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ARCTIC WARRIOR

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Joint Base Elmendorf-Richardson

September 7, 2012

Arctic Trailblazers train Down Under

By Army Capt. Stephen Austria
2nd Engineer Brigade

COMBAT TRAINING CENTER, Queensland, Australia — “Welcome to the jungle,” Australian Army Sgt. 1st Class David Harding told a group of Soldiers from U.S. Army Alaska’s 2d Engineer Brigade at this tropical base in the country’s northeastern state.

Multicolored birds chirped overhead and trees swayed in the breeze as the Soldiers set off on patrol — a tranquil scene ... until machine-gun fire rang out from all directions.

“Take cover, take cover,” yelled Soldiers from the 2d Engineer Brigade. “Return fire, return fire.”

Recent cyclones had ravaged the jungle canopy, littering the ground with debris and vegetation so thick it was impossible to walk through in spots. The Soldiers carried heavy rucksacks through streams and used ropes to climb steep gullies through the thick ground cover.

“Everything happened so fast,” Army Staff Sgt. Jeremy Dodson, 6th Engineer Battalion, 2d Engineer Brigade Operations training noncommissioned officer-in-charge said. “It was complete chaos. We could not see the enemy or even our Soldiers behind us, due to the thick vegetation, but we knew they were there. Once everyone got their bearing, we established our attack component and assaulted through the enemy.”

The 2nd Engineer Brigade Soldiers, along with 36 other U.S. Army Pacific Soldiers from JBER,



Australian Army Sgt. 1st Class David Harding demonstrates the use of Australian weapons during the 12-day Australian army Junior Leader Jungle Training Course, in Queensland, Australia. The course focused on squad and platoon size tactics very similar to Sapper and Ranger Schools with leadership positions switching among the students for each mission. (U.S. Army photo/Capt. Stephen Austria)

Fort Wainwright; Hawaii; Korea; and Guam, participated in the 12-day Australian Army Junior Leader Jungle Training Course, July 30 to Aug. 10.

The purpose of the course was to train on close-combat jungle tactics and build relations between the U.S. and Australian armies. The soldiers are also expected to take what they learned in Australia back to Alaska to train their units.

The course, taught by Australian Army infantry senior non-

commissioned officers-in-charge, introduced the Arctic Trailblazers to living and fighting in the jungle environment while Australian soldiers played the role of enemy forces during training.

The first day of the course, Soldiers learned about the hazardous plants, animals, and diseases that can hinder operations in the jungle.

The course focused on squad and platoon-size tactics similar to Sapper and Ranger schools, with leadership positions switch-

ing among the students for each mission.

The Australian instructors taught the Arctic Trailblazers such tactics as reacting to enemy contact, conducting an ambush, attacking, conducting an enemy camp search, and establishing a secure nightly “harbor” or patrol base.

The Soldiers saw a demonstration of the the different effects illumination can have on the enemy during night operations in

the jungle and the damage a live claymore mine can inflict.

The course concluded with a squad competition known as “True Grit,” which included a several kilometer ruck march, then a load bearing equipment run, an observation exercise, an obstacle course and a bayonet assault course.

To finish True Grit the squads had to work as a team just as they had since the start of the course.

After the mission was complete, the sounds of the jungle came back, but one voice and one refrain seemed to resonate: “Get on your guts!”

“When we were not low crawling correctly during contact with the enemy, Australian Army Chief Warrant Officer 2 [a rank equivalent to a U.S. Army master sergeant] P.J. McCurdy, an Australian army instructor, would scream to the top of his lungs, ‘Get on your guts! Get on your guts!’” Dodson said.

“The last time [U.S. forces] attended the Australian Combat Training Center was in 2000 before the attacks on Sept. 11, 2001,” McCurdy said, “so we have to teach them and prepare them in jungle tactics and skills that could save their lives one day. We are hoping we will see more U.S. Soldiers attend our training we have here.

The U.S. and Australian soldiers learned from each other; everything from military skills to how their countries live everyday lives, according to Dodson.

“This was a great experience,” Dodson said. “This was truly an experience none of us will ever forget.”

Aircraft Maintenance Squadron earns top honors

By Air Force Staff Sgt. Robert Barnett
JBER Public Affairs

The 3rd Aircraft Maintenance Squadron, 3rd Maintenance Group, 3rd Wing, received the Air Force level 2011 Maintenance Effectiveness Award, Medium Category, during their promotion ceremony at the JBER-Elmendorf theater, Aug. 30.

“We’ve got a squadron on the base that’s being recognized at the Secretary of Defense level, which is huge,” said Air Force Col. Dirk Smith, 3rd Wing commander. “I’ve been in the Air Force 24 years and I don’t know that I’ve ever been a part of a unit that’s being recognized at that level, so it’s a big deal.”

The award covers the period of Oct. 1, 2010 to Sept. 30, 2011. According to the award citation, during this time 487 unit maintainers led the total-force integration of active duty and Reserve maintenance, supporting two squadrons of 40 F-22 Raptor aircraft. Members of 3rd AMXS led the Combat Air Force in nine out of 12 maintenance performance indicators, supporting 4,731 combat and training flying hours while maintaining a combined 77.9 percent mission capable rate. That is the highest mission capable rate of any F-22 unit in the Combat Air Force.

The 3rd AMXS also executed more than 65,540 maintenance actions and completed more than 1,258 time-compliance technical orders and one-time inspections while maintaining the Combat Air Force’s lowest signature assessment system margin.



Senior Airman Joshua King marshals in an F-22 Raptor on the JBER flight line May 5. King is the aircraft’s assistant dedicated crew chief with the 525th Aircraft Maintenance Unit, 3rd Aircraft Maintenance Squadron, and is from Collinsville, Okla. (U.S. Air Force photo/Staff Sgt. Cynthia Spalding)

“The thing about this award is that maintenance is the backbone of that weapons system,” said Command Chief Master Sgt. Eric Light, interim 3rd Wing command chief. “That squadron proved that they can do their job and are able to complete the mission that the Air Force has given them. There are good men and women out there doing this every day and I’m really glad that they got recognition from the Secretary of the Defense; they

know what a good job these guys are doing. That’s awesome, they’re doing a good job and we’re proud of them.”

