

ARCTIC WARRIOR

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SECURITY FORCES INVESTIGATOR helps bridge the gap

By Air Force Staff Sgt. Robert Barnett
JBER Public Affairs

Inside a law enforcement facility on Joint Base Elmendorf-Richardson, a phone rang. A man wearing a collared shirt and khaki pants answered the phone, "Investigations, may I help you?"

"Yes, I was told to contact OSI?" The voice on the phone said.

Zach Gigeous, 673d Security Forces Squadron Investigations, sighed. "Sorry, this isn't OSI."

It wasn't the first time he's received this sort of call, and it won't be the last. Confusion exists concerning the differences between the investigative branch of the 673d SFS and the Office of Special Investigations. In fact, confusion exists between Investigations and Patrol.

"We are not first responders," Gigeous said. "Uniformed patrols, cops in patrol cars, respond to the situation initially and do the initial paperwork. They get the statements if there are any at the time, but they handle everything right then and there. We'll follow up on it. It could be days later before we inter-

See Investigator, Page A-3

POLICE LINE - DO NOT CROSS

AMMO RUN: Real-world mission great for training

By Tech. Sgt. Brian Ferguson
JBER Public Affairs

The scenic 293-mile route from JBER to Valdez passes glaciers, goes through valleys and over mountains. The views are breathtaking, but the roads can be dangerous.

The twists and turns of the sometimes narrow roads leave little margin for error, especially when the sign on your cargo says "explosives."

Such was the case for Soldiers from the 109th Transportation Company, 17th Combat Sustainment Support Battalion, as they moved ammunition from the Port of Valdez to military bases throughout Alaska during Operation Midnight Sun, a real-world mission with valuable training benefits.

"This replicates exactly the same kind of missions that the 109th would do in a deployed environment," said Army Lt. Col. Andrew Mergens, 17th CSSB commander. "Other than not being shot at by insurgents or potentially blown up by an improvised explosive device, this is exactly the same thing they did when they were deployed to Afghanistan – driving up and down the road moving cargo."

Approximately 75 Soldiers moved 27 containers of ammunition along Alaska highways. The operation involved the support of multiple agencies, including the Alaska National Guard and Coast Guard.

"Historically this has been a contracted mission," said Lou Lansangan, Surface Deployment and Distribution Command, Alaska detachment commander. "This was the first time we have had military support involved in this operation."

It will take the Soldiers almost a week to complete the mission.

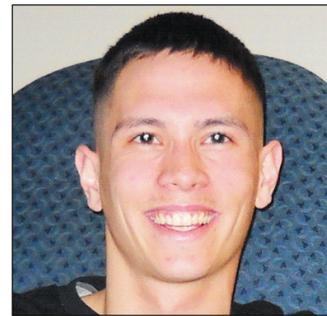
"Twice a year, there is an ammunition

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ABOVE: Sgt. Jose Barada, 109th Transportation Company, locks the mechanism that holds the container to the trailer, a "pineapple," at the Port of Valdez April 28.

RIGHT: Spc. Tyler Gifford, 109th Transportation Company, adjusts the mechanism that holds the "pineapple" at the Port of Valdez April 28. Involving the involvement of the Alaska National Guard, the Coast Guard and other agencies, Soldiers took over the mission this year of moving ammunition containers throughout the state – a mission historically handled by contractors. (U.S. Air Force photos/Tech. Sgt. Brian Ferguson)



Senior Airman Clinton Reeves

JBER, APD search for missing Airman

JBER news release

Officials from JBER and the Alaska Police Department continue to search for Senior Airman Clinton Reeves since his unexplained disappearance April 23.

The APD located Reeves missing 2012 Dodge Avenger rental car in Mountain View April 27.

"We are highly concerned about the well-being of Airman Reeves," said Air Force Col. Robert Evans, JBER and 673d Air Base Wing commander. "Finding him is our priority. Since looking for him, there has been outpouring of prayers and hope – thank you."

Reeves is assigned to the 673d Logistics Readiness Squadron. He was last seen leaving his duty location on April 19 and last heard from on April 22.

"We continue to ask if you have any information to help us find him please call APD or security forces," Evans said.

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Community
Check out the community section for the latest sports, family and recreation news for JBER and the Anchorage Bowl area.



JBER honors fallen Spartan Soldier

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

A ceremony April 26 at the Soldiers' Chapel on Joint Base Elmendorf-Richardson commemorated the life and sacrifice of Spc. Jeffrey Lee White, a paratrooper from the currently deployed 1st Battalion (Airborne), 501st Infantry Regiment.

A St. Louis native, White was killed in action April 3 in the Khowst Province of Afghanistan. Five other Soldiers were wounded in the improvised explosive device attack.

Mourners filled the chapel as the official party of the ceremony led them through the events.

Army 1st Lt. Joshua Taylor read a passage that White's commander had spoken at a similar memorial for White in Afghanistan.

"He was a fantastic Soldier," Taylor read. "Specialist White was athletic and courageous, I am proud to have been his commander."

Following Taylor's remarks, Staff Sgt. Raymond Fain, White's former team leader and squad leader, gave a moving and heartfelt testimony highlighting the fallen Soldier's outstanding accomplishments.

"I remember Jeffrey as being open minded and eagerly loving (airborne jumps)," Fain said, struggling to maintain his composure. "He was a hard worker, a hard studier and he played just as hard as he worked. He loved hockey, especially the St. Louis Blues, which was his all-time favorite hockey team. He was the definition of a paratrooper and one of the toughest fighting men in the world."

During his remarks, he referenced the biblical passage, Luke 36:8, and concluded with the poem "What I Miss Most" by James Love.

Army Chaplain (Maj.) Steven Lambert delivered a brief benediction before the final segment of the ceremony, the "Last Roll Call."

Sgt. 1st Class Kenneth Rose stood and began to call off names, to which the called-upon Soldiers in attendance responded.

The third name in the procession was intentionally that of Spc. White, which Rose repeated twice. The ensuing silence was meant to further emphasize his absence from the ranks.

After the third unanswered call, a crack of gunfire rang out from just beyond the walls of the chapel as seven fellow paratroopers fired three volleys of 21 shots and were followed by the soft playing of Taps.

After the ceremony, guests were permitted to approach the memorial, a collection of the Soldier's personal belongings: his helmet mounted on a rifle and fixed onto a pedestal



ABOVE: Paratroopers fire the first volley of a three-volley salute at the April 26 memorial for Spc. Jeffrey White, 1st Battalion (Airborne), 501st Infantry Regiment, who was killed in combat April 3 during an improvised explosive device attack in Khowst province, Afghanistan. LEFT: Soldiers attending an April 26 memorial for Spc. Jeffrey White at JBER's Soldiers' Chapel pay their final respects for their fallen comrade in arms, Spc. Jeffrey White. (U.S. Army photos/Staff Sgt. Matthew E. Winstead)

with an attached bayonet, metal identification tags draped around the pistol grip of a rifle and his boots respectfully placed at the position of attention. This simple monument to the Soldier who wore and used these items is known as a "Soldier's headstone."

Flanking either side of this memorial

were photographs of the deceased Soldier.

As they left, White's fellow Soldiers filed by the monument and saluted in respect as other loved ones paused with their own tender moments of silence.

Some left small tokens on the memorial as they left. Most were military coins, which

are given to Soldiers as a sign of respect and a show of recognition for personal achievement.

Still others left personal objects, which would only be understood by the Soldier himself. Both were left in good will for a fallen Soldier, a friend and a brother.

Welders of 725th Brigade Support Battalion master their trade

By Eric-James Estrada
Task Force Spartan Public Affairs

KHOWST PROVINCE, Afghanistan — Welding has long been a valued job skill, and for the paratroopers of B Company, 725th Brigade Support Battalion, it's an art form they've mastered.

Army welders work in machine and repair shops fabricating and repairing parts and in some cases using their creative side to make parts for tanks, jeeps and other vehicles and equipment to aid units in accomplishing their mission.

"I get to use my artsy side," said Pfc. Jacob Edgell, with the Weld Shop for B Company, 725th Brigade Support Battalion, and a native of Fallsburg, Ohio. "I get to create stuff out of pretty much nothing. I just really like making things. I've been doing it as a child. My father was a welder and as soon as I picked it up it was really fun. I signed up out of high school and when I found out I could be a welder, I was really tickled about that."

