many high-calorie beverages in the morning?

Keeping a journal just doesn't work for food, but for exercise too.

"Recording your exercise can be very motivating to see your progress," Cook said.

"You may notice you can walk farther, longer or faster.

"Or you may notice you are stronger in your daily tasks because of the strength training you have been doing."

The key is, above all, to keep your journal honest – or it won't help.

For more healthy living tips, visit TriWest.com/HealthyLiving.

Housing demolition, construction to kick off

By Melody Marsh
Housing Privatization

The Joint Base Elmendorf-Richardson family housing construction project is slightly ahead of schedule and has turned over 89 newly constructed units to date.

Select residents of old housing units in Cottonwood, Birch Hill and Raven Ridge have now moved into these attractive new homes.

The housing team is now focusing on the upcoming construction activity that will require additional safety construction fencing and road closures in the Fireweed, Cottonwood, Raven Ridge and Independence housing areas.

Contractors will begin demolition in February and continue through September in these areas. The fencing and road closures will help protect the safety of our local residents.

These neighborhoods will have the security fencing in place prior to the start of the construction activity.

Residents in these neighborhoods will have notices delivered directly to their homes providing information on the work activity.

In Fireweed, 16 units will be demolished starting the first week of March. The contractors will construct new junior noncommissioned officer homes with an estimated completion by the end

of December.

In Cottonwood South, construction activity will continue, with 76 more units to be demolished starting the first week of March. No permanent road closures are expected. However, there will be intermittent closures in which tenant notification will occur in advance prior to this requirement. New junior NCO homes should be complete by the end of December.

In Raven Ridge, demolishing of 124 units will start the first week of April, and construction of new junior NCO units will begin; they should be complete by the end of April 2013.

The demolition of B337 has been completed and a new community center will be constructed in the same area.

The construction of this facility will begin in March and likely will be completed this fall.

The center will be equipped with such amenities as an indoor/outdoor play area, a new location for the self-help office, a large community area, a multi-purpose meeting room and a full kitchen.

No road closures are forecast for at this time, but construction fencing will remain in place until completion.

Construction hours will remain the same, Monday through Friday from 7 a.m. to 8 p.m., Saturday

from 8 a.m. to 6 p.m., and Sunday from 9 a.m. to 5 p.m.

Working past 5 p.m. on Sundays is not currently planned, but maintaining the construction schedule or emergency concerns may require this work period in the future.

Updated information will continue to be briefed through town halls and flyers will be posted on the JBER website, Aurora Housing website, and Facebook.

As previously mentioned, we ask for patience during this time as this undertaking is an enormous effort.

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

During the short construction season, it takes time and patience in order to see transformation come together.

For further information, questions and concerns please email us at jber.richardson.hp@elmendorf.af.mil or see information posted at www.jber.af.mil.

Any further questions can be directed to Melody Marsh, JBER-R Privatization Lead at 552-4295, Harold Patterson, JBER-R Privatization Contracted Project Manager at 552-0626, Rich Watson, JBER-R Housing Operations Chief at 384-0133, or Aurora Military Housing at 334-6000 or 753-1023.

It's tax time, so be sure to protect your identity

Better Business Bureau
News release

As sealed W-2s arrive, Better Business Bureau warns that sensitive information – such as Social Security numbers, incomes and addresses, as well as employer identification numbers – could be at risk if forms fall into the wrong hands.

Employers file Form W-2s – or Wage and Tax Statements – to report employees' wages and withheld income taxes to the Internal Revenue Service, Social Security Administration and their employees.

Before April's tax filing deadline, consumers should be wary of:

Verification Requests: IRS and SSA impersonators send fake emails, letters and make phone calls to "verify" W-2 details.

Some solicitations ask consumers to send forms by mail or upload W-2s on websites in order to capture personal identifiers.

Special Offers: Tax return preparers advertise sales, discounts and incentives for those who agree to bring in W-2s, but problems arise when those preparers are unqualified or untrustworthy. Untrained staff could botch filings; or worse, corrupt employees may be collecting details to commit identity fraud.

Thefts: Intruders know when W-2s are ripe to arrive in

mailboxes.

They also know that some consumers carelessly store forms in unsecured locations.

BBB serving Alaska, Oregon and Western Washington returns to tax safeguards:

Beware of phishing. If requests are unsolicited, do not release personal data. The IRS and SSA do not use email or social media sites to initiate W-2 collections.

W-2 forms are submitted by employers – not taxpayers – and the IRS sends letters – not emails – when it needs more details. Report tax phishing scams to the IRS.

Don't be persuaded by gifts and gimmicks. Be wary of big refund promises, refund anticipation loans and tax preparation schemes.

Before redeeming offers, read confidentiality agreements, privacy policies and other fine print.

Verify credentials. Confirm reliability with IRS tips and check out "Tax Return Preparation" companies at bbb.org.

Store W-2s in safe locations. Avoid leaving important paperwork and W-2s in unsecured places—such as work offices, common living areas, vehicles and unlocked mailboxes; quickly relocate files to locked safes or secure file cabinets.

If records are stored online, always password-protect computers and activate anti-virus software.

Clear out old files. After tax season, shred unneeded documents at BBB's Secure Your ID Day on April 21, 2012: alaska.bbb.org/secure-your-id/.



File photo

