



Halloween happenings

For safe Halloween activities on the installation, the JBER hospital and in town, check Community Happenings Page B-3

Polar Force Exercise

Until Oct. 26, JBER's Air Force units will be conducting a readiness exercise; for details see Page A-3



www.jber.af.mil/news

ARCTIC WARRIOR

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Joint Base Elmendorf-Richardson

October 19, 2012

RESPECT & HONOR

Spartan Battalion marks deployment to Afghanistan



By David Bedard
JBER Public Affairs

Deployed to the other side of the world with the 793d Military Police Battalion, Army Staff Sgt. Frank DeRosa found himself in a place wholly different than his native Chicago.

It had been a few years since a surprise attack on U.S. soil spurred military action on two major fronts to ensure American security and prosperity. But DeRosa wasn't called to action in response to the 9/11 attacks. He was called because the Imperial Japanese Navy attacked Pearl Harbor, Hawaii, on Dec. 7, 1941.

DeRosa didn't deploy to the rugged, mountainous semi-arid eastern region of Afghanistan like his modern counterparts are scheduled to in the coming weeks. The retired Soldier deployed to the pastoral expanse of World War II France, where he helped secure the Allied supply route known as the Red Ball Express.

Nearly 67 years after completing his wartime service with the 793d MP, DeRosa

See **Military Police**, Page A-3



Retired Army Staff Sgt. Frank DeRosa, a World War II 793d Military Police Battalion veteran, delivers remarks before the battalion cases its colors. Soldiers of Headquarters and Headquarters Detachment, 793d MP, marked an impending nine-month deployment to Afghanistan during an Oct. 12 deployment ceremony at JBER's Buckner Physical Fitness Center. HHD will function as the headquarters for other companies from other states, and the consolidated unit will be known as Task Force Spartan. (U.S. Air Force photos/David Bedard)



Sgt. Brent S. Barnett-Lamothe

JBER Soldier found dead

PAO staff report

A JBER noncommissioned officer died from an apparent self-inflicted gunshot wound early morning Oct. 10 while sitting in his car outside his home on Matthew Paul Way in Anchorage.

Sgt. Brent Steven Barnett-Lamothe, 25, of Highland, Calif., who was a signal NCO with the 1st Squadron (Airborne), 40th Cavalry Regiment, 4th Brigade Combat Team (Airborne), 25th Infantry Division, at JBER, was found dead at the scene by the Anchorage Police Department officers.

The incident is under investigation by the Anchorage Police Department.

Barnett-Lamothe joined the Army in 2005 and was stationed at JBER since May 2011. He recently returned from a 10-month deployment to Afghanistan.

The next of kin have been notified.



Army Lt. Col. Stephen Gabavics, 793d Military Police Battalion commander, from Oshkosh, Wis., and Command Sgt. Maj. Bryan Lynch, 793d MP command sergeant major, from Mineola, N.Y., case the battalion colors held by Spc. Rick Flowers of Hattiesburg, Miss.

3-peat: JBER Airmen first again to rekey Raptors

By Airman 1st Class
Omari Bernard
JBER Public Affairs

A team of Airmen from the 3rd Wing and the 673d Air Base Wing here helped JBER become the first base in the Air Force to successfully rekey all of their F-22 Raptors for the next year.

The effort of maintainers from the 3rd Maintenance Group and the communications security office of the 673d ABW directly contributed to this accomplishment. As a direct result, JBER has been first to annually rekey all their F-22s, not once, not twice, but three years in a row – setting the pace and standard for other bases operating the Raptor.

"Every year we meet up with the maintainers and discuss the challenges," said Eric Coleman, the 673d ABW COMSEC Security Manager. "Last year, the fleet was grounded so it was simple to do. This year with them constantly flying, we have to work around their schedules. Basically, we worked around the clock (shift work) with our maintainers in order to get our fleet rekeyed."

The rekey of the F-22 is the communications security portion of the aircraft maintenance. Like the keys to a car, the rekey is vital to the operations of the F-22.

"We don't actually key the jets ourselves," Coleman said. "We work hand-in-hand with the maintainers. The actual maintainers are the ones that go out and touch the jet."

The rekey itself is a change made to the encryption key and



An F-22 Raptor of the 3rd Wing's 90th Fighter Squadron taxis, Sept. 17. The F-22 was deployed to Andersen Air Force Base, Guam, as part of the Theater Security Package. Despite having a sizeable proportion of their Raptor fleet deployed to Andersen, Airmen of 3rd Wing and 673d Air Base Wing were able rekey their F-22s before any other Raptor base was able to accomplish the same feat. (U.S. Air Force photo/Senior Airman Carlin Leslie)

helps to establish a secure line of communication.

"It is not strictly between aircraft," Coleman said. "It is Department of Defense wide, since it involves everyone, it is important that we are all communicating correctly."

"Every year the material needs

to be changed out," he said. "The whole F-22 fleet changes out annually."

"I can't stress enough the importance of the teamwork portion between the COMSEC office and the maintainers that were out in the cold doing the work," said Tech. Sgt. Samuel Cogburn, COMSEC

assistant manager.

"They have a good understanding of what our job is," Coleman said. "We have a good understanding of what their job is. With that kind of understanding, we know what to expect – look for ways to help them out and make the process easier."

The planning for the rekey begins six months out. Members of COMSEC communicate with the maintainers four months out.

"We would never be able to accomplish this without the Airmen working around the clock," Cogburn said. "They are all professionals and individually want to complete the mission. Sometimes, you have to pry them off the machine."

"Over the years, just the relationship we have – the level of respect that they have for us and we have for them and our ability with communication," he said.

Rekeying the jets this year was a challenge, Coleman said. "If that material is not in that jet, then that jet is considered broken."

"If you have a fleet that is actually flying, then we have a small window of time to figure out how to do this and not impede their flying mission," he explained.

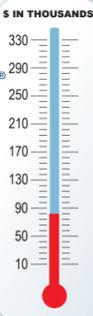
Four members were recognized and coined by Air Force Col. Brian Duffy Commander of the 673d ABW, and Air Force Col. Dirk Smith, commander of the 3rd Wing, for their accomplishments that represented the synchronization of the team and the foundation of this accomplishment.

"Today we recognize four individuals for their excellence and leadership," Smith said during the coin ceremony. "But you really are standing on the shoulders of many others that worked as a team, with your leadership, to accomplish this achievement. We know there are scores of additional Airmen and civilians that deserve a piece of this recognition as well."

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CFC giving
As of Thursday, JBER troops and civilian employees have given \$80,231 to Combined Federal Campaign charities. JBER set a goal of giving \$330,000 total before the campaign ends Nov. 9.



Command Emphasis

Maintaining Arctic Warrior standards

Commentary by
Command Sgt. Maj. Bernie Knight
USARAK command sergeant major

As I visit the various units and organizations here in Alaska, I'm truly impressed by the quality of our Soldiers and the work they're accomplishing.

Meeting with the young men and women who serve in the Last Frontier gives me great confidence in our Army and reminds me of why it is the greatest in the world – it's because of our standards and the leaders who enforce those standards.

You'll often hear me say we are a standards-based organization. I believe that with every fiber in my body. Without a doubt, most of our Soldiers here feel the same way, but we must commit ourselves daily to ensuring that we all are living up to this statement.