The citation also states: “The superior performance of the 3rd Aircraft Maintenance Squadron was verified during the 2010 Pacific Air Forces’ Unit Compliance Inspection and the 2011 Air Combat Command’s Logistics Compliance Assessment Program, where the unit garnered the first

Aircraft Maintenance Squadron ‘excellence’ rating in a Logistics Compliance Assessment Program inspection in the Air Force in the past two years.”

Finally, the squadron aced the first F-22 Fighter Alert Force Evaluation, earning a ‘mission ready’ rating in all areas.

Smith said the award was presented during their promotion ceremony intentionally. “Every month we do this promotion ceremony,” he said. “It’s really good to recognize people for their achievement, for making that next promotion, because it takes a lot of hard work to test, do all your education so you can make that next stripe.”

“We really want to fill this theater every time,” Smith continued. “That was a great thing about getting the chief’s promotion up there. We want to continue using this venue to recognize people.

“It’s just recognition of what the potential is. In a way, it’s a challenge to lead at the next level, to step up. Being a leader isn’t about doing huge things all the time, most of the time it’s about doing really small things, but doing them all the time, every day, staying persistent and being engaged with your subordinates.”

We grow through failure, he said. “As supervisors, if we are afraid to give our subordinates too much responsibility and let them fail, then really we’re limiting their growth,” he said. “That’s a really important part of developing our leaders and our replacements. Make sure there’s a safety net, and then give them a chance to succeed, but also give them a chance to fail.”

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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

Alaska flag officers announce Combined Federal Campaign

Editor's note: The below editorial is excerpted from an Aug. 27 Alaskan Command memorandum.

The 2012 Combined Federal Campaign kicked off Saturday and runs through Dec. 15. Each year, through contributions to the CFC, military members and federal employees of the Alaska CFC have responded to disasters, cured the ill, fed the hungry, housed the homeless, sheltered animals, and played a role in countless other acts of charity and goodwill.

We welcome and encourage your participation in this year's CFC to help make a difference in the lives of those in need.

The theme for the 2012 CFC is "Give a little, help a lot." This seemingly simple statement conveys a powerful message.

Through small individual contributions, Alaska military members contributed more than \$720,000 to CFC in 2011.

Your donations support all Alaskans, including our Alaska military members, dependents, veterans and retirees in need.

One of the recipients of your generosity is the Fisher House on JBER.

The Fisher House utilized the \$15,000 it received from the CFC to provide 213 Alaskan military families food and housing while they visited family members in the hospital. This is just one organization and a few people who were able to benefit from CFC donations, and there are thousands more.

Alaskans across the state benefit from even the smallest donation. Just a dollar a week can make a meaningful difference in

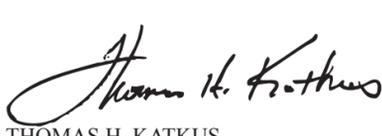
the life of someone in need. No gift is too small. A contribution of just \$5 per week can be used to purchase two months of meal for the hungry. A contribution of \$10 per week can provide two days of care for a terminally ill individual, or a years worth of baby formula for an infant in need.

The CFC enables us to make a difference, and we ask you to give thoughtful consideration to supporting it again this year.

For additional information, please contact your unit CFC representative.



STEPHEN L. HOOG
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Commander, Alaska Command



THOMAS H. KATKUS
Major General, AKARNG
The Adjutant General



THOMAS P. OSTEBO
Rear Admiral, USCG
Commander, 17th Coast Guard District



MICHAEL X. GARRETT
Major General, USA
Commanding General, U.S. Army Alaska



Anchorage Police Department Special Weapons and Tactics Team officers train on the High-Angle Sniper Range at Joint Base Elmendorf-Richardson, Aug. 28. The specialized training prepares officers for multiple scenarios where marksmanship and reconnaissance may be necessary. At high angles, the trajectory of the bullet changes dramatically, and the officers train to compensate. Because officers work on special teams, their names are not released. (U.S. Air Force photos/Justin Conaher.

MORE PHOTOS



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ARCTIC WARRIOR

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JBER Public Affairs Director
Maj. Joseph Coslett (USAF)

Deputy Public Affairs Director
Bob Hall

Public Affairs superintendent
Senior Master Sgt. Brian Jones

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Arctic Warrior staff
David Bedard - editor
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ISAF senior leader outlines 'insider threat' response

By Karen Parrish
American Forces Press Service

WASHINGTON — Coalition forces and Afghan government leaders are attacking the issue of insider threats in Afghanistan on several levels, a top commander in the NATO-led International Security Assistance Force said Wednesday.

Army Lt. Gen. James L. Terry, commander of ISAF Joint Command, spoke with Pentagon reporters via satellite from the Afghan capital of Kabul.

Insider attacks, which have cost 45 ISAF lives so far this year, occur when an Afghan soldier or policeman, or an enemy impersonating one, deliberately kills or injures a coalition member. Terry told reporters the degree of insurgent involvement in such attacks varies.

"I sense these actions are driven by fear of an increasingly stronger and more capable Afghan national security force ... [as the] insurgency is continuously degraded and discredited," the general said.

Afghanistan's army and police forces and the nation's leaders, from President Hamid Karzai through the Interior and Defense ministries and down to provincial and district governor levels, are "seized by" the issue and committed to stopping it, Terry said.

Terry offered his condolences to the families of those who have been killed in the attacks. "We will never let them be forgotten," he said.

The general said the rise in attacks over the summer may reflect the adaptive nature of an enemy whose bombing, assassination and intimidation campaigns are turning Afghanistan's people against the insurgency. "The reality is we're going to face this," he said.

An Afghan Defense Ministry spokesman announced today that hundreds of Afghan



Army Lt. Gen. James Terry, commander, International Security Assistance Force Joint Command, tours the Detention Facility in Parwan June 3. Terry said ISAF is addressing the issue of insider attacks. (Photo courtesy of ISAF)

soldiers have been detained or removed from service. Terry said while he has not yet heard the particulars about those actions, the Afghan Interior and Defense ministries seek to limit insider attacks by examining their recruiting procedures and looking for ways to vet possible recruits more closely.

He noted the coalition is helping in the effort, analyzing data on past insider attacks to determine trends and identify threat factors. With that information, plus the ministries' findings, "we can better focus our vetting and screening efforts," the general said. "In other words, go back in and look at specific populations that we think are at risk."

