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ARCTIC WARRIOR

Volume 2, No. 42

Joint Base Elmendorf-Richardson

October 21, 2011

JBER firefighters battle blaze



Joint Base Elmendorf-Richardson Emergency Services firefighters scale a roof to fight a fire at 9386 Kuter Drive, base temporary lodging, Oct. 13. The fire began at approximately 6:30 p.m. No one was injured by the fire and the cause is under investigation. See Page A3 for more photos. (U.S. Air Force photo/Staff Sgt. Zachary Wolf)



Army Maj. Mike Fisher, 8th Forward Surgical Team (Airborne) deputy commander and chief nurse; and Army Staff Sgt. Nick Lising, operating room technician, prepare to administer simulated anesthetic to a mock trauma patient in training Oct. 12 at Joint Base Elmendorf-Richardson. The 8th FST will train at the Army Trauma Training Center in Miami, Fla., in October, in preparation for an upcoming deployment. (Photo by Army Col. Thomas J. Roth / 2d Engineer Brigade)

Surgical team preps to deploy with weekend in Miami

By Army Staff Sgt. Jason Epperson
 2d Engineer Brigade Public Affairs

The 8th Forward Surgical Team (Airborne), based at Joint Base Elmendorf-Richardson, is heading to Miami.

That might sound like a vacation to most of us, but unless your idea of the perfect getaway involves working 48 straight hours in a busy hospital trauma unit, it's clearly not.

The 8th FST, one of the 17th Combat Sustainment Support Battalion's units, is

preparing to deploy in the next few months.

In preparation, the unit is training under intense and challenging conditions.

One of these challenges is training at the Army Trauma Training Center in Miami, Fla., in mid-October.

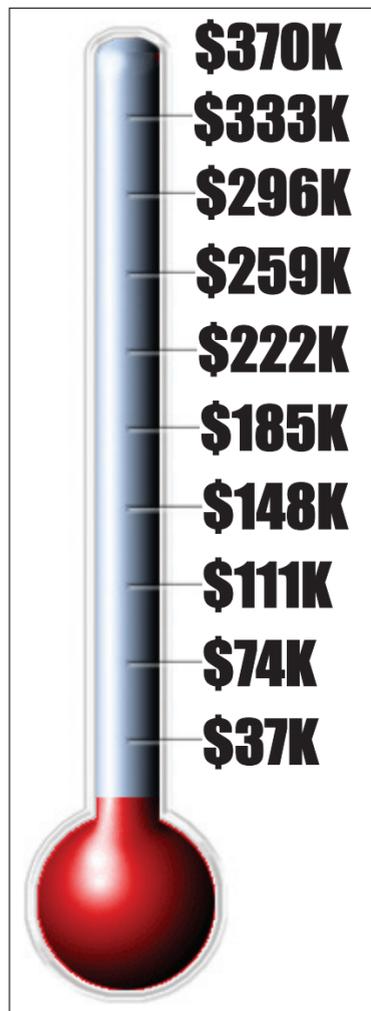
Sgt. 1st Class Matthew Gritta, the company first sergeant, eagerly discussed the opportunities for training there.

"The Miami trip is for us to actually practice or actually serve as a team for trauma patients," Gritta said. "We'll go down to Jackson Memorial Hospital, Ryder Trauma

Center, down in Miami. It's a university hospital and they not only have their own medical school, but they allow Army units, typically FSTs, and some special operations teams to go in and actually manage trauma patients."

"We will have patients that we will operate on as well," Gritta said. "Because of the percentage of traumas that they get and the type of injuries they get, that's a great training ground – if

See **Surgery**, Page A-10



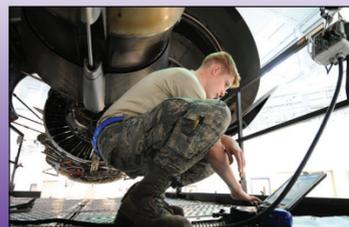
Joint Base Elmendorf-Richardson has raised \$6,035, as of Oct. 14, toward the 2011 JBER Combined Federal Campaign goal of \$370,000. Call the U.S. Army Alaska CFC coordinator at 384-0995, the 3rd Wing rep at 551-9035 or the 673d Air Base Wing rep at 552-1060. (U.S. Air Force graphic/Luke Waack)

