



Training

Ma deuce

Soldiers of the 6th Engineer Battalion go to the range to tame the .50-caliber M2; Page A-2

Advisory

Reveille change

Starting Monday, the time Reveille will be played on JBER-Elmendorf will change from 7 to 6:30 a.m. to synch with JBER-Richardson



www.jber.af.mil/news

ARCTIC WARRIOR

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Joint Base Elmendorf-Richardson

August 24, 2012

HELLIONS SHARPEN AND UNLEASH THE RAPTOR'S CLAWS



Airmen from the 477th Fighter Group and the 3rd Wing work together to load F-22 Raptors with GBU-39 Small-Diameter Bombs during Combat Hammer. The exercise was the first time SDB's have been employed by an operational F-22 unit. (U.S. Air Force Photo/Tech. Dana Rosso)

Operational F-22's employ precision guided bombs

By Tech. Sgt. Dana Rosso
477th Fighter Group Public Affairs

HILL AIR FORCE BASE, Utah — During a Combat Hammer exercise, Alaska F-22 Raptors became the first operational F-22 unit to drop GBU-39 small-diameter bombs.

Though small-diameter bombs have been employed by test pilots, Combat Hammer, a weapons-system evaluation program sponsored by the 86th Fighter Weapons Squadron, provided an opportunity for an operational unit to employ the munitions in a realistic tactical training environment.

"The Utah Test and Training Range is the only location in the United States where the F-22s can employ SDBs at speeds and altitudes unique to the Raptor," said Air Force Maj. Wade Bridges, a Reserve F-22 pilot assigned to the 302nd Fighter Squadron.

The 3rd Wing F-22s that have the upgraded increment 3.1 software were able to

drop the GBU-39 SDB. The GBU-39 SDB is a 250-pound precision-guided glide bomb that is intended to provide aircraft with the ability to carry a higher number of bombs and to employ with greater stand-off.

"The employment of the GBU-39s was very successful," Bridges said. "The ammo and weapons personnel that built and loaded the weapons did so with amazing professionalism and technical expertise. They were evaluated during the entire process and received nothing but praise for their work. The pilots who employed the weapons did

See Hellions, Page A-3



Arctic Shield exercises Coast Guard oil-spill response

By Caitlin Goettler
17th Coast Guard District Public Affairs

With its unpredictable weather and lack of infrastructure, the Arctic is a difficult region in and of itself, but add increased traffic and the potential for an oil spill to the equation and it's an even bigger challenge.

In order to better understand the complexities of operating in the region, the Coast Guard worked with the Department of Defense to prepare for the worst. As part of Arctic Shield 2012, the Coast Guard Cutter Sycamore, 17th District Response Advisory Team, Coast Guard Pacific Strike Team and Coast Guard Research and Development Center worked with the Navy Supervisor of Salvage and the U.S. Northern Command to deploy various spilled oil recovery systems off the coast of Barrow.

The three-day exercise began on July

See Arctic Shield, Page A-3

Pacific Command senior enlisted leader visits JBER

By Air Force Staff Sgt. Robert Barnett
JBER Public Affairs

Command Master Chief Petty Officer Mark Rudes visited JBER to witness the base's capabilities and joint opportunities Aug. 14 to Aug. 16 2012.

"The reason I'm visiting as the U.S. Pacific Command senior enlisted leader is I've got great responsibility," Pacific Command senior enlisted leader from Speculator, N.Y., said. "I work on developing the senior enlisted partnerships in those countries, as well as our joint force — Army, Navy, Air Force and Marines, and when needed, the Coast Guard.

"If you ever take a look at a globe and divide it off from the east coast of India, North Pole to South Pole, and go over to the West coast of the United States and divide that globe in half, that's my area," he said. "36 countries; it's about 52 percent of the planet."

Rudes said he was impressed with JBER.

"JBER is an integral part of the entire [Air Force] team," he said. "Strategically, the location is important, the capabilities here are important."

The success of the joint basing and operations here will continue to be used, he said.

"At Pacific Command, we view the Alaska command as a very important element of our overall team," the command master chief said. "I'm sure Northern Command feels the exact same way. It's an interesting dynamic because there're many hats being worn by the commander here and so, depending on the question asked, you can see that importance because they've

got those responsibilities."

Rudes said he wanted every service member to realize the importance of their daily work.

"Every single Soldier, Sailor, Airman and Marine provides relevance to the mission that we're doing," he said. "If you think for a moment that you're just doing a routine, if you step back and look at the world and see how quickly it's changing, how we are helping shape that; everyone is important in that process.

"Continue to try to professionally improve yourself every chance you have," Rudes said. "Whether that's strengthening your relationship with your family, furthering your own education, taking on opportunities as they present themselves, infusing your leadership so that you can grow and climb that ladder."

He said there are many capabilities he didn't know JBER had.

"This is a great base," he said. "I was introduced to some capabilities that I didn't even realize were up here. The joint-training complex is just state-of-the-art, both the Army and the Air Force bring a new level of skills that I'm very happy I've now seen, so that I can help share and communicate that across the theater. This is no exception. JBER probably has one of the best [noncommissioned officer] academies that I've seen; it's impressive that you're able to train your [staff sergeants] and [master sergeants] together in a collaborative way is a special thing. I'm going take that as well and share it with the other services.

"It's pretty exciting," he said. "This is a great time to be serving in our military."



ABOVE: Air Force Master Sgt. Billy Burris explains the capabilities of a FBU-32 Joint Direct Attack Munitions during a tour of the 3rd Munitions Squadron facilities with Command Master Chief Petty Officer Mark Rudes Aug. 14.



LEFT: Command Master Chief Petty Officer Mark Rudes answers questions from JBER's top performers during lunch in the Iditarod Dining Facility Aug. 14. (U.S. Air Force photos/Staff Sgt. Robert Barnett)

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Index

- Garrett talks leadership.....A-2
- Khaan Quest continues.....A-3
- Briefs and announcements.....A-7
- Holly Petraeus visits JBER.....B-1
- Chaplains' Corner.....B-2
- Community Calendar.....B-3
- Earthquake preparedness.....B-4

Community

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



Command Emphasis

Leadership, standards and discipline

Editorial by Army Maj. Gen. Michael Garrett
U.S. Army Alaska commanding general

I've been serving in the Army for my entire life. My first 22 years, I was an Army dependent and for the last 28 years I've been an officer. I've loved every minute of it.

When I was a platoon leader as a second lieutenant, my father was my division command sergeant major. When he retired after 35 years of service, he had more time in grade than many CSM's had in the Army.

My father was the finest Soldier I've ever known. He taught me what I should expect from noncommissioned officers. Soldiers should be able to look at an NCO and know the standard. The sergeant shouldn't have to say anything; the troops see his actions and know. The biggest difference between our Army and any other in the world is our noncommissioned officers. The NCO corps truly is the backbone of the Army.

The bedrock of any effective military unit is leadership, standards and discipline. These are what I expect from each of you, and they should be the focus of everything we do.

Effective leadership is based in our shared ideals. The character of any Arctic Tough leader, the core of who we each truly are, must be in harmony with the Army Values. These values describe the professional military ethos and capture the tradition of our honored institution. Leadership based on loyalty, duty, respect, selfless service, honor, integrity and personal courage is what we owe those we serve, our Soldiers and everyone who has ever fought and died wearing this uniform.

Engaged leaders know and enforce the



Sgt. 1st Class Kyle Silvernale, platoon sergeant, Comanche Company, 1st Battalion, 501st Infantry Regiment (Airborne), yells out commands to his troops while on an air assault May 12, 2011. Maj. Gen. Michael Garrett, U.S. Army Alaska commanding general, writes that a key strength of the U.S. Army lies in the organization's noncommissioned officers. (U.S. Air Force photo/Senior Airman Christopher Gross)

standards. I don't abide leaders who ignore deficiencies. If you don't make on-the-spot corrections when you see someone failing to meet the standard, then you just accepted that deficiency as your new standard.