Soldiers stationed in Alaska, from private to command sergeant major, from second lieutenant to major general, have a copy of the Arctic Warrior Standards handbook (U.S. Army Alaska Pamphlet 600-2) and they carry it with them every day.

Not only does this handbook tell the history of the Army in Alaska, it will give you the azimuth for what right looks like. The strength of the book, however, comes

from those who carry it. The Arctic Warrior Standard handbook only works if leaders are engaged.

I need leaders at every level to enforce the standards. Don't wait for the first sergeant to tell you one of your Soldiers needs a haircut; don't wait for your platoon sergeant to tell you your Soldier needs a vehicle inspection before a four-day pass; don't wait for your squad leader to tell you your battle buddy has a uniform discrepancy.

Never walk by something that is wrong without making a correction. Chances are the Soldier who is not meeting the standard simply isn't aware. Take action and be a part of fixing problems rather than complaining about them.

When we get this mindset of engaged leadership that enforces standards in all we do down to the most junior Soldier, we will become an even stronger organization.

We must take pride in our standards and our leaders must take pride in enforcing our standards.

The Arctic Warrior Standards handbook can be found online on the USARAK homepage at: www.usarak.army.mil/documents/arctic_warrior_standards.pdf

Continue to take care of yourselves and your Soldiers. Thank you for your support. Arctic Warriors! Arctic Tough!



Helmets belonging to Soldiers of Headquarters and Headquarters Company, 3rd Battalion (Airborne), 509th Infantry Regiment, are lined up and ready for inspection during a payday activities uniform inspection. (U.S. Air Force photo/David Bedard)

Maintainers prop up change: Royal Thai Air Force flies again

By Tech Sgt. Brian Ferguson
JBER Public Affairs

Red Flag-Alaska is designed to test crews during a simulated multi-nation combat operation, pushing Airmen from all over the world to overcome obstacles and work as one cohesive unit.

So, when a C-130 Hercules aircraft from the Royal Thai Air Force had a maintenance problem, it was all hands on deck.

"They asked us to come out because they thought they had a propeller leak and wanted to make sure," said Air Force Staff Sgt. Flariel Nostratis, an aerospace propulsion mechanic. "They have their own maintainers, and they know their job, but this was something they probably don't do everyday."

Because the plane belonged to Thailand, maintainers from the 36th Expeditionary Airlift Squadron, deployed here from the 374th Aircraft Maintenance Squadron, Yokota Air Base, Japan, could not physically work on the aircraft. However, they were able to help.

"We were out there watching them, giving them advice on what they needed to check," Nostratis said. "The maintenance books for our C-130 and a Thai C-130 should be the same, just in a different language."

A propeller leak is a hydraulic leak within the prop. Nostratis, a Riverside, Calif., native, said that minor leaks are normal and okay, as long as they are within limits.

Once the leak was traced to the propeller, the Thai maintainers made the decision to change it, however, they did not have a spare with them in Alaska, and ordering one would take weeks.

"The decision to help them was a no-brainer," said Air Force Lt. Col. James Hackbarth, 36th Expeditionary Airlift Squadron detachment commander. "We had an extra prop that we brought with us from Yokota."

Working with Pacific Air Forces, the Air Force Security Assistance Center and the Red Flag-Alaska staff, the U.S. Air Force was able to transfer the propeller to the RTAF through foreign military sales, cutting the wait to just two days.

"It's important for us to be able to help our partner nations and our allies be more combat effective and get the training they are coming here for," Hackbarth said. "So by supporting them and working with them on this issue, we have allowed them to be more effective and allowed them to fly in the exercise sooner than if they



ABOVE: Airman 1st Class Patrick Barnicle looks on as Royal Thai Air Force maintainers change a propeller on a C-130 Hercules at JBER during Red Flag-Alaska, Oct. 9. A leak was discovered in the propeller upon arrival at JBER. Barnicle is an aerospace propulsion mechanic with the 374th Aircraft Maintenance Squadron, Yokota Air Base, Japan. (Courtesy photo/Air Force Master Sgt. Ryan Ebert)

LEFT: Royal Thai Air Force maintainers look over their C-130 Hercules at Joint Base Elmendorf-Richardson during Red Flag-Alaska, Oct. 12. The C-130 recently had one of its propellers changed due to a leak detected upon arrival at JBER. (U.S. Air Force photo/Tech. Sgt. Brian Ferguson)

had to wait on a new prop to be shipped."

Airman 1st Class Patrick Barnicle and Nostratis were on hand during the propeller change.

"We wanted to make sure the Thai maintainers had all the assets available to them for the change," Nostratis said. "Aside from a few words of advice during the removal, it went very smoothly. The change took the Thai

maintainers about five hours to complete.

RTAF Flight Lt. Tanarat Wongwenai, lead Thai maintenance officer at Red Flag, said through an interpreter that it actually takes longer in Thailand to change a prop.

"We were able to use one of the hangars here that had a crane, making replacing the prop so much easier," he said. The U.S. and Thailand have

been participating in exercises together for years. Along with Red Flag-Alaska, the U.S. routinely travels to Thailand to participate in exercises Cope Tiger and Cobra Gold.

"The fact that we are able to work together only strengthens what we are able to do in future engagements and future contingencies," Hackbarth said. "There may be a situation where we are

in Thailand and we require some support from our Thai allies."

The propeller change was a success and the RTAF was able to fly the next day.

"The U.S. maintainers who came to advise didn't feel like foreigners," Wongwenai said. "It felt like they were our brothers in the C-130 maintenance world. They just happened to have changed more propellers than we have."

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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**
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ARCTIC WARRIOR

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JBER UNITS PARTICIPATE IN POLAR FORCE

JBER units will be participating in Polar Force 12-7 to validate their abilities to integrate, mobilize and prepare assigned personnel, aircraft and equipment for their wartime mission. The 673d Air Base Wing, 3rd Wing, 176th Wing and 477th Fighter Group will participate in the readiness exercise. JBER residents, Anchorage community members living near the base and visitors may notice sirens, simulated explosions and a slight increase in air traffic. There may be periodic gate closures, check points and temporary road closures in support of exercise scenarios. For up-to-date exercise information, visit JBER's Facebook page.

ABOVE: Airman Kendra Bradley and Senior Airman Russell Ruppert of the 673d Medical Operations Squadron provide medical care for augmentee Tech. Sgt. Andrea Vera May 22 during Polar Force 12-4. (U.S. Air Force photo/Airman 1st Class Omari Bernard)

RIGHT: Airman 1st Class Krista Brant acts as a protestor during Exercise Polar Force 12-4, May 17. (U.S. Air Force photo/Staff Sgt. Cynthia Spalding)



Military Police

From Page A-1

was present to speak when the Spartan Battalion marked their impending deployment to Afghanistan during an Oct. 12 ceremony at JBER's Buckner Physical Fitness Center.

Army Lt. Col. Stephen Gabavics, 793d MP Battalion commander, and Command Sgt. Maj. Bryan Lynch, 793d MP Battalion command sergeant major, solemnly rolled up the battalion colors – a green standard festooned with battle streamers earned in World War II, Iraq and other conflicts. The command team then cased the colors, sig-

nifying the unit's transition to a deployed status and eventual integration into Regional Command-East, International Security Assistance Force, Afghanistan.

At the same time a few meters away, Army Capt. Robert Green, Headquarters and Headquarters Detachment, 793d MP commander, and 1st Sgt. Robert Groves, HHD, 793d MP first sergeant, cased the detachment guidon.