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Home station check

Airmen of the 3rd Maintenance Squadron, 3rd Wing, combine job skills to complete the home station check. An HSC is an in-depth, four-day scheduled inspection of a C-17 Globemaster III., Page A-10



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Drivers should adjust habits for winter weather

Commentary by Bob Van Elsberg
Army Combat Readiness/Safety
Center

It was well after dark, and I'd been staring at a lot of Interstate 40 West that December day. I was halfway across Oklahoma, and home in San Diego was another day-and-a-half drive. It was time to find a cheap hotel and get some sleep.

I saw an exit ahead and, off to the right, the lights of a gas station. I took the off ramp, which fed onto a street headed toward the town.

It had snowed that day, but I was supremely confident that my all-season radials could handle the snow and slush. Growing up in Southern California, I'd never actually driven on snow.

However, the sound of it crunching beneath my tires was mildly amusing — kind of like stepping on a bag of potato chips. I was almost to the intersection with the town's main street when the light turned red.

I thought about pulling a "California stop" (slowing down, checking both ways for cops and easing through). But, wouldn't you know it, there was a police car slowly approaching the intersection.

I kicked in the clutch and hit the brakes. I was going a bit fast, but I trusted my tires to get a grip so I wouldn't get a ticket. Imagine my surprise as I slid into the intersection, slowly spinning counterclockwise until my rear tires bumped against the far curb.

I'd barely felt the "thump" when I noticed the police cruiser through my windshield. In a way, it was hard not to notice it, with its lights flashing and all that.



Winter driving requires extra precautions including accelerating and stopping slowly, driving at slower speeds, properly navigating hills and checking tire tread depth to make sure it's at least 6/32 of an inch deep. (Courtesy photo)

"Great," I thought; between this ticket and the price of a cheap hotel room, I could've stayed in the Hilton back in Oklahoma City. So much for my blind faith in all-season radials.

Since then, I've spent more than five years in Germany and learned how to drive in the snow.

However, if you're headed out on the road this winter and inexperienced driving on the "white stuff," check out these tips from the American Automobile Association:

Accelerate and decelerate slowly. Applying the gas slowly is the best method for maintaining traction and avoiding skids. Also, gradually slow down for stoplights. Remember, it takes longer to slow down on icy roads.

Drive slowly. Everything, whether it's accelerating, stopping or turning, takes longer on snow-covered roads than on dry pavement. Increase your following distance to eight to 10 seconds to provide more room to stop.

Know your brakes. Whether or not you have antilock brakes, the best way to stop is threshold braking. Keep the heel of your foot on the floor and use the ball of your foot to apply firm, steady pressure on the brake pedal.

Don't stop if you can avoid it. It's a lot harder to overcome the inertia of a stopped vehicle than one that is still slowly rolling. If you can slow down enough to keep rolling until a traffic light changes, do it.

Don't power up hills. Applying extra gas on snow-covered roads just starts your wheels spinning. Try to get a little inertia going before you reach the hill and let it carry you to the top. As you reach the crest of the hill, reduce your speed and proceed downhill as slowly as possible.

Don't stop while going uphill. There are few things more difficult than trying to get moving uphill on an icy road.

If you really don't have to go out, don't.

Even if you can drive well in the snow, not everyone else can. Don't tempt fate: If you don't have somewhere you have to be, watch the snow from indoors.

If snow-covered roads are a concern, you should consider replacing your tires when they reach approximately 6/32 of an inch of remaining tread depth to maintain good mobility.

You need more tread depth in snow because your tires need to compress the snow in their grooves and release it as they roll.

If there isn't sufficient tread depth, the "bites" of snow your tires can take on each revolution will be reduced to "nibbles," and your vehicle's traction and mobility will be sacrificed.

Because tread depth is such an important element for snow traction, winter tires usually start with noticeably deeper tread depths than typical all-season or summer tires.