The eight-step vetting process for recruits includes background and criminal

checks, medical and drug screening, interviews and references, Terry said. The Afghan ministries are examining those processes to ensure they're as secure and verifiable as possible, he added.

"In addition to that, they're looking at increased efforts to improve the living conditions for their soldiers," the general noted, "and also how they prepare their soldiers for leave periods, and then specifically how they address those soldiers once they return from leave."

Terry said his own Army experience tells him soldiers are most vulnerable to outside influence when they're away from their units, and he suggested Afghan military leaders consider leave periods as critical for their attention.

Another initiative, he said, is a counterintelligence program that places people trained in countering insider attacks "inside of the formations, so that we can identify some of this threat before it actually materializes out there."

Terry said some 25 percent of insider attacks since 2007 have involved either direct enemy planning or insurgent support to an attacker. Some of the remaining attacks are personally motivated by things such as perceived insults, he added, noting the overall issue features some cultural factors coalition leaders also are examining.

"I would just say that what we all recognize is that this is society that's really been traumatized by 30-plus years of war," Terry said. "It also has a gun culture."

In Afghan culture, resolving grievances and disputes often involves "the barrel of a gun," he said.

"As we look toward cultural sensitivity ... and greater understanding of the culture and of the religion, I think we also have to understand what this country and what this population [have] gone through over time," Terry said.

Because of cultural attitudes toward social factors such as friendship and hospitality, Terry said, "I fundamentally believe, ... and this is based on my experience of three tours over here, ... that [the] closer you are in terms of relationship and friendship with the Afghan partners, probably the safer you are."

Within their own ranks, ISAF forces are emphasizing cultural sensitivity training and building relationships with Afghan partner forces, Terry said.

Meanwhile, Afghan units are gaining strength and capability, he said, noting Afghanistan's army and police forces are getting close to 350,000 people fielded.

"I don't, frankly, see that slowing down," he said.

Battaglia asks leaders to engage, troubled troops to reach out

By Claudette Roulo
American Forces Press Service

WASHINGTON — The military's top enlisted leader wants service members to use September's National Suicide Prevention and Awareness Month as an opportunity to learn what to do when a fellow service member, family member or veteran reaches out for help.

Marine Corps Sgt. Maj. Bryan B. Battaglia, senior enlisted advisor to Army Gen. Martin E. Dempsey, chairman of the Joint Chiefs of Staff, said service members who seek assistance — and those who are in a position to offer it — need to know that it's OK not to be OK.

"We can still operate and function as effective service members [and] effective family members within our armed forces, within life [and] as members within society and not be 100 percent fit," Battaglia said. "Like myself, for example. From some combat wounds and injuries over the years, I'm no longer 100 percent, and that's OK by me, because I understand that it's OK not to be OK."

Thanks to the resilience programs such as Total Force Fitness, Battaglia added, he has been able to better assess his fitness levels and return his mind, body and spirit to a new optimal level of performance.

"I believe each person has their own threshold of when they may need help or assistance," he said. "The moment that indicator lights up within yourself that [you] need some help and assistance or things are not right, ... it is time to reach out."

Service members, family members or veterans don't have to wait until they feel suicidal to take advantage of the services offered by the military and the Veterans Affairs Department, Battaglia said. And the need to reach out can revolve around any sort of adversity or challenge that arises in a person's life, he added.

But no matter what the situation may be, asking for assistance is the crucial first step, Battaglia said, and there are many places to turn to for help. Each service has specific programs shaped and tailored toward its service members and families, he said, and VA also has programs that provide for veterans.

The Military Crisis Line — (800) 273-8255 — is "one common denominator throughout the entire department," Battaglia said. Service members, family members and veterans in need of assistance, either for themselves or for a loved one, can call the number day or night to speak to someone.

"That someone, who will answer will



Marine Corps Sgt. Maj. Bryan Battaglia, senior enlisted advisor to the chairman, visited Sailors, Soldiers and Airmen April 21 as part of his visit to Africa Command. Battaglia is asking troops to be aware of what they can do to help other troops who may be struggling. (U.S. Army photo/Master Sgt. Terrence L. Hayes)

be a medical health official ... with the background and expertise to make some immediate assessments," he said. "That phone call has complete confidentiality."

Battaglia said he uses the acronym NOW to educate service members about suicide prevention.

The N means "there's No problem too big that should cause an individual to take his or her own life," he said. "If you have a problem that you can't solve, come to someone — a leader, a chaplain, a commander — and, by God, we can solve it together."

The O is for outreach, he said. "Outreach is literally a fingertip away — and that outreach can come from texting your team leader to knocking on your chaplain's door or even notifying an immediate family member," he explained, "but outreach is literally a fingertip away."

As importantly, he said, the W stands for we care.

"As leaders, we understand and clearly recognize that as members of this professional organization, our men and women have committed to our nation and we are committed to them," he said. "This is an equal opportunity issue; it affects everyone. So whether it is junior leaders, senior leaders or nonleaders, anyone who comes abreast of a person who looks or appears like they may want to hurt themselves, it's time to engage and act, immediately."

Leaders have the added responsibility of dealing with the aftermath of a death by suicide, Battaglia said, which can further strip away at morale, cohesion and unit readiness if left untreated.

"As leaders, we are taught, molded and developed to be problem solvers," he said. "Problem solving is good, but a goal for all of us is to be the problem preventer. Our ultimate objective [in prevention] is essentially removing suicide out of one's decision mak-

ing process or as a possible course of action in solving a troop's personal problem."

There's no one reason or indicator that leaders can rely upon, in capturing the "why" of suicide, Battaglia said. "However," he added, "active leadership engagement is an area where many leaders, specifically my peer group, believe we can improve."

Engaged leaders will be better able to detect and help troubled troops, Battaglia said.

"There's so much time spent together that leaders will better know their people and can pick up changes from one's normal disposition or behavior," he said.

And it's a year-round job, the sergeant major added.

"While September is officially designated as Suicide Prevention and Awareness Month, this issue is so important to the health of our force that we need to treat every month as suicide prevention and awareness month," he said.

Air Force to upgrade MILPDS, personnel operations to be suspended

By Tech. Sgt. Steve Grever
Air Force News Service

JOINT BASE SAN ANTONIO-RANDOLPH, Texas — The Air Force Personnel Operations Agency here is upgrading and transferring the Military Personnel Data System to the Defense Information Systems Agency's Defense Enterprise Computing Center later this year. The upgrade project is scheduled to take 23 days to complete. During this period, MilPDS will not be available.