Practicing discipline trains us to be obedient, loyal and respectful while instilling in us the will to win. Discipline is the inner strength to do what is right and to carry out your orders to the very best of your ability. It can be applied to any aspect of your service

and in any situation.

You show discipline when you push yourself during physical training and when you take pride in wearing the uniform correctly. Being a disciplined leader means you take responsibility for your actions and don't make excuses when you make mistakes. Discipline is enforcing the standards and working every day to become a better leader.

Each of you must practice discipline, especially when it comes to the basics. When

I say basics, I mean the fundamentals we all learned during our entry-level training.

I expect every Soldier to have the discipline to observe military customs and courtesies. Things like going to parade rest when speaking to officers, taking pride in rendering and receiving sharp salutes, and being in the right place at the right time and in the right uniform. These are all things that every one of us learned how to do, but every day there are troops in our formation who aren't disciplined enough to do them.

One of my objectives is to improve our command by developing leaders who offer purpose, direction and motivation to those they lead. As our Soldiers are mentored and taught by example, they will mature into the leaders of tomorrow. They will then take their accumulated knowledge, skills and experience to follow-on assignments in other commands. These Soldiers turned leaders will help influence and develop the rest of the Army and affect what our institution will become.

Every day I try and give you all my very best effort. That's all I ask of you, that every day you give your best effort to the Army and those you lead. You are all doing a tremendous job and make me proud to be part of this great team.

I challenge you to continue training hard and leading from the front. We are blessed to enjoy extraordinary support from our local communities and this great state. This should remind us that the Army is the most respected organization in the U.S. and that we are privileged to serve the citizens of our country by providing for her security. We are the strength of the nation!

Arctic Warriors! Arctic Tough!



ABOVE: Spc. Joshua Hirsbrunner, 6th Engineer Battalion, of Kaysville, Utah, engages targets with the M2 .50-caliber machine gun at the Temporary Machine Gun Range, JBER-Richardson, Aug. 15. Army machine gun marksmanship is based on the concept Soldiers must be able to effectively apply their firing skills in combat.

LEFT: Pfc. Kathy Simmons, 6th Engineer Battalion, of St. Helena Island, S.C., engages a 10-meter target with the M2 .50-caliber machine gun.

FAR LEFT: Pvt. Theresa Kendrowski, 6th Engineer Battalion, carries belts of ammunition to her gunner during qualification for the M2 .50-caliber machine gun at the Temporary Machine-gun Range. The M2 has been in continuous service with the U.S. military since 1933. (U.S. Air Force photos/Percy G. Jones)

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

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ARCTIC WARRIOR

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Engineers build multinational partnerships at Khaan Quest

By Sgt. Michelle Brown
134th Public Affairs Detachment

FIVE HILLS TRAINING AREA, Mongolia — Mongolian Armed Forces, U.S. Soldiers and Canadian Forces participated in the Engineer Subject Matter Expert Exchange portion of Khaan Quest 2012 Aug. 13 to Tuesday.

The purpose of the training was to conduct classroom and hands-on instruction regarding the best practices related to vertical construction, by utilizing the skills of carpentry/masonry, plumbing and interior electrical work.

"The training went well, the Mongolian Armed Forces engineers were very interested in the type of practices that we presented in the classroom," said Chief Warrant Officer Patrick Verango, 6th Engineer Battalion, engineer projects officer.

Verango said the topics covered in the classroom training were project management, construction management, carpentry and masonry, interior electrical work, safety, quality control and quality assurance.

Following three days of classroom instruction, the participating units relocated to a Mongolian Armed Forces camp in Nalaikh district to conduct the oversight and instruction on several projects: a repair

center, vehicle garage, gym, cultural center, kitchen, dining hall, checkpoint and two battalion buildings.

"We had the opportunity to collaborate with multinational forces and to exchange our various techniques and practices over the past week," said Lt. Col. O. Sugar, Mongolian Armed Forces engineer commander.

Verango said this training has strengthened military-to-military cooperation and established a mutual respect for how partners and allies in the Pacific region conduct vertical construction.

"Now that we have a better understanding of how they operate, we have the opportunity to take the things we have learned back home," Verango said.

Khaan Quest is a regularly scheduled multinational exercise sponsored by the U.S. Army Pacific and hosted annually by the Mongolian Armed Forces at the Mongolian Armed Forces Peace Support Center in the vicinity of Ulaanbaatar, Mongolia.

"This has been an amazing experience for us," said Air Force Capt. Joe Doubrough, Canadian Forces Engineers, Canadian Operational Support Command, construction engineer. "I have enjoyed working with the other nations here, and it's always good to learn different things from different people."



Sgt. Charles Nash, 6th Engineer Battalion, works with Mongolian Armed Forces engineers to conduct a site layout demonstration during a multinational Engineer Subject Matter Expert Exchange hosted at Nalaikh district, Mongolia, Aug. 17. The engineers participated in three days of classroom instruction and then moved to a Mongolian Armed Forces camp for project oversight. (U.S. Army photo/Sgt. Michelle Brown)

Alaska National Guard Soldier of the Year meets SecArmy



Secretary of the Army John M. McHugh and Spc. Joseph P. Kelly II, a medic with 1st Squadron, 297th Battlefield Surveillance Brigade, share a light moment Aug. 15 during McHugh's visit to exercise Khaan Quest 2012, a regularly scheduled, multinational exercise in its 10th year. Kelly won the Alaska National Guard's Best Warrior Competition. (U.S. Army photo/Spc. John G Martinez)

By Sgt. Michelle Brown
134th Public Affairs Detachment

FIVE HILLS TRAINING AREA, Mongolia — One Soldier with the Alaska Army National Guard knew that he was headed for the adventure of a lifetime when he traveled from Anchorage to Ulaanbaatar, Mongolia, to participate in Khaan Quest 12, but he never expected to have the opportunity to meet the Secretary of the Army, John M. McHugh, during his mission Aug. 15.

Spc. Joseph P. Kelly II, 1st Squadron, 297th Battlefield Surveillance Brigade medic, was one of four Soldiers with the Alaska National Guard who were chosen to meet McHugh during his visit to various Khaan Quest 2012 exercise locations.

"Participating in Khaan Quest is a terrific way to demonstrate the Army's increasing role in the Pacific," McHugh said.

Kelly is participating in Khaan Quest as trainer for a medical first-responder course that will enhance the ability of 25 Mongolian Armed Forces soldiers to perform immediate life-saving first aid.

"The course participants are all motivated, and that's the coolest thing about it; they really get into the training and are picking up the content very fast," Kelly said.

Kelly competed in the Alaska National Guard 2012 Best Warrior Competition

hosted in March 2012 and won Soldier of the Year. He earned the Army Commendation Medal for his effort and dedication.

"He destroyed the competition," said Army Lt. Col. Joel Gilbert, 1-297th commander. "His warrior spirit and Soldier skills go far."

Gilbert chose Kelly out of approximately 80 Alaska National Guardsmen participating in Khaan Quest based on his warrior spirit, selfless service and dedication to duty.

"I've been impressed with Spc. Kelly from the first day I met him," Gilbert said.

Kelly said he never thought he would meet McHugh, much less while participating in Khaan Quest.

"It was an amazing experience, and I enjoyed speaking with someone I respect who was so personable and able to carry on a relaxed conversation," Kelly said.

Kelly was the Honor Graduate of his advanced individual training class at Fort Sam Houston, Texas, in 2011, and graduated from Airborne school in November 2011.

Kelly is a 2003 graduate from Ben Eielson High School at Eielson Air Force Base. Since 2007, Kelly has worked as a line clearance tree trimmer with Carlos Tree Service in Anchorage. He is an on-call emergency medical technician for the Anchorage Safety Patrol. He is also a student at University of Alaska Anchorage.