Some winter tires even have a second series of "wear bars" molded in their tread pattern indicating approximately 6/32 of an inch remaining tread depth to warn you when your tires no longer meet the desired tread depth.

Letter to the editor: people should respect customs and courtesies

Dear Editor,

I was at the commissary parking lot yesterday and while walking to the entrance heard the national anthem begin to play.

I stopped and put my hand over my heart while I watched men and women in uniform continue to walk through the parking lot either to or from their vehicles.

There was even an officer doing this.

After a few people noticed me a couple people in uniform stopped and stood at attention for a brief time, including the officer.

Then to my surprise the officer and the enlisted man next to him quit standing at attention before the end of the national anthem and went into the commissary.

I was shocked to see this on a military base.

Once inside the commissary I stopped a military member and asked if the policy had changed that respect to the national anthem of our great country.

I was told no, it hadn't changed it was just those military members choice to not show that respect.

I have my opinions on how this has come about, people just being lazy, wanting to get on with their errands, feeling that they just don't have time to stand for the national anthem to be completed or maybe since there are so many other changes to the military (no more 'Don't Ask, Don't Tell'; removal of prayer from so many different aspects of our great nation) or even lack of respect for our nation's leaders.

No matter what a person's excuse is, our nation is still the one that the rest of the world strives to emulate and where many of their people immigrate to and America is still the place these military members would prefer to be and our national anthem should be shown the respect it deserves.

The other option is for those not willing to show that respect is for them to move out of the United States to a country where no one feels the need to show respect for their national anthem and country.

Thank you for your time and attention.

Sincerely,
Cora Hart



In this file photo, Air Force Staff Sgt. Jiney Parton adjusts a flag prior to a ceremony, July 8. If the national anthem is playing, service members should stop and render proper military courtesies. (U.S. Air Force photo/Justin Connaher)

October is National Cybersecurity Awareness Month: what users can do

Commentary by Air Force
Maj. Scott O'Malley
673d Communications Squadron

Home computers are a common target of cybercriminals.

Home users keep large amounts of personal data on their computer, such as tax records, banking information, and lists of contacts.

In addition, home computers have become the family archive of photos, documents, and other sentimental items that, if lost, would be devastating.

There are actions you can take to help protect your family's privacy and decrease your odds of a cyberattack.

Consider doing the following during National Cybersecurity Awareness Month:

Be Web Wise

Stay current.

Keep pace with new ways to stay safe online.

Check trusted Websites for the latest information, and share with friends, family, and colleagues and encourage them to be Web wise.

Think before you act: be wary of communications that implore you to act immediately, offers something that sounds too good to be true, or asks for personal information.

Back it up: protect your valuable work, music, photos, and other digital information by making an electronic copy and storing it safely.

Be a Good Online Citizen

Safer for me, more secure for all: what you do online has the potential to affect everyone — at home, at work and around the world.

Practicing good online habits benefits the global digital community.

Post only about others as you would have them post about you.

Help the authorities fight cyber crime: report stolen finances or identities and other cyber crime to the Internet Crime Complaints Center at www.ic3.gov, the Federal Trade Commission at www.onguardonline.gov/file-complaint.aspx (if it's fraud), and to your local law enforcement or state attorney general as appropriate.

Another way to stay cybersafe is to ensure you have the latest Anti-virus software on your computer.

The Air Force Portal has instructions for Air Force employees to download Symantec or McAfee antivirus software free of charge.

(Editor's note: O'Malley is the commander of the 673d Communications Squadron.)

National flag at half-staff policy

JBER Public Affairs
News release

The Department of Defense regulation governing flying Old Glory at half-staff is DoD Instruction 1005.6, dated Dec. 13, 1956.

The coinciding Air Force Instruction, 34-1201, dated Oct. 4, 2006, states that the installation flag shall fly at half-staff in the event of the deaths of officers and Airmen on active duty (except personnel in detachment of patient status at a U.S. Air Force hospital): The United States flag will be flown at half-staff on buildings and grounds of their memorial service, funeral service, or duty station on the day of death or the day following death.

(Installation commanders may also half-staff the flag on the day of an on-base memorial or funeral service.)