Upgrades to MilPDS have not been accomplished because the system was scheduled to be replaced in 2008 by a new Department of Defense military personnel

system. When the DoD program was cancelled, Air Force officials made the decision to bring MilPDS up-to-date in order to reduce risks.

"The Air Force is upgrading MilPDS to address security, reliability and sustainability risks," said Lt. Gen. Darrell D. Jones, Air Force deputy chief of staff for manpower, personnel and services. "We will have processes in place to ensure personnel and pay service providers are able to work critical transactions for their customers during the upgrade."

Total Force Service Center representatives at San Antonio and Denver will work with Air Force component headquarters agencies and base-level personnel and pay

service providers to develop procedures to accomplish critical functions for Regular Air Force, Guard, Reserve and civilians during the MilPDS upgrade. Critical personnel and pay processes related to accessions, reenlistments, Guard and Reserve unit training assemblies, mobilization/activation, casualty and immediate separations will continue to function during the scheduled system downtime.

All personnel and pay processes are being evaluated and those not identified as critical functions will not be accomplished during this period.

"Our interface partners are fully aware of the upgrade and we've been working with them to

continue to provide and receive the same information in the same formats they do today," said Anthony Delgado, AFPOA's MilPDS R12 functional manager. "We will continue to engage with our total force partners to discuss testing and implementation."

AFPOA is also partnering with other DoD and Air Force agencies to minimize the impact the MilPDS upgrade will have on total force customers. Some of the major organizations involved in the upgrade effort include DISA, Defense Finance and Accounting Service, Defense Travel Office, Defense Casualty Office, National Guard Bureau Manpower, Personnel and Services, Air Force

Surgeon General, Air Force Financial Management, Air Force Air and Space Operations Center and Air Education and Training Command.

In the coming months, Air Force officials will release additional information and guidance to the Air Force's manpower, personnel, services and pay communities and total force Airmen to educate them on how the service will perform personnel and pay tasks during the upgrade and scheduled system outage.

For more information on personnel services and self-service applications, visit the Air Force Personnel Services website at <https://gum-crm.csd.disa.mil>.

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

Army Community Service and 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 384-1517 or 552-4943.

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.

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.

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.

Spartan history book

The 4th Brigade Combat Team (Airborne), 25th Infantry Division Brigade History Book, chronicling the Spartan's 2011 to 2012 deployment to Afghanistan, is available.

For more information, email charles.spears@afghan.swa.army.mil.

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-Richard-

son 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.

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.

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 Satur-

day, 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.

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.

Arctic Watch

The JBER Antiterrorism Office encourages all personnel to be vigilant against threats and report suspicious activities to iWatchArmy at 384-0824 or Eagle Eyes at 552-2256.

MUDFEST

Engineers build morale getting down and dirty, Page B-4

**Finding your balance**

Three simple ways to keep life from knocking you over, Page B-2



www.jber.af.mil/news

COMMUNITY

Volume 3, No. 36

Joint Base Elmendorf-Richardson

Sept. 7, 2012

WINDSTORM!

A Shaw Environmental and Infrastructure contractor cuts up a fallen tree in front of the Soldiers' Chapel on JBER-Richardson. An arctic storm wreaked havoc Sept. 4 and 5, causing widespread damage as well as power and water outages. The Richardson side of the installation was the hardest-hit, with dozens of trees blown down and debris scattered all around. The storm, which blew in from the Bering Sea, brought winds up to 100 mph, according to the National Weather Service. (U.S. Air Force photo/Bob Hall)

Arctic front storms through Alaska, leaves a mess

By Chris McCann
JBER Public Affairs

All summer, the Lower 48 has been hit with nasty weather – droughts, fires, record-breaking heat, and recently, Hurricane Isaac. Alaska, after record snowfall last winter, enjoyed a cool, pleasant summer.

Until Tuesday night.

An arctic storm off the southern Bering Sea brought high winds up Turnagain Arm, hammering Anchorage with gusts of up to 100 miles per hour.

Power lines were knocked out of service all the way through Eagle River and Chugiak, leaving people on Joint Base Elmendorf-Richardson and the surrounding communities in the dark.

Trees blew over, several trampolines ended up far from their natural homes, and anything not tied down was fair game.

As comedian Ron White said, "It's not *that* the wind is blowing, it's *what* the wind is blowing."

In the run-up to another Alaska winter, that's something good to keep in mind.

High winds aren't uncommon here in the winter, according to the National Weather Service, but in the winter, there are no leaves on the trees to catch the wind. Roots are frozen into the ground and snow provides an extra anchor for the trunk. Most outdoor items are safely in a garage or shed.

"It's unusual for storms of this strength to move through this early

in the fall," said a NWS release.

With advance notice, power-line crews were out from local providers in the communities, and civil engineer units were ready to respond.

By 7 a.m. Wednesday, crews on JBER were already in full swing, removing downed trees.

Paul Voorhis, an equipment operator for the 773d Civil Engineer Squadron, was on the front lines of the effort.

"We're just trying to repair some of this wind damage, clear some of the obstructions that are blocking the view of traffic right now.... they're causing a safety hazard," Voorhis said early Wednesday morning. "Then we're going to come in and do a clean up and get all the debris. But for now our initial goal is to clean up the traffic [and] safety hazards."

Air Force Capt. Kris Williams of the 962nd Airborne Air Control Squadron had a downed tree in his yard.

"It probably came down between 10:30 p.m. and 12:30 a.m., but we didn't hear it because the wind was so loud," Williams said. "I thought I was back in Oklahoma, for a couple of hours."

Power was out at Williams' home for a few hours, although much of the installation didn't see power restored until late Wednesday morning.

"At one point while the power was out, a police car was parked on the street with its lights on...it kind of felt like a scary movie in here,"

Williams said.

An email sent before he left work advised of high winds, so Williams secured what he could – like flags. "I couldn't control the tree," he said.

"This is the first time I can remember that the base has closed

and there hasn't been snow on the ground," he said.

Don Grayder, a maintenance worker with the 673d Air Base Wing, has been working in the area for 18 years.

"This is a freak windstorm," he said. "I've never seen this happen

while leaves are still on the trees."

The storm served as a powerful reminder of the need to prepare.