Alaska F-22 Raptors became the first operational F-22 unit to drop GBU-39 Small-Diameter Bombs during Combat Hammer. The exercise is a weapons-system evaluation program sponsored by the 86th Fighter Weapons Squadron, providing an opportunity for an operational unit to employ them in a realistic tactical training environment. (U.S. Air Force Photo/Tech. Sgt. Dana Rosso)

Arctic Shield

From Page A-1

31 with the Sycamore testing its onboard spilled-oil recovery system. Required every year, the onboard system works to concentrate spilled oil and skim it to the water's surface, where it can be pumped from the water and contained.

Next to be deployed was the Navy SUPSALV's Current Buster 600 boom system, which was deployed from aboard the Sycamore on the second day of the exercise. As one of the most efficient boom systems, the NOFI Current Buster 600 can be towed at high speeds. The purpose of this evolution was to see if the system could be successfully deployed from a Coast Guard buoy tender.

The final evolution, on the last day of the exercise, was to deploy the DESMI "Polar Bear" skimmer, which is designed specifically for oil recovery in icy waters. Though this system was previously tested

in the Great Lakes, it was the first time the skimmer had been used in Arctic waters.

"This has been an outstanding opportunity to evaluate our capabilities and see how critical our coordination with federal, state, local and tribal partners is for success in the event of an actual incident," said Lt. Cmdr. Michael Sarnowski, commanding officer Coast Guard Cutter Sycamore.

Often such deployments would be conducted aboard a buoy tender while it is moored to a pier, but the closest pier capable of accommodating the 225-foot Sycamore is more than 600 miles away. Therefore, the crews had to rely on a tug and barge from Prudhoe Bay to stage the oil recovery equipment.

This successful three-day evolution served to increase the knowledge and experience of all participants. It also allows them to continue to build strong positive relationships that can be drawn on in the future in the event of an incident that requires a joint response in this challenging and unforgiving pristine region.



Coast Guard Cutter Sycamore crewmembers prepare to shove off the coast of Barrow, Alaska, after making a quick stop at the city's boat ramp Friday, Aug. 10, 2012. The Sycamore crew continued patrolling the Arctic Ocean after completing a spilled oil recovery exercise the week before. (U.S. Coast Guard photo/Petty Officer 3rd Class Grant DeVuyst)

Hellions

From Page A-1

an excellent job delivering the weapons in a tactical environment. The entire process from building to employing the weapons was a tremendous success resulting in 100% of the SDBs being released successfully."

This training event allowed for total-force integration across the F-22 fleet. The 302nd FS led a total-force team from JBER. Pilots from both the 302nd and the 525th fighter squadrons, and maintainers from the 3rd Maintenance Group and the 477th Fighter Group filled the deployment roster making it a true total-force effort from Alaska.

In addition to the Alaska-based contingent, pilots from the 199th and 19th Fighter Squadrons and their associated maintainers participated in this Combat Hammer. This was the first time operations and maintenance personnel from the 199th and 19th Fighter Squadrons stationed in Hawaii have deployed.

"The successful deployment experience and delivery of air-to-ground weapons is a major milestone for the Hawaiian Raptor operations and maintenance team towards declaration of initial operational capability," said Air Force Lt. Col. Robert Jackson, 19th FS commander.

Briefs and Announcements

Disposition of effects

Army 2nd Lt. Daniel Mullins, 1st Squadron (Airborne), 40th Cavalry Regiment, is authorized to make disposition of personal effects of Spc. Ethan J. Martin, of 1-40th Cav., as stated in Army Regulation 638-2.

Any person or persons having claims for or against the estate of the deceased should contact Mullins at 384-1862.

Disposition of effects

Air Force 1st Lt. M. Tyler Akers is authorized to make disposition of personal effects of Senior Airman Brandon Cox, 673d Security Forces Squadron, as stated in Air Force Instruction 34-244.

Any person or persons having claims for or against the estate of the deceased should contact Akers at 384-3076 or email merrideth.akers@us.af.mil.

Coaches needed

Volunteer youth basketball and cheerleading coaches are needed in all ages. For more information, call 552-2266.

Koats for Kids

The Military Family Support Center is hosting Koats for Kids, a program asking units, families and individuals to bring in gently used winter clothing such as coats, snow pants, snowsuits, boots, hats, gloves and mittens to help military families during a busy PCS season before the winter.

For more information on where to turn in equipment or how to set up a unit program, call 552-0370.

CAC ID replacement

Older Common Access Cards need to be replaced before Oct. 1. The certificates will not work beyond this date, rendering the cards useless.

Newer cards have the wording "Oberthur ID One 128 v5.5 Dual" or "Gemalto TOPDLGX4 144." All other cards are obsolete.

The JBER-Richardson office at Building 600 is open Monday, Tuesday, Wednesday and Friday from 8 a.m. to noon and 1 to 4 p.m. on a walk-in basis.

The People Center at JBER-Elmendorf makes appointments only. Appointments can be made by visiting <http://tinyurl.com/8lab32z>

Voting assistance

To register, request a ballot, and

vote absentee, visit www.fvap.gov to complete the Federal Post Card Application. The process requires less than 10 minutes to complete using the online registration and absentee ballot assistant.

Road closures

Richardson Drive and 1st Street is closed – Richardson closed from Quartermaster Drive to First Street; and First Street closed from Richardson Drive to A Street – through Oct. 4 for the installation of a new storm sewer. Access will be maintained to the gas station and credit union parking areas.

Sixth Street is closed from Dyea Avenue to Hoonah Avenue until Sunday for Doyon construction.

Gulkana Avenue is closed west of Sixth Street for housing construction, opening again time to be determined.

Dyea Avenue is closed from Fifth to Sixth streets until December for housing construction.

Juneau Avenue is closed near Fifth Street until March 15, 2013, for housing construction.

Alpine Avenue and Birch Hill Drive near Alpine Avenue will be closed until February for housing construction.

Seventh Avenue is closed between Beluga and Dyea avenues until April 15, 2013.

Library closure

The JBER Library will be closed until Sept. 3 for upgrades.

Patrons who are clearing the installation can go to Room 112 of the Education Center (Library Building) between 9 a.m. and 6 p.m.

Materials can be returned in the drop box outside the building.

For more information, call 384-1640.

Dining facility survey

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

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

Legal education program

The Army Judge Advocate General's Corps is accepting applications for the Army Funded Legal Education Program, which

sends active-duty commissioned officers to law school at government expense.

Officers remain on active duty while attending school.

Officers second lieutenant to captain are eligible for FLEP, and further eligibility requirements are outlined in Army Regulation 27-1.

Applicants must submit their application through the chain of command to their basic branch at Army Human Resources Command, with a suspense to AHRC by Nov. 1, 2012.

Interested officers should immediately contact the U.S. Army Alaska Office of the Staff Judge Advocate at 384-0420 for further information and to schedule an interview.

Public Health closures

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

Air Force ROTC instructors wanted

Eligible first lieutenants, captains and majors interested in teaching future Air Force officers must indicate that interest on their statement of intent, via the Airman Development Plan.

Fully-coordinated, approved application packages are due to Air Education and Training Command by Aug. 10.

Lieutenants must have a year in grade and three years of commissioned service. All applicants must have four years on station by June 2013, or be in a mandatory move status during summer 2013 or have a Jan.-May 2013 date eligible for return from overseas.

Applicants must also have superior performance records, and some universities require a master's degree, so applicants should note that before listing their duty preferences. Before applicants can submit their packages to AETC, they must be released from their career field.

For full application package instructions, visit <https://mypers.af.mil>.

U-Fix-It Store

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

Assorted items for maintaining

your home may be issued from the U-Fix-It Store.

The items available are subject to change and limits and some may have a cost. There are also American flag kits, and fire extinguishers available. U-Fix-It work includes all home maintenance activities.

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

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

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

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

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

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

MiCare registration

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

More than 2,400 patients have already signed up to take advantage of the ability to communicate with their primary care clinicians online.