The casualty officer concerned notifies the appropriate commander.

Per Army Regulation 600-25, the national colors will be flown at half-staff for the death of an Army officer on the active or retired list and active enlisted personnel.

On a military installation where funeral or death takes place

If interment takes place on the instal-

lation: during prescribed hours on day of interment (veille to retreat) until flag is hoisted to the top after the last salvo or volley has been fired over the grave.

If interment takes place off the installation: during prescribed hours (veille to retreat) from day of death until remains are removed from the installation.

Memorial Day: Per paragraph 1-10 of Army Regulation 600-25

On Memorial Day, the national flag will be displayed at half staff from reveille until noon at all Army installations.

Immediately before noon, the band, if one is available, will play an appropriate musical selection, and at noon the national salute (21 guns) will be fired at all installations provided with the necessary equipment for firing salutes.

At the conclusion of the salute, the flag will be hoisted to the top of the staff and will remain there until retreat.

When hoisted to the top of the staff, the flag will be saluted by playing appropriate patriotic music.

These regulations apply to all military installations, activities, and vessels throughout the United States and its territories and possessions. U.S. embassies abroad, including all military facilities and naval vessels and stations.

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11th Air Force
Commanding General
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U.S. Army Alaska
Commanding General
Maj. Gen. Raymond P. Palumbo (USA)

Joint Base Elmendorf-Richardson/
673d Air Base Wing Commander
Col. Robert D. Evans (USAF)

Joint Base Elmendorf-Richardson/
673d Air Base Wing Vice Commander
Col. Timothy R. Prior (USA)

ARCTIC WARRIOR

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TOP: JBER firefighters battle a blaze at 9386 Kuter Drive, a base temporary lodging facility, Oct. 13. The fire began at approximately 6:30 p.m. No one was injured by the fire and the cause is under investigation. Damage is estimated at more than \$6 million. **RIGHT:** A Joint Base Elmendorf-Richardson firefighter stands in front of a heater to get warm during the lodging fire Oct. 13. The heaters were brought out along with lights to help support the responders to the fire. **ABOVE:** Air Force Maj. Brian Rendell, 673d Force Support Squadron commander, delivers warm drinks to firefighters as they work to extinguish a fire at 9386 Kuter Drive, Oct. 13. (U.S. Air Force photos/Staff Sgt. Zachary Wolf)

Norway soars into first Red Flag-Alaska

By Senior Airman
Christopher Gross
JBER Public Affairs

History was made during the most recent Red Flag-Alaska.

The Royal Norwegian Air Force made its debut with 23 airmen and one C-130 Hercules from the 135th Air Wing of Gardermoen Air Station, Norway.

Four times a year Joint Base Elmendorf-Richardson and Eielson Air Force Base host RF-Alaska, a Pacific Air Forces-directed field training exercise for U.S. and coalition forces flown under simulated air combat conditions. The latest 10-day exercise kicked off Oct. 6 and ended Friday.

Norway's Lt. Col. Truls Orpen, 135th Wing, stressed the significance of his squadron's participation in RF-Alaska.

"Red Flag-Alaska is very important to us due to the fact that it's one of those few chances we have to take part in a large exercise where we have all the aspects of air power and threat environments," Orpen said.

U.S. Air Force Lt. Col. Kevin Dolata, 353rd Combat Training Squadron, Detachment 1 director of operations, said he was happy to have the RNAF participate and it's always a great experience when a new country is able to participate in RF-Alaska for their first time.

"It's absolutely exciting, it's a great opportunity to build on and improve the bond with our coalition partners," Dolata said.

Dolata said the whole idea behind RF-Alaska is so other U.S. units along with international partners can all come together under one umbrella and see how each other operates and executes their missions. He also mentioned it's very important to know how each other operates because somewhere down the road we may need to as-



A Royal Norwegian Air Force airman of the 135th Air Wing, Gardermoen Air Station, Norway, looks at the propeller of a C-130 Hercules during post-flight inspections during Red Flag-Alaska Oct. 13. This was the first time the RNAF has participated in RF-Alaska. Twenty-three airmen from the 135th Wing participated in the exercise Oct. 6 through Friday. (U.S. Air Force photo/Senior Airman Christopher Gross)

sist one another, he added.