Flashlights and plenty of batteries, bottled water, non-perishable foods, first-aid kits and blankets can make the next emergency situation bearable.



Members of the 673d Civil Engineer Squadron remove tree limbs from a fallen tree after an arctic storm wreaked havoc on JBER Sept. 4 and 5, causing widespread damage as well as power and water outages. The arctic storm, which blew up from the Bering Sea, brought winds up to 100 mph, according to the National Weather Service. (U.S. Air Force photo/Tech. Sgt. Brian Ferguson)

**No Dummies**

Ventriloquist Jeff Dunham puts on a show during his Tour for the Troops on Buckner Physical Fitness Center Field Aug. 29. Dunham's free performance attracted crowds from all over JBER. (U.S. Air Force Photo/ Airman 1st Class Omari Bernard)



Street signs at the corner of Beluga Avenue and Richardson Drive were casualties of an arctic storm that roared through southcentral Alaska overnight Sept. 4 and 5. 100-mph winds knocked down trees, power lines and other objects. Emergency personnel were out first thing Wednesday morning, with a first priority of clearing the streets for safe traffic flow. (U.S. Air Force photo/Staff Sgt. Robert Barnett)

Regaining your emotional balance starts with three steps

By Air Force Chaplain (Lt. Col.)
Keith Muschinske
JBER Chaplain

Many of us give generously of our time and energy to family members, friends, and co-workers – and often ignore our own needs.

It may not be until we become physically or mentally exhausted, or financially depleted, that we wake up and pay attention to our own needs.

At that point we might finally remember the wisdom of the flight attendant; put on your oxygen mask first, and then you'll be able to help others. Here are some thoughts on how best to do that – from a religious or spiritual point of view.

Lighten Your Load

Instead of trying to be “the best” at juggling all your responsibilities, find an appropriate way to reprioritize and release some of them.

Are you really the only one who can do that specific task, whether at home or at work? Is it really wrong to ask someone else for help?

Many who work to weave their spirituality or religious faith into their daily lives have some sense of “casting their burdens” upon someone or something else. In modern terms, “let go and let God.”

My personal “chaplain Spidey-sense” tells me God also wants my load light enough to add a little something else, as I shed what's being handled by God.

Embrace Forgiveness

Perhaps some of the load you're unnecessarily carrying, some of your life that's out of balance, involves a hurt from your past that you've carried into your present. Try “forgiveness.” But don't be confused – forgiving does not mean forgetting.

Forgiving is much more for you than the other. Forgiving means releasing all the power the hurt still holds over you.

That power might take the form of anger or pain or sadness or frustration or even hate. Whatever form it takes, it also takes your time and energy – time and energy which you don't have to spare (see part one).

Forgiving means healing yourself, which means restoring emotional and spiritual, even physical, balance to your life.

Be Grateful

Whether or not you're “sports minded,” I encourage you to pick up a copy of the Aug. 27 “Sports Illustrated” or find this article online: “The Marine and the Orphan.”

If after reading it you're not either inspired or grateful for what you have, I'll give you your money back.

Rob Jones, the Marine, is a combat en-

gineer who lost both legs to an IED while in the Sangin District in southern Afghanistan.

“In the minutes that followed that horrific moment, Rob couldn't stomach the thought of his future,” the article says.

“He asked one Corps brother after another to do him the ultimate favor: ‘Just kill me!’ Rob was injected with morphine, helicoptered to his base and then flown to Germany, where he was still too sedated to grasp what had happened.

“By the time he arrived at Bethesda Naval Hospital three days later, he had changed his mind. He wanted to live again.”

Rob has not stopped at simply living. He's paired with Oksana the orphan to row in the Paralympics.

And as inspirational as overcoming the loss of his legs is his new attitude towards money.

“After first turning down any money thrust at him in public by strangers, Rob decided that was wrong. Why should they be denied the joy of helping someone else? Now, he accepts donations – but the money doesn't stay in his pocket for long,” the article continues.

“If a stranger hands him \$100 and Rob's dinner is \$24.46, he leaves a \$75.54 tip.

“When he and Oksana finished training in Orlando last winter, he went to the bank, cashed his monthly check, put it all inside a card that he wrote out in Spanish using

Google Translator. Then he left the entire \$4,100 for the cleaning woman at his hotel. He did not even know her name.”

The orphan, Oksana Alexandrovna Bondarchuk, was born in Khmelnytsky, Ukraine, with six toes on each foot, five webbed fingers on each hand and no thumbs.

She also had tibial hemimelia, a condition where one limb – her left leg – was six inches shorter than the other.

Her parents took one look at her and put her in an orphanage. She was transferred to another orphanage, then to a third, where she was frequently beaten. As she got older, men raped her regularly – sometimes more than once a day – while women who worked there pretended not to notice.

Adopted and brought to the U.S. when she was eight, Oksana started rowing for fun at 13, before her second amputation.

After that surgery, she began to row competitively. Last year, Oksana and her coach heard about a potential rowing partner in the area – Rob. The Marine and the orphan. Very different with very much in common.

“Rob and Oksana live every moment knowing that large pieces of them are gone and the rest could go at any time. They have a heightened awareness that we are all merely currently alive.”

Looking to restore balance in your life? Lighten your load. Embrace forgiveness. Be grateful.

Army designates September as Suicide Prevention Month

By Kirk Frady
Army News Service

The Army has designated September Suicide Prevention Month and joins the nation in observing National Suicide Prevention Week, Sept. 10 through 14, and World Suicide Prevention Day, Sept. 10.

“We are committed to every Soldier and our efforts are focused on prevention well before the individual chooses suicide as their only option,” said Lt. Gen. Patricia D. Horoho, Army Surgeon General and Commander of the U.S. Army Medical Command.

To reduce the number of suicides, the Army is taking a holistic approach to health promotion, risk reduction, and suicide prevention. It takes into account the challenges of financial, relationship, legal, substance abuse, and medical issues.

The Army has partnered with the National Institute of Mental Health, or NIMH, to conduct the

largest behavioral health study of risk and resilience factors among military personnel.

A Suicide Prevention webpage has been established on the Army Suicide Prevention website to facilitate suicide prevention training and resource needs at www.preventsuicide.army.mil.