Registered patients also have access to electronic records, allowing them to view and maintain their health records.

The 673d Medical Group is the first Air Force site to test this system.

Once registered, patients have the ability to participate in the study by completing a short series of surveys during the course of the next year.

This provides an opportunity for all active-duty, retired and dependent patients to have an impact on shaping the future of Air Force health services.

To register, visit the Military Treatment Facility, where enrollment specialists are available in each primary care clinic.

All beneficiaries who are enrolled in the family health, pediatrics, flight medicine and internal medicine clinics are eligible to participate. Patients need to show a military identification card and provide information, including name, social security number, birthday and email address.

The enrollment specialist will enter the information and patients will receive an email which contains a link and instructions for completing the process.

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.

Find housing

Visit the Automated Housing Referral Network at www.ahrn.com to find housing before packing up.

Sponsored by the Department of Defense, the website listings include available community rentals, military housing, shared rentals, temporary lodging and military for sale by owner listings.

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

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

For more information, call 552-4439.

Quartermaster Laundry

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



Safety
Be prepared
 It's not just for Boy Scouts, Page B-4



Family
Watching your finances
 Don't get roped into high-interest loans, Page B-2

www.jber.af.mil/news

COMMUNITY

Volume 3, No. 34

Joint Base Elmendorf-Richardson

August 24, 2012

Holly Petraeus visits with JBER troops and families

By Chris McCann
 JBER Public Affairs

The U.S. military is overwhelmingly a young population. Often they are recently out of high school or college, in their first real job. And, flush with cash, service members can be an easy mark for scammers and unscrupulous businesspeople.

Holly Petraeus, assistant director for Servicemember Affairs in the Consumer Financial Protection Bureau, visited JBER Wednesday to speak to service members and their families about what the new federal agency can do to help protect them from deceptive practices and unfair loans.

The agency, created under the Dodd-Frank act, was intended to have a military office.

"We want to see military families get the education they need," Petraeus said.

At *consumerfinance.gov*, the bureau takes consumer complaints – including those concerning credit cards, mortgages, and other accounts. Petraeus' office monitors military complaints, and already they've had success in helping service members get assistance.

"We want to hear from military families who call Alaska home, about any difficulties they're having," Petraeus said.

Alaska offers some special problems – like the Permanent Fund Dividend.

"Any time you have a lump

some of money, you have some decisions to make," she said. "There are people out there eager to help (service members) spend it."

There are various scams and other problems that can hit military families especially hard, Petraeus said.

Mortgages can be one of those; some people bought homes while the market was high. When they have to make a permanent change-of-station move, the homes don't sell – and the service member is left with an "upside-down" mortgage, in which the mortgage is more than the home is worth.

The G.I. Bill and tuition assistance money are also susceptible.

"There are many for-profit colleges that are eager for the benefits," Petraeus said. "We can help people make an informed decision."

And, of course, debt is always a problem – service members taking out loans and buying cars.

Petraeus cited her own experience as a military spouse, when she and her husband bought a Jensen-Healey sports car while stationed in Italy.

"I've been there, done that," she said. "We want to help people avoid the mistakes we made."

Payday loans, she said, have been around since the days of the Roman legionaries.

"The military population is attractive because they're young, they get a regular paycheck, they're not going to get laid off. And often,



Holly Petraeus, assistant director for Servicemember Affairs for the Consumer Financial Protection Bureau, walks with Air Force Col. Brian Duffy, 673d Air Base Wing and installation commander, at JBER, Wednesday. Petraeus visited to talk about the newly created bureau's mission to educate about and protect military service members and families from fraud. (U.S. Air Force photo by Justin Connaher)

they're far from home."

The Internet has proven fertile ground for scams too, Petraeus said.

"It's the Wild West," she said. "Young people are comfortable on the Internet, they grew up with it... but that doesn't mean they know a scam."

She cited a case in which a service member took out a loan online through a front company; after a lot

of work tracking it down, he discovered the lender was in Croatia.

Since all 50 states have different laws, education is a big part of her job, Petraeus said.

"We want to be proactive," she said. The Department of Defense and Pentagon have long taught basic financial management classes in basic military training and at service members' first duty assignments, but smartphone applica-

tions and online courses are being developed to teach new recruits financial sense before they even get to training.

Petraeus' husband, retired Army General David Petraeus, is now the director of the CIA. Holly Petraeus has continued serving families as she has for many years.

"I'm still working for military families," she said. "They deserve the best we can offer."

New community center opens on JBER-Richardson

By Air Force Staff Sgt. Robert Barnett
 JBER Public Affairs

The new Richardson Community Center opened for the JBER community Monday on the JBER-Richardson side of the installation.

"We saw at least 300 folks at the opening ceremony," said Rachel Hodgson, general manager for Aurora Military Housing. "It was hosted by Air Force Col. Brian Duffy, (673d Air Base Wing and JBER commander), and Army Maj. Gen. Michael Garrett, (U.S. Army Alaska commander), and others. We had a very good showing of command."

Housed in Building 338, labeled 'Aurora Military Housing', the facility includes a housing office, a U-Fix-It, a conference room, dining and leisure area, kitchen, and playground complete with a climbing wall.

"We have complimentary access to JBER residents," said Rachel Hodgson, director



Laura Beatty, 9, helps her sister, Arya, gets started on the rock climbing wall in the play area at the Richardson Community Center on JBER Tuesday. The center, housed in Building 338, opened Monday. Their father is Cpl. Charles Beatty of the 3rd Battalion (Airborne), 509th Infantry Regiment. (U.S. Air Force photo/Staff Sgt. Robert Barnett)

of the community center. "We have a full-fledged kitchen and dining area as well as a kids' play area, including a rock climbing wall, and conference room. We have microphones, a podium, cable TV and seating for

up to 200 people."

There are four privatized housing community centers, she said.

In 2013, the amount of usage will determine if more housing community centers are

needed, she said.

"Today the three prior centers, located in Dallas, Moose Crossing and Silver Run subdivisions have been booked 51 percent of the year," she said. "If that continues with this one, we could be looking at more facilities in the future."

At the center, the Aurora Housing Team is hosting a Halloween event Oct. 31 from 2 to 6 p.m., and open for reservation by residents thereafter. A Christmas holiday event is planned for Monday, Dec. 24, also from 2 to 6 p.m.

Both events will include free food, games and prizes open to the JBER community. The greater JBER area is invited to the main events, but the reservations are specific to base residents, Hodgson said.

"We expect to see approximately 17 reservations per month, minimum," she said.

"We would serve over 320 people per month, at least. Some events may have 50 to 100 people. Just short of 4,000 folks are expected to use the center."

To reserve a center, call 375-5515.

JBER's Back-to-School

BASH

By Air Force Staff Sgt. Robert Barnett
 JBER Public Affairs

JBER's Arctic Oasis Community Center had their annual 'Back to School Bash' August 17. The event allowed Alaska students an event the final weekend before school, and parents to gather information on various base facilities.

"This is the weekend before schools starts," said Michelle Carpenter, director of the community center. "We always want to do a big event for the kids, to be able to have one more weekend to be able to do anything. We've got about 1,000 to 1,500 people here. It's lovely, it's a nice weekend and it's not raining."

The bash included a number of vendors and fun opportunities

for families.

"We have a petting zoo, pony rides; we've got a whole bunch of vendors and people marketing their different activities on base," she said. "We've got the CDC, the library; a whole bunch of places are putting out information catered to school. So that's a plus, to be able to have parents get out and get that information."

Every year, the back-to-school bash gets bigger, she said.

"Last year we had a bunch of military vehicles out here," the Oasis director said. "We change it every year. This year we're themed with on-base facilities giving out information."

They have more than 17 different facilities on base, she said.

"Everything's going pretty well," Carpenter said.