Gabavics said the HHD will deploy to RC-East, providing the headquarters for other MP units deployed from across the U.S.

"We deploy modularly," he explained. "We deploy companies independent of battalions and headquarters independently of their subordinate units. In this case, we're

deploying our Headquarters and Headquarters Detachment – leaving behind our five companies here at JBER – and we'll pick up anywhere from two to six MP companies once we arrive in theater.

"Those units come from other places in the Army – National Guard, Reserve and active-duty MP units," Gabavics continued. "So, we will go there and provide the command and control for those MP companies across RC-East, and we will also directly partner with the corps-level headquarters of the Afghan Uniform Police."

Gabavics said the battalion will be responsible for maintaining a cooperation with the 505th Afghan Uniform Police Zone Headquarters, which employs 16,000

Afghan Police and encompasses Logar, Wardak, Ghazni, Paktya, Paktika and Khowst provinces.

"Our headquarters will directly partner with that zone headquarters – which is a two-star command – and their (general) staff," the colonel said. "We will help develop and train them to put systems in place to command and control, provide for and resource those six provinces. Subsequently, we oversee the military police that are doing the direct partnering at the station level with the Afghan Police to facilitate their training and readiness."

Green said during the course of the past year, HHD transformed from a typical MP battalion headquarters into an enhanced expeditionary headquarters, gaining subject matter experts from the battalion's higher headquarters: the 2d Engineer Brigade. Those experts include forward observers, power-generation specialists and the HHD executive officer, Army 1st Lt. Ann Brakefield, who is an engineer officer.

Since being notified of their deployment, Green said the unit deployed to the Joint Readiness Training Center, Fort Polk, La.; participated in numerous command-post and field training exercises; and travelled to Afghanistan for two weeks for a pre-deployment site survey with the headquarters they will be replacing.

"We are ready to go," Green said. "If you ask any of our Soldiers, and they will say they're ready to go right now."

Because most of the battalion will be staying behind at JBER, Gabavics said 793d MP is leaving behind a robust rear detachment to command and control the companies. Having a strong rear detachment also ensures families are well taken care of by a command-supported family readiness group, he said.

"By keeping a collective and organized family readiness group back here where they have social events to get to know each other better, where they are there for each other, and then tying them in with the rear detachment command; they will always be informed, always have someone to lean on and talk to while we are deployed," Gabavics said.

In the weeks leading up to the deployment, 793d MP was visited by World War II Spartan veterans, including retired Army Staff Sgt. Peter Schantz and by DeRosa.

"The significance of their visit was to tie in the heritage, the lineage, the camaraderie that goes into a battalion and organization that is much more than what you can read on a wall," Gabavics said. "It's not just a lineage of honors, it's who the people are. It's about being a part of something."

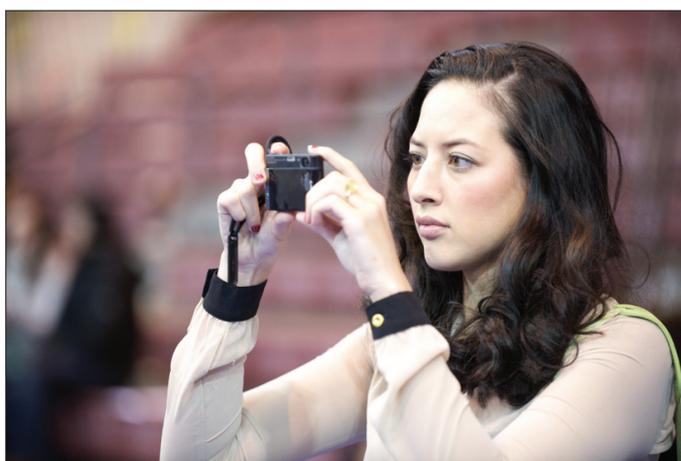
During his remarks DeRosa offered a few directives for the Spartans.

"Cover your back," he said. "Cover each other's backs. Achieve your mission with honor. And, most importantly, come back safe. That's an order."



ABOVE: Headquarters and Headquarters Detachment, 793d Military Police Battalion commander Army Capt. Robert Green, from Anchorage, stands ready while Pfc. Jacob Morris, from Broken Bow, Okla., bears the HHD guidon. HHD will function as the headquarters for other companies from other states, and the consolidated unit will be known as Task Force Spartan.

RIGHT: Kristian Flowers, wife of Spc. Rick Flowers, 793d Military Police Battalion, takes a photo of her husband while he stands in formation. (U.S. Air Force photos/David Bedard)



MORE PHOTOS

For more photos of the 793d Military Police Battalion deployment ceremony, scan this QR code or visit <http://tiny.cc/23pcmw>

Alaska Raptors return from depot

By Air Force Capt. Ashley Conner
477th Fighter Group Public Affairs

The 302nd Fighter Squadron flagship F-22, Aircraft 05-4102, is now back in Alaska after getting a tune-up at the depot facilities at Hill Air Force Base, Utah.

The 302nd FS flagship and a second F-22, both of which are assigned to the 3rd Wing, underwent modifications as a part of the Structural Retrofit Plan at the Ogden Air Logistics Center.

“Most of this maintenance is in the form of time-compliance technical orders which are essentially maintenance actions that must be complied with within an allotted time frame,” said Senior Master Sgt. Paul Hennig, 477th Aircraft Maintenance Squadron production superintendent. “Our aircraft are scheduled for depot maintenance depending on fleet health needs. There is a fleet-wide depot schedule which outlines each airframe and its scheduled depot induction date. The depot schedules aircraft in a manner that allows the entire F-22 fleet to have required modifications performed within the prescribed timeframe.”

The F-22s go through maintenance at the depot facilities instead of at home station because it allows for extended downtime of the aircraft and maintenance to be performed without taking away from the daily flying mission requirements and over tasking home station maintenance personnel.

When depot performs the F-22 time compliance technical orders, it allows active duty and Reserve Airmen from the 3rd and 477th maintenance squadrons to focus on meeting the home station flying schedule without over committing manpower or incurring extreme amounts of aircraft downtime.



Air Force Lt. Col. David Piffarero, 302nd Fighter Squadron commander, disembarks the 302nd FS flagship F-22. The flagship is now back in Alaska after a tune up at the depot facilities at Hill Air Force Base, Utah (U.S. Air Force photo/Tech. Sgt. Dana Rosso)

“We keep pretty close tabs on our aircraft and pride ourselves on knowing the ins and outs of each airframe,” Hennig said. “Any time an aircraft is off-station or down for an extended period of time there are uncertainties. Fortunately, we have a good working relationship with the F-22 depot, and we receive a quality product from them when the aircraft return.”

Both of the aircraft received the increment 3.1 upgrade as a part of their scheduled depot. Increment 3.1 consists of software and hardware upgrades, a part of the F-22 modernization plan, allowing pilots to map the ground using the radar before dropping munitions. Previously they had to rely on outside sources to locate targets and provide coordinates before dropping a weapon.

“The jets coming out of depot receive the latest hardware and software upgrades enabling full air-to-ground functionality. Increment 3.1 gives the F-22 the ability to precisely locate, engage and target emerging ground threats,” said Air Force Lt. Col. David Piffarero, 302nd FS commander. “The depot delivers first class products on time and on schedule.”