Public Service Announcements with senior leaders' messaging have been developed and disseminated throughout the Army to support Army leaders. A stand-down has been directed by Vice Chief of Staff of the Army Gen. Lloyd J. Austin III for Sept. 27. The theme for the stand down is “Shoulder to Shoulder, We Stand up for Life.”

“Leaders across our Army recognize that the health of our Soldiers, Army civilians, and family members is a top priority,” Austin said. “We remain committed to doing what is needed to care for our most precious asset – our people – thereby ensuring a healthy and resilient force for the future.”

Defeating suicide will take active involvement from everyone. Civilian and military research on suicide has demonstrated that it is a complex phenomenon which defies easy solutions.

The Army has expanded access to services and programs to help Soldiers and family members improve their ability to cope with the stresses associated with military service.

The increased use of these services indicates that Soldiers and families are using these programs.

For example, the number of Soldiers that have been seen in behavioral health clinics has steadily increased over the past five years, the total number of behavioral health clinic visits increased, and the number of Soldiers that participate in Strong Bonds marital retreats has increased.

These types of programs are geared toward getting the Army out “in front” of the suicide, and will ultimately help lower suicide rates.

“Despite the tough enemies our Army encountered in Iraq and Afghanistan, suicide is the toughest enemy we've faced, and I'm confident we will defeat this enemy,” said Joseph Westphal, undersecretary of the Army. “I've served as a senior leader in the Army and various capacities, across several administrations, and I have never seen a challenge that, when Army leadership put their minds to it, they weren't able to address it successfully.”

Stigma toward seeking behavioral health support is a national problem which the Army takes very seriously. Surveys indicate that some Soldiers are reluctant to seek help because they view it as a sign of weakness, or they believe their leaders will.

However, over the past several years there has been a decrease in the percentage of Soldiers that hold these views.

At the same time, the number of Soldiers who are using treat-

ment programs such as behavioral health and substance abuse has steadily increased which indicates Soldiers are overcoming those stigma barriers.

Army leaders have developed and implemented numerous initiatives to address the issue of stigma as it relates to seeking behavioral health services, like locating behavioral health clinics near primary health care providers.

The Army has expanded its Applied Suicide Intervention Skills Training efforts and developed and fielded many training tools. Other resources include wallet cards, suicide prevention training tip cards, leaders' guides and videos.

Other programs designed to combat suicide include the Comprehensive Soldier and Family Fitness.

For assistance, Soldiers and family members can contact The National Suicide Prevention Lifeline/Military Crisis Line at 1-800-273-8255.

FSS EVENTS & ACTIVITIES

COMMUNITY



HEART LINK 2012
NEW SPOUSE ORIENTATION
SEPTEMBER 13 - 9 A.M. - 3 P.M.
MILITARY FAMILY SUPPORT CENTER
BLDG. 8535 - 552-4943

NFL MONDAY NIGHT FOOTBALL
@ THE POLAR BOWL
STARTING SEPTEMBER 10
\$1.49 / GAME - 4 - 9 P.M.
POLAR BOWL
BLDG. 7176 - 753-PINS (7467)

THE ENGRAVING SHOP
THURSDAYS & FRIDAYS 11 A.M. - 9:30 P.M.
SATURDAYS & SUNDAYS FROM 10 A.M. - 8 P.M.
CLOSED MONDAY - WEDNESDAY
CUSTOM ENGRAVING - PLAQUES - GIFTS
POLAR EXPRESS ARTS AND CRAFTS
BLDG. 755 - 384-3717

SEPTEMBER SUPER SALE
HUGE DISCOUNTS ON ALL CLOSEOUT!
GOLF BAGS 15 - 30% OFF
GOLF SHOES 20 - 40% OFF
EAGLE GLEN GOLF SHOP
4414 FIRST STREET - 552-3821

WE'VE
GONE
GREEN



We're going green.
Our Newcomers Packet
is now online.



Community happenings

FRIDAY

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.

Located between K and L streets on 4th Ave. in downtown Anchorage.

FRIDAY AND SATURDAY

Bible Boot Camp

Michael Patton teaches the four most essential components of the Christian faith in this four-part conference, Friday from 6:30 p.m. to 9 and Saturday from 9 a.m. until noon. Doors of the Arctic Warrior Events Center open 30 minutes early for refreshments.

For more information, call 552-4422.

SATURDAY

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.alyskaresort.com.

SATURDAY AND SUNDAY

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 anchoragequiltblog.blogspot.com.

SUNDAY

Freedom Flag Run

Join the 49th State Street Rodders for the Freedom Flag Run – the annual 9/11 memorial drive from Wasilla High School at 9:30 a.m. to the Palmer Drag Strip. The convoy ends with a barbecue.

For information, visit www.akstreetrodders.com or call 745-2652.

TUESDAY

BOSS hike on Flattop

Better Opportunities for Single Service Members hosts this hike up an Anchorage Bowl landmark for a mountaintop memorial to those lost on 9/11. Limited transportation from the Warrior Zone and Wired Cafe is available.

For information, call 384-9023.

WEDNESDAY

Discovery chapel classes

Soldiers' Chapel hosts classes for all ages, from elementary school through adults. Generations of Grace, The Art of Marriage, an in-depth study of the Epistle to the Hebrews, and a Francis Schaeffer series are among the offerings. A free meal begins at 5:45 p.m.; classes last from 6:30 to 7:30 p.m. Nursery care is provided.

For information call 384-1461 or 552-4422.

THURSDAY

Spouses' Club Sign-up

The Richardson Spouses Club – open to all ranks – hosts their Super Sign Up from 4:30 to 7:30 p.m. at Building 56 on 4th Street. The event features information booths from JBER and Anchorage community outlets.

For information visit <http://frsc.shutterfly.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.

Ping Pong tournament

Test your skills with paddle and ball. Better Opportunities for Single Service Members hosts this event at the Arctic Chill.

For information, call 384-9023.

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 first sergeant or commander.

SEPT. 22

Sex Signals

This sexual harassment prevention skit takes a humorous look at a serious subject. Presented at 9 a.m., 11 a.m., and 2:30 p.m. at the Talkeetna Theater, it is open to all Airmen and Soldiers on JBER.

For more information, call 551-1762 or 551-2033.

Sexual Assault Prevention

This moral development education about sexual assault prevention is a presentation for leadership hosted at the AWEC at 1 p.m.

For more information, call 551-2033 or 551-1762.

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.drglenkey.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.