JBER's Arctic Oasis Community Center hosted their annual 'Back to School Bash' Aug. 17. The event allowed Alaska students additional time for recreation the final weekend before school, and gave their parents the opportunity to learn about on-base facilities. (U.S. Air Force photo/Staff Sgt. Robert Barnett)

What's your anchor when it comes to spiritual truth and strength?

By Chaplain (Maj.) Dwight Croy
JBER operations/mobilization chaplain

Where do you get your spiritual strength? If you are human like me, you have run down many a "rabbit hole" or "wild goose trail" that did not produce anything of eternal substance concerning the spiritual life.

A lot of people mix emotion, sincerity, and good feelings together and call that "spiritual."

If these were the items that addressed my spirit, I would be "good to go."

But the hard truth is that a "warm fuzzy" or a "tingly feeling" does not go far to fill our spiritual void.

We need spiritual truth to come from an authority who is an originator of spiritual realities. You cannot define a spiritual reality

without knowing the originator of spiritual things.

So now we come to faith, which is a dependence on a supreme authority. This authority, for most, is called "God."

There is "the rub" for most people interested in spiritual things.

Do you want to be spiritual with an authority or without an authority?

In my expert opinion, you cannot go far with anything in all of creation without a defining authority for that which you want to be strong.

There are many people who desire to be spiritual who do so without any defining authority.

This is much like walking through a London fog without a street below your feet and a sky above.

Without an authority for your spiritual life, you are left to your own definition.

Those who define the spiritual with an authority line of a personal God are equally broken as those who do not choose an authority.

The difference is that they seek out God's consistent definition and declarations that do not change, move or shift in integrity.

I love reading the "Chicken Noodle Soup" series or a good biography of someone great.

It warms my heart, gives me good feelings, inspires me, and often gives me perspective.

But quotes, quips, humor, and dead guys and gals can only be faint shadows of spiritual truth.

They are not authorities for my spirit-

ual life.

If we are to grow and become strong spiritually, we must listen to an absolute God who is "spirit and truth."

Out of the words of a spiritual being, creation was spoken into existence.

That very being tells us where to find spiritual strength.

As a chaplain, that is where I draw my strength.

"All men are like grass, and all their glory is like the flowers of the field; the grass withers and the flowers fall, but the word of the Lord stands forever." (Isaiah and 1 Peter)

Grow strong in your spiritual life by rooting it in the source of spiritual strength.

Be strong by depending on God and His word and then He will follow through with His promise to "make your path straight."

Don't throw money away – be wise when dealing with car loans

Commentary by Jim Hart
JBER Public Affairs

"Does this guy pay anyone back?"

That question came from my sales manager who had just looked at a man's credit rating. The abysmal number wasn't because of bankruptcy, it was simple irresponsibility. Late payments, bad checks, repossessions and a high debt-to-income level – they all add up.

"Send him over to Buy Here, Pay Here, they'll be able to help."

"Buy Here, Pay Here" is a program often found at used car dealerships. It's a high-risk for the dealership, but also a very profitable program where financing is handled by the dealer. Think of it as lower than sub-marginal financing, but safer than loan sharks.

Programs vary, as do the ramifications, but by-and-large you pay as much as 30 percent interest for what can be a very used car. The payments are "affordable," but the value for the customer is very low. Essentially, you are renting to own, not simply financing.

Most often, we would send people with bad credit, but folks with no credit were also potential customers.

At our dealership, we had a relatively helpful program. As the customer made payments, we routinely reported them to the credit bureaus as "on time." If they were

late on a weekly payment, our clerk was almost motherly in her tone to keep them on-time (she genuinely loved people, and it showed).

All this gentle handling was to help them stay on time (and build their credit up). It worked.

The goal was obviously to make good profits, but it also served to get them into a position where they could buy a used car using conventional financing. A helped customer is a loyal friend; the owners of the dealership understood that very well. We weren't primarily a BHPH, so we had a vested interest in long-term, financially sound customers.

Sadly, many BHPH programs are not so beneficial and should be looked at with a discerning eye. Frequently, the other dealers in the area would not report the customer's "on time" status, even after they paid the car in full. This kept the customers in perpetual slavery to a bad credit score.

Customers should be aware of what kind of business they're dealing with.

These venues are accustomed to dealing with irresponsible people who regularly pay late (if at all), and they are very adept at reporting these people to the credit bureaus and repossessing the vehicles. When you sign a contract to pay, understand the terms and conditions before you sign. It's cliché, but only because it is re-



Courtesy photo

peated (and subsequently ignored) so frequently.

With your bank or credit union, you often get a grace period for late payments. This can be a wonderful feature of having a good credit score. Credit scores reflect trust; a high score means they can trust you to make good.

If you're in BHPH (or similar financing), they already "know" they have to look at you with suspicion. If you're late with them, they don't usually have a grace period

and will be very quick to send the repo man.

That said, there is nothing inherently wrong in what they are doing. There is tremendous risk in lending to people with poor or no credit. As a business, they charge enough money to make the risk-reward ratio acceptable. They would prefer to have trouble-free sales and completion of contract, but that's not the environment they operate in.

The best way to protect your-

self from that environment is to avoid having to go there.

There are a host of other methods to building your score, as well as counseling services to help you maneuver the often complex issues of finance. Check with Army Community Services or Family Readiness for available programs.

Editor's note: Jim is an ASE and Ford certified mechanic and has worked as a salesman and service advisor.

FSS EVENTS & ACTIVITIES

GET OUT THERE!!!

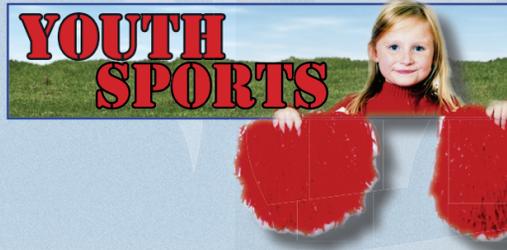


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SIGN-UP OPEN UNTIL CLASSES ARE FULL
K-STEP · MUST BE 4 YRS OLD BY SEPTEMBER 4 AND POTTY TRAINED
MONDAY - FRIDAY · 1 - 4 P.M.
PRESCHOOL · MUST BE 3 YRS OLD BY SEPTEMBER 1 AND POTTY TRAINED
MON/WED/FRI · 8:30 - 11:30 A.M.
TUE/THUR · 8:30 - 11:30 A.M.
CALL 384-7483 TO SIGN UP

Community happenings

**THROUGH SEPT. 3
Alaska State Fair**
Visit the Palmer Fairgrounds for the 76th annual state fair. As usual, agriculture, produce, food, friends and family take center stage.
Live music is also a hit; this year's lineup includes Styx. For information visit alaskastatefair.org.

**TUESDAY
PWOC kickoff event**
The JBER Protestant Women of the Chapel host an open house at the Soldiers Chapel from 9:30 until 11:30 a.m. Plans for the upcoming year will be discussed.
For information, call 841-9425.

**WEDNESDAY
Jeff Dunham concert**
The renowned ventriloquist brings his unique brand of humor featuring Ahmed the Dead Terrorist, Walter and Jalapeño On A Stick to the Buckner PFC field.
Call 552-8529 for information.

**AUG. 31 THROUGH SEPT. 2
Girdwood Fungus Fair**
This celebration of edible fungus features scientists from around the Pacific Northwest as well as instructors who specialize in mushroom dyes, naturalists and mushroom cultivation.
Learn to identify which mushroom are edible and which are dangerous at the Alyeska Resort.
For information visit www.fungusfair.com or call 754-2348.

**SEPT. 7
Mardi Gras Downtown**
Re-creating Bourbon Street on Fourth Avenue, this block party features local celebrity chefs with authentic Cajun cuisine, live music, street performers and much more from 5 p.m. until 10 between K and L streets on 4th Ave. in downtown Anchorage.