In Norway, most of the squadron's training is tactical, including air drops and assault landings. In Alaska, Norway's air force is able to enhance training on a much larger scale including man-portable air-defense systems, missiles, ground radar and other various ground electronic devices.

Along with training against ground threats, the Norwegians fly together with an abundant amount of aircraft and airspace. RF-Alaska gives those who participate more than 67,000 square miles to conduct training scenarios.

"Flying together with more

aircraft here, we're more a part of the air war," Orpen said. "This is something we don't get in Norway; at home we train on our own."

Another advantage of training with so many aircraft and air crew is seeing some of the different techniques. Orpen said they're able to see what works and what doesn't for their air force and piece everything together making themselves the best that they can be.

"It's important for the entire fleet being here," Orpen said. "That's the only way to get the experience, is to make sure you see the tactics work and what doesn't work."

This is also something that Orpen wants his airmen to take away from this exercise.

He wants them to see the proficiency that can come about when everything they've worked on at home and things they've picked up here are put together in a training scenario and results in success.

Norway's Capt. Andre Pederesen, who participated in his first big exercise at RF-Alaska, was right on track with the lieutenant colonel. He said even the small things, like ensuring the maintenance is on cue, is an important part of the big picture of having a successful mission. According to Orpen, the plan-

ning stages are just as important as the execution portion of the training.

He said there's a lot to take into consideration and a lot of coordination when planning scenarios such as air traffic, with so many aircraft in the air at one time it's important to know how to adapt and overcome.

RNAF flight commanders also get a big plus by participating in RF-Alaska, with this training they're able to check off their "combat ready" status. They do lots of preparation up to this point but by flying in this exercise they can be officially combat ready.

Briefs and Announcements

Professional military education

The U.S. Army Alaska Sgt. 1st Class Christopher R. Brevard Noncommissioned Officer Academy will graduate Class 01-12, Friday and Class 13-11 Oct. 29. Both ceremonies will take place at the JBER-Richardson Theater at 10 a.m.

The Air Force Professional Military Education Center will hold a graduation ceremony for NCOA and ALS classes 11-7 at the JBER-Elmendorf Theater, Oct. 28 at 10:45 a.m.

Halloween candy screening

The 732nd Air Mobility Squadron Passenger Terminal will be offering free Halloween candy screening Oct. 31. After trick-or-treating, stop by Building 10364 18th St. For further information call 552-0503 or 552-6733.

Flu vaccine

The Influenza combo vaccine (seasonal and H1N1) is available through injection or nasal mist to all beneficiaries. Vaccine is available on a walk-in basis, Monday through Friday, 7:30 a.m. to 4:15 p.m. and closed Thursday at noon.

Vaccine will be available at the Joint Military Mall Nov. 8-10, 9:30 a.m. to 5:30 p.m.

The Air Force vaccine database does not update from Army or civilian databases so take shot records to the Immunization Clinic if obtained at an alternate location.

Defense Biometric ID System

All DoD ID card holders are required to enroll into the Defense Biometrics Identification System on Joint Base Elmendorf-Richardson to include Active Duty, Reserve, Army National Guard family members and retirees.

All personnel are required to be registered by January 2012. Register at the People Center, Building 8517, Room 100 from 7:30 a.m. to 4 p.m. or at the main entrance of the JBER hospital. People can also register at the Visitor Control Center which is open 24 hours a day, seven days a week.

Personnel not registered by January 2012 will incur delays at the gate and be forced to the already busy Visitor Control Center to gain access to JBER.

Air Force ID card changes

Due to long wait times for walk-in customers, effective Monday, all military members or Department of Defense civilians will be required to schedule an appointment via the Military Personnel Section Customer Service Appointment website at <https://673fssmpscustomerser.clickbook.net>.

The MPS will only see military members on a walk-in basis if their card is lost, needs

to be unlocked, certificates need updating, or it ceases to function.

It is also highly encouraged appointments be made for civilian, dependent, Reserve and retiree ID cards.