SEPT. 29

Drug Turn-in Day

Turn in your unused or expired medication at the entrance of the JBER Exchange at the Joint Military Mall from 10 a.m. to 2 p.m.

For more information, visit www.dea.gov.

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 treks also feature in this Anchorage Museum display. For information, call 929-9200 or visit www.anchoragemuseum.org.

ONGOING

Arctic Vikings Club

Minnesota Vikings fans are invited to the Arctic Vikings Club for all regular-season games at the Sea Galley. For information, call 744-6792.

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 952-4353, visit their site at www.trainweb.org/msmre or email bjorgan@alaska.net.

Motorcycle training

The Basic Rider Course, Basic Rider Course 2 and Military Sport-bike Rider Course are now accepting applications. All military personnel and those civilians who use motorcycles as a duty requirement need to be certified.

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

Experience the Aurora

It's the next best thing to the Alaska winter sky – and more comfortable than being out in a parka.

The Anchorage Museum's planetarium provides an immersive show that explains the science behind the Northern Lights. The show projects time-lapse footage of the lights in the Arctic Circle.

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

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

RECREATION



PATRIOT 5K RUN 9/11
SEPTEMBER 11 • 5 P.M.
SIGN UP UNTIL EVENT DAY
BUCKNER PHYSICAL FITNESS CENTER
BLDG. 690 • 384-1308



TEXAS HOLD 'EM FUN RUN
SEPTEMBER 14 • NOON • SIGNUP @ 11 A.M.
JBER ELMENDORF FITNESS CENTER
BLDG. 9510 • 552-5353



ADAPTIVE SPORTS CAMP
SEPTEMBER 13 - 16
WHEELCHAIR BASKETBALL
SEATED VOLLEYBALL • BOWLING
JBER ELMENDORF FITNESS CENTER
BLDG. 9510 • 552-5353

ORGANIZED TRIPS



MATANUSKA GLACIER ICE CLIMBING AND TRAVERSE
SEPTEMBER 15 • 8 A.M. - 5 P.M.
ADULTS \$99 • 14-16 YEARS \$75
JBER RICHARDSON OUTDOOR RECREATION
BLDG. 794 • 384-1475/76



GUIDED KENAI RIVER TROUT FISHING
SEPTEMBER 15 • 8 A.M. - 7 P.M. • \$140
INCLUDES TRANSPORTATION AND 4 HOURS OF GUIDED DRIFT BOAT FISHING
JBER ELMENDORF OUTDOOR RECREATION OAP
BLDG. 7301 • 552-4599



ATV SAFETY CLASS
SEPTEMBER 11 & 25 • 1 - 5 P.M.
\$50 OR FREE WITH PERSONAL ATV
SIGN-UP REQUIRED
JBER RICHARDSON OUTDOOR RECREATION
BLDG. 794 • 384-1475/76



Spc. Soraya Mayard, Headquarters and Headquarters Company, 6th Engineer Battalion, of Brooklyn, N.Y., gets splashed with muddy water by fellow Soldiers during MUDFEST 2012 in the Engineer Skills Training Area at Camp Carroll on JBER Aug. 30. Teams competed in various categories for best times in traversing a natural obstacle course with a swamp slag, vertical ascent, and mud mountain as well as for best costume during this morale-building event. (U.S. Air Force photos/Justin Connahe)



Pfc. Ariel Castillo, 6th Engineer Battalion, of Miami, Fla., swims in a Hello Kitty costume across a pool of muddy water to the finish line during MUDFEST 2012.



Pfc. Juan Ortiz, 240th Engineer Detachment, of Houston, Texas, runs through mud during MUDFEST 2012.

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. 20

A son, Emmanuel Jaden Marioni, was born 21 inches long, 8 pounds, 3 ounces, at 2:59 a.m. to Airman 1st Class Joelle Lani Marioni of the 673d Surgical Squadron and Airman 1st Class Emmanuel Marioni of the 3rd Maintenance Squadron.

A son, Paige Traci Wilbari Sagen, was born 14 inches long and weighing 5 pounds, 7 ounces at 8:04 p.m. to Tech. Sgt. Wiloni Veronica Sagen of the 3rd Maintenance Operations Squadron and Air Force Staff Sgt. Paige Edmund Sagen Jr. of the 3rd Maintenance Group.

Aug. 21

A daughter, Brianna Lynn Joy Douthitt, was born 19.5 inches long and weighing 7 pounds, 2 ounces at 12:49 p.m. to Theresa Ann Douthitt and Tech. Sgt. Jedediah Daniel Douthitt of the 962nd Airborne Air Control Squadron.

Aug. 22

A son, Jessie Harland Hatfield II, was born 19.5 inches long and weighing 6 pounds at 4:14 p.m. to Cassie Lea Hatfield and Tech. Sgt. Jessie Harland Hatfield of the 3rd Maintenance Squadron.

Aug. 23

A daughter, Naomi Victoria Coffield, was born 20 inches long and weighing 6 pounds, 14 ounces at 10:43 p.m. to Spc. Luz Maria Coffield of the 425th Brigade Special Troops Battalion and De'Valis Tremaine Coffield.

A son, Jaxon Brawn Kacillas, was born to Mai Kathleen Kacillas and Sgt. Timothy Michael Kacillas of U.S. Army Alaska.

A son, Deccan Michael-Thomas McCarty, was born 20 inches long and weighing 8 pounds, 12 ounces at 8:06 a.m. to Hallie Joy McCarty and Air Force Maj. Jason Michael McCarty of the 3rd Operations Group.

Aug. 24

A daughter, Joey Laine Tester, was born 20 inches long and weighing 8 pounds, 1 ounce at 6:55 p.m. to Jennifer A. Tester and Army 2nd Lt. Robert L. Tester of the 84th Engineer Support Company.

A daughter, London Ayumi White, was born 19.5 inches long and weighing 7 pounds 6 ounces at 5:11 p.m. to Sarah Eiko White and Air Force Staff

Sgt. Michael Blake White of the 703rd Aircraft Maintenance Squadron.

Aug. 25

A son, Connor Michael Camp, was born 21 inches long and weighing 7 pounds, 5 ounces at 7:38 p.m. to Airman 1st Class Naomi Lynn Camp of the 673d Force Support Squadron and Senior Airman Michael Frank Camp of the 703rd Aircraft Maintenance Squadron.