**SEPT. 8
Survivor Outreach day**
The Survivor Outreach Service brings together families of military members who fell in service to the country.
Any survivor is welcome to attend the Appreciation Day at Otter Lake.
For information or to volunteer, call 384-0188 or email

stacey.m.gilbert@us.army.mil.
Vertical Challenge
The 5th Annual Climb-a-Thon is an endurance event in which contestants walk, hike and run up the steep North Face Trail of Mount Alyeska and ride the tram down as many times as possible from 9 a.m. until 7 p.m.
Top competitors have climbed more than 20,000 vertical feet – equal to climbing Mount McKinley, but with only 10 hours in which to do it.
For information, visit www.alyeskaresort.com.

Glenn Beck
Talk radio and television star appears at the Dena'ina Civic and Convention Center with his unique brand of political and historical discourse.
For more information call 263-2850 or visit ticketmaster.com.

**SEPT. 8 AND 9
Great Alaska Quilt Show**
A large variety of quilts made by members of the quilt guild are on show, from bed-sized to small art quilts, wearable quilt art, and playful quilts at the ConocoPhillips Auditorium.
A silent auction and a raffle drawing mean you can end up with a quilt of your own.
For information, visit anchoragequilters.blogspot.com.

**SEPT. 15
Emergency Preparedness**
Alaska is known for earthquakes, volcanoes and extreme winter weather.
Learn how you can prepare before disaster strikes.
The Emergency Preparedness Fair kicks off at 9 a.m. at the Exchange parking lot at the Joint Military Mall.

Air Force Ball
Celebrate the Air Force's birthday and heritage at the Dena'ina Center with the Air Force Ball starting at 6 p.m.
Choose beef, chicken or halibut and make your reservations soon.
For information, contact your unit first sergeant or commander.

**SEPT. 22 AND 23
Alaska Whole Life Festival**
Storyteller and palm-reader

Thomas Freese headlines at the Coast International Inn.
This new-age festival features stones, jewelry, aura photos, massage, and much more from 11 a.m. to 6 p.m. both days.
For information, visit www.drglennkey.com.

**SEPT. 28
Flogging Molly concert**
The Celtic-rockers play the Egan Center at 7:30 p.m. for their new album Speed of Darkness.
For information or tickets, visit www.ticketmaster.com.

**THROUGH SEPT. 30
Science on McKinley**
"Ascent 20,320" looks at Mount McKinley through the lens of scientific expeditions from the first successful summit in 1913 to attempts to create a high-altitude scientific camp.
National Geographic expeditions also feature in this Anchorage Museum display.
For information, call 929-9200 or visit www.anchoragemuseum.org.

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

Wired Cafe for Airmen
The Wired Cafe is located at 7076 Fighter Dr., between Polaris and Yukla dormitories.
The cafe has wireless Internet and programs throughout the week for single Airmen living in the dorms.
There are free homestyle meals Fridays at 6 p.m. at the cafe.
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 about meetings, work days, and shows, call 552-5234, visit their site at 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 safety office at 552-5092 or 552-6850.

Experience the Aurora
It's the next best thing to the Alaska winter sky – and a lot more comfortable than standing around in a parka.
The Anchorage Museum's planetarium provides an immersive show that explains the science behind the Aurora Borealis or Northern Lights.
The show projects time-lapse footage of the lights in the Arctic Circle.
For more information, call 929-9200 or visit anchoragemuseum.org.

Spenard Farmer's Market
Under the windmill between 25th and 26th avenues, you can find everything made, caught or grown in Alaska.
Fresh oysters, organic bread, vegetables, flowers and reindeer sausage are just a few of the offerings on tap every Saturday from 9 a.m. to 2 p.m. through Sept. 29.
For information call 563-6273 or visit www.spenardfarmersmarket.org.

Anchorage Market
More than 300 booths offer a host of items weekends from 10 a.m. to 6 p.m. at the 3rd Avenue and E Street parking lot.
With free entertainment and food vendors, the market is a family-friendly outing every weekend through the end of September, which is rapidly approaching.
For information, visit www.anchoragemarkets.com.

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

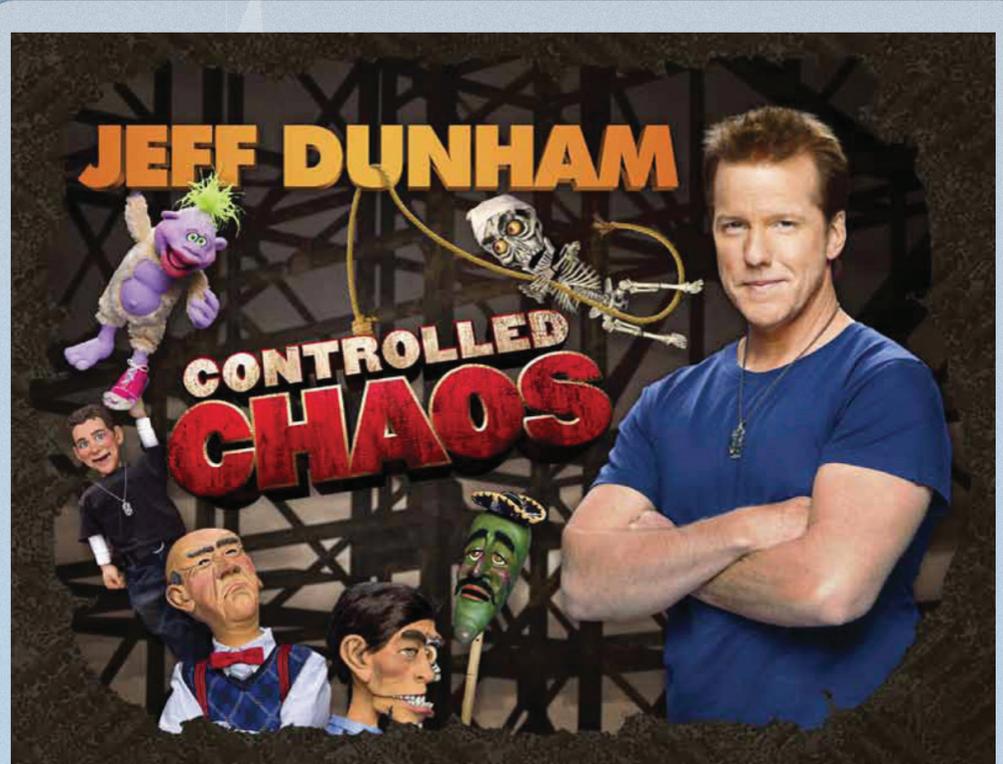
Buddhist
Soka Gakkai Goshu
7 p.m., first Friday of the month – Chapel Center (10427 Kuter Ave.)

Road Warriors running
Military, family members and civilians alike are welcome to train and get involved with running, biking and swimming events.
For events and information, check the Road Warriors (Alaska) Facebook page or call 384-7733 or 552-1361.

FSS EVENTS & ACTIVITIES

DON'T MISS THIS EVENT!

DEPLOYMENT SUPPORT



FREE OUTDOOR CONCERT FOR DOD ID CARD HOLDERS
AUGUST 29 · 7 P.M. · OUTDOOR SHOW
PARENTAL DISCRETION ADVISED
BUCKNER PHYSICAL FITNESS CENTER FIELD
CALL 552-8529 FOR MORE INFORMATION

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GIVES DEPLOYED MEMBERS WITH FAMILIES AND RETURNING SINGLE AIRMEN A BREAK FROM THE RIGORS OF DEPLOYMENT THROUGH LEARNING, RECREATION AND LEISURE PROGRAMS. YOUR FORCE SUPPORT SQUADRON IS OFFERING PLENTY OF OPPORTUNITIES TO GET OUT AND PLAY.
MFRC · 552-4943
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Be prepared now for earthquakes and other emergencies

By Chris McCann
JBER Public Affairs

Snap your fingers. There's a buildup of pressure – friction between the surfaces of your fingers. Then the pressure overcomes the friction, and is released in the form of vibrations – sound waves.