Dining facility closure

The Iditarod Dining Facility is closed for renovations.

Food service operations have shifted to Kenai Dining Hall and shuttles are available for transportation from the dorms.

The flight line food service Provisions on Demand facility, Building 16710, is open and provides meals for Airmen working on the flight line.

Campus-style dining available

Aramark now offers Airmen the use of meal cards at the Paradise Café, Warehouse Grill and Eagle's Nest.

Not all menu items are available for meal card use. Eligible items will be marked on the facilities' menus.

Travel charge card changes

Effective immediately, personal use of the controlled spend account government travel charge card is not authorized. The CSA card may only be used for expenses related to official government travel.

Payments in excess of overall expenditures placed on the CSA card, after completion of official travel (credit or residual balance), can be obtained by the traveler through electronic transfer to a personal account through Citi's on-line access system or by phone, request check by Citi, a check automatically mailed to cardholder after 60 days of activity, or ATM withdrawal (two percent fee).

Shred for free

The Better Business Bureau of Alaska is offering free bulk shredding services to Alaska residents, Saturday, from 10 a.m. to 2 p.m. at Wells Fargo, 16600 Centerfield Drive, Eagle River.

Drive up and drop off up to three bags of unwanted documents per person. No cardboard or three-ring binders will be accepted. Items will be shredded immediately by Shred Alaska.

Renters insurance

Aurora Military Housing is providing free renter's insurance to tenants of all Joint Base Elmendorf-Richardson housing.

The renter's insurance will be provided, at no cost, to all existing and future JBER residents under a blanket policy with Great American Insurance.

For those tenants currently under the Aurora Allstate Policy, conversion to the new

policy will be totally transparent and will be taken care of by Aurora.

Aurora will continue to honor its reimbursement arrangement with those tenants who have previously elected renter's insurance coverage by an insurer other than Allstate.

These tenants will be grandfathered under the previous reimbursement option and will continue to receive reimbursements during their stay with Aurora.

The new policy coverage limits are very similar to those previously provided by Aurora and are as follows:

Deductible – \$250
 Personal Property – \$20,000 per loss
 Personal Liability – \$100,000 per tenant household, per occurrence
 Personal Liability/Medical Payments – \$1,000 per person/\$1,000 per accident
 Fire Legal Liability – \$100,000 per tenant household, per occurrence.

As this limited coverage is provided as part of residency, Aurora encourages residents to examine their needs and independently seek supplemental coverage if necessary.

This is a brief explanation of the coverage; please refer to the policy for precise terms, conditions, coverage's and limitations. A copy of the insurance policy will be available at the Aurora Military Housing office or visit www.auroramilitaryhousing.com.

Prescription drug 'take back'

The Red Ribbon Week campaign will close with the DEA sponsored, prescription-drug take back program on Oct. 29 from 10 a.m. to 2 p.m.

The local pick-up points on Joint Base Elmendorf-Richardson will be manned by the JBER Army Substance Abuse Program and the 673d Medical Group Pharmacy at the Joint Military Mall and commissary entrances. Old and no longer used medications can be turned in. Inhalers, liquids, or illicit drugs will not be accepted. This is an opportunity to empty out the medicine cabinet of old medications without polluting our landfills or water supply.

Rental Partnership

The Rental Partnership Program 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 it may apply.

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.

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

Housing surveys

Surveys are sent to each tenant annually and are a valuable tool for informing base leadership and Aurora Military Housing on satisfaction with the quality of homes and services provided.

The results obtained from these surveys are used to tailor business decisions which are geared toward improving the quality of life desired by Joint Base Elmendorf-Richardson housing tenants. Inputs through the surveys are key to ensuring the right decisions are made. Please allow Aurora Military Housing and the base leadership to better serve with base housing by taking a few minutes to complete and promptly return the surveys in the supplied envelope upon receipt. For further questions on the Aurora Tenant Satisfaction Survey, contact Aurora Military Housing at 753-1023, or the Capital Asset Management Office at 552-4312/552-2516.