Briefs and Announcements

Giant Voice testing

Giant Voice mass notification system testing occurs every Wednesday at noon. If the announcement is difficult to hear or understand, please call 552-3000.

If the announcement is difficult to hear or understand in any base housing area, please contact JBER at [Facebook.com/JBERAK](https://www.facebook.com/JBERAK).

Volunteer opportunity

The 2012 Special Olympics Bowling Tournament, scheduled for Nov. 16 to 18, requires volunteers for all positions.

For more information, call 552-1156.

Volunteer opportunity

The U.S. Army Alaska commanding general invites Soldiers to participate in a new partnership between the Alaska Military Youth Academy and U.S. Army Alaska.

This partnership involves voluntary mentorship of AMYA cadets, and is intended to support and enhance AMYA's mission to intervene in and reclaim the lives of Alaska's at-risk youth.

USARAK and AMYA seek to fill 25 to 30 mentor slots with capable and caring Soldiers by Oct. 1.

For more information, call 384-6120 or email Deborah.morton@alaska.gov.

Pharmacy closure

The 673d Medical Group Pharmacy will be closed Monday to participate in a base-wide exercise.

The pharmacy will resume normal services Tuesday at 7:30 a.m.

For more information, call 580-6800.

Dining facility restriction

In accordance with 673d Air Base Wing policy, use of the Iditarod Dining Facility will be restricted until Tuesday.

Authorized patrons include enlisted members, commanders, meal card holders and personnel on official temporary duty orders. All others are not authorized to use the Iditarod Dining Facility during these dates due to Red Flag.

Brain injury classes

Beginning Oct. 30, the JBER Hospital Traumatic Brain Injury Clinic will host education and peer-coping strategies class for spouses and partners of service members affected by TBI.

The class is Tuesdays from 5:15 to 6:15 p.m.

For more information, call 580-0014.

Federal Impact Aid

When parents return the pink Federal Impact Aid card, they can do their part to garner millions of dollars in federal school dollars for local schools.

Federal Impact Aid is available to help school districts handle the cost of educating children from military families.

The cards will be given to parents Wednesday – the first day of parent/teacher conferences.

For parents not attending the conferences, they will receive

the survey cards along with an explanation letter Oct. 29. Parents should ensure the cards are signed and returned to the front office of the student's school.

At this time, the Matanuska-Susitna Valley School District is not surveying for Federal Impact Aid.

Do not trespass

Trespassing on JBER-Elmendorf combat-arms firing ranges is both dangerous and illegal.

Units fire on ranges at random times in accordance with their training schedules.

The outdoor range is located approximately one mile north of Sixmile Lake and the indoor range is at Building 4309 Kenney Ave.

For more information or to inquire about access to these areas, call Combat Arms at 552-1846.

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.

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.

Voting assistance

To 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

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 is available until Sunday and can be taken at <http://www.usarak.army.mil/main/survey-ca.cfm>.

For more information, call 384-3933.

Rental Partnership

The Rental Partnership Program at JBER is available to all eligible active-duty members and consists of two options.

The first option, RPP Plus, includes utilities and sometimes cable costs providing an easier budget with a set rental payment year round.

The other option, RPP 5 Percent below market, saves the member five percent off the rental fee that other tenants pay however utilities are paid for by the tenant.

Both options are made available with no deposits or fees to the member with the exclusion of pet fees as applicable.

This program is designed to provide active-duty military personnel, enlisted and officers, accompanied and unaccompanied with affordable off-base housing.

An allotment must be executed under either option of the RPP for the rental payments which is made directly to the landlord resulting in a more trouble free transactions.

JBER-Elmendorf can see RPP officials at the Capital Asset Management Office, Building 6346, Arctic Warrior Drive, or call at 552-4328 or 552-4374 for further information and assistance regarding this program.

At JBER-Richardson, visit the Housing Management Office, Building 600, Richardson Drive, or call at 384-3088 or 384-7632.

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.

U-Fix-It Store

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

Assorted items for maintaining your home may be issued from the U-Fix-It Store.

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

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

This allows tenants to do work in their homes themselves, thus improving the appearance of the

interior as well as the exterior of the home. There are two stores located on base.

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

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

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

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

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.

Spartan history book

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

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

Mortgage relief

Policies are in effect to provide significant housing relief to thousands of service members and veterans who have faced wrongful foreclosure or been denied a lower interest rate on their mortgages.

Service members and their dependents who believe that their Service Member Civil Relief Act rights have been violated should contact their servicing legal assistance office – 552-3046 at JBER-Elmendorf office, and 384-0371 for the JBER-Richardson office.

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

Dining facility survey

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

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

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.

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.

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.

Furnishings management

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

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

Delivery and pick-up is provided for 90-day loaner furniture and appliances.

The FMO also has longterm furniture for ranks E-1 through E-5.

These items are available on a first-come, first-served basis. The service member is responsible for transport.

Airmen should take a copy of PCS orders to the Government Housing Office at 6346 Arctic Warrior Drive to schedule delivery.

Call 552-2740 for any questions regarding the FMO program. Hours of operation are Monday through Friday, 8 a.m. to 4:30 p.m.

Soldiers can call 384-0092 for the JBER-Richardson FMO.

Halloween candy

It doesn't have to cause cavities and problems, Page B-4



Abuse hurts everyone

Do something about domestic violence, Page B-2



www.jber.af.mil/news

COMMUNITY

Volume 3, No. 42

Joint Base Elmendorf-Richardson

Oct. 19, 2012

Spend less on



GAS

Van-pooling saves energy

Staff Report
JBER Public Affairs

Commuting to work can be a nice way to ease into the day. If you live outside Anchorage – or even if you don't – it can also be on slick roads, in the dark, and a great time to run into a moose.

With fuel prices reaching more than \$4 per gallon, there's an alternative to driving that makes commuting easier, cheaper, and helps the environment.

Anchorage Share-A-Ride is a division of People Mover within the Municipality of Anchorage's Public Transportation Department,

said Paula Kangis, Share-A-Ride manager.

Vanpooling is an excellent alternative to driving alone.

Auto ownership is one of the largest costs of living – fuel, maintenance and insurance can add up quickly, Kangis said.

Each van can take up to 12 cars off the road, which not only saves fuel and energy, it reduces traffic congestion and pollution.

The program has been used for years. "People Mover has been providing fixed bus service since 1974; carpooling was added in the late 1970s and vanpooling in 1995," Kangis said. "We maintain a

database of commuters interested in carpooling or vanpooling and [match] people traveling to work the same way and time."

The municipality of Anchorage started the Share-A-Ride program when officials saw the need for carpool matching services in the late 1970s, Kangis said.

Vanpooling was added in 1995 to help relieve the traffic congestion along the Glenn Highway.

Now, 63 vans are taking people to work; 32 come to JBER. Three go to Girdwood. There are more than 1,150 people who take the vans to work.

Some people are reluctant to participate, because there is a perception they won't be able to get home in case of an emergency. The program now provides emergency rides home in case of serious unforeseen circumstances.

There is also the Try-A-Ride program, which allows people to try up to three rides.

Kangis pointed out that people unfamiliar with winter driving – especially in the dark – can avoid long drives by letting someone else do it.

Drivers receive certain benefits in exchange for driving, taking care of the vehicle, and collecting vouchers and money.

Commuters within the Anchorage and Mat-Su Borough areas, which includes Big Lake, Palmer, Wasilla, Eagle River, and Girdwood, are eligible to ride a van and federal employees, including service members, can receive vouchers to cut the cost of the service.