A son, Kameron Lee Huneycutt, was born 20 inches long and weighing 7 pounds, 13 ounces at 10:19 p.m. to Spc. Crystina Maria Huneycutt of the 40th Quartermaster Company and Spc. Aaron Wade Huneycutt of the 109th Transportation Company.

Aug. 27

A son, Forrest Cooper Myrick, was born 20 inches long and weighing 7 pounds at 3:34 a.m. to Nathalie Johnson Myrick and Spc. William Cooper Myrick of Company C, 307th Integrated Theater Signal Battalion.

A daughter, Ember Ann Oleniczak, was born 20 inches long and weighing 6 pounds, 12 ounces at 2:27 a.m. to Jessika Dawn Oleniczak and Senior Airman Ryan Michael Oleniczak of the 525th Aircraft Maintenance Unit.

A son, Sebastain Allen Jace Collins, was born 21 inches long and weighing 8 pounds, 1 ounce at 7:45 a.m. to Brandie Nicole Link-Collins and Pfc. Austin Jeroen Collins of 2nd Battalion (Airborne), 377th Parachute Field Artillery Regiment.

A daughter, Kinley Grace Sardina, was born 20 inches long and weighing 8 pounds, 8 ounces at 7 a.m. to Candice May Saridna and Army 1st Lt. Catlan Francis Sardina of 1st Battalion (Airborne), 501st Infantry Regiment.

Aug. 30

A daughter, Hana Mariko Varnell, was born 19.5 inches long and weighing 6 pounds, 13 ounces at 12:56 p.m. to Yuki Tagai-Varnell and Tech. Sgt. Blake Winn Varnell of the 611th Civil Engineer Squadron.

SEPT. 3

A daughter, Madison McKenzie Miller, was born 21 inches long and weighing 7 pounds, 13 ounces at 1:16 a.m. to Air Force Staff Sgt. Luane Sharon Miller of the 673 Medical Operations Squadron, and Air Force Staff Sgt. Roderick Steven Miller of the 673d Security Forces Squadron.

Getting help for brain injuries is easy with TriWest program

By TriWest Healthcare

After coming home from a deployment, some Service members begin fighting a new battle: traumatic brain injury, or TBI.

According to the Defense and Veterans Brain Injury Center, "TBI is the result of a blow or jolt to the head or a penetrating head injury that disrupts the function of the brain." A TBI can range from mild or moderate to severe or penetrating.

Janice Lail, a case management support representative for the TBI Program at TriWest Healthcare Alliance, emphasized the importance of TBI patients having an advocate.

They move around a lot and can otherwise fall through the cracks.

That's why TriWest has a TBI Program designed to help active duty TBI patients and their families.

The TriWest TBI Program helps active duty TBI beneficiaries navigate the medical system to get the care they need.

The program's case management support representatives are advocates for active duty TBI

patients and can help with anything from transportation issues to researching appropriate programs and services.

For someone who doesn't know where to begin seeking help, this is a great place to start. Anyone can refer a TBI patient to TriWest's program. Just complete the TBI Program Referral Form.

Links between Post-Traumatic Stress and TBI

In a study conducted by Dr. Charles W. Hoge, published in the January 2008 "New England Journal of Medicine," Hoge concluded post-traumatic stress disorder is strongly associated with mild TBI.

In fact, about 44 percent of study participant soldiers who reported loss of consciousness from their injury also met the criteria for PTSD.

Dr. Blake Chaffee, vice-president of Integrated Health Services at TriWest, emphasized that oftentimes, a patient may have both.

"The problem is the symptoms of mild to moderate TBI overlap with PTSD and depression," he said, explaining why some doctors may misdiagnose a TBI patient.

This is another reason having

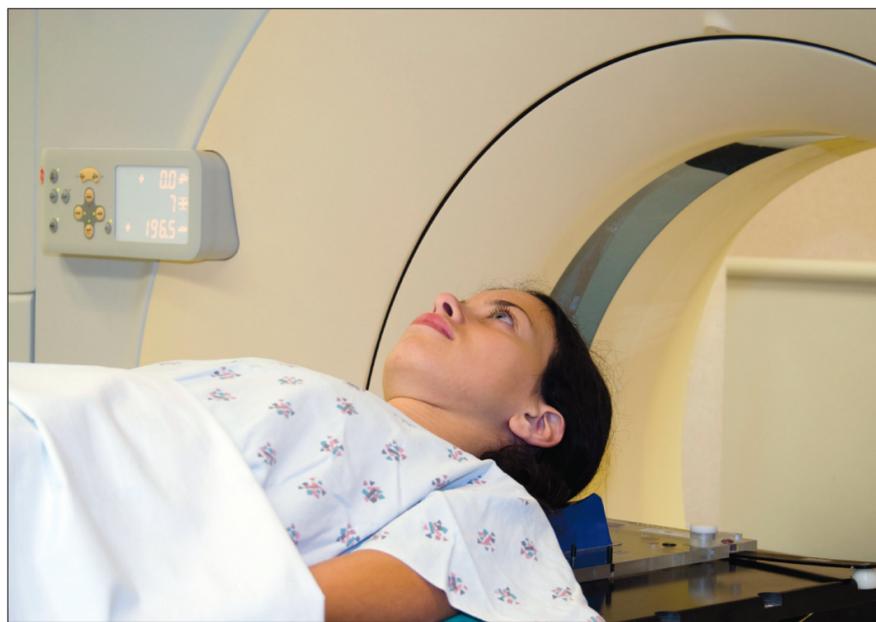
an advocate is so important. Chaffee, a former Navy lieutenant, said that an advocate is often the Service member's spouse. Fortunately, TriWest's TBI Program provides resources for families, too.

What should I look for?

Family members should be on the lookout for certain symptoms that could indicate a TBI. Some symptoms to look for are:

- Feeling light-headed or dizzy
- Trouble with memory, attention or concentration
- Easily confused
- Blurred vision or eyes tire easily
- Headaches or ringing in the ears
- Feeling sad, anxious, or tired all the time
- Easily irritated or angered
- Slow thinking, moving, speaking or reading
- Change in sexual interest or behavior

For more information, call (866) 209-0390 or email TBIsupport@triwest.com.



Traumatic brain injuries – the "signature wound" of Iraq and Afghanistan veterans – are serious, but can be treated. (Courtesy photo)

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