Army welders are also called upon to perform on-site construction and repair work in the field and for the paratroopers of B Company, 725th BSB, they are honored to say they've never met a task they couldn't accomplish.

Sgt. Matthew Hammons, non-commissioned officer in charge for the B Company Weld Shop hails from Pino Valley, Ariz. "We just did a bunch of (machine gun) mounts for towers around (Re-



Pfc. Jacob Edgell, with the Weld Shop for B Company, 725th Brigade Support Battalion, and a native of Fallsburg, Ohio, welds a wheel mount for a spare tire onto a trailer April 25 at Forward Operating Base Salerno. (U.S. Army photo/Sgt. William Begley)

gional Command) East. Anything anybody else can't fix, they bring to us. And we've never had to (evacuate) anything. We can fix or fabricate nearly anything as long as we have the supplies."

In some cases, Army welders have to make equipment and vehicle repairs, work on bridges and conduct construction projects and structural repairs.

Sgt. Adam Mireles, also with

the Weld Shop for B Company, 725th BSB, from Petersburg, Texas, said, "You want to take your time whenever you're doing a certain type of job like this because if you half-speed everything it's not

going to come out right. You've got people's lives that are on your hands with your types of welds. If you weld pretty, it's going to stay, but if you don't weld it right, somebody could get hurt."

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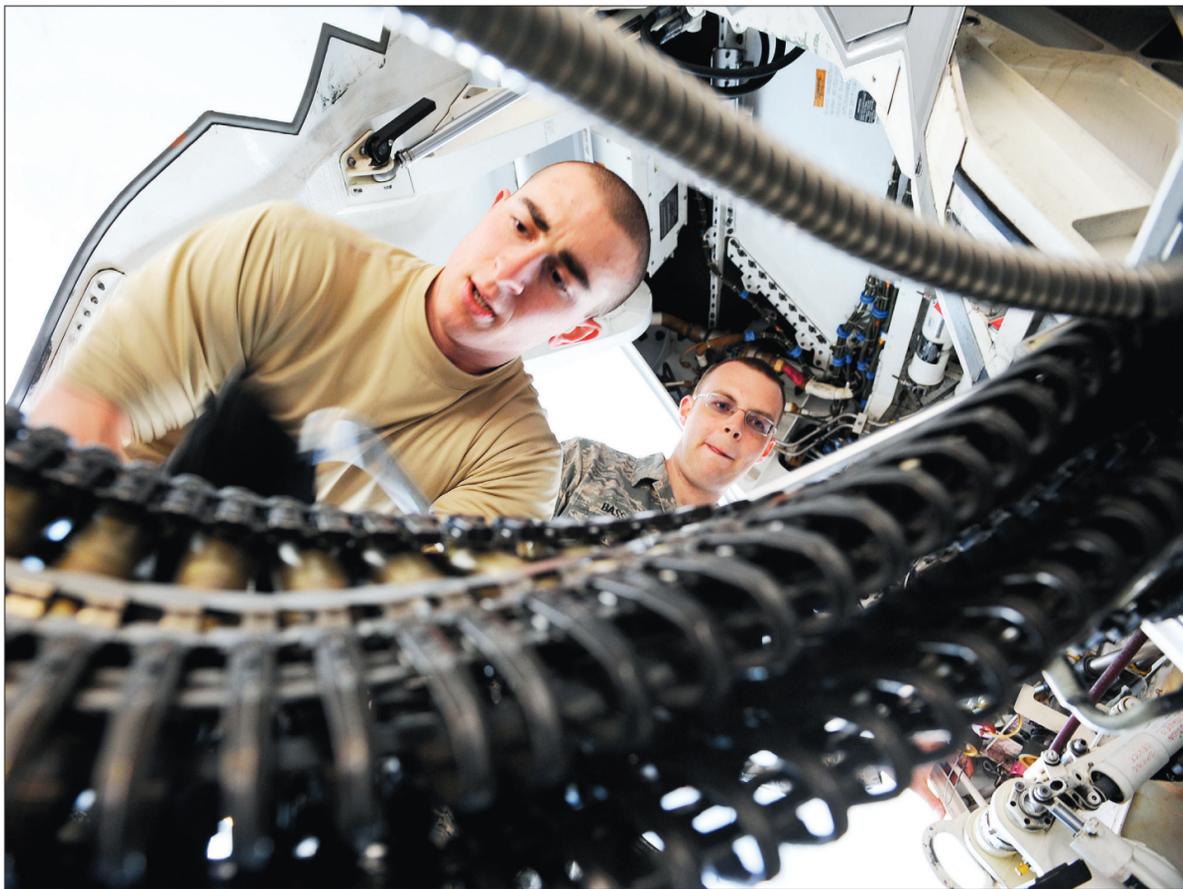
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Airman 1st Class Joseph Celona loads 20-mm M-61A2 Vulcan cannon rounds into an F-22 Raptor fighter using a universal ammunition loading system under the supervision of Air Force Staff Sgt. Joel Bass at the JBER flight line April 25. The pilot later fired the rounds at a target banner as training for combat operations. (U.S. Air Force photo/Staff Sgt. Robert Barnett)

F-22 Raptor banner shoot tests pilots', planes' gunfighting capabilities

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

F-22 Raptor fighter pilots from the 302nd, 525th and 90th fighter squadrons tested their aim during a banner shoot at JBER April 23 to 27.

A banner shoot is best described as aerial

target practice for the F-22. The pilots fire the F-22's M-61A2 Vulcan 20-mm cannon at a banner, measuring 8 feet wide by 40 feet long, being towed behind a Cessna 441 Conquest II.

"We do it to maintain combat readiness and ensure we can use the gun when needed," said Air Force Lt. Col. Joseph Kunkel, 90th Fighter Squadron commander. "Everyone — from the ammo troops delivering the bullets, to the weapons troops loading the bullets, to pilots shooting them at the target — is exercised."

In one sortie, the Raptors fired 420 bullets in 100 bullet bursts between 1,000 to 2,500 feet away from the banner. For safety reasons, the pilots don't get close enough to the banner while in-flight to see if they

hit the banner.

While this might seem like a risky job for the tow plane pilot, there are also measures in place to ensure his safety.

"I'm not worried about hitting the piloted tow airplane with rounds, because we take necessary precautions not to point the gun towards the aircraft, only the banner that is being towed approximately 2000 feet behind," said Air Force Maj. Jeremy Weihrich, 302nd FS F-22 pilot. "You have to remain aware of your surroundings and ensure the weapon is not pointed where it shouldn't be, very similar to a pistol or rifle gun range."

Weihrich said flying the F-22 armed with bullets feels stable and identical to flying a jet not carrying live rounds.

"The big difference is the noise and

rumble of the 20-mm M-61A2 Gatling gun," Weihrich said. "The first few times I shot the gun, it startled me with the noise and vibration induced as a result of the 100 rounds a second being expended. In fact, it still gives me the chills each opportunity I get to employ the weapon."

Once the sortie is complete, the tow aircraft drops the banner at Donnelly Airfield near Fairbanks where a team picks it up for collection and inspection at the end of the week.

This is the first time the banner was made locally, which if effective will significantly reduce the cost of gun employment sorties. The 3rd Wing Weapons Shop will analyze the effectiveness of this banner as compared to the banners used in other weapon system exercises.

Although banner shoots are annual requirements for Raptor pilots, it will be the first time shooting for a few wingmen in both the 90th and 525th fighter squadrons.

"This is the first time I have shot the F-22 gun, but I have been fortunate enough to shoot a very similar gun many times in the Australian F/A-18 (Hornet fighters)," said Flight Lt. Mark Biele, 90th FS Australian F-22 exchange pilot. "The training and the careful preparation make this a very controlled, calculated event. There is no substitute for live bullets, missiles and bombs from a training perspective. (In future banner shoots), I look forward to impressive squadron results and high levels of maintenance proficiency."

The Air Force Reserve pilots assigned to the 302nd FS make up a small group of experienced pilots lending their expertise to enhance the total force mission.