"I have taken advantage of the Share-A-Ride program since its inception," said Debra Davis, an Air Force civilian who works on JBER and has ridden a Share-A-Ride van since 1996. "I love the savings I enjoy by riding the van, it is like a huge pay raise. I easily save over \$10,000 a year by riding our van."

Commuters can use the ride time to finish work in the vehicle or even nap; each van is

equipped with individual overhead reading lights, individually-controlled heat and air vents and reclining seats.

Transit Tax benefits enable employers to provide low-cost or even no-cost benefits to employees, Kangis said. The average cost for vanpoolers without Transit Tax benefits (traveling 100 miles round-trip daily) is approximately \$130 to \$140 per month. With the Transit Tax benefit service members and civilian employees are eligible for, the cost drops to zero, Kangis said.

All fuel, operating, maintenance and insurance costs are paid for JBER riders.

Pick-up and drop-off points vary, but most vans traveling to JBER locations start the day at park-and-ride lots or retail stores in the Valley.

Parking at retail establishments requires advance authorization from the retailer's management, Kangis said. Those interested must first register online at <http://Share-A-Ride.muni.org> or by calling 264-6732.

Using work hours and home and work addresses, Share-A-Ride managers run a check to see if any existing vanpools match an applicant's information.

"If not, we'll encourage you to start a new vanpool, which requires at least eight riders for the 13-passenger van," Kangis said. "This number includes one primary driver and two alternate drivers."

There's plenty of room for more people.

"Share-A-Ride has more than a dozen new vans ready for new groups," Kangis said. "With recent program changes, there's never been a better time to start vanpooling."

Through Try-A-Ride, commuters can try vanpooling up to three times before committing. Commuters experiencing a qualified emergency now have a ride home."

It's easy to figure out how much vanpooling can save a person, Kangis said.

"We encourage people to use our driving-cost calculator at <http://webapps1.muni.org/peoplemover/drivingcost.cfm> to see how much money they could be saving over the cost of driving alone," Kangis said. "Additional benefits include arriving at work relaxed without the stress of driving, reducing wear and tear on a personal vehicle, and the flexibility and reduction of one's carbon footprint."



Commuters on a van in Anchorage. (Courtesy photo)

Autumn is prime time for bears, moose

By Herman Griese
JBER Wildlife Biologist

Every Halloween, moose in inhabited areas – like JBER's housing – detect a scent in the air alerting them to the opportunity to add a little color to their diet – pumpkins and jack-o-lanterns.

There must be something in pumpkins that is especially attractive for some moose because they throw caution to the wind and walk right onto porches to feast on these rotund members of the squash family.

And in base housing, so close to moose habitat, the large number of pumpkins is too tempting to the average moose.

Each moose attracted to pumpkins becomes a safety issue for base residents.

Not too many autumns ago, in new Moose Crossing housing, a large bull was caught in the middle of the day chowing down on a jack-o-lantern at the front entry to a housing unit.

The bull completed his treat and with much coaxing finally left the front of the housing unit.

This incident could have been especially tense had an unaware resident stepped out the door without looking, or worse, stepped out with a dog in tow.

The immediate nearness of a potential threat to the moose could have resulted in a short but deadly attack.

All families who celebrate Halloween with pumpkin and jack-o-lantern displays should be aware of this potentially dangerous situation, and limit displays outside the home to the evening of Halloween or just use an artificial jack-o-lantern.

Be aware that no matter how close to Halloween, if a moose is caught feeding on your pumpkin, jack-o-lantern or decorations such as hay, cornstalks, or straw, the end result will be the same – a \$325 ticket.

Alaska law prohibits the feeding of moose, bears, wolves, foxes or wolverine.

JBER's conservation agents, who enforce state regulations on base, warn that there are several moose hanging close to Moose Crossing and Cherry Hill, just waiting for some tasty Halloween pumpkins.

Avoid an expensive ticket. Place your pumpkin or jack-o-lantern outside the evening of Halloween and remove it before going to bed.

You can bet that a moose nearby is waiting for an opportunity to "trick or treat."



A tranquilized bear awaits relocation to a less-populated area Friday on JBER. (U.S. Air Force photo/Airman 1st Class Omari Bernard)

By Chris McCann
JBER Public Affairs

Bears are preparing for their winter naps, and in the autumn they're topping off their fat reserves to see them through.

Bird feeders, pumpkins and other decorative items left outside can be delicious treats for bears looking for snacks.

Keep bird feeders in storage until the bears den up, and be sure to shut and lock dumpsters whenever possible. Put trash bins out the morning of pickup – not at night. Grills should be cleaned thoroughly or locked in a shed or garage.

Bears have been active on JBER all summer.

October 12, Tony Carnahan of the Alaska Department of Fish and Game was on JBER to relocate a female juvenile brown bear, weighing more than 360 pounds, away from a JBER training area.

Bears are an integral part of the Alaska ecosystem, but it's critical to keep them wild – not used to handouts and scavengable food from humans. As the old saw says, a fed bear is a dead bear.

The brown bear was taken to an area where it would be less of a threat to those who live and work on JBER.

Don't just be aware – do something about domestic violence

Commentary by Air Force Chaplain (Lt. Col.) Keith Muschinske JBER Chaplain

"It is not enemies who taunt me – I could bear that; it is not adversaries who deal insolently with me – I could hide from them. But it is you, my equal, my companion, my familiar friend, with whom I kept pleasant company; we walked in the house of God with the throng." Psalm 55:12-14

It seems every month, nay, almost every day, "something."

"This is Fire Prevention month. No, it's Sarcastic Month. Today is Egg Day." And it certainly must be "The Year of the Zombie!" One almost hopes for a day truly of their own – nothing special added.

But noting all "those days" shouldn't lessen the significance of something like this month's designation as domestic violence month. Indeed, matters of such significance should not require their own "special month" but instead be a concern for each of us, each and every day of the year.

Still, for many of us, our first thought when we hear the words "domestic violence" may be, "That hasn't happened to anyone I know."

This would usually be the time to pull out 150 different sets of numbers "proving" how prevalent something like domestic violence is. But not this time.

Although we may be both inundated and infatuated with numbers (are we up to 5G yet?), numbers don't do this tragic topic or others related to our broken relationships with God, creation or each other, justice.

In fact, in many cases numbers dehumanize reality. Let's use simple math for one quick illustration.

Last month the number of deaths in our now 11-year-long new "forgotten war" in Afghanistan reached 2,000. The 2010 Census indicated there were some 21,586,000 men and women in the U.S. between the ages of 20 and 24. That means about .009 percent of military-aged men and women have died fighting our enemies there during the past 11 years.

But for the kids whose dad won't be around to watch them grow up, that number doesn't mean a thing. I spent six months at the Port Mortuary at Dover Air Force Base, Del., in 2010 – for those families whose grief was only a few days or even hours old as they watched their loved ones carried onto American soil in as dignified a transfer as possible, that number didn't mean a thing.

For the families of the 4th Brigade Combat Team (Airborne), 25th Infantry Division, who haven't recently celebrated happy reunions with their loved ones, those "simple numbers" are truly meaningless.

So you're not getting domestic violence numbers from me.

If you don't already have a sense of how



prevalent this particular tragedy is, you can look them up yourself. What you are getting from me instead is a call to action.