That, in a microcosm, is an earthquake.

In Alaska – especially along a line which runs along the Aleutian island chain, then in a mild arc that sweeps up the Turnagain Arm and toward Fairbanks – we experience earthquakes multiple times a day, according to the U.S. Geological Survey.

Most of the quakes are so tiny they can't be felt. There are regular temblors around the 5.0 mark; strong enough to be quite noticeable and maybe knock an object or two over.

And rarely, Alaska gets shaken by something serious. In fact, the strongest earthquake ever in North America and the second-strongest in history took place in Alaska in 1964.

The temblor itself lasted only three to five minutes, but combined with the tsunami, it took 128 lives and caused about \$331 million in property loss, according to the USGS website. The tsunami alone killed 113 people.

Anchorage was hard-hit; 30 blocks of dwellings and commercial buildings were damaged or destroyed. Schools were devastated, especially by landslides in Turnagain Heights and Government Hill.

Tsunami waves damaged the West Coast even in California and in Hawaii. Seiche action – imagine waves caused by sliding back and forth in the bathtub – caused minor damage along the Gulf Coast of Louisiana.

In short, earthquakes can be devastating, and the frequency of quakes in Alaska can lull people into a false sense of security.

So what can you do to prepare for an earthquake – or any emergency, for that matter?

There are many ways to ensure that you're adequately prepared for whatever Alaska throws at us.

First, secure your home. If you

own your home, make sure water heaters are strapped to studs in the wall to prevent them being shaken loose. Flexible connectors on water pipes and gas lines can allow static fixtures to bend instead of break.

Regardless of your living quarters, store breakables in cabinets that can be held closed with child-proof latches, strong magnets, or other closures. Don't hang heavy or fragile items like mirrors above beds or places where people often sit, and ensure there are no heavy, breakable, or top-heavy items on headboards. Being awakened by a teddy bear falling on your head during a quake is fine; a marble bookend is less pleasant.

If your television is top-heavy or on a high shelf, consider using cable ties to secure it, or mount it to the wall. Store heavy items in low, stable places.

If you're in bed when an earthquake hits, stay where you are; you're more likely to be injured on the floor by falling or broken objects.

If you're indoors, get under a strong object like a desk or a table. According to www.ready.gov, doorways are no stronger than any other part of a home, so don't run to a doorway. Stay away from windows and anything that might break or collapse.

If you're outdoors, get into an open area, away from trees and buildings if possible.

If you're in a vehicle, pull over slowly and park – away from power lines, overpasses, and other dangerous items, and wait.

If you're trapped in debris, knock periodically in sets of three. Rescuers are listening, and signaling in threes is the most common "distress" sign.

Anchorage itself – as well as the valley – are relatively protected from tsunamis by the geography of the area. However, seiche waves and other things may still damage areas near the water.

If you are camping or visiting an area like the Kenai peninsula or Valdez, however, where there is a serious danger of a tsunami, get to higher ground immediately. The 1964 earthquake created waves up to 76 feet high, and every second is critical.

Prepare now for emergencies

Most importantly, prepare your family and home for emergencies.

Have adequate food and water for at least a couple of weeks – if there is a loss of electric service, that means water treatment plants may go offline. Bathing, cooking and cleaning, as well as hydration, get much more difficult. Have adequate amounts of water for your family, and if it's bottled water, use it and replace it periodically. For example, if you have ten cases of water, drink a case and replace it now and again. While any water would do in an emergency, the stuff that hasn't been sitting for three years will be much preferable.

Store adequate food – and food that you would normally eat. It's great to have beans and rice socked away, but in a high-stress situation, do you want to be stuck eating it for three weeks or longer if new shipments can't get to the grocery store? Don't rely on the refrigerator or freezer.

Dried, canned and other long-lasting foods are a good bet, and don't forget the condiments and other niceties if you can afford them. Bags or boxes of pasta are great, but if you don't have some kind of sauce, they get old. Canned chicken or tuna is also a good standby, but buy mayonnaise to make salad. Many companies make shelf-stable MRE-type meals with heaters; they're a good addition, but as any service member who's been deployed to a forward location can attest, MREs are not something you want to eat for an extended period.

Earthquakes can damage gas lines, so ensure that there are no gas leaks as soon as possible after a quake. If there is a leak, evacuate as soon as possible.



The Government Hill School was devastated by the 1964 earthquake. (File photo)

Heat may be a challenge; without the electric grid, even the nicest house can become uncomfortable quickly. In many cases, having a generator and fuel is a good idea.

If you have a woodstove, fireplace, or other alternate heat source, use it once in awhile and make sure everything's in working order, and keep a supply of fuel.

Make sure you have flashlights and extra batteries. Battery-powered lanterns are also a good choice. With the short days of winter in Alaska, artificial light is almost a necessity. Oil lamps, candles, and other such items also work, but require more attention to prevent fires.

A good first-aid kit is critical, as well as a book on first aid. Beyond the usual adhesive bandages and antibiotic ointment, stock it with some "serious scenario" items.

A supply of any necessary prescription medications, rotated regularly, is important. Gauze pads, elastic bandages for wrapping, a penlight with a pupil gauge, butterfly bandages, a tourniquet and clotting compound will probably never be used – but if you need them, you'll be glad to have them.

Read the instructions and familiarize yourself with the items before there's an emergency. Keep a flashlight and batteries in the kit, and store it in a location the whole family knows.

Prepare for your pets as well – have travel kennels, and make sure your pets have identification (microchip or tags) at all times. Keep a supply of food for them as well.

Lastly, a "bug-out" bag for each member of the family is something to keep in mind. If there was a fire, tsunami or other emergency that required you to leave home immediately, you would want some necessities – a change of clothes or two, any medications you need, important documents (birth certificates, DD-214 forms, marriage certificates, and so on), a supply of food and water, string or parachute cord, baby wipes for hygiene, and a small knife are good to start with.

Have an emergency plan

Your family may do fire drills – which are important. But what if there is an earthquake when you and your spouse are at work and the children are at school? Where will your family meet up?

If an earthquake happened in the Prince William Sound, it could sever communication lines on the sea floor and take down cell phone service and landlines to the Lower 48. Consider getting a ham radio license to communicate in an emergency.

(Editor's note: information for this article was compiled from a number of government sources.)

FIRST BAP
2X2 B&W

HOUSE
2X2 B&W

KOROPP
2X2 B&W

BOWLER
2X2 B&W

SPCA
2X2 B&W

BOSCOS
2X2 B&W

HOUSE
6x7.5
FPC

BICYCLE SHOP
6x7.5
FPC

REAL ESTATE
6X7.5

Births

Aug. 5

A son, Tanner Allen Yager, was born 21.5 inches long and weighing 8 pounds, 8 ounces at 6:15 a.m. to Jennifer Lauren Yager and Spc. Rowdy Montana Yager of the 109th Transportation Company.

Aug. 6

A daughter, Brylie Mae Woodruff, was born 19.5 inches long and weighing 6 pounds, 13 ounces at 9:41 a.m. to Melanie Rock Woodruff and Army Staff Sgt. David Van Woodruff Jr. of the 3rd Battalion (Airborne), 509th Infantry Regiment.

Aug. 7

A daughter, Megan Julia Kammerer, was born 20.5 inches long and weighing 6 pounds, 13 ounces at 11:09 a.m. to Air Force Capt. Kristen Kammerer of the 673d Medical Group and Chris Kammerer.

Aug. 8

A daughter, Peyton Sky Duchene, was born 20.5 inches long and weighing 7 pounds, 12 ounces at 2:11 a.m. to Ann Lesli Duchene and Air Force Staff Sgt. Jonathan Anthony Duchene of the 703rd Aircraft Maintenance Squadron.