Military publications available

Visit the Joint Base Elmendorf-Richardson Public Affairs Office, 10480 22nd Ave., Suite 123, for copies of the following official military publications: the 2011 JBER Installation Guide and Phonebook (limited supply), U.S. Air Force Priorities poster series (large and small sizes), and Airman Magazine (2011 almanac issue). City of Anchorage maps are also available.

Call 552-8918 for information.

Check your university

Effective Jan. 1, 2012, an academic institution must have signed a Department of Defense memorandum of understanding and be on the list of participating institutions in the DoD Tuition Assistance Program to be eligible to receive funds from the Service's Military Tuition Assistance program.

The policy affects all academic institutions operating on and off military installations delivering courses through various modalities to include but not limited to classroom instruction, distance education and correspondence courses.

Reserve pilots, maintainers resume F-22 flight operations

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

Reservists with the 477th Fighter Group at Joint Base Elmendorf-Richardson resumed F-22 flying operations during the unit's monthly unit training assembly or drill weekend following a four month stand-down. The first six jets took off at 9 a.m. Saturday.

"Most of our pilots integrated into the flying schedule when our active duty counterparts returned to flight earlier this month," said Air Force Lt. Col. David Piffarero, 302nd Fighter Squadron commander. "This UTA will be the first weekend that all of our Reserve pilots and maintainers will be training together."

The stand-down, directed by the Air Combat Command commander, began May 3 as a safety precaution following 12 separate reported incidents where pilots experienced hypoxia-like symptoms. The stand-down was lifted and the entire F-22 fleet returned to flight following approval of an implementation plan developed by Air Combat Command officials.

Although the F-22's are back in the sky the Reserve will maintain an incremental return-to-fly plan similar to that of the active duty.

"We have a plan in place to get our instructor pilots and flight leads comfortable with basic missions before tackling more difficult flight profiles," said Piffarero. "Fortunately, we have several instructor pilots in the squadron who have been flying with the active duty for the past two weeks. We will rely on their experience to get the rest of the squadron up to speed as we finish up the return to fly plan for the rest of the pilots."

During the stand-down the Reserve pilots conducted simulator training and related training events to maintain proficiency.

"We continued briefing air and



Air Force Lt. Col. David Piffarero, 302nd Fighter Squadron commander, taxis an F-22 during the 477th Fighter Group's drill weekend, Saturday. This was the first weekend the 477th Fighter Group had conducted F-22 flight operations, following a four-month safety stand down. (U.S. Air Force photo/Capt. Ashley Conner)

ground threat academics to keep us up to speed on the latest threats facing the F-22. We would also brief some of our typical missions and then stepped to the jets to perform ground operations that included starting and taxiing the aircraft," said Piffarero. "We also had subject matter experts come to (JBER) to brief us on F-22 systems and the latest tactics to come out of the (U.S. Air Force) Warfare Center at

Nellis (Air Force Base, Nevada)."

The Reserve maintainers stayed busy as well, by enhancing safety procedures and endured rigorous inspections to validate their capability.

"During the stand-down the Reserve maintainers were inspected along with the active duty during the Logistics Compliance Assessment Program, which garnered the 3rd Wing an excellent

rating," said Air Force Master Sgt. Benjamin Waxenfelter, 477th Aircraft Maintenance Squadron, Tactical Aircraft Maintenance section chief.

Prior to the first F-22 taking off during the UTA, the 477th Fighter Group commander, Air Force Col. Bryan Radliff, spoke with his Arctic maintainers.

"The grounding period has been a difficult time for both man

and machine. I salute each of you who managed to keep both your mission focus and your skill at high levels that enabled such a seamless return to fly," said Radliff. "As we slowly work back in to a sense of normal rhythm, I ask each of you in the flying business to take it slow, continue to follow tech orders, think safety first and look out for each other."

Medical technician supports pararescuemen as they save lives

By Air Force Staff Sgt. Zachary Wolf
673d Air Base Wing Public Affairs

Jumping out of C-130s, rappelling out of helicopters, and saving lives are all in a day's work for the pararescuemen of the 212th Rescue Squadron. Their hard work has been featured in the local newspaper and Men's Fitness Magazine.

The 212th RQS has had a total of 56 saves already this year and one key element in that success is the individual duty medical technician.

Tech. Sgt. Darrell Mathieu, 212th RQS, is the IDMT for the rescue team.

As an IDMT, he does everything from logistics to training and even holds classes to teach the pararescuemen how to properly use their equipment.

Because pararescuemen get injured too, Mathieu also runs a medical hub, a place to diagnose and treat them, to take care of members of the 212th RQS.

"It is a 4N career field. It can take a medic three to five years to meet the core tasks to be completed to apply for cross training. In short order, it requires five-level tasks to be completed; by this time an individual is usually approaching staff sergeant and caps out for retrain up to master sergeant," said Mathieu.

The 4N career field is a medical career and an Airman earning a five-level is experienced and functions as a front-line technician and an initial trainer.

A few certifications Mathieu has are as a tactical combat casualty care instructor, a CPR instructor, certified in advanced cardiac life support, and pediatric advanced life support. On top of that Mathieu remains a current nationally registered paramedic.

"As an IDMT, I have to be very versatile and make do with what medications I'm given and use what equipment I have to make the mission



Tech. Sgt. Darrell Mathieu, 212th Rescue Squadron individual duty medical technician, checks the inventory of medical equipment on Joint Base Elmendorf-Richardson Oct. 12. (U.S. Air Force photo/Staff Sgt. Zachary Wolf)

work," said Mathieu.

"Everything is very improvisational," said Mathieu. "They come to me and say 'This is what we need' and I look at what we have and say 'Here's what we got; let's make it work.'"

Mathieu is also responsible for ensuring his pararescuemen know how to treat various conditions. He runs his team through multiple training scenarios until they're comfortable at treating patients.

"He is constantly seeking out ways

for us to make us better," said Air Force Master Sgt. Roger Sparks, 212th RQS pararescueman.

Mathieu is knowledgeable in clinical medicine and uses that knowledge in the training he gives, said Sparks.

"He is the bridge between clinical medicine and elite trauma medicine," said Sparks. "Not only does he say you guys need to use this drug, he says this is how you need to use it."

Mathieu doesn't stay around a hospital

because as an IDMT, he's required to be mobile and support in places that may not have medical expertise.

"(I've had) opportunities to work with joint U.S. forces and international interagency counterparts from a number of nations," said Mathieu. "Also, (I've been to) several countries in the South Pacific region."

Members of the 212th RQS aren't the only ones who benefit from Mathieu's expertise. Military in the area of responsibility and at home, along with civilians, reap the benefits of processes that were made better by Mathieu, Sparks said.

"Patients directly feel the impact of what Sergeant Mathieu does," said Sparks.

Another benefit of having an IDMT in the 212th RQS is that it frees up a pararescueman to do his job, which in turns makes them more effective, said Sparks. It also helps keeps continuity of the medicine and medical equipment.

"When you have a pararescueman in there, you have to rotate them eventually and with everyone having their own way of doing something, things can get pretty messed up," said Mathieu.

Mathieu has been working with pararescue for nearly seven years and really enjoys the environment as well as the results when working with them.

"It is so rewarding to support pararescuemen when there is a constant direct reflection of your work on a daily basis," said Mathieu.

Mathieu first came to Alaska on active duty and made some connections that helped him become a 212th RQS member in September 2009.

"I was able to reengage with guys I had worked with before and learned of the opportunity," Mathieu said.

Last day to apply for stop loss

By Eric Grill
Air Force Personnel, Service and Manpower Public Affairs

RANDOLPH AIR FORCE BASE, Texas – The Friday deadline to apply for Retroactive Stop Loss Special Pay has arrived.

Airmen who were involuntarily held on active duty between Sept. 11, 2001, and Sept. 30, 2004, may be eligible for the special pay compensation of \$500 for each month they were affected.

The 2009 War Supplemental Appropriation Act set aside \$534.4 million for the retroactive stop-loss special pay compensation authority. Officials said Sept. 1 only \$219 million has been paid so far.

Eligibility includes active, retired and former service members as well as members of the Reserve component who served on active duty while their enlistment or period of obligated service