What you are getting from me as a chaplain is a challenge to put your faith into action.

And if you're not sure what to do, here are some ideas to get you started, regardless of your part in the matter. But first...

For anyone who either thinks or doubts they have been touched by domestic violence, the first step is understanding what forms of abuse can be involved.

Domestic abuse is behavior that intimidates or controls the abused spouse or partner.

It can range from constant put-downs and ridicule to controlling behaviors or uncontrollable jealousy.

It includes things like intimidating gestures, controlling of family income, treating a family member like a slave, rape, shoving, beating or other physical abuse, even threatening to take away children. Abusive behavior can also include denial – minimizing and blaming the abused spouse or partner for the actions of the abuser.

1. If you are the one being abused, seek help – now. The Anchorage-area Abused

Women's Aid in Crisis has a 24-hour hotline at 272-0100. Yes, your safety and that of your children should be your immediate concern, but you can and should still seek help.

And yes, I know that even taking that first step – asking for help – is very much easier said than done, in fact, it is often times the scariest thing one can imagine.

It can be especially difficult for a woman to leave her abuser. Economic factors, fear of retribution to herself and her children, physical exhaustion and psychological trauma all contribute to the reasons why women often stay with an abusive partner, sometimes despite the best efforts of caring friends or family.

2. If you are a family member or friend suspecting domestic violence, do anything but nothing. At the very least, start by learning what you can do, as quickly as possible.

Here's just one of many resources to get you started – even to encourage you to appropriately become involved.

The title of this book says it all: "Family and Friends' Guide to Domestic Violence – How to Listen, Talk and Take Action When Someone You Care About is Being Abused," by Elaine Weiss.

3. Finally, if you are the abuser, seek

help – now. Yes, your military career may be at stake, but much more so if you don't stop. "Self-identify" – if you claim to be a man (or woman) of faith first to your God, then, to a trusted friend or confidant, or to one of your chaplains.

If even that seems a step too far, at the very least look honestly in the mirror and then do something now about your abusing actions.

Although sooner or later you will likely need someone's help to make such a difficult life change "stick," you can start on your own with even a small step such as this – find a resource like the workbook I've had for a number of years: "Learning to Live Without Violence," by Daniel Jay Sonkin and Michael Durphy.

Yes, I get the paradox of Soldiers and Airmen who are trained in violence somehow "learning to live" without it.

Perhaps the subtitle helps to clarify matters: By using this workbook, abusers will start to examine their lives, realize that they can control their abusive behavior, and take the first steps.

October is domestic violence awareness month. Make it your "do something about domestic violence" month.

FSS EVENTS

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Zombie Bash

2 Days of Arctic Chiller Halloween

10.26.12

9 P.M. - 3 A.M.
\$5 Cover Charge for General Admission



Halloween Costume Party

10.27.12 • 9 P.M. - 3 A.M.

Door Prizes • Games • Drink Specials



& ACTIVITIES



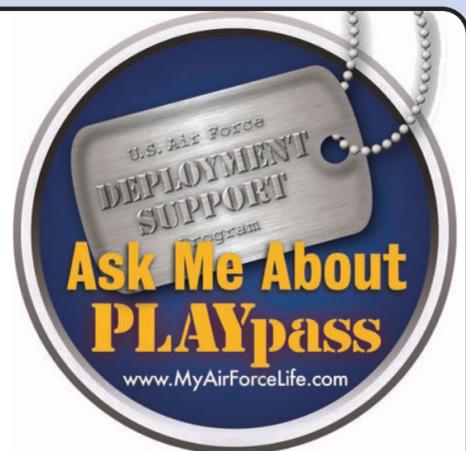
GET OUT AND PLAY! with PLAYpass

Learn to PLAY – Save hundreds with discounts in recreational and life skill classes such as dance, music, karate, scuba, fitness and more!

Enjoy Recreational Activities – Super discounts on recreational programs and events at your Bowling Center, Golf Course, Outdoor Recreation, Arts & Crafts, Fitness Centers and more!

Get in the Swim – Get a pool pass at a discount and learn how to stay safe in the water while having fun!

Take Day Trips – Check out the great day trips at your ITT or Outdoor Recreation Centers



Community happenings

FRIDAY AND SATURDAY
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.

FRIDAY
Costume Ball at the AWEC
 Family Advocacy hosts this costumed dance at the Arctic Warrior Events Center's Susitna Ballroom starting at 8 p.m.

All ranks, all branches, singles and couples are welcome to attend this free event in recognition of Domestic Violence Awareness Month. Snacks and prizes will be provided.
 For information, call 384-0504.

Bootlegger's Ball
 Get out your fedora and feather boa – the Anchorage Museum hosts this 1920s-style ball from 7 p.m. to midnight.
 Step into the world of Boardwalk Empire and The Great Gatsby with a retro photo booth, flapper hairdos and more.
 For more information, call 929-9200 or visit www.anchorage-museum.org

SATURDAY
Secure Your ID day
 Securely destroy documents at the shredding van, then come into the Salvation Army Community Center to get your finances in order. Get a free credit report, tax preparation advice, and more.
 For information visit www.financialfitak.com or call 211.

MONDAY-THURSDAY
Hunter education
 Receive your hunter's education certification through this JBER program. The classroom portion is hosted at Building 600.
 For information, call 384-7482.

OCT. 26
Veterans' Stand Down
 The North Terminal at Ted Stevens International Airport hosts this program for veterans in need. Legal, education and housing assistance, medical screenings, and much more will be available from 8:30 a.m. to 4:30 p.m.
 Shuttle service will be provided for those with VA Identifi-

cation cards.
 For information, call 273-4050 or 257-5490.

Trick or treat
 The JBER Hospital opens its doors to all children 12 and younger and their parents to trick-or-treat. From 1:30 to 3 p.m., come through the Bear or Moose entrances and bring a bag for the goodies.
 For information, email makealegacy@gmail.com.

OCT. 26 AND 27
Trick or Treat Town
 The Alaska Communications garage hosts this indoor trick-or-treating venue for the 21st year. There will be candy, refreshments and entertainment.
 For information, visit trickortreattown.org.

OCT. 26 THROUGH 28
Food and Gift Festival
 Get a jump on your holiday gift needs at the Dena'ina Center with a wide variety of gifts, handmade crafts, clothing, jewelry, food and more.
 From 10 a.m. to 6 p.m. Oct. 26 and 27; 11 a.m. to 5 p.m. Oct. 28. Visit www.anchoragemarkets.com for information.

OCT. 26 AND 28
Alyeska Mystery Train
 Take the train along the scenic Turnagain Arm to the haunted Hotel Alyeska in Girdwoodvania. Guests are encouraged to come in costume. Train departs at 4:30 p.m. from Anchorage.
 For information, visit www.alaskarailroad.com.

OCT. 30
TBI coping classes
 Does your spouse or partner suffer from a traumatic brain injury?
 Meet with others and learn peer coping strategies Tuesdays from 5:15 to 6:15 p.m. in the JBER Hospital dining hall's conference room.
 For information, call 580-4081.

OCT. 31
Trick-or-treating
 Trick-or-treat on JBER from 6 to 8 p.m. This is the only time trick-or-treating is allowed on JBER.
 For more information,

call 552-3105.
Nov. 3
Country Fair
 The Richardson Spouses Club hosts this annual craft fair at Buckner Physical Fitness Center starting at 10 a.m.
 Gifts, crafts, food and much more make this a popular event.
 For information, visit frsc.shutterfly.com.

