

Aleutian Campaign

JBER Airmen remember World War II in Alaska during this weekend's Air Force Ball; Page A-2

Combat Cross-Country

Service members labor under 35-pound rucksacks during relay to determine who takes home top honors Page B-4



www.jber.af.mil/news

ARCTIC WARRIOR

Volume 3, No. 37

Joint Base Elmendorf-Richardson

September 14, 2012

9/11 Remembrance



Army Maj. Joshua Camara speaks during the 2012 Alaska Fallen Firefighter Memorial Ceremony and Sept. 11 Remembrance in Anchorage. (U.S. Air Force photo/Staff Sgt. Robert Barnett)

Remembering our fallen firefighters

By Air Force Staff Sgt. Robert Barnett
JBER Public Affairs

Parents wake with a start at the sound of their smoke alarm screaming. The view of their bedroom is as black as night, and their senses are flooded with the thick, gagging smell of smoke. Feeling around, they make their way to the door and are able to feel the heat through it. Not a good sign. Scared for their children, they open the door anyway. Smoke clouds everything; somehow a fire started downstairs, and now everyone in the house is facing a potentially deadly situation. How to get everyone out without catching on fire or suffocating from the smoke?

The sound of breaking glass catches their attention and they turn. Only when the window is gone do they hear the sirens and see the firefighters making their way

See **Firefighters**, Page A-3

TRAINING FEATURE: Engineers learn demolitions



SPARTAN PARATROOPERS TRAIN WITH EXPLOSIVES

Story by Army Staff Sgt. Jeffrey Smith
4-25th ABCT Public Affairs

A two-hour road march finished with a bang as Soldiers conducted hands-on breaching and shaped-charge explosives training Aug. 28, at JBER's live-fire breach-range facility.

Soldiers with A Company, 425th Brigade Special Troops Battalion, turned their classroom learning into real, hands-on experience using C-4 explosives, and detonation cord to blow holes in the ground and doors off hinges.

Army Staff Sgt. Jacob D. Matson, the battalion's noncommissioned officer in charge of the training, said most of the Soldiers participating were new to the Army, and it was great to give them a first-hand opportunity to learn and train in their military occupation specialty: 12B, combat engineer.

He said the training will prepare the

See **Demolitions**, Page A-3



ABOVE: An explosion breaches a door at the live fire breach range facility on JBER. Paratroopers with A Company, 425th Brigade Special Troops Battalion, conducted the training to maintain proficiency as combat engineers. TOP: Army Staff Sgt. Kirk McKean, A Company, 425th Brigade Special Troops Battalion, 4th Brigade Combat Team (Airborne), 25th Infantry Division, covers his ears as a door is blown off its frame during door breach training at JBER Aug. 28. (U.S. Army photos/Staff Sgt. Jeffrey Smith)

Election time: So what exactly can military members do?

With reporting by Air Force staff sergeants Robert Barnett and Zachary Wolf
JBER Public Affairs

As the clock ticks down to election day, some military members may have questions to what they can or cannot do in the arena of political activities.

The things military members can and cannot do are outlined in Army Regulation 600-20 and Air Force Instruction 52-902.

One thing everyone has a right to do is vote.

"Voting provides a very unique opportunity for American's voices to be heard," said Air Force Capt. Quiana McCarthy, 673d Air Base Wing Judge Advocate chief of preventative law.

Examples of what active-duty members can do are:

- Encourage others to vote
- Join a political club, attend meetings, but not in uniform
- Attend political fundraising activities, meetings, rallies, debates, conventions, not in uniform, when no inference or appearance of official sponsorship can be drawn
- Serve as an election official (limitations)



Spc. Andrea Boyd holds up her absentee ballot. (U.S. Army photo/Staff Sgt. Lynette Hoke)

• Sign a petition, if signing does not obligate the member to engage in partisan political activity and done as a private citizen

• Write a letter to the editor expressing personal views concerning public issues or political candidates, if it is not part of an

organized letter-writing campaign or a solicitation of votes for/against a political party or partisan political cause/candidate

• Write a personal letter, not for publication, expressing preference for a specific political candidate/cause

• Make monetary contributions to a political organization favoring a particular candidate

• Display a political bumper sticker on a private vehicle

• Wear a political button/t-shirt when not in uniform or performing military duties

Examples of what active-duty members cannot do:

- Participate in partisan political fundraising activities, rallies, or conventions. Participation includes more than mere attendance as a spectator
- Solicit votes for a particular candidate/issue
- Serve in an official capacity/sponsor political club
- Speak in front of a partisan political gathering
- Solicit funds for partisan political fund-raising activity
- March or ride in partisan political parade
- Display large political sign or banner on car/military residence (exception for bumper sticker)
- Sell tickets for partisan political dinners, fundraising events
- Participate in uniform in marches, rallies, public demonstration

"If troops have a question, that's why we (at the legal office) are here," said Russ Leavitt, 673d Air Base Wing Judge Advocate chief of legal assistance.

For situations not covered by the joint regulations, the member should contact their unit voting representative or their servicing legal office.

PERMIT NO. 220
ANCHORAGE, AK
PAID
U.S. POSTAGE
PRESORTED STANDARD

Index

Garrett talks resiliency.....	A-2
FOD checks after storm.....	A-3
Briefs and announcements.....	A-7
Engineers protect new Soldiers...	B-1
Chaplains' Corner.....	B-2
Community Calendar.....	B-3
Surgical Technologists Week.....	B-6

Community

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

COMMUNITY
Your News. Your Voice. Your Community.

SEXUAL ASSAULT

Engineer brigade starts program to protect new Soldiers

Surgical Technologists Week
The celebration will be presented in the Oct. 14-18, 2012.

Command Emphasis

Leaders must emphasize resiliency and suicide prevention

Editorial by Maj. Gen. Michael Garrett
U.S. Army Alaska Commanding General

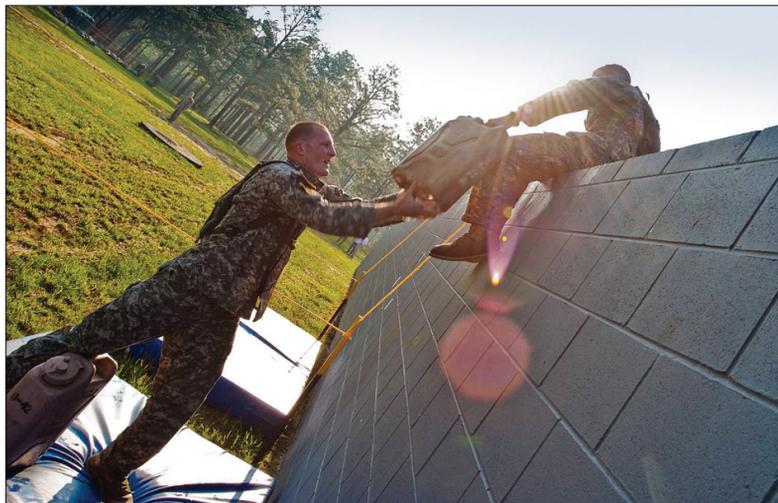
The Army has designated September as Suicide Prevention Month in order to emphasize awareness, promote resiliency, and increase the recognition of suicide risk factors and training that targets suicide prevention and intervention. U.S. Army Alaska will have our own Suicide Stand Down Day on Sept. 27.

My goal is to minimize suicidal behavior among our Soldiers. Many suicides, if not all, are preventable if the at-risk Soldier's buddies, leaders and family members are vigilant and involved. But we all need to appreciate the importance of the warning signs and the danger they represent. If we all know how and when to intervene, I believe we can prevent any suicide from again affecting our command.

Being arctic tough includes having mental, emotional, physical and spiritual strength. I believe spirituality allows Soldiers to look outside themselves for a sense of purpose and provides resiliency when overcoming challenges. In my experience, belonging to a group of spiritually like-minded people can provide critical support to Soldiers who are dealing with crisis.

The care and welfare of each Soldier in our formation is important. It's every Soldier's responsibility to be looking left, right, up and down for signs of those who are at risk and it's every leader's responsibility to know their troops in a more personal way and be aware of what is going on in their lives.

If a Soldier needs help, they must know their request will receive their leadership's attention and be seen as a sign of strength



Two Soldiers help each other during the Best Ranger Competition at Fort Benning, Ga. Maj. Gen. Michael Garrett, U.S. Army Alaska commanding general, reiterated the paradigm of ask, care and escort as a means of Soldiers to intervene in a possible suicide. (U.S. Army photo/John Helms)

instead of a character flaw. The Army has learned that earlier treatment leads to a faster recovery. We must ensure timely care is available to those who are exhibiting warning signs and they get help as early as possible.

Suicide prevention is everyone's responsibility. Know the signs and know what to do when you see someone at risk. When a Soldier is experiencing problems that warrant intervention, leaders must not hesitate in referring them to the chaplain or behavioral health.

We must all work to change any negative attitudes or beliefs that seeking help is a

sign of weakness. Such stigmas are a barrier between at-risk Soldiers and the preventive care they need. We must all recognize that asking for help exhibits courage and that even the strongest must turn to others in a time of personal crisis. No one should feel they must endure pain alone.

We as leaders must be vigilant and approachable in order to be part of the solution. Commanders have many resources available to them to help educate our Soldiers and their families about anxiety, stress, depression and treatment. They can increase the visibility of behavioral health resources in the workplace. They can also reinforce the proven effective-

ness of the battle buddy system and that we never have to face hardship alone.

Recently, I welcomed newly arrived Soldiers to Alaska at a newcomer's brief. I made a point to tell those troops how important suicide intervention is to me and asked them if they knew what the acronym ACE (Ask, Care and Escort) stood for. By the low number of hands that were raised it is clear we still have a lot of training to do. Every Soldier should know what to do if they suspect their buddy is at risk. This is one of my priorities and I expect it to be one of yours.

Once a Soldier is receiving help, leaders must support the confidentiality between that Soldier and their behavioral healthcare provider. Leaders should also review their policies and procedures to ensure there is nothing there that could preclude their troops from receiving all the assistance necessary.

The Suicide Stand Down Day on Sept. 27 aims to increase leader-led communications, unit cohesion, leader focus on issues impacting resilience and comprehensive fitness, awareness of available resources, and reduce the stigma attached to seeking help. I look forward to seeing each one of you for an early morning Resiliency Run to kick-off this important day.

As always, I am tremendously proud to be your commander. I learn more every day about the great efforts you all put into accomplishing your assigned missions and I am grateful for the opportunity to lead you. I encourage you to continue giving your best each and every day to USARAK and I promise to do the same. You all are the strength of our nation and the reason I wake up every day fired-up to find more ways to serve you.

Arctic Warriors! Arctic Tough!

Aleutian Campaign remembered during Air Force Ball

Commentary by Air Force
Staff Sgt. Angel Carrasco
673d Logistics Readiness Squadron

Editor's note, this year's Air Force Ball, hosted Saturday 6 p.m. at the Dena'ina Center, will highlight the Battle of Dutch Harbor and the Aleutian Campaign.

As we celebrate the 65th birthday of the Air Force, we – as Alaskans and Airmen – take a moment to reflect on Air Force history. The Air Force played a vital role in the Battle of Dutch Harbor and the Aleutian campaign right here on Alaska soil.

On June 3, 1942, the Japanese launched two attacks against the U.S. Naval Base at Dutch Harbor and nearby Fort Mears as a diversion from its planned offensive against Midway Island the following day. After the two day offensive, Japanese forces landed on and took control of Kiska, an isolated island inhabited only by a handful of military personnel manning a weather station.

The Japanese military captured every American military member on the island and sent them to Japan, where they were placed in POW camps. The next day, the Japanese landed on the island of Attu, where the invasion force surprised the Aleuts during morning church services. All 42 inhabitants were taken prisoner. Forty of them were

sent to Japan for the remainder of the war, but only 24 survived and only one of the four children born in captivity survived.

Though Kiska and Attu had little strategic value for either country, the United States was unwilling to allow the enemy to occupy American soil. Reinforcements were sent to Alaska and only then did the real campaign began.

The battle was brutal as a result of the unpredictable weather, the bleak and rugged terrain, and the confused command relationships between the Navy and Army. The operation was primarily an air war, conducted by bombers and fighters of the Eleventh Bomber Command and the Eleventh Fighter Command.

The first phase of the campaign involved the occupation of the uninhabited island of Adak and the construction of a runway, which put U.S. forces within 250 miles of Kiska.

The next phase moved U.S. forces to the island of Amchitka, which provided a launching point for an amphibious assault to retake Kiska in early May 1943. However, the Navy convinced the Joint Chiefs of Staff that Kiska could be bypassed and Attu taken easily.

Accordingly, on May 11 1943, after training in California for desert warfare in North Africa, the 7th Infantry Division invaded a mountainous, cold, damp and



P-38 Lightnings of 54th Fighter Squadron, Adak, are parked sometime in 1942 during the Aleutian Campaign. (U.S. Air Force file photo)

fog-shrouded Attu Island. The plan called for two landings, which would then join up in the Jarmin Pass behind the main Japanese forces at Holtz Bay and Chichagof Harbor. The trapped enemy forces could then be dealt with by sustained aerial and sea bombardment. The whole operation was expected to last three days.

Instead of the 500 Japanese troops they were expecting, the 7th Infantry Division faced more than 2,300 Japanese troops. Fighting

was fierce, and the planned aerial bombardment was prevented by bad weather, as was usual in the Aleutians. The battle finally came to an end May 29, when the surviving Japanese made a suicide charge that almost broke through American positions.

Augie Hiebert, the first Alaskan to hear of the assault on Pearl Harbor and father of communications in Alaska, said a friend of his was a reporter on Attu with the Americans. Since they were trained

for desert combat, the troops were outfitted for desert combat as well.

Though some military leaders tried to tell the commanding general the troops needed heavier boots and better gear, they were ignored. Hiebert's friend reported that many men came crawling to the beach from the fighting areas because they could not walk due to frostbite on their feet. Many young men were injured from the cold because they were not given the right equipment.

The final stage of the Aleutian campaign was the retaking of Kiska. Using the lessons learned from the invasion of Attu, a larger assault force was gathered to fight the estimated 5,000 Japanese on the island.

On Aug. 15, 1943, U.S. forces arrived onshore only to discover the enemy had abandoned the garrison on 28 July. The occupation of Kiska marked the end of the Aleutian campaign. The Aleutian campaign accounted for the highest operational loss of aircraft in any theater of the war. About 75 percent of those losses were due to causes other than combat, particularly the weather.

This moment in history shall never be forgotten. It reminds every American military force the importance of protecting this astonishing piece of land we call Alaska.

Airmen urged to reenlist, extend current enlistments before MilPDS upgrade

By Tech. Sgt. Steve Grever
Air Force News Service

Air Force officials are urging regular Air Force Airmen who are eligible to reenlist or extend their current enlistment in December and early Jan. 2013 to complete these personnel actions through the myPers website and their base military personnel sections or force support squadrons by Nov. 15 to avoid processing delays and military pay issues.

Airmen need to accomplish these actions because the Air Force is upgrading and transferring the Military Personnel Data System to the Defense Information Systems Agency's Defense Enterprise Computing Center in December. The upgrade project is scheduled

to take about 23 days to complete, during which time, MilPDS will not be available.

MilPDS is the primary records database for personnel data and actions that occur throughout every total force Airman's career. MilPDS is also used to initiate Airman pay actions, maintain Air Force accountability and strength data and support a host of interactions with other Air Force processes and systems that rely on personnel data.

Airmen should access the myPers website and work with their base military personnel sections or FSSs to minimize the impact the MilPDS upgrade will have on processing military personnel transactions like reenlistments or extending current enlistments.

Reenlistment-eligible Airmen

or Airmen with service-directed retainability requirements such as permanent change of station or retraining orders should contact their base MPS and complete their reenlistment or enlistment extension paperwork by Nov. 15.

"Airmen who accomplish their reenlistment or enlistment extension by Nov. 15 should not experience interruptions in their pay because their MPS can process their actions and clear any rejects in the system prior to the MilPDS upgrade," said Michael McLaughlin, Air Force Personnel Center reenlistments branch chief. "Getting these personnel transactions completed and into the Defense Finance and Accounting Service system are the fastest means to update an Airman's pay and en-

listments and will reduce the need for DFAS to manually override or correct an Airman's pay record."

Airmen can reenlist during the upgrade in December, but they may experience additional delays in processing these transactions to DFAS if their date of separation expires during the MilPDS upgrade. AFPC officials also noted there are no changes to the Selective Reenlistment Bonus or Critical Skills Retention Bonus eligibility criteria.

The Air Force processes more than 60,000 reenlistments and enlistment extensions annually. Reserve and Guard members will receive specific instructions from the Air Force Reserve Command and Air Reserve Personnel Center concerning how the MilPDS upgrade will impact their

personnel programs. More information is available on the ARPC public website at <http://tiny.cc/muwkhw>.

FSS and MPS representatives are continuing to host MilPDS upgrade briefings to help base leadership and Airmen understand the upgrade's impact on Airmen and Air Force personnel programs.

Officials will continue to release additional information and guidance to the Air Force's manpower, personnel, services and pay communities and total force Airmen to continue to educate them on how the service will perform critical personnel and pay tasks during the MilPDS upgrade.

For more information about the MilPDS upgrade, visit the myPers website at <http://mypers.af.mil>.

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

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

**Joint Base Elmendorf-Richardson/
673d Air Base Wing Commander**
Col. Brian P. Duffy (USAF)

**Joint Base Elmendorf-Richardson/
673d Air Base Wing Vice Commander**
Col. William P. Huber (USA)

ARCTIC WARRIOR

The *Arctic Warrior* is published by Wick Communications, a private firm in no way connected with the Department of Defense, the Department of the Air Force or the Department of the Army, under exclusive written contract with the Joint Base Elmendorf-Richardson Public Affairs Office.

This civilian enterprise newspaper is an authorized publication for members of the U.S. military services. Contents of the *Arctic Warrior* are not necessarily the official views of, or endorsed by, the U.S. government, Department of Defense, the Department of the Air Force or the Department of the Army.

The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by U.S. government, the Department of Defense, the Department of the Air Force, the Department of the Army, or Wick Communications of the products or services advertised.

Everything advertised in this publication shall be made

available for purchase, use or patronage without regard to race, color, religion, gender, national origin, age, marital status, physical handicap, political affiliation or any other non-merit factor of the purchaser, user or patron.

To advertise in the *Arctic Warrior*, please call (907) 561-7737. Editorial content is edited, prepared and provided by the *Arctic Warrior* staff.

Editorial office and mailing address: JBBER Public Affairs, 10480 22nd St., Suite 123, Joint Base Elmendorf-Richardson, AK 99506; telephone (907) 552-8918.

Send emails about news stories and story submissions to david.bedard@elmendorf.af.mil.

Deadline for article and photos is 4:30 p.m., Monday, for the week of publication. Articles and photos will be published on a space-available basis and are subject to editing by the *Arctic Warrior* staff. Submission does not guarantee publication.

JBBER Public Affairs Director
Maj. Joseph Coslett (USAF)

Deputy Public Affairs Director
Bob Hall

Public Affairs superintendent
Senior Master Sgt. Brian Jones

Command Information Chief
Jim Hart

Arctic Warrior staff
David Bedard - editor
Chris McCann - community editor
Ed Cunningham - webmaster



Airman 1st Class Patrick Yohn, 3rd Operations Support Squadron, Airfield Management, performs a routine foreign object debris check upon entering the flight line Sept. 4. A FOD check is done to prevent any objects from possibly damaging incoming taxing aircraft. (U.S. Air Force photo/Airman Ty-Rico Lea)

FOD cautions increase after early arctic storm

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

Joint Base Elmendorf-Richardson personnel have taken extra caution with ensuring the flight line is free of debris given last week's wind storm, which left moderate property damage base wide.

"Depending on how large or what the foreign object debris is can cause damage to engines, body of the aircraft or landing gear," said Tech. Sgt. Noelle Scala, 3rd Operations Support Squadron, airfield operations supervisor.

Frequent FOD checks are conducted not only due to the storm, but also due to carelessness by those operating on the flight line and not conducting checks properly.

Airfield management personnel highly

suggest ensuring bench stock, bench-stock residue, shop stock, operating stock areas, and any other loose cargo are controlled to reduce the potential for hardware items causing FOD.

Each FOD checkpoint contains a stop sign, FOD container, a traffic light and a sign giving brief instructions on how to complete a routine check.

The proper way to perform a FOD check is to approach the checkpoint, come to a complete stop, and place your vehicle in park. Either the driver or a passenger in the vehicle must then exit and inspect all four of the vehicle's tires, making sure there are no rocks, pins or other foreign debris wedged in the tire. The driver must then move the vehicle forward enough to check beneath the tires. After completing these steps and

ensuring there is no possibility of trailing any FOD, it is then safe to proceed onto the flight line.

The consequences of not properly performing a FOD check can result in possible disciplinary action. A first offense garners a verbal warning. Numerous offenses can and will result in an airfield driver's license revocation.

"Airfield Management Operations enforce the FOD check rules and regulations, but any airfield driver may correct an individual if they see another driver not conducting a proper FOD check," Scala said.

Flight line personnel have found tools, large rocks, rubber, trash, metal fragments and pieces of aircraft while conducting FOD checks.

Air Force Instruction 21-101 14.19, Foreign Object Damage FOD Prevention

Program, states "All personnel (military, civilian and contractors) working in, on, around or traveling through areas near aircraft, munitions, airfield ground equipment, engines or components thereof will comply with FOD prevention."

"People accessing the Joint Mobility Complex road should be more cautious when doing FOD checks, because they are driving their personal vehicles across a taxiway after driving on public roads covered with FOD, and these vehicles have a greater potential of leaving FOD on the active taxiway they have to cross and possibly causing damage to an aircraft," Scala said.

For questions regarding thorough details on a FOD check procedure, contact the 3rd Operations Support Squadron Base Operations at 552-2107.

Firefighters

From Page A-1

in. Their house might be gone, but their lives are spared because a few chose to make the commitment and risk their own lives saving others.

This scenario is an example of what firefighters do. Various films such as 'Ladder 49' and 'Fireproof' also provide examples portraying how firefighters risk, or give, their lives to save others.

These scenarios pale compared to what was required on Sept. 11, 2001. The service sometimes requires the full commitment and ultimate sacrifice. And such sacrifices are to be remembered.

They were once again remembered on Sept. 11 during the Alaska Fallen Firefighters Memorial Ceremony, next to Fire Station One in Anchorage. The event was attended by numerous firefighters and fire departments from across the state, military from JBER and other bases, and civilians from the community coming to pay their respects and remember.

"Greater love has no one than this: that he lay down his life for his friends," quoted James Vignola from John 15:13. "Although these words were spoken over 2,000 years ago, to this day they have great meaning in our chosen profession. These same words helped frame why we are gathered here today."

"We have made a commitment, and it will forever be honored," the deputy chief of Anchorage Fire Department continued. "We will never forget."

During the ceremony, the Front Row Seat Band and the Crow Creek Pipers performed, playing their own salutes to the fallen. Four names of Army firefighters were added to total 27 plaques; Capt. Francis Allen, Pvt. Ralph Kirkbride, Pvt. Frank Hayton and Pvt. Hedley Estabrook. The fire brigade members died at Fort Ray, Jablonski Island, when a fire started in a dynamite and ammunition shed, Oct. 13, 1941. The firefighting detail responded and



Members of the Anchorage Fire Department and Airmen from JBER pay their respects during the 2012 Alaska Fallen Firefighter Memorial Ceremony and Sept. 11 Remembrance in Anchorage. The memorial, located next to Fire Station One, was hosted to remember firefighters that who in Alaska. The walls contain 27 plaques, including four additional names added that day: Army Capt. Francis C. Allen, Pvt. Ralph Kirkbride, Pvt. Frank Hayton and Pvt. Hedley Estabrook. (U.S. Air Force photo/Staff Sgt. Robert Barnett)

were manning the fire truck when the shed exploded, ending the lives of the four among others killed or injured.

After the ceremony, many chose to stay and view the plaques on the walls, and the bricks in the ground with names of Alaska's fallen firefighters engraved on them. Some paid their respects with gifts of flowers. People came from across Alaska, according to Mark Barker, chairman of the Fallen Firefighter Committee.

"We had firefighters and fire chiefs and fire departments from across the state," he said. "It's harder for some people to get here; we had people from Soldotna, Seward, Sitka, Fairbanks, Honor Guard from the Anchorage Firefighters Union, local 1264, and obviously people from the military bases."

"We wanted to make it nice and solemn to honor all those firefighters," Barker said.

The search for those whose

names deserve to be added to the memorial continues, according to Rocky Ansell, a fire chief whose service started at Copper Center in 1970, retired there, and continues his 43rd year of service in Anchorage this November.

"We're still trying to find the history of all of this," he said. "Alaska is a very young state but evidently we weren't very good historians, keeping the records."

"From 1941, we're just now getting their story," he continued.

"We have other plaques where all we know is the aircraft tail number. We don't know the names. We're still searching; that's the commitment we have to this project: to keep working and keep finding those stories and honoring all those who have sacrificed their lives to help fellow Alaskans."

"It's all about these folks, the names in the walls and in the bricks right here, remembering them, honoring their service, keeping their memories alive."

Demolitions

From Page A-1

troops to go to their platoons and squads when the main elements of their battalion return from their deployment in Afghanistan.

Matson said the unit's main

mission right now is route clearance, which is comprised primarily of dispatching improvised explosive devices. First-hand knowledge of explosive handling is very important, he said, and the more repetitions they get working with the explosives, the better it is for them.

Safety was a key component of

the training, and the unit supplied trained medics and observed range regulations, and standoff distances.

The battalion's officer in charge of the training, Army 2nd Lt. James D. Lewis, said the event was 10-weeks in the making and he was happy to see it all come together. He said his men were in great shape and handled the physi-

cal road march into the training site with ease.

Pfc. Alex Schultz, said he felt the training will prepare him and his fellow Soldiers to go out with the infantry and conduct urban operations.

"We have been learning how to do this for months now, and we actually get to come out and apply

it today," Schultz said. "It's awesome, it's great. You don't get to do this anywhere else."

"Where else can we use C-4 explosives, blow stuff up and get paid for it," he said. "I have been in the Army for barely a year, and I have already done more than any civilian would. So it's great, I love it here."

Briefs and Announcements

Coaches needed

Volunteer youth basketball and cheerleading coaches are needed for 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.

Lunch with a Lawyer

Judge Advocate General lawyers will meet with troops every Tuesday from 11 a.m. to 1 p.m. at the Iditarod Dining Facility to answer general legal questions.

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.

USARAK survey

The U.S. Army Alaska Inspector General is sponsoring a command environment survey.

The survey takes about five minutes to complete and is for USARAK Soldiers, Department of the Army civilians and family members.

The survey ends Oct. 21 and can be taken at <http://www.usarak.army.mil/main/survey-ca.cfm>.

For more information, call 384-3933.

DLA office closure

Defense Logistics Agency Disposition Services (formerly Defense Reutilization Management Office) will be closed from Sept. 21 to 27.

The office will not be accepting or releasing property during this time.

For more information, call 552-0245 or email kathy.wigginton@dla.mil.

Troops to Teachers

Troops to Teachers is a Department of Defense program, which helps eligible military personnel begin a new career as teachers in public schools where their skills, knowledge and experience are needed.

An information briefing will be hosted at the JBER Richardson Education Center Oct. 16 at 11:30 p.m.

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-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.

Air Force ROTC instructors wanted

Eligible first lieutenants, cap-

tains 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 ma-

chine is currently located at the JBER-Elmendorf location.

A "reservation required to use" policy is in place with the priority going to military members PCSing. 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.

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.

Relaying around JBER-Richardson with a 35-pound pack, Page B-4



The often-unseen but vital personnel in the OR, Page B-6



www.jber.af.mil/news

COMMUNITY

Volume 3, No. 37

Joint Base Elmendorf-Richardson

Sept. 14, 2012

SEXUAL ASSAULT

Engineer brigade starts program to protect new Soldiers

By Chris McCann
JBER Public Affairs

Statistically, the military population most at risk of being sexually assaulted is made up of females between the ages of 18 and 22, living in the barracks, within the first 90 days of reporting to their first duty station. In that time of transition, they are most vulnerable to predation.

Across the military, in 2011, slightly more than 3,000 cases of sexual assault were reported – and estimates indicate only a third are reported.

In an effort to eradicate sexual assault, the 2d Engineer Brigade on JBER has created the Transition Mentorship Program.

“When [former U.S. Army Alaska Commanding General] Maj. Gen. [Raymond] Palumbo was here, we would have meetings looking at personnel matters,” said 2nd Engineer Brigade Commander Col. Thomas Roth. “One was sexual assault. We sat down and said ‘we can do something – this is a finite group of young women,’” Roth said.

“It was an epiphany – I can’t fix the world, but I know my Soldiers, I know their ages, I know their ranks, I know their living situation. We can do something about this.”

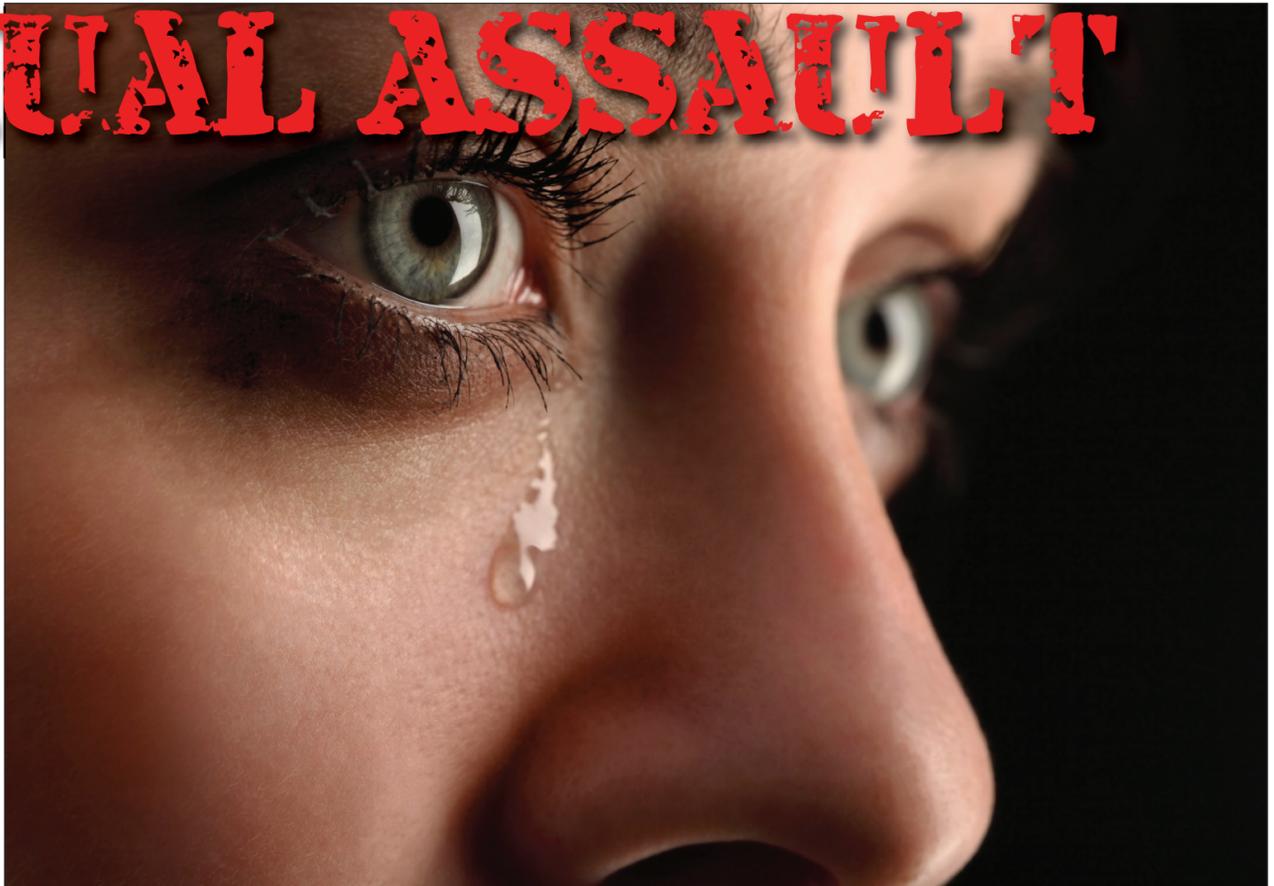
The brigade is, like most of the Army, largely male.

Women make up only 13.6 percent of the Army overall, and in many units the percentage is smaller.

“If I’m an 18-year-old female Soldier, everything’s new and overwhelming. I would want someone to talk to, to turn to,” Roth said.

Female noncommissioned officers across the brigade – and especially in the 17th Combat Sustainment Support Battalion – rallied to the cause.

“I asked them to help me shape this,” Roth said. “What does this program look like?”



(Courtesy photo)

Frequently, new Soldiers want to fit in, and give in to peer pressure, said Sgt. 1st Class Alison Humphrey, a native of Waukon, Iowa, and the brigade Sexual Harassment and Assault Response and Prevention representative.

There can be a sense of ‘this is what we do,’ she said. Barracks parties are common, but can be dangerous.

The program will provide a mentor for at least the first 90 days of a Soldier’s time in the unit – someone who will contact the troop to check on plans for the weekend and how things are going.

Army Staff Sgt. Connie Cordray, a native of Briggsville, Wis., is heading up the program in the 793rd Military Police Battalion.

“We want to have mentorship activities at least once a month,” she said. The battalion is looking at opportunities for male and female Soldiers alike.

“We want go get out and go hiking, and build it up – build cohesive teams, then maybe a few teams go out and do things as a squad or as a platoon.”

Sgt. 1st Class Deon Green, the brigade’s Equal Opportunity advisor and a native of Fayetteville, N.C., said it’s a way of returning to the basics of soldiering.

“We’ve got to integrate (the new troops),” she said. “You can lead them to water but you can’t make them drink. You give them every opportunity to succeed – but

they’re grown people.”

“When I heard about (the program), my first thought was that they put a name on what they did when I was a new Soldier,” Humphrey said. “We’re supposed to teach, coach and mentor all Soldiers. You know when something’s wrong; we see the Soldiers all day. So you ask what’s going on.

“I strive to be the NCO I wish I’d had.”

Transition mentors will be female NCOs selected for maturity, interpersonal skills and reliability.

They’re not sponsors – their role is not to show the new Soldier around post; they are to provide someone to turn to during the pressures of a new situation. They can also provide advice on places and situations to avoid in the local area.

Additionally, Roth said, just knowing that new Soldiers have someone looking out for them will be a disincentive to would-be attackers.

“It’s a notice to predators that someone more senior is interested in [that Soldier’s] well-being,” he said.

“I think it’s a great program,” Humphrey said. “Eventually it will just take off.”

Mentors are required to have at least a year remaining at JBER, Roth said in the policy letter. This ensures they will be around even after the 90-day mark. Those troops who were mentored can become mentors themselves, said Command Sgt. Maj. Antonio

Jones, the brigade’s senior enlisted advisor, thus propagating the program.

“As it grows, it’s going to sell itself,” Jones said. “It will start at one thing and grow into something bigger.”

“To me, it’s an enduring program,” Roth said. “I don’t know that I can have a lot of direct influence, but I want them to embrace it at a battalion level. It’s geared to prevent sexual assault, but it’s also professional development of the female Soldiers. The beauty of it is that senior female NCOs shaped the broader scope.”

Getting a read on the success of the program is going to be less straightforward than with many other Army programs.

“It will be the stuff we don’t see,” Jones said, “Because people won’t have the opportunity.”

“When we have people say they’re glad to have it, that’s a measure of success,” Roth said.

Often, assaults go unreported because there’s a stigma with it, Green said.

“There can be a perception that nothing will be done,” she said.

Soldiers – especially new troops or those who have been in trouble before – may feel that they will be blamed for the assault due to past problems.

That’s no reason not to report assault, Green said.

The policy letter doesn’t address male Soldiers, because statistically they’re not the at-risk popu-

lation, but they may be included.

“I would hope that in the broader view, male or female, they know the behavior itself is unacceptable,” Roth said.

The 793rd MP Battalion is planning to include all new troops, male and female alike, and volunteer mentorship is encouraged for team leaders and above.

The battalion is kicking off their program with a day of activities – physical training in the morning, a pancake breakfast, and classes, followed by lunch, Cordray said. Civilian clothes will help foster integration.

Maintaining a comfortable, yet professional balance is key, Roth said; maintaining military bearing, but still having the ability to have an intimate conversation.

“Soldiering is basic humanity,” Cordray said. “People just want someone to be there for them. If you listen and are loyal to them, they’ll follow you.”

Leaders hope that the program will inspire other units around JBER.

Maj. Gen. Michael Garrett, commander of U.S. Army Alaska, has asked for updates on the progress of the initiative, and Roth sees it as a likely opening for USARAK, with the engineer brigade as a test.

Ultimately, he said, it’s all about protecting Soldiers.

“We want to make sure the first friendly face they see is someone who wants to take care of them, not take advantage of them.”



A star is born

Donnie Bull, Shaw Environmental and Infrastructure Group lead electrician, and Tom Ojala, Shaw electrician journeyman, repair damage to the summit star on Mount Gordon Lyon Sept. 6. The star was lit Sept. 11 in memory of those who lost their lives in the 9/11 terrorist attacks. It will be relit the day after Thanksgiving. The star will stay lit from that time until the last of the mushers from the Iditarod Trail Sled Dog Race crosses the finish line. The star is on JBER property, and every year personnel from the installation make the trip up to change out light bulbs, check and repair wiring and poles, and perform other maintenance after the ravages of the Alaska winter. (U.S. Air Force photo/Staff Sgt. Zachary Wolf)

The Jewish ‘High Holidays’ are nearly here

Commentary by Chris McCann
JBER Public Affairs

Monday marks Rosh haShanah, the Jewish new year celebration and the beginning of the Days of Awe – Yomim Noraim, the 10 days before Yom Kippur.

During the Hebrew month of Elul – the month leading up to Rosh haShanah – we take stock of our lives and ask forgiveness from God and people for things we have done wrong.

Rosh haShanah, literally the “head of the year” is considered the birthday of Adam and Eve (and the rest of creation) and just as it marks the creation of humanity, every year it offers an opportunity for a new era in one’s personal life.

The central observance of Rosh haShanah is the sounding of the shofar, a trumpet made of the horn of a ram or kudu antelope. It’s a haunting sound; in ancient times it was used to rally the people to war, to initiate a move between campsites, or to alert the tribes of Israel to a threat.

Now it calls us to repentance, alerting us to the need for God’s forgiveness. It tells us to get up and move toward self improvement and to fight our evil inclination and serve God.

During Rosh haShanah services in the synagogue, the shofar is blown more than 100 times.

No work is permitted on the holiday. Most of the day is spent in synagogue, and the daily liturgy is expanded. There is a special prayer book called a machzor used on Rosh haShanah and Yom Kippur because of the extensive changes. Rosh haShanah is also an annual “coronation” of God as king.

Unlike the American New Year, Rosh haShanah isn’t celebrated with parties, drinking and football. But there are traditional activities and often gatherings.

We eat apples dipped in honey - a symbol of our wish for a sweet year. Apples also symbolize the Garden of Eden; the exegete Rashi said it smelled like an apple orchard. We dip bread in honey – the rest of the year, we sprinkle it with salt – for the same reason.

Also, many Jews go to a body of flowing water, preferably with fish in it, and empty bread crumbs from our pockets into the water. This is called Tashlich, or “casting off.” It symbolizes how, in the book of Micah, the prophet said “God will hurl all our sins into the depths of the sea.”

During the 10 days between Rosh haShanah and Yom Kippur, God sits in judgement over the world. Our verdict is said to be written in the heavenly books, and on Yom Kippur, the books are sealed for another year.

Jews greet each other this time of year by saying “May you be inscribed in the book

of life” or “May you be written and sealed for a good year.”

No one likes to be judged; it’s uncomfortable. But there is also a wonderful dimension to it; judgment means that someone cares.

Parents judge things about their children – who they associate with, what books they read, and their grades in school – because they love and care for their children. To not judge is to not provide guidance, to not care whether the child does the right thing.

When God judges us, it means he cares about who we are and how we live, and whether we are fulfilling our potential.

Being judged at the beginning of the year – while a little discomfiting – gives us assurance, empowerment, and a sense of freedom to utilize the new year to do all we can to improve ourselves.

As we begin a new year, we remember God’s faithfulness and care for all of his creations, and strive to fulfill our potential.

Yom Kippur – the Day of Atonement – is the holiest day in the Jewish calendar.

Most of the day is spent in synagogue, and the day is a 25-hour period of complete fasting and intensive prayer.

Generally, three prayer services are held each day in the synagogue. On Yom Kippur, there are five.

There are public and private petitions to God, and public and private confessions of sin.

Everyone in the synagogue confesses to a long list of sins. The reason for this is threefold. One, mentioning the sin may remind us of incidents we have forgotten. Secondly, we can confess aloud – without fear that the person next to us is listening to us. The confession, while public, is between us and God.

Thirdly, much like in the military, we are responsible for our “battle buddy.” If your friend does something wrong and you had the chance to stop him, but didn’t – you bear some blame for not intervening.

One of the most famous parts of Yom Kippur is the Kol Nidrei prayer, which means “all vows.” During times of persecution, Jews were often forced to convert to another religion on pain of death. Kol Nidrei is a preemptive nullification of such vows.

There is a misconception among some people that the Kol Nidrei gives people the

right to break their word, according to the Artscroll Machzor, but this is not the case; it refers only to vows assumed for oneself, when no other persons or interests are involved.

No oath that concerns another person, a court, or a community is implied.

A recitation of the sacrifices offered in the Temple in Jerusalem is also a prominent part of the liturgy. Since we can no longer bring sacrifices, we study the ceremonies and offerings.

When the Temple was standing, prior to 70 C.E., Yom Kippur was the one time of year the high priest would enter the chamber containing the Ark of the Covenant.

After sunset, the final prayer service takes place, the doors to the cabinet where the Torah scrolls are kept are closed, and the congregants usually celebrate a festive meal together, symbolizing the joy of faith that God forgives sin.

In this season especially, we should strive to surround ourselves with people who embrace the values, ideals and choices that will fill our days with life, meaning, goodness and spirituality.



The sounding of the shofar is a central observance of the Jewish High Holidays. (U.S. Air Force photo/David Bedard)

FSS EVENTS & ACTIVITIES

GET OUT THERE



TUESDAY NIGHTS “FAMILY GOLF”
HILL COURSE TEE TIME AFTER 5 P.M.
9-HOLE RATE AND INCLUDES A BUCKET OF BALLS, HOTDOG, CHIPS, AND FOUNTAIN DRINK.
MOOSE RUN GOLF COURSE
BLDG. 27000 • 428-0056



CUSTOMER APPRECIATION
SEPTEMBER 20 • TEE TIME 8 A.M. - 5 P.M.
FREE GREENS FEE FOR ALL!
DOOR PRIZES AWARDED THROUGHOUT THE DAY.
EAGLEGLN GOLF COURSE
4414 FIRST STREET • 552-3821



SEPTEMBER SUPER SALES!!!
AT YOUR JBER GOLF COURSES. HUGE DISCOUNTS ON CLOSEOUTS!
GOLF BAGS 15 - 30% OFF.
GOLF SHOES 20 - 40% OFF
EAGLEGLN GOLF COURSE
4414 FIRST STREET • 552-3821
MOOSE RUN GOLF COURSE
BLDG. 27000 • 428-0056

FOOTBALL FRENZY

FOOTBALL FRENZY AT THE ARCTIC CHILL SUNDAY SEPTEMBER 16

ARCTIC CHILL • BLDG 655 • 384-7619

9 A.M. GAMES

TAMPA BAY AT NY GIANTS
NEW ORLEANS AT CAROLINA
ARIZONA AT NEW ENGLAND
MINNESOTA AT INDIANAPOLIS
BALTIMORE AT PHILADELPHIA
KANSAS CITY AT BUFFALO
CLEVELAND AT CINCINNATI
HOUSTON AT JACKSONVILLE

12:05 P.M.

DALLAS AT SEATTLE
WASHINGTON AT ST. LOUIS

12:15 P.M.

NY JETS AT PITTSBURGH
TENN. AT SAN DIEGO
OAKLAND AT MIAMI

4:20 P.M.

DETROIT AT SAN FRAN.

Community happenings

SATURDAY
Emergency Preparedness
 Alaska is known for earthquakes, volcanoes and extreme winter weather.
 Learn how you can prepare before disaster strikes. The Emergency Preparedness Fair begins 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. 21
POW/MIA day observance
 JBER hosts the annual POW/MIA ceremony at the platform near 3rd Wing headquarters at 10 a.m. If weather is bad, it will move to the Arctic Warrior Events Center.
 For more information, call 552-8131.

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.

BOSS paintball tourney
 BOSS hosts this Army-vs.-Air Force battle at Otter Lake. Shuttle service is provided from the Warrior Zone and Arctic Chill after the awards and after party at the Arctic Chill.
 For more information, call 384-9006.

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.

BOSS Zombie Night
 It's Zombie Night at the Warrior Zone starting at 8 p.m.
 Wear your best zombie or zombie-hunter gear and play laser tag, or get in on the viewer's choice zombie movie with free popcorn and soda.
 Visit the BOSS Facebook page - jber.boss.ak - or call 384-9006.

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.

Riders in the Sky
 Sing along with "America's Favorite Cowboys," the Riders in the Sky, who have kept the torch passed on by Gene Autry and Roy Rogers.
 They have become modern-day icons and will be at the Alaska Center for the Performing Arts.
 For more information, visit www.anchorageconcerts.org.

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

OCT. 5
Oktoberfest
 The German Club of Anchorage hosts this Oktoberfest gala at the Egan Center, time to be determined. Celebrate your German heritage - or just the culture of the country. For information, call 263-2858.

OCT. 5 THROUGH 14
Shrek the Musical
 A score of 19 new songs and dancing make Shrek one of the hottest new musicals on Broadway.
 The swamp-dwelling ogre and his wisecracking donkey friend come to the Alaska Center for the Performing Arts this month for a limited-run show.
 For schedule and information, visit www.anchorageconcerts.org.

OCT. 8 AND 9
Alaska Aces vs. Wranglers
 The Aces hit the ice against the Las Vegas Wranglers at the Sullivan Arena. Faceoff is at 7:15 p.m.
 For information, visit www.alaskaaces.com.

OCT. 19 AND 20
Alaska Aces vs. Grizzlies
 Polar bears and Grizzlies get into it on the ice at Sullivan Arena starting at 7:15 p.m. both nights.
 For information, visit www.alaskaaces.com.

ONGOING
Discovery chapel classes
 Soldiers' Chapel hosts classes for all ages, from elementary school through adults, Wednesday evenings.
 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.

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.

Port of Anchorage tours
 Ever wondered how the port works in Anchorage?
 Park on West Ship Creek Avenue and join this family-friendly event on a tour bus to learn the inner workings of a major port.
 For information, call 343-6230.

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 anchagemuseum.org.

Road Warriors running
 Stay fit with a group who can

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.)

help you stay motivated.
 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

EDUCATION & RECREATION



HANDGUN CARTRIDGE RELOADING
SEPTEMBER 21 · 5:30 P.M. · \$5
SIGN UP REQUIRED
JBER ELMENDORF OUTDOOR RECREATION
BLDG. 7301 · 552-2023



EKLUTNA LAKE ATV TOUR
SEPTEMBER 16, 23 & 30
SIGN UP REQUIRED
JBER RICHARDSON OUTDOOR RECREATION
BLDG. 794 · 384-1475/76



KAYAK TRAINING
SEPTEMBER 20 · \$30
SIGN UP REQUIRED
JBER ELMENDORF OUTDOOR ADVENTURE PROGRAM
BLDG. 7301 · 552-4599

INFORMATION, TICKETS & TRAVEL



ALASKA ZOO TICKETS
LIMITED QUANTITY OF DISCOUNT TICKETS
SEPTEMBER ONLY
\$5 FOR ALL TICKETS (AGE 3 AND UP)
INFORMATION, TICKETS & TRAVEL
BLDG. 9497 · 552-0297/ 753-2378



ANCHORAGE MUSEUM OF HISTORY AND ART & THE IMAGINARIUM
SEPTEMBER ONLY
\$8 AGES 13 & UP
\$5 AGES 3 - 12
INFORMATION, TICKETS & TRAVEL
BLDG. 9497 · 552-0297/ 753-2378



26 GLACIER CRUISE
CRUISES ARE THE BEST WAY TO ENJOY PRINCE WILLIAM SOUND & KENAI FJORDS NATIONAL PARK
INFORMATION, TICKETS & TRAVEL
BLDG. 9497 · 552-0297/ 753-2378

COMBAT CROSS-COUNTRY



Army Staff Sgt. Christopher Windless, of the U.S. Army Medical Activity and a native of Philadelphia, left, chases Pfc. Angel Figueiro, 1st Squadron (Airborne) 40th Cavalry Regiment, of Miami, Fla., during a relay on the Davis Highway Sept. 7.



Pvt. Margarito Contreras, 1st Squadron (Airborne) 40th Cavalry Regiment, stretches before the Combat Cross-Country Series'10-Mile Relay on the Davis Highway Sept. 7.



Trophies for the best teams on the Combat Cross-Country Relay rest on a table prior to the race Sept. 7. The relay consisted of five five-man teams in Army Combat Uniforms and combat boots racing for the best time with 35-lb. rucksacks. (U.S. Air Force photos/Justin Connaher)

LEFT: Pfc. William Stamey, 1st Squadron (Airborne) 40th Cavalry Regiment, of Canton, N.C., sprints during his leg of the Combat Cross-Country Relay. The summertime combat cross-country series has been popular across JBER and pits service members against time, terrain, and a 35-pound pack as they run in different areas of the installation.

BELOW: Pfc. William Stamey rests before running the race.



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

Surgical technicians' backstage work recognized

By Airman 1st Class
Omari Bernard
JBER Public Affairs

Imagine opening night: the tickets are sold and the seats are filled. Curtains open and the actors take their cue to take to the stage. The play begins and ends, and the crowd en masse rises in a standing ovation.

A spotlight shines on the center stage as the actor basks in the applause. The play was a success, only it wasn't a play on stage, but surgery in an operating room.

The troupe is made up of a doctor, nurse, anesthesiologist, and a surgical technician.

The culmination of their efforts is a success nonetheless – a successful operation that is played out for patients every day.

Air Force surgical technicians are like the stage crew of a theatrical production: they work behind the scenes, and are not always recognized for the amount of work they do.

They are the unsung heroes of the operating room who set the stage for the doctor and patient.

Sept. 8 through 24 is National Surgical Technologist Week. For a few days, the spotlight shines on the stage crew.

"Surgical technicians are the ones standing shoulder-to-shoulder with the doctors during surgeries and are responsible for ensuring the surgeons have what they need, when they need it," said Senior Master Sgt. Steven Schnortz, a surgical technician with the 673d Medical Support Squadron at the JBER hospital.

Technicians scan over papers, checking and verifying to make sure each and every instrument is in place, decontaminated, and in full working condition.

Air Force surgical technicians, much like their civilian counterparts, assist surgeons with a vast array of surgeries such as cesarean sections, orthopedic and general procedures, traumatic injuries, and many other types of medical treatment in the operating rooms.

They are on call to respond to emergency surgeries, often sacrificing weekends and family time in order to accomplish the mission. While on call, surgical technicians have less than 30 minutes to be at their station fully prepared and ready to go.

"Many of our technicians have had significant deployment experience in Iraq and Afghanistan, both on large bases and forward



Senior Airman Candace Smith, a surgical technician with the 673d Medical Support Squadron, hands another surgical technician an instrument the surgeon requires Tuesday in the operating room of the JBER hospital. Surgical technicians prepare each and every utensil used in surgery, making sure it is sanitized and works properly. (U.S. Air Force photo/Airman 1st Class Omari Bernard)

operating bases. Many have quite interesting stories," Schnortz said.

Technicians like Senior Airman Candace Smith, a surgical technician with the 673d Medical Support Squadron here, play key positions while deployed.

Smith described instances where she consoled injured troops in the operating room while stationed in Afghanistan.

"As they passed through, I would tell them it would be ok," Smith explained. "You never know what is going to happen. No case is ever the same. You need to be able to adjust. On a scale of difficulty from one to 10, this job is a hundred. You become very humble after coming back from a deployment. You see what is really going on over there. There is always something new, something different, and something exciting, I love it."

"Because of the great responsibility, autonomy and the reliance that surgeons and patients have on surgical technicians to do their

jobs perfectly each time, surgical technicians must incorporate the Air Force core values into every aspect of their jobs.

"If they don't, patients may be placed at risk or even injured," Schnortz said.

In addition to this important job and unlike their civilian counterparts, Air Force surgical technicians here work in specialty clinics assisting otorhinolaryngology, urology and orthopedic surgeons.

They also perform sterile processing and distribution – in which they clean, disinfect and sterilize instruments for not only the operating room but for the whole hospital and every Veterans Affairs hospital clinic on the Kenai peninsula.

"We clean and sterilize all instruments that are used on our patients," said Senior Airman Ashley Timmons, a surgical technician with the 673d MDSS here.

The process starts with the technician in the operating room bringing the instruments back to the decontamination room.

There, a technician is assigned to decontamination where they will follow these steps: hand wash, place in an ultrasonic washing machine, and then the washer/decontaminator. All this is while still in full medical scrub gear. Only after it comes out of the washer/decontaminator is it safe to touch with bare hands.

"We have to treat every patient as if they have something," she explained. "Afterwards the tools are put on the shelves and then sets are put together. Every instrument has a specific job and it is our job to make sure it is performing correctly, it is not a quick process."

"In the military, surgical technicians are extremely important because they perform 99 percent of the scrubbing duties we have," said Air Force Lt. Col. Richard Terracciano, the operating room flight commander with the 673d MDSS. "They perform all of the surgical processing and distribution functions here."

Surgical technicians are at-

tached to surgeons like shadows; they operate as a team and predict the surgeon's needs for the operation.

"What makes our surgical technician Airmen stand out is their training," Terracciano said.

With countless hours dedicated to training they gain the confidence to handle anything. They are training for a readiness billet, even though this is our normal job every day, said Terracciano.

This translates into a readiness mission down in Afghanistan or humanitarian missions around the globe. They get a lot of responsibility for being so young. The training these [technicians] get is highly specialized, technical, and very demanding. Compared to their civilian counterparts who have to do just one job, they do it all.

"I like my surgical technicians," Terracciano said. "They are trained to accommodate the unexpected. The educated individual is the best weapon the Air Force has."

FILL

CONTINENTAL
6x7.5
FPC

FILL