A son, Jeremiah Akaii Hatén, was born 21 inches long and weighing 8 pounds, 4 ounces at 1 a.m. to Nastassia Renee Hatén and Spc. Robert Earl Hatén III of the 6th Engineer Battalion (Airborne)

A daughter, Nyanza Surrell Madison, was born 23.75 inches long and weighing 6 pounds, 15 ounces, to Stephanie Pascale Madison and Air Force Staff Sgt. Martez Madison of the 673d Security Forces Squadron.

A son, Atley Jefferson Lazarek, was born 19.5 inches long and weighing 6 pounds, 5 ounces at 5:28 p.m. to Meagan Laz-

arek and Air Force Staff Sgt. Jeffrey Robert Lazarek of the 3rd Aircraft Maintenance Squadron.

A son, McLane Edward Osterman, was born 20.5 inches long and weighing 7 pounds at 7:03 a.m. to Senior Airman Bethany Michelle Osterman and Air Force Staff Sgt. Kurt Michael Osterman of the 90th Fighter Squadron.

Aug. 9

A son, Zion Isaiah-Lee Arthur, was born 21 inches long and weighing 7 pounds, 7 ounces at 12:35 p.m. to Ericka Nicole Arthur and Spc. Nana Fosu Arthur of the 545th Military Police Company.

A son, Cameron Jajuan McMorris-Jackson, was born weighing 7 pounds, 9 ounces at 7:50 a.m. to Nicole Alexandria McMorris-Jackson and Spc. Cameron Jajaan McMorris-Jackson of the 1st Squadron (Airborne), 40th Cavalry Regiment.

Aug. 10

A daughter, Alice Lynn Beach, was born 20 inches long and weighing 7 pounds, 1 ounce at 5:39 p.m. to Ryann Jane Beach and Army Staff Sgt. Matthew Alan Beach of U.S. Army Alaska.

A daughter, Kamdin Grace Nolan, was born 21.5 inches long and weighing 7 pounds, 9 ounces at 1:06 p.m. to Air Force Staff Sgt. Kari Dawn Nolan of the 673d Surgical Squadron and Ryan Andrew Nolan.

Aug. 12

A son, Cullen Joseph Flaks, was born 20.75 inches long and weighing 9 pounds, 2 ounces at 11:47 p.m. to Brandi Danette Flaks and Sgt. Paul Christopher Flaks of the 545th Military Police Company.

Aug. 13

A son, Jacob Wyatt Brobeck, was born 21 inches long and weighing 7 pounds, 11 ounces at 9:16 p.m. to Jennifer Lynn Brobeck and Army Maj. Brian Daniel Brobeck of Headquarters Headquarters Company, 2nd Engineer Brigade.

A son, Merrick Christopher Davis, was born 21 inches long and weighing 7 pounds, 11 ounces at

7:45 a.m. to Misty Dawn Davis and Air Force Maj. Peter Christopher Davis of the 3rd Operations Support Squadron.

Aug. 14

A daughter, Boston Ever Christianna Harriman, was born 20 inches long and weighing 7 pounds, 9 ounces at 11:19 p.m. to Erica Ruby Harriman and Marine Sgt. Craig William Harriman of Recruiting Substation Anchorage.

Aug. 15

A son, Finn Alan Theodos, was born 19.5 inches long and weighing 6 pounds, 14 ounces at 9 a.m. to Courtney Theodos and Sgt. Justin Theodos of the 425th Brigade Special Troops Battalion (Airborne).

Aug. 16

A daughter, Serenity Gracelynn Reyna, was born 19.75 inches long and weighing 6 pounds, 14 ounces at 8:04 p.m. to Rebecca Marie Bisson-Reyna and Army Staff Sgt. Bart Anthony Reyna of the 3rd Battalion (Airborne), 509th Infantry Regiment.

A son, Trevor Adam Tinnel, was born 20.5 inches long and weighing 8 pounds, 5 ounces at 12:47 p.m. to Mary Ryan Tinnel and Air Force Staff Sgt. Daniel Adam Tinnel of the 90th Aircraft Maintenance Unit.

Aug. 17

A son, Nathaniel Riot Hettrick, was born 18.25 inches long and weighing 5 pounds, 8 ounces at 6:25 a.m. to Alexandra Meghan Pultz and Pfc. Kyle Aaron Hettrick of the 4th Brigade, 1st Infantry Division.

A son, Jaxon Pryce Kilgore, was born 20.5 inches long and weighing 7 pounds, 12 ounces at 7 a.m. to Julie Michelle Kilgore and Tech. Sgt. James Patrick Kilgore of the 3rd Maintenance Squadron.

A son, Ryan Richard Sage, was born 20 inches long and weighing 8 pounds, 1 ounce at 8:09 a.m. to Nicole Kathryn Sage and Pfc. Robert Rolland Sage of the 3rd Battalion (Airborne), 509th Infantry Regiment.

A son, Jack Timothy Brown, was born 20 inches long and weighing 7 pounds, 2 ounces at 6 a.m. to Natalie Ann Brown and Air Force 1st Lt. David Timothy Brown of the 537th Airlift Squadron.

It's flu-shot season again

By Air Force Capt. April Arseneau
JBER Immunizations Clinic

Receiving the annual flu vaccine is the best way to prevent influenza. Influenza is a serious disease that can lead to hospitalization and death. Even healthy people can get very sick from the flu and spread it to others. Over the past three decades, as many as 49,000 deaths can be attributed to the flu in the United States alone.

Everyone who is at least six months old should get a flu vaccine this season.

Certain people are at high risk for developing complications from influenza.

The vaccine is especially important for people with chronic conditions such as asthma, diabetes and chronic lung disease; pregnant women, those 65 and older, and people who live with or care for others who are high risk of developing serious complications should also be sure to get vaccinated.

The flu vaccine causes antibodies to develop in the body about two weeks after vaccination.

They provide protection against three influenza viruses that research indicates will be

most common this season.

Who should not be vaccinated? There are some people who should not get a flu vaccine without first consulting a physician – like people who have a severe allergy to chicken eggs or a prior influenza vaccination; children younger than six months, or people who have a moderate-to-severe illness with a fever. People who are ill should wait until they recover to get vaccinated.

Active-duty service members can be vaccinated at the JBER-Elmendorf Fitness and Sports Center Aug. 27 through 30 and Sept. 4 through 7, from 4:45 a.m. to 8:30 a.m. or from 2 p.m. to 5:30 p.m.

Active-duty and high-risk individuals pregnant women, those 65 years and older, and people with chronic illness such as asthma and diabetes can visit the hospital immunizations clinic from 8 a.m. to 4 p.m. Monday through Friday. They can also visit the Flight Medicine Clinic from 8 a.m. to 3 p.m. Monday through Friday (closed third Thursday of every month for training).

All TRICARE beneficiaries will be offered the flu vaccination at a later date. Veterans should check with their primary care provider or the VA hospital.

For more information please call 580-2000.

Well-baby appointments are incredibly important

By Shari Lopatin
TriWest Healthcare Alliance

You've missed your baby's scheduled well-baby doctor exam; should you be concerned? Your baby isn't sick, so it's not that important ... is it?

Because babies grow so quickly, regular well-baby doctor visits help keep them happy and healthy.

Your son or daughter should have six well-child doctor visits during their first 15 months of life.

These regular doctor visits allow the pediatrician to check your baby's growth and development.

They also give you – as the parent – important information about what to expect as your child grows up.

During a well-baby visit, your child will also receive any

vaccinations that are due.

Vaccinations – like those for measles, mumps and rubella – are a big part of protecting your child from disease.

If your baby isn't vaccinated, these diseases could make your child very sick, or even cause death.

Make the most during your regular well-child doctor visit.

Write down any questions or concerns you may have about your child's development and bring them with you.

This way you won't forget to ask the pediatrician during the exam.

Well-baby doctor visits are a TRICARE-covered benefit with no authorizations, cost-shares, co-payments, or deductibles for those eligible.

For more information on well-child doctor visits, visit TriWest.com/parenting.



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