Break of Reality
 This concert fuses heavy metal, classical, and indie rock – classically trained musicians bring together fans of Yo-Yo Ma, Led Zeppelin and Radiohead.
 The event is at the Alaska Center for the Performing Arts starting at 7:30 p.m. For information, visit www.anchorageconcerts.org.

NOV. 9 THROUGH 11
Rock and mineral show
 The Anchorage Sheraton hosts this show put on by the Chugach Gem and Mineral Society. Displays, talks, demonstrations and more offer something for everyone. Activities for children are also available.
 For information call 830-0631.

Nov. 10
Alaskan Christmas Bazaar
 The Anchorage City Church hosts this free annual arts and crafts fair; 95 booths sell handmade items, food, coffee, and much more. Live music and a visit from Santa are planned.
 For information, call 344-2141.

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

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.

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.
 For more information, call 929-9200 or visit anchorage-museum.org.

Wildlife Wednesdays
 This science lecture series takes place at 7 p.m. the second Wednesday of each month at the Alaska Zoo Gateway Lecture Hall. From October through April, learn about different wildlife topics and enjoy coffee or tea.
 This series is aimed at older audiences, not children. For information, call 341-6463 or email shartman@alaskazoo.org.

Night at the Fights
 The Egan Center hosts boxing every Thursday night through early April in this 23-year Anchorage tradition with several fights each night.
 Doors open at 6:30 and fights start at 7.
 For information, visit thursday-nightfights.com.

Borealis Toastmasters
 Conquer your fear of public speaking with Toastmasters.
 This safe, friendly club helps build confidence through presentations, feedback and listening to others.
 Meetings are hosted every Thursday in Room 146 of the BP building from 7 to 8 p.m. For information call 575-7470.

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

Shakespeare Sundays
 Cyrano's Off-Center Playhouse hosts free Shakespeare films every third Sunday at 6 p.m.
 After the film, Shakespeare experts are on hand to converse with filmgoers and discuss the film and Shakespeare in general.
 For information call 274-2599

Brown Bag Parade & Fall Festival
October 26 @ 3 p.m.
 Decorate a brown paper bag and join in our parade!

CDC'S
 Denali: 552-8304
 Sitka: 552-6403
 Katmai: 552-2697
 Kodiak: 384-1510
 Talkeetna 384-0686

Coat & Snow Gear Swap
 October 29 - November 16
 Bring in a coat your child no longer fits and take another for the winter!

Jim Creek ATV Trip
 October 20 & 27
 8 a.m. - 5 p.m. • \$150
 open to ages 16 & up
 JBER Richardson ORC • Bldg. 794 • 384-1475/1476

KENNECOTT YOUTH CENTER
 BLDG. 6104 • 552-2266

Halloween Dance
 October 26 @ 6 - 9 P.M.
 \$4 Members • \$6 Non-Member

Haunted House
 October 26 @ 6 - 9 P.M.
 .25¢ Per Entry

Fall Fest
 Noon - 4 P.M.
 Join us for indoor trick or treating

Arctic Oasis COMMUNITY CENTER
 552-8529

October 27

Post Wrestling Meet #2
 Men Only • October 24
 Sign up by October 22 • Weigh in October 23
 Buckner Fitness Center • 384-1304/1312

Check out the October Alaskan Adventurer (or go online)
 For a coupon and save at Polar Express Auto Hobby

CHECK US OUT ONLINE!

<http://www.elmendorf-richardson.com>

Births

SEPT. 25

A daughter, Samantha Marie Maisonet, was born 20.5 inches long and weighing 8 pounds, 2 ounces at 8:56 p.m. to Air Force Staff Sgt. Sarah Marie Maisonet of the 3rd Aircraft Maintenance Unit and Air Force Staff Sgt. Alan Michael Maisonet of the 3rd Mission Operations Squadron.

A daughter, Miranda Coraline Ransom, was born weighing 7 pounds, 13 ounces at 7:53 a.m. to Rachel Elaine Ransom and Tech. Sgt. William Kirby Ransom of the 673d Logistics Readiness Squadron.

SEPT. 26

A daughter, Eva Cosette Gutierrez, was born 21 inches long and weighing 8 pounds, 1 ounce at 7:50 p.m. to Air Force Capt. Elesabeth Ann Gutierrez of the 673d Force Support Squadron and Fernando Gutierrez.

A daughter, Payson Grace Hall, was born 18.75 inches long and weighing 6 pounds, 11 ounces at 1:42 p.m. to Cheyenne Lynelle Hall and Senior Airman Kevin Matthew Hall of the 732nd Aircraft Maintenance Squadron.

A daughter, Charleigh Bryann Hunt, was born 20.5 inches long and weighing 6 pounds, 14 ounces at 11:44 p.m. to Katherine Anne Hunt and Spc. Christopher Bryant Hunt of the 425th Brigade Special Troops Battalion.

SEPT. 27

A son, Henry Carl Dardas, was

born 22 inches long and weighing 8 pounds, 10 ounces at 3:32 a.m. to Jennifer Mary Dardas and Spc. Jason Carl Dardas of the 205th Ordnance Detachment, 17th Combat Support Sustainment Brigade.

A daughter, Mila Grace Porter, was born 20 inches long and weighing 7 pounds, 3 ounces at 7:35 p.m. to Brenda Lea Porter and Air Force Maj. Henry Eugene Porter Jr. of the 962d Airborne Air Control Squadron.

A daughter, Melody Danielle Quick, was born 20 inches long and weighing 6 pounds 5 ounces at 6:14 a.m. to Sandra Ann Quick and Spc. Allan Lester Quick of the 545th Military Police Company.

A son, Andrew Marcus Siebert, was born 20.5 inches long and weighing 8 pounds, 7 ounces at 2:14 p.m. to Elena Enkhanouna Tyan and Air Force Staff Sgt. Joseph Alan Siebert of the 3rd Munitions Squadron.

SEPT. 28

A daughter, Emma Marie Rosson, was born 21.1 inches long and weighing 7 pounds, 13 ounces at 5:08 p.m. to Katherine Antonina Rosson and Senior Airman John Patrick Rosson of the 673d Communications Squadron.

OCT. 1

A son, Caleb Justice Finkelstein, was born 21.5 inches long and weighing 8 pounds, 7 ounces at 4:19 a.m. to Nicole Marie Finkelstein and Army Capt.

David B. Finkelstein of the 2nd Engineer Brigade.

A son, Jacob Frederick Jenks, was born 20 inches long and weighing 8 pounds, 12 ounces at 1:50 p.m. to Melissa Christine Jenks and Sgt. Thomas Edwin Jenks of the 59th Signal Company.

OCT. 2

A son, Pierce Jaylin Wade, was born 22 inches long and weighing 7 pounds, 14 ounces at 12:21 a.m. to Theresa Ann Esquivel-Wade and Army Staff Sgt. Myron Brandon Wade of the 2nd Battalion 377th Parachute Field Artillery Regiment.

A son, Thomas Michael Kenny, was born 20.5 inches long and weighing 8 pounds, 1 ounce at 4:08 p.m. to Emily Elizabeth Kenny and Senior Airman Nicholas Dee Kenny of the 517th Airlift Squadron.