"Most (Reserve F-22 pilots) have experience with live-gun employment in the F-22 and nine are instructors for this mission," Weihrich said. "It speaks volumes to the Reservist contribution to gaining and maintaining F-22 live weapons experience here. It's that experience that gives pilots confidence in their systems and weapons to perform as expected in a combat situation."

This training comes the week before the last F-22 will be delivered from the Lockheed Martin plant in Marietta, Ga., to the 525th FS here.

Editor's note: Kunkel was the commander of the 90th Fighter Squadron during the banner shoot but relinquished command to Air Force Lt. Col. Nicholas Reed during a change of command ceremony here April 27.

Investigator

From Page A-1

view anyone, and we normally talk to everyone else before we talk to the suspect just so that we have all of the surrounding information.

"We may interview people that the patrol already interviewed, as far as why did this guy assault this guy, or why did he steal this," Gigeous continued. "We'll get the evidence that the patrol acquired and do what needs to be done from there. If we need to go out to the scene and get more evidence, or if we need to talk to more people, then we will. If we need to ask more questions, we follow up with it."

When patrol officers pull people over for traffic violations, the Law Enforcement desk uses a system maintained in the Investigation office — the Alaska Public Safety Information Network he said.

"Off-base has APSIN in their patrol cars," said Sarah Day, 673d SFS Investigations. "Here, we don't. So they call it in over radio and the desk sergeants will run it. If there are any issues with it, our office is the one responsible for the full system on the installation."

Investigations is made up of Security Forces and Military Police, Gigeous said.

"OSI takes people from all career fields," Gigeous said. "At Investigations, we are strictly cops. We basically investigate any matters that involve anything from larceny and assault to domestic violence and drugs. It depends on the level of the assault or crime."

The differences between the three units can be considered according to the level of case extremity.

"It depends on the level of the assault or crime," he said. "We are not first responders, we will come in typically after the fact. Since



ABOVE: Zach Gigeous, 673d Security Forces Investigator, dusts for prints on drug paraphernalia using latent print powder April 6 in the Investigations building on Joint Base Elmendorf-Richardson, Alaska. (U.S. Air Force photo/Staff Sgt. Robert Barnett)
FRONT PAGE: (U.S. Air Force photo/Airman 1st Class Ty-Rico Lea)

there are patrols, it has to be a certain level of severity to give it to us. And it has to be even more severe for us to give it to OSI. We're like the middle guys."

There's no clear rule regarding when a case crosses the line between Investigations and OSI, he said.

"We have a matrix as far as, of what we respond to, what we take," the investigator said. "It depends," Gigeous continued. "The matrix is a general guideline to go by. For example, with larcenies, if it's worth roughly \$25,000 or more, OSI is going to take it. They still have the option to say we should take it. The matrix more or less just helps decipher who should take the cases."

A recent case of larceny has been in the spotlight.

"We had one case with an individual who was allegedly stealing things from the recreational vehicle lots," Gigeous said. "He was stealing four-wheelers, snow machines and entire trailers full of dirt bikes. All in all total, there

was over \$100,000 worth of stuff that was stolen.

"That's not really a lesser offense because that's a pretty big bust, but as far as paperwork that outlines what we take and don't take, this was confined to the lesser offenses area," he explained. "That recreational vehicle theft is probably the biggest bust we've had in a long time. This office was able to recover or link the theft of over \$90,000 worth of personal equipment to include recreational vehicles like ATV's and snow machines. We have a suspect that allegedly misappropriated the items."

It started with a couple individual thefts that were ultimately linked back to an Army member, Gigeous said.

As Investigations continues to process the case, the suspect will go through the legal process in appropriate order.

"Charges have been filed that cover approximately \$40,000 in snowmobiles and other recreational equipment," said Army

Capt. Joseph Eros, Judge Advocate, case prosecutor and native of Shepherdstown, W. Va. "We are still at an early stage of the court-martial process."

In this specific case, the amount allegedly stolen isn't the same as the amount missing.

"We have not been able to track down everything missing," Eros said. "The amount could be significantly higher."

Investigations also works with some Air Force drug cases, Gigeous said. The Army's Criminal Investigation Command, abbreviated CID, takes all Army drug cases.

"For the Air Force cases, we normally investigate simple narcotic use or if we receive a positive urinalysis," Gigeous said. "If he says he smoked one time on a weekend, never did it before, that's something that OSI may want us to keep. If it's something like he and his buddies do it all the time and buy it from another guy, if it looks big enough, OSI determines if they will take it. They take the more severe cases, and anything to do with death."

Other cases they work with include domestic violence and assault.

"OSI covers homicide, murder, anything with death or rape," he said. "OSI also investigates sexual assaults, although sometimes a less egregious case may get passed to us."

Investigations normally functions in the middle.

"We work directly with AFOSI, CID and straight patrol cops," said Sarah Day, 673d Security Forces Squadron Office of Investigations. "We're kind of the liaison between them. CID and OSI are federal agents and they handle more like felony type cases and road cops will do anything that happens during their shift, simple investigations, anything that's able to be completed by them. We kind of get

the middle portion, so misdemeanors, we may handle some felonies, essentially anything CID or OSI doesn't want to take, we will."

Investigations, the Legal Office, and units maintain communications. Investigations also briefs at the First Term Airmen Center and provides educational services such as drug familiarization to first sergeants.

"When I interview you," Gigeous said. "I'll call the shirt and ask him to come pick you up. Then I'll talk to the commander and say this is what we found, I think this, they stated this, basically we just tell him what we got. He goes off our recommendations and legal's."

Some of the confusion between OSI and Investigations might come from their attire. No uniforms are visible in their offices.

"Since we're investigators, we don't wear the uniform," Gigeous said. "The reason is so that the people we interrogate don't get intimidated by our rank. So if the person I interrogate outranks me, they may not take the situation seriously because of that rank difference. Or if they see that I outrank them, it can cause them to divulge something because of that intimidation factor. And sometimes we like to keep things low key, so when we're out and about it helps us that way too."

Their office used to be Air Force specific, he said.

"Since we've been joint, we took on civilians and Army as well," the investigator said. "We have two Army members working with us and then four of us are Air Force. Our staff has seven people; we have one civilian."

People often get them confused with OSI, he said.

"When I answer the phone 'Investigations' or when I show up at the hospital and give my credentials, they think I'm OSI," Gigeous said. "A lot of people don't know that we exist. We do."

Ammo

From Page A-1

barge that comes up into the port of Valdez with ammunition bound for Fort Wainwright, JBER and other military posts throughout Alaska," Mergens said.

The Soldiers will move the containers from Valdez to the installations and drop them off at the ammunition supply points. Once the containers are emptied, the 109th TC will transport the containers back to the port.

"It gives us a chance to get on the road behind the wheel and do a mission that matters that is outside of training," said Spc. Justin Thomas, driver, from Sacramento, Calif.

Port workers used forklifts to off-load the barge and load the trucks, but it was the responsibility of the Soldiers to secure the cargo.

A locking device called a pineapple secures the container to the trailers. The Soldiers also used four 5,000-pound ratchet straps on each container for added safety.

"They set the load on the truck, but we make sure they set the load right and it is secured and safe for transport," Thomas said. "No matter the terrain we travel, we make sure we are safe, other drivers are safe and the load is safe."

With the northbound portion of the mission successfully completed, Soldiers now look to the south.

"Everything is going well and we are keeping our timeline as we planned," Lansangan said. "Real-world is great for training."



Soldiers from the 109th Transportation Company transport ammunition containers through Thompson Pass on their way to Fort Wainwright April 29. (U.S. Air Force photo/Tech. Sgt. Brian Ferguson)

Two Sailors reveal how Spice ended their careers

By Petty Officer 2nd Class Mark Logico
Navy News Service

JOINT PEARL HARBOR-HICKHAM, Hawaii — Two Sailors were interviewed about their use of Spice and the consequences — it ended their careers in less than two months.

After 30 days confined in the brig and separation from the Navy in March, the two Sailors volunteered to come forward and talk about how the use of synthetic drugs affected their lives. At their request, their last names were withheld for the purpose of this story.

“I was a little bit surprised, but I had a feeling when I got caught, my life was going to change,” Joel said, who was caught in possession of Spice.

In February 2012, two Hawaii-based Sailors, Joel and his girlfriend, Bridgette, were arrested after a routine traffic stop, when a police officer discovered evidence of Spice concealed on their person and inside their vehicle.

Spice, a synthetic drug, looks similar to marijuana or oregano and is used for its psychoactive and hallucinogenic effects. The military has zero tolerance for drug abuse, including the use of designer and synthetic compounds such as Spice.

An investigation ensued and the two Sailors were court-martialed and sentenced to 30 days confinement, forfeiture of two-thirds pay for one month and reduction to E-1.

Bridgette had never tried Spice until she arrived in Hawaii, when her boyfriend introduced it to her in December 2011. Joel and Bridgette had been in the Navy for less than two years.

“We were drinking one night I thought that it was like a cigarillo or like a Black and Mild,” Bridgette said. “I had tried it and, it had reminded me of just feeling relaxed and calm, worry-free of any responsibilities.”

Joel did not try Spice until he arrived in Hawaii, when he started mixing in with the wrong crowd.

“It was a bad choice on my part,” Joel said. “I was taking it for the social aspect, but I figured they did it, and they are still able to do their jobs correctly. Maybe it helped them free themselves too. I don’t really understand why but it just helped me. I never really thought about me getting caught with it.”

Once Joel and Bridgette started using Spice, the two began a regular routine of taking overnight weekend trips to Waikiki to drink, smoke and escape.

For both Joel and Bridgette, Spice and other synthetic drugs are easy to come by. Aside from their peers, the illegal products are falsely marketed by manufacturers in commercial-like packages as a safe way to get high while avoiding drug testing.

Stephen Ludwig, the evidence custodian



The Criminal Investigative Division at Commander, Navy Region Hawaii, displays examples of seized evidences of synthetic drugs, commonly known as “Spice” as part of an awareness campaign and training against its usage. (U.S. Navy photo/Petty Officer 2nd Class Mark Logico)

for the Criminal Investigation Division of Commander Navy Region Hawaii, said the military in Hawaii is the biggest customer of synthetic drug sales. He said the artwork on the packaging can look very attractive, no one would guess that they actually contain illegal substances.

It did not take long for Spice to have a negative effect on both Joel and Bridgette.

“After it all cleared and faded away, I felt groggy,” Joel said. “I felt tired. I woke up in the morning puking in the hole in the toilet for like 10 minutes at a time. When I started waking up in the mornings I vomited black stuff out. Every time I threw up it just made me feel bad. It felt like something was turning in my stomach.”

Lt. j.g. John White, a Navy judge advocate assigned at the Region Legal Service Office Hawaii, said using Spice puts one’s career at risk, but there is also the risk to the user’s health.

“When on Spice, one’s mental faculties are diminished, making it potentially fatal when one is working on military vessels, aircraft or with weaponry, where errors in judgment can cost lives,” White said.

Navy Surgeon General Vice Adm. Matthew L. Nathan calls the the health implications “alarming.”

“The chemicals found in these drugs are not regulated by the FDA and no two batches are alike as manufacturers continually change the compound makeup in order to elude drug testing. Most packaging clearly reads, ‘Not for human consumption,’ and that is for good reason. Military and civilian health professionals continue to learn more about the negative health effects of Spice use and the data is alarming,” Nathan wrote in a recent post on the Navy Medicine Live Blog.

“Spice has been reported to cause elevated blood pressure, tremor, seizures, vomiting, abdominal pain and more,” Nathan continued. “Several episodes of heart damage have been reported with Spice use, as well as several reports of persistent psychotic symptoms, hallucinations and paranoid behavior lasting several days. There have also been civilian deaths and reported suicides associated with the use of Spice. I cannot over-emphasize my concern on this matter from a health perspective as my medical providers have witnessed and

treated many of these reported symptoms at military treatment facilities.”

When Joel and Bridgette came to their first command assignment, they said they were highly motivated. They both enjoyed working on high-valued Navy equipment.

Bridgette said one of the best things about the Navy was meeting new people. Soon their drives changed the longer he and his girlfriend took Spice.

“I was so tired walking around at work that I didn’t really want to talk to anybody,” Joel said. “I kept to myself mostly and I started changing who I was as a person, something I didn’t want to continue doing, but I did it because it made me fit in with the social crowd.”

Joel and Bridgette knew the consequences of taking Spice. Both had been informed of the dangers even by their recruiters.

“I knew it was illegal, and it was my responsibility to say no, even though I was inebriated a little bit; I’d been drinking,” Bridgette said. “Still, I should have been responsible enough to know the difference between Spice and cigarettes.”

“My biggest regret is trying to fit in when you first joined and not making the right friends,” Bridgette said. “I regret not putting my foot down in the beginning and walking away.”

Joel and Bridgette were both discharged from the Navy at the end of March 2012. They plan to move back together to Joel’s hometown and begin rebuilding their lives together.

“My message to the Sailors who are still taking Spice is if you are really serious about being in the military, being in the Navy, excelling in your career, stop what you’re doing now,” Joel said. “There’s a big chance that you are going to get kicked out of the military. If you want that nice paycheck, a steady life, to meet the new people and to be able to continue on, get that rank, get that respect from people who have been in, just don’t do it. Just stop. It’s not worth it, it’s really not.”

In March 2012, the Navy announced that it has begun random testing of urine samples for synthetic chemical compounds like Spice. The Navy’s capacity for testing for designer drugs will continue to expand. During fiscal year 2012 the Navy will invest \$1.73 million to test for synthetic chemical compounds and expects to increase that amount to \$2.9 million in fiscal year 2013.

“They’re going to see Spice everywhere they go because it’s a bigger problem than people actually realize,” Bridgette said. “You should just not even try it in the beginning. Once you try it, even if you don’t get addicted to it, the point is that you have tried it. Most people do have addictive personalities, and it runs in the family. Don’t try it.”

Photo slide show

For a photo slide show of 537th Airlift Squadron three-ship airdrop training, scan this QR code with a smartphone. For more stories and photos, visit us at www.jber.af.mil.



HERCULES TRIFECTA

ABOVE: A simulated bundle drops from a 537th Airlift Squadron C-130H Hercules cargo aircraft during a three-ship airdrop training mission near JBER April 27.
RIGHT: Aircrew from the 537th AS fly as part of a three-ship C-130 airdrop training mission near JBER.
BELOW: Aircrew from the 537th AS look over charts before flying a three-ship C-130H Hercules airdrop training mission. (U.S. Air Force photo/Tech. Sgt. Brian Ferguson)



Briefs and Announcements

Disposition of effects

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

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

Commander's call

Col. Robert Evans, JBER and 673d Air Base Wing commander, will host two commander's calls Thursday.



All 673d ABW military and civilian personnel should be afforded the opportunity to attend a session if mission allows.

Talkeetna Theater will host a session at 7:30 a.m. Richardson Theater will host a session at 3 p.m.

Volunteer recognition

JBER will honor outstanding volunteers Wednesday at the JBER-Richardson Theater.

Registration for all volunteers begins at 5 p.m. with the ceremony commencing at 6 p.m.

Readiness exercise

People who live and work in the neighborhoods around JBER-Elmendorf can expect increased activity on the installation as units will be participating in Exercise Polar Force 12-4, May 16 to 23. The second portion of the exercise, May 20 to 23, will drive an increase in flying operations, simulated ground attacks, loudspeaker communications, and sirens. Polar Force 12-4 is designed to evaluate the wing's readiness and capability to conduct sustained combat operations under wartime conditions.

In an attempt to minimize the impact, JBER officials would like to advise our neighboring community that, during nighttime hours, there will be a lot of activity occurring on JBER-Elmendorf, which is normally much quieter. The Soldiers and Airmen of JBER appreciate the community's support as we provide the most realistic training possible for our service members.

Additionally during this time, people who are not participating in the exercise should make every effort to avoid traveling within the play area, which will be marked by signs on base. All base members and visitors may experience longer than usual delays at services facilities and base gates.

JBER supports and defends United States interests in the Pacific and around the world by providing units capable of worldwide airpower projection and meeting Pacific Command's theater staging and throughput requirements. In short: Global Power, Global Reach, Homeland Defense and Expeditionary Combat Support.

Personnel can receive updates for Polar Force 12-4 and real world events via postings on electronic marquees outside the main gates, the commander's access channel, the JBER website, www.jber.af.mil, and JBER's social media sites like the installation's Twitter account. The JBER Twitter feed is located at the JBER_PA Facebook page under JBER and will be updated with the most current information. Noise complaints can be called in to 1-800-JET-NOIS (1-800-538-6647).

Exercise volunteers

In an effort to provide realistic training to JBER military personnel given the responsibility of receiving noncombatant persons, 673d Air Base Wing is requesting volunteers from the JBER community to take part in an upcoming NEO exercise.

This exercise provides a great training opportunity, not only our military personnel, but also our volunteers. This NEO exercise will provide an idea to the volunteers of what to expect if they and their family members would have to evacuate a location during their Air Force/Army career.

There are two scheduled processing times, which will not last more than two hours. The processing times are scheduled for May 16 from 6 to 8 p.m., and May 17 from 9:30 to 11:30 a.m..

All JBER dependents are welcome to participate in this NEO exercise including children, as long as they are accompanied by adults.

For more information contact Brad Harris or Chris Bodziony by May 10 at 552-1802 or 2790.

Assignments briefings

The Outbound Assignments office at the Military Personnel Section will be conducting informational briefings May 15 at 10 a.m. and May 16 at 1 p.m. for all enlisted Airmen whose DEROS' are from January 2013 through March 2013.

This briefing will include but will not be limited to information on assignment cycles, retainability requirements and relocation information for dependents going overseas. The goal is to have an open forum where the office can discuss these topics and answer common questions regarding the assignments process.

We ask only enlisted Airmen who currently do not have assignments on file, with a DEROS' between the months of January 2013 through March 2013 attend, as this will be their current assignment selection cycle.

Due to a 60 person limit we ask that Airmen interested in attending the briefing send an RSVP email to Career Development at 673fsscareerdevelopment@elmendorf.af.mil with their name and the date they would like to attend the briefing no later than 4 p.m. on May 11.

School physicals

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

To schedule an appointment, call 580-2778.

May hospital closures

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

Public Health closures

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

For more information, call 580-4014.

WAPS move

Air Force Weighted Airman Promotion System testing has per-

manently moved from the People Center to the Air Force Education and Training Center, 4109 Bullard Ave.

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

Mortgage relief

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

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

Additionally, information and referral services regarding the mortgage relief plan can be obtained at the JBER Military and Family Readiness Center, 552-4943.

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.

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 pro-

vide 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.

Motorcycle training

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

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

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

Home buyer's seminar

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

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

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

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.

Healing Waters run deep

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Protect yourself from identity theft – before it's too late

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www.jber.af.mil/news

COMMUNITY

Volume 3, No. 18

Joint Base Elmendorf-Richardson

May 4, 2012

Sending them to Volehole-a

By Chris McCann
JBER Public Affairs

Ah, the long sunny days are back – 55-degree afternoons, fishing, trees budding. The snow is gone – or mostly gone – and you can finally see the lawn again.

The lawn you cared for last year, weeded, mowed.

It's covered in squiggly lines of grass, and when you brush the grass off, it's a squiggly line of dirt.

The voles have had a field day all winter, free to chew your lawn, girdle your trees and destroy your tulip bulbs while comfortably sheltered from cold and predators by four feet of Alaska's finest snow.

Fabulous.

And with spring's return, there will be cliff swallows and yellow-jackets, weeds and wasps.

To cope with these pests at home, you'll need to contact the housing office or your landlord – or roll up your sleeves and do battle yourself.

When it comes to keeping weeds out of the runway concrete or swallows from nesting above your office window, call JBER's Pest Management section.

Staff Sgt. Irney Parton has gone mano-a-mano with many pests; everything from bedbugs and German roaches to squirrels and carpenter ants.

While those who've been in the southern part of the United States may be familiar with water or palmetto bugs commonly called roaches, German roaches are smaller. They never need to go outside, so they can hitch rides in household goods and enjoy Alaska from indoors. While they're not common here, "All they need is filth," said Parton. "They lay eggs and reproduce at a high rate. But they're easy to control."

Voles are the biggest problem right now, Parton said.

"Right now they're big because of the snow melting. It's

time for them to come out and play; from March to October, they're reproducing."

Parton and her co-workers visit most buildings on JBER and check for vole problems. When a population is found, they put rodenticide pellets into some of the entryways to underground burrows. As the rodents pass by, they eat and take food to other individuals.

Near schools and child development centers, safety dictates another method. There, specially-designed bait stations are placed only outside the fences, to keep children from coming into contact with baits. Facility managers at such buildings should be sure that tantalizing breeding grounds – especially mulch, tall grass, and other easy-to-dig materials – should be kept to a minimum.

Voles and shrews nearly always go into burrows after consuming the bait, so predators do not come in contact with them. Nonetheless, people should not touch any deceased animal.

Overall, they're mostly considered a problem in food storage areas; most other places, they're only a nuisance.

"Food storage places aren't a problem here," Parton said. "Facility managers control them well in those buildings. But they tear up yards and it looks terrible."

In the case of older buildings, they can chew their way into the walls and damage insulation.

"They're tiny; they only need about a quarter-inch of space," Parton said. "We encourage people to check for cracks, and look at weather stripping; if you can see light, there's enough room for a vole to get through."

Open holes for wiring, pipes, and other structural necessities also offer a way in.

"They go through there like nobody's business," she said.

For JBER residents, Aurora Military Housing offers traps and

steel wool for filling holes and cracks through the U-Fix-It shops on each side of the installation. If preventive measures don't take care of the vole and shrew problem, they also have pest control personnel.

Swallows, on the other hand, are protected by federal law, and require a different tack.

"Facility managers should keep an eye on (buildings)," Parton said. "Incomplete nests can be knocked down before there are eggs. We can't be everywhere, so facility managers have to keep an eye out."

While swallows themselves aren't harmful, they do leave a lot of feces, and they carry mites.

"They're not as bad as pigeons, but they do leave a mess," she said.

Only ten finished nests can be destroyed, so it's important to stay on top of the issue, she said.

Mosquitoes, known as Alaska's state bird, are also a nuisance.

"We only treat for mosquitoes if Public Health says to do so," Parton said. "They're not disease-carriers here. If there are large numbers, we recommend (personal protective equipment), but they're only a nuisance, not a vector."

Spiders are also becoming active with the onset of warm weather, Parton said. But although they may be creepy, they consume other bugs and are generally beneficial.

"Vacuuming every other day will take care of them and their cobwebs," she said.

Bug sprays and poisons generally don't work on spiders unless you spray the spider itself, Parton noted. Since spiders have long legs, their bodies don't rub the ground or wall to absorb insecticides, and they don't groom themselves to ingest it either, so vacuuming is the best bet. Vacuuming also keeps silverfish, another nuisance, in check.

Yellowjackets are not aggressive unless provoked, Parton said. However, their underground nests can be an unpleasant surprise for someone mowing a lawn. They're easily controlled with a soap-and-water trap.

Pest management personnel also remove weeds from the flight-line.

Weeds can crack the tarmac or concrete and create hazards, Parton said.

"For a runway, you need a smooth surface, and weeds can really damage it," she said.

Weeds also attract bugs and rodents, and those attract birds – which aren't helpful for aircraft.

"It's kind of a chain reaction,"



Air Force Staff Sgt. Irney Parton puts rodenticide in a vole hole on JBER. Voles are a nuisance. (U.S. Air Force photo/David Bedard)



Red-backed voles are harmless, except for the messes they make. They reproduce rapidly. (Courtesy photo)

Parton said.

Weeds can be killed with a Roundup-type herbicide, but a safer and very effective tool is ordinary white vinegar sprayed on the affected area, Parton said. Any treatment should be used carefully though, as they can leave large dead patches in lawns.

If you have concerns about pests, call your building or facility manager so they can send a work order to the Pest Management section. If you need assistance with pests in the Aurora housing areas, contact your nearest U-Fix-It facility or call Aurora Military Housing at 753-1023.



Swallows are pretty and eat bugs - but their nests can cause problems. (Courtesy photo)

BAND OF THE PACIFIC TOURS RURAL ALASKA



The Air Force Band of the Pacific performs at Kotzebue High School during the Region 1 Music Festival. The Air Force Band of the Pacific's Northern Lights toured rural Alaska as part of the unit's community outreach mission. (U.S. Air Force photo/Staff Sgt. Shane Spanier)

Avoiding the nightmarish problems of identity theft

Commentary by Tech. Sgt. Vann Miller
Air Force News Service

Looking at my account balance made me sick to my stomach. The numbers on my bank account ledger indicated I was more than \$3,000 in the red. I let out a growl and sank in my chair, not knowing how much more of this nightmare I had to endure. My identity had been stolen, and no matter how rigorously I attacked this problem, it was not going away soon enough. I had spent the past week retracing my steps. I tried to put myself into the mindset of this criminal, hoping to glean some idea how I could have contributed to my own misfortune. I was at a loss. I use strong passwords. I closed all open ports on my wireless home network. I even had notifications sent directly to my email account and phone whenever changes to my account were made. But none of these precautions spared me from this virtual theft. I was confused and stressed. There was no way for me to discover exactly how I became a victim of this fast growing crime, but if you think you are immune, I will tell you that up until a week ago, I felt the same way.

According to the Federal Trade Commission, millions of identities were compromised due to the corporate mishandling of personal information. Identity theft can happen to nearly anyone. In my case, during the span of one week, my insurance account with USAA was hacked, a credit card and two other accounts were opened in my name, and an attempt to open a third account was made at another bank. The entire ordeal shook my confidence in online banking and made me feel extremely vulnerable. I was even surprised at how my bank authorized an expense transaction worth more money than I had on hand. With no questions asked, they were willing to authorize a payment to a third party even though I didn't have funds in my account to cover it. The unfortunate reality is that anyone can become the victim of this crime. Even in the safe confines of your home, a determined criminal can bait you and steal your identity. And if you think digging through your trash is beneath a thief, think again. In an apartment complex like the one I live in, community trash bins are common depositories of personal information.

Dumpster diving is a very easy way for criminals to gather everything from unwanted magazines to preapproved credit offers. You may be surprised just how much information about ourselves we put into the trash. According to the Department of Justice website, information such as copies of your checks, credit card or bank statements often make its way into the trash. This kind of information often bears your name, address and even your telephone number. Though I make no claim to be an expert on identity theft or fraud, I can point out some steps I took to protect myself from being further victimized. The first thing I did was notify my bank. After speaking to them and explaining the situation, they gave me a list of helping agencies. I then contacted one of the credit agencies and filed

a claim for identity theft – this informed creditors that I was the victim of identity theft so they could better detect suspicious activities done in my name. Then I contacted law enforcement. After all, identity theft is a crime. The more it gets reported, then the more evidence police and investigators have toward solving these crimes. I've learned that it is important to shred everything. Until now, I thought it was good enough to tear up my junk mail. But after this event, I can see that when it comes to protecting your identity, you should take nothing for granted. If you feel as though you are the victim of fraud or identity theft, contact local law enforcement to report the incident. If you have questions or require further information regarding criminal issues, visit the FTC's identity theft website at www.ftc.gov/idtheft.



Don't be a dealer to your teens

By Nancy Nolin
Adolescent Substance Abuse Counseling Service

It seems we can't get away from media reports of tragedy related to the abuse of prescription drugs. But it's not just the celebrities; the problem is closer to home than most people realize. According to an annual survey by the Partnership for a Drug Free America, one in five teens has abused prescription medication, and one in 10 has abused over-the-counter cough medication. There are as many new abusers age 12 to 17 of prescription drugs as there are of marijuana. Surprised? Most parents are when they hear about the prevalence of prescription drug abuse by teens.

Teens mistakenly believe prescription drugs are not as dangerous as illegal drugs such as ecstasy and cocaine because they have legitimate uses. What they often don't realize is that it can be deadly. This false sense of safety, combined with ease of access, makes for a dangerous combination. The types of medications most frequently abused by teens are painkillers such as Vicodin and OxyContin, sedatives and tranquilizers such as sleeping pills or anti-anxiety drugs, and stimulants such as Ritalin. Over-the-counter cough medications containing dextromethorphan are also abused. Mixing various prescription drugs and combining them with alcohol can be life-threatening. Visit drugfree.org and theantidrug.com for detailed information on

the signs and symptoms and effects of prescription drug abuse. What can parents do? Monitor the prescriptions in your home and keep track of the amounts and refills. Secure all prescriptions in your home. Sixty-four percent of teens who abused pain relievers reported they obtained them from relatives or friends. Be in the know about the vocabulary of drug abuse. To some degree, we shouldn't really be surprised about the newest drugs of abuse.



Courtesy photo

Our children have grown up with a constant barrage of advertisements about pharmaceuticals, and are used to the ease of access of information the internet quickly provides, where they learn about the effects of various drugs. We need to speak up to counter what our kids learn from the internet and from peers. Make sure your "don't do drugs" message includes the ones in the medicine cabinet. Parents really do have a bigger influence on their teens than peers or media when it comes to decisions about drug use. Kids who learn about the dangers of drugs at home are much less likely to abuse them. So discuss the topic with your teen. See how much they know about the issue. Ask them if they know anyone who abuses prescription meds or cough medicine. Make sure they know where you stand. Adolescence is a critical time for prevention.

It is where the pattern of abuse typically begins and it's best interrupted at this stage. By later adolescence, attitudes and behaviors are not as easily changed. Age is a powerful predictor of future problems, especially if you begins before age 15. Adults with substance abuse disorders are more likely to have started using in their teens, not during adulthood. If you suspect your child is using, take action. It's best to intervene at the earliest signs of concern. It can be easier to miss the signs of prescription drug abuse because they're not the classic signs of illegal drug abuse. If you want more information, or just want to talk, call your Adolescent Substance Abuse Counseling Service counselor. ASACS Counselors hold licenses in their respective counseling disciplines as well as certifications in the addictions field. Services are confidential and free to military families of active duty and retired personnel. For more information, call 384-0134.

FSS EVENTS & ACTIVITIES

FUN FOR EVERYONE



17 MILE BIKE RACE FROM ELMENDORF FITNESS CENTER. PRIZES. MAY 5 - SIGN UP AT 8AM JBER ELMENDORF FITNESS CENTER 552-5353



BIKE MAINTENANCE CLINIC MAY 5 - 1PM - \$5 OUTDOOR RECREATION ELMENDORF 552-2023



Mothers Day at the Polar Bowl 753-7467

MOTHER'S DAY SPECIAL MAY 13 BRING MOM TO BOWL ON MOTHER'S DAY AND RECEIVE A SPECIAL GIFT JUST FOR HER PLUS A 10% DISCOUNT! POLAR BOWL 753-7467



BASIC FRAME CLASS MAY 5, 12, 19 - 10:30 A.M. \$30 MAY 10 & 17 - 6:30 P.M. \$30 BRING A 5X7 PICTURE AND LEARN HOW TO CUT YOUR MAT, AND ASSEMBLE YOUR FRAME POLAR EXPRESS ARTS AND CRAFTS 384-3717



ALASKA GARDENING CLASSES MAY 12 & 20 1 P.M. - \$5 OUTDOOR RECREATION ELMENDORF 552-2023



GEOCACHING CLASS MAY 6 - NOON - \$10 LEARN HOW TO USE A GPS (PROVIDED), AND HAVE FUN! STOP BY TO SIGN UP OUTDOOR RECREATION ELMENDORF 552-2023



INTRO TO FLY CASTING MAY 11 & 21 - 5 - 7 P.M. \$15 OUTDOOR ADVENTURE PROGRAM 552-4599



8-BALL POOL TOURNAMENT QUALIFYING ROUND MAY 4, 11, 18 & 25 - 6 P.M. - SIGN-UP AT 5:30 FREE FOR MEMBERS - \$5 FOR NON-MEMBERS PRIZES FOR WINNERS: \$500, \$125, \$75 VISA GIFT CARDS ARCTIC CHILL/BOSS/WARRIOR ZONE 384-7619

Community happenings

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

Asian Pacific Family Day
 Celebrate Anchorage's spectrum of Asian cultures with music, dance, games and activities. Hear Taiko drumming and play Chinese puzzle games, or make Korean hackey-sack-like toys at the Anchorage Museum; admission is free all day.
 For information call 929-9200.

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

MAY 9
Parenting classes
 Family Advocacy starts the Parenting with Love and Logic Wednesdays for six weeks from 9:30 to 11:30 a.m. in the Education Center's Room 207.
 For information call 580-2181.

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

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

MAY 12
Pet Fun Run
 The JBER-Elmendorf fitness center hosts this walk or run with

pets starting at the Joint Military Mall parking lot at noon.

Bring your pet and get some fresh air and exercise with this popular fun run.
 For information, call 552-0610.

Anchorage Ballet
 Guest artist Rokaya Duvall joins the Anchorage Ballet in the last performance of the season as they perform her choreographic works.

Join them for this celebration of spring at the Alaska Center for the Performing Arts at 7:30 p.m.
 For information call 263-2787 or visit www.anchorageballet.com.

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

MAY 14 THROUGH 18
Police Week events
 Police Week honors military and civilian police forces. The opening ceremony takes place at Heritage Park from 7:30 until 8:30 a.m. May 14.

Security Forces hosts a display May 15, from 10 a.m. until 2 p.m. at the Joint Military Mall parking lot, and on May 18, a memorial ceremony for fallen police will take place at Chapel 1 from 11 a.m. until 1 p.m.
 For more information, call 552-0176 or 552-9863.

MAY 15
Elmendorf OSO event
 The Elmendorf Officers' Spouses' Organization hosts this farewell event at 11:30 a.m. at the Snowgoose.
 Please RSVP by May 8 to pamperedjen@yahoo.com or call 297-9623.

MAY 16
Fighting Championship
 Mixed martial arts are on tap at the Sullivan Arena starting at 7:30 p.m.
 Many a gritty Alaskan competitor has moved on to large-market venues such as UFC.
 For more information, visit their Facebook page [Alaska fighting](http://Alaskafighting).

MAY 17 THROUGH 23
Rock of Ages

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

MAY 28
Memorial Day Ceremony

The Korean War Veterans Association will host a Memorial Day ceremony at the Veterans Flag Pole at 9th Ave. and I Street beginning at 3 p.m. World War II veterans are especially invited to commemorate the attack on Dutch Harbor.
 For information, call 274-3218.

JUNE 8
Military Appreciation picnic and olympics

Paxton Park and Buckner Physical Fitness Center host concurrent military appreciation picnics. Arctic Warrior Olympics will take place at Paxton Park beginning at 8 a.m.
 For information call 580-0213 or 552-0503 for the olympics; for picnic information call 551-8739 or 552-7352.

JUNE 22
Army Birthday Ball

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

ONGOING
Volunteers needed

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

Volunteers needed

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

Sing-along at the zoo

Pre-school aged children can

explore the world of animals through music with musician Annie Reeves.

Children can sing along with the guitar, or play with the musical instruments for kids.

Sing-alongs are at 10:30 a.m. Mondays at the coffee shop greenhouse.
 For information email klarson@alaskazoo.org.

Wired Cafe for Airmen

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

The cafe has wireless Internet and programs throughout the week for single Airmen living in the dorms.
 There are free meals Fridays at 6 p.m.
 For information, call 552-4422.

Model railroading

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

Anyone interested in model railroading is invited.
 For information, call 552-5234, visit www.trainweb.org/msmrr or email bjorgan@alaska.net.

Motorcycle training

The Basic Rider Course, Basic Rider Course 2 and Military Sport-bike Rider Course are now accepting applications.

All military personnel and those civilians who use motorcycles as a duty requirement need to be certified.

To register, visit www.militarysafepmv.com and select Elmendorf-Richardson, or contact the JBER Safety office at 552-5092 or 552-6850.

AER, AFAP campaigns

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

Youth coaches needed

Little League coaches are still needed for baseball and softball. No previous experience is necessary – only a desire to connect with youth. Anyone interested in

Chapel services

Catholic Mass

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

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

Confession

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

Protestant Sunday Services

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

Buddhist

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

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

Scholarship opportunities

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

FSS EVENTS & ACTIVITIES

TRIPS & ADVENTURE



EKLUTNA ATV TRIP
MAY 6 - 9 A.M. - 4 P.M.
\$99
FOR AGES 16 AND OLDER WITH LICENSE
OUTDOOR RECREATION JBER RICHARDSON
384-1475

ATV SAFETY COURSE
MAY 8, 11, 18, & 25 - 1 - 5 P.M.
\$50
COST OF CLASS WILL BE DEDUCTED OFF THE FIRST GUIDED TOUR ATTENDED.
OUTDOOR REC JBER RICHARDSON
384-1475

JIM CREEK ATV TOUR
MAY 12 - 8 A.M. - 5 P.M.
\$150
OUTDOOR REC JBER RICHARDSON
384-1475



MAJOR MARINE TOURS
DAILY UNTIL MAY 13
\$74.60 ADULT, \$39.05 - 2-11 YRS
INFORMATION, TICKETS, & TRAVEL
753-2378



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

THE 673D FORCE SUPPORT SQUADRON REGRETS TO ANNOUNCE THE PERMANENT CLOSURE OF THE JBER SEWARD RECREATION CAMP AT THE CLOSE OF THE 2012 SUMMER SEASON.

FEDERAL BUDGET REDUCTIONS HAVE MADE IT NECESSARY FOR JBER LEADERSHIP TO EVALUATE EACH MWR OPERATION'S SUPPORT TO SERVICE MEMBERS AND THEIR FAMILIES, ALONG WITH THE FUNDS REQUIRED TO KEEP THE OPERATION OPEN, AND THE AVAILABILITY OF LIKE SERVICES OUTSIDE THE INSTALLATION. THAT EVALUATION LED TO THE JBER NAF COUNCIL DECISION TO DIVEST OF THE SEASONAL JBER SEWARD RECREATION CAMP IN ORDER TO FOCUS RESOURCES ON OTHER MWR OPERATIONS.

FORTUNATELY THE JBER SEWARD RECREATION CAMP IS LOCATED ADJACENT TO THE SEWARD RESORT. THE MILITARY RESORT IS NOT AFFECTED BY THIS DECISION AND WILL CONTINUE TO SERVE AS AN OUTSTANDING YEAR-ROUND RECREATION OUTLET FOR ALL MILITARY PERSONNEL AND OTHER AUTHORIZED USERS.

SEWARD RESORT PHONE# 1-907-552-5526 OR 1-907-224-5425

more jber fun at elmendorf-richardson.com



Angry birds: Eagles take home cup in AAHL



LEFT: Air Force Capt. Mitch Schupbach (gold jersey) of the 673d Air Base Wing, makes a save for the Elmendorf Eagles hockey team during the Anchorage Adult Hockey League championship game April 22. The Eagles defeated GCI 10-1 to win the Subway League Championship, Advance C. BELOW: Tech. Sgt. Robert Dubinsky of the 176th Maintenance Squadron prepares to put a shot on goal. (Courtesy photos)



First lady, Dempsey greet veterans at paralympics

By Cody Starken
Army News Service

COLORADO SPRINGS, Colo. — First Lady Michelle Obama and the chairman of the Joint Chiefs of Staff welcomed wounded warriors from all branches of the military to the third annual Warrior Games April 30, at the Olympic Training Center here.

"I wanted to recognize all of our troops, veterans and military families who are here today," said Obama. "We have folks from the Army, the Navy, the Coast Guard, Air Force and the Marine Corps. It's just breathtaking."

More than 200 wounded, ill and injured athletes from around the services competed for gold in seven sports from April 30 to May 5 at the Warrior Games.

The Army has 50 athletes competing this year.

"On behalf of the United States military and the Department of De-

fense, welcome to the 2012 Warrior Games," said Chairman of Staff Gen. Martin E. Dempsey.

The 2012 Warrior Games events include: swimming, shooting, archery, sitting volleyball, cycling, track and field and wheelchair basketball.

"To the athletes, these games are not only about proving what you can do to the world; it's about proving what you can do for yourselves," Dempsey said.

Obama said as the first lady one of the best parts about her job is spending time with service members and their families.

She gets to see their strength and determination first hand, she explained.

"You don't just tell me you are going to walk again, but run

‘I know I have to be neutral about this, but I hope the winner ‘goes rolling along’

marathons. No matter how seriously injured, no matter what obstacles, or setbacks you face, you just keep moving forward," Obama said. "You just keep pushing yourself to succeed in ways that mystify and leave us in awe."

She summed up her feelings for the athletes with a few

simple words: "I am humbled and inspired."

The Warrior Games give a chance for Soldiers to show the resilient spirit of today's wounded, ill and injured service members, Dempsey said.

"For me, these games embody the enduring resilience of our profession because your commitment to teamwork and determination and to persevere during these games are the very same qualities that led you to serve your nation and make our military great," he said.

The Army currently has about 10,000 wounded, ill and injured Soldiers and veterans in Warrior Transition Units and the Army Wounded Warrior Program.

Their ranks include service members who suffered amputa-

tions, spinal cord injuries, visual impairment, traumatic brain injuries and post-traumatic stress disorder.

Although Dempsey is the top military official for the Department of Defense, he reminded the audience who he was cheering for.

"I know I have to be neutral about this, but I hope the winner 'goes rolling along,'" Dempsey said.

He added that it will still be a great honor that the cup bearing the symbol of his office will be hoisted by a champion, no matter who wins.

Obama told the competitors that she and president will be cheering them on, and she offered heartfelt motherly words of advice to them.

"I want to wish you the best of luck, but more importantly have fun, don't get hurt and stay out of trouble."



The Army cycling team for the 2012 Warrior Games takes a break during a practice ride at Fort Carson, Colo., April 24. The Army will compete against the other branches of the military in shooting, swimming, archery, sitting volleyball, cycling, track and field, and wheelchair basketball through Saturday. (U.S. Army photo/Sgt. Jerry Griffis)

Tying healing to recovery

By Spc. Juana M. Nesbitt
2d Eng. Bde. Public Affairs

A local branch of a much larger group is promoting fly fishing as a way to help combat veterans recover from their physical and emotional wounds.

Project Healing Waters is a nonprofit organization that provides fly-tying, fly-casting, and fishing instruction classes to wounded service members and veterans every Thursday from 4 until 6 p.m. in the JBER Soldier and Family Assistance Center.

The classes give participants a chance to do something and focus on other things besides the daily routine of their medical and physical appointments, said Project Healing Waters co-director Jan Schnorr.

It's also an opportunity for wounded warriors to talk to other fishermen, learn a new hobby and get connected with the community, she said.

"They're taking thread and putting it on a hook so it takes muscle memory, hand-eye coordination – it's a therapy situation for the shoulder, the arm and hand," said co-director Damon Blankenship.

"It's therapeutic because they actually see something developing," Blankenship said. "As they work with it, they make them faster and easier, and they make a better product, they make a better fly."

As a former volunteer, now a participant, Air Force Staff Sgt. Brent Allen has seen both sides of the program.

Due to complications with a pinched nerve in his neck, Allen recently endured a second neck surgery. He said he is trying to rehabilitate his arm.

"Just using these fine motor skills is helping me rehabilitate," Allen said.

Guided fly-fishing outings to the Kenai River, Green Lake, Cantwell, Glennallen, the Russian River, Clear Creek, Nenana, Middle Kenai and the Anchor River are scheduled throughout the summer months, all at no cost to participants.

The trips cover a wide variety of fishing styles which provide dif-

ferent avenues of experience and therapy to the participants.

Family members are welcome to attend some of the trips.

The fishing trips tend to have a calming effect on the service members allowing them to relax and meditate, said Warrior Transition Battalion Operations Supervisor Maj. Raul Rovira.

Active duty members who have experienced physical or emotional trauma are often referred to Project Healing Waters by doctors involved in their treatment, Rovira said.

The program can be geared to each participant's specific needs, according to Blankenship.

"We had some folks that did not want to be with a big group – they were just stressed, so we got them with a smaller group," Blankenship said. "They tied and then after a while they could be with the big group; that's growth."

"There's more to it than just the fishing: the camaraderie, the development, the anticipation of the season," Blankenship said.



LEFT: Senior Airman Justin Hendrick volunteers his time April 12 at the Healing Waters fly tying class. Healing Waters is a project sponsored by Alaska Fly Fishers that provides recovering veterans a change of pace from the often daily routine of medical and physical appointments. BELOW: Veterans and volunteers work together during the Healing Waters fly tying class April 12 at JBER. (U.S. Army photos/Spc. Juana Nesbitt)



JBER school partnerships star at awards luncheon

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

The Star Awards luncheon is hosted by the Anchorage School Business Partnerships program annually to acknowledge the partnerships with the various agencies in the Anchorage community.

"The goal of the program is to improve citizenship and the educational experience of students through exposure to positive role models, active parental involvement, tutoring of academic studies, unit sponsoring and mentorship," said Air Force Master Sgt. Scott Thibodeau, 3rd Maintenance Squadron shop coordinator.

"Joint Base Elmendorf-Richardson's School Partnership Program with the Anchorage school district was nominated the best in the district," Thibodeau said. "There are a lot of other programs and companies that have partnerships with the school district and ours was nominated as the most outstanding."

Schools such as Begich Middle School and Mount Spurr Elementary

School were visited by Thibodeau and members of the 3rd MXS where they helped the children of Begich conduct a plane building project and assisted with Mount Spurr's mentoring sessions.

Volunteers from the 3rd MXS donated 50 hours per month to the school partnership program.

"I feel that this is a very good program and a great opportunity to help the children and relieve the thought of their parents being deployed," said Sgt. Brett Workman, 1st Battalion (Airborne), 501st Infantry Regiment.

Workman is the noncommissioned officer-in-charge of the Eagle River High School and Eagle River Elementary School partnerships.

"When we go to the Eagle River Elementary School, we do physical fitness testing with them and we can

track their health, well-being and level of fitness as it improves," Workman said. "When I go to Eagle River High School, I take eight volunteers and we referee their Wild and Crazy Kids Olym-

pics event. We go there every Friday during our spare time just to do physical training with the high school's JROTC program."

"Some units in the Army or squadrons in the Air Force each have a school that they are partnered with," Workman said.

"In the end, I just like giving back to the community as they are very supportive of our presence here," Workman said.

Bobby Jeffs has been the principal at Gruening Middle School in Eagle River for five years.

"People in the community want to support education and want to be involved in what's going on in the public school systems and I think this event proves that," Jeffs said.

Gruening Middle School has received a Department of Defense grant known as Project Connect, which provides the school with financial support for outdoor education.

"Members of the 509th Infantry Regiment have come out to Gruening Middle School as a part of the partnership to assist in activities such as registration at the beginning of the school year. They'll come in and have lunch with the children, attend field trips – they've even come out to the student conferences,"

Jeffs said, "A lot of our children who attend Gruening come from military families. About 60 percent of our students have parents in the military."

Further into the luncheon event, Carol Comeau, Anchorage School District superintendent, was awarded the Commander's Public Service Award and the Outstanding Civilian Service Medal.

"I've just been so fortunate to watch the program grow," Comeau said.

In 2002, as superintendent, she signed a military child education coalition agreement to

implement support practices designed to ease the transition of military students and families who frequently change duty stations.

"On behalf of the Anchorage

School District and the Anchorage community, we want to recognize and honor our military partners and to thank them for their service to our youth," Comeau said.



ABOVE: Tech. Sgt. Bryan Adams and Airman 1st Class Breana Quimby, both of the 773d Civil Engineering Squadron's Emergency Management Flight show and tell Central Middle School students about emergency equipment at the school's career day April 11. Such presentations are a common part of the JBER school partnership program, which has won awards.

LEFT: Central Middle School seventh grader Michael Lopez takes guidance from 673d Civil Engineering Squadron, CE Program Tech Support engineering assistant Airman 1st Class Doug Crellin, in the use of Global Positioning Systems and Plotting Systems as student Cody Rudorf looks on. (U.S. Air Force photos/Erin Eaton)