A daughter, Brooklynn Adele Williamson, was born 19 inches long and weighing 6 pounds, 15 ounces at 2:02 p.m. to Sgt. Courtney Danielle Williamson of the U.S. Army Dental Activity and Don Alvin Williamson Jr.

OCT. 3

A son, Castiel Alexander Beckwith, was born 20.5 inches long and weighing 7 pounds, 12 ounces at 8:41 p.m. to Erica Jane Beckwith and Spc. Logan Lee Beckwith of the 2nd Engineer Brigade.

A son, Malek Alexander Fer-

nandez, was born 20.5 inches long and weighing 8 pounds, 12 ounces at 6 p.m. to Adiba Barazi Fernandez and Airman 1st Class Matthew Alexander Fernandez of the 673d Communications Squadron.

OCT. 4

A son, Wesley James Perry, was born 21.5 inches long and weighing 7 pounds, 15 ounces at 12:45 a.m. to Angelina Fionna Perry and Airman 1st Class Adam Wesley Perry of the 673d Force Support Squadron.

OCT. 6

A son, Joseph Clark Rico, was born 19.5 inches long and weighing 7 pounds, 8 ounces at 7:50 a.m. to Air Force Master Sgt. Ellen Marie Rico and Air Force Staff Sgt. Jerold Ely Rico of the 3rd Maintenance Squadron.

OCT. 7

A son, Silas Brian Williamson, was born 21 inches long and weighing 7 pounds, 2 ounces at 3:14 a.m. to Katja Doreen Williamson and Sgt. Michael Brian Williamson of the 98th Maintenance Company.

OCT. 8

A daughter, Nevaeh Symone Messer, was born 19 inches long and weighing 6 pounds, 5 ounces at 12:23 a.m. to Heather Nicole Messer and Pfc. Jeremy Jase Messer of the 95th Chemical Company.

OCT. 9

A daughter, Jurnee Aria Er-

vin, was born 20.5 inches long and weighing 7 pounds, 1 ounce at 12:58 p.m. to Quaya Sharee Ervin and Tech. Sgt. Anthony James Ervin of the 673d Logistics Readiness Squadron.

A son, James Patrick Killoran III, was born 22 inches long and weighing 8 pounds, 4 ounces at 10:56 p.m. to Kristin Nicole Killoran and Army Maj. James Patrick Killoran Jr. of the 2nd Battalion, 196th Infantry Regiment.

A son, Connor James Rawls, was born 22 inches long and weighing 7 pounds, 7 ounces at 8:23 p.m. to Erin Marrie Rawls and Senior Airman James Hubert Rawls of the 3rd Logistics Readiness Squadron.

A daughter, Harley Noire Shumway, was born 20.5 inches long and weighing 8 pounds, 7 ounces at 7:47 p.m. to Leila Shumway and Spc. Tony Allen Shumway of the 307th Expeditionary Signal Battalion.

OCT. 10

A son, John Jameson Gonzales, was born 20 inches long and weighing 8 pounds, 1 ounce at 7:30 p.m. to Jennifer L. Gonzales and Pfc. Tom C. Gonzales Jr. of the 716th Explosive Ordnance Disposal Company.

A son, Augustine Allen Leckrone, was born 21.5 inches long and weighing 7 pounds, 8 ounces at 12:08 p.m. to Ashton Amber Leckrone and Air Force 1st Lt. Cory Allen Leckrone of the 3rd Operations Support Squadron.

Protect your children from cavities

By Blake Moore
JBER Pediatric Dentist

Ask anyone just about anywhere and they will tell you eating too much candy causes cavities. This is correct; but there are so many other factors at play when discussing dental caries.

What's more likely to cause cavities – Hershey's kisses or raisins? I would argue that the raisins are worse for your teeth.

First of all, raisins have sugar, they are very sticky and they hang around longer in the mouth.

Chocolate, on the other hand, is not very sticky and quickly dissolves.

It's about the carbohydrates, not just the sugar, so don't forget about bread, crackers, chips, tortillas – these all can cause cavities.

Buzz words like all-natural, organic or gluten-free do not make any food item less likely to cause cavities.

It's not how much candy you eat, but how you eat it. For example: two children are each given a king-sized bag of M&M's.

One kid opens the bag and

devours the entire bag in less than five seconds.

The other savors his candies and eats one every five minutes for eight hours.

Which one is likely to have more cavities? They are both eating the same amount, but the "grazer" is giving the acid-producing bacteria a better opportunity to make acid, and the concentration of acid stays higher for much longer.

It's important to realize that every time we eat, our mouths become full of acid.

The mouth is a very dynamic environment; bacteria eat when you eat, they make acid when they eat, you brush them off each day, they grow back.

When we stop eating, our saliva combats the destructive process of tooth breakdown.

A mineral called fluoride can help. When the tooth incorporates fluoride into its surface, it is more resistant to acid attack.

Fluoride is a naturally occurring mineral found in our water, food and toothpaste. It works best when it is applied frequently at a low dose.

However, enough acid production in the mouth can overcome the ability of fluoride to protect the teeth from cavities.

Help yourself and your children survive Halloween cavity-free.

Let your kids enjoy their candy, but at the end of the next day, the candy is out of the house.

Help your kids brush their teeth. Use a small amount of fluoride toothpaste on the toothbrush.

Brush the gumline well on all teeth. Spit out the toothpaste. Don't rinse with water after brushing, or eat or drink for at least 30 minutes. Fluoride needs time to "do its thing" on the teeth.

Accept the fact most foods can cause cavities, however some foods are more likely to cause cavities than others.

Concentrate on things that reverse the cavity process, like not rinsing after brushing with fluoride toothpaste, and supervising children brushing.

Also try to avoid sticky or chewy foods and candies, refrain from eating or grazing frequently throughout the day, and don't swish soda or juice around in your mouth when you drink.

Fight the flu season

By Shari Lopatin
TriWest Healthcare Alliance

Did you know that nine out of 10 healthy people who get a flu shot, don't get the flu?

According to the Centers for Disease Control and Prevention, it's true. And because it takes two weeks for a flu shot's immunity to build completely, now is the best time to get vaccinated for flu season.

TRICARE will cover flu shots or flu mists from your local military clinic, or a TRICARE network provider or pharmacy. If you go to a pharmacy, make sure the actual pharmacist gives you the flu shot or mist.

If you choose to get your shot at the doctor's office, just be aware that some physicians may charge a small co-pay for the office visit. The CDC recommends everyone six months and older get vaccinated against the flu.

But do your kids throw a fit, or shut down when it's time for their shots? Making the "shot

experience" smooth for your children can be a challenge.

Go for your flu shot when you take your kids for theirs.

Ask if the clinic or pharmacy has flu mist available as an alternative to the shot.

Offer to get your shot first. It will help to relax your kids.

If fun or colorful bandages are available, ask to wear one alongside your children.

Finish the flu shot appointment with a treat, such as a trip to the park or a healthy fruit smoothie.

Keeping active, getting enough sleep and eating healthy foods can help you stand strong against the flu.

Wash your hands with soap and warm water for 20 seconds – the time it takes to sing "Happy Birthday."

Try to avoid touching your eyes, nose and mouth. Manage your stress, and drink plenty of fluids.

Use a tissue to cover your nose and mouth when you sneeze. If a tissue is not available, use the crease from your elbow.

For more information on flu prevention tips, visit www.triwest.com/flu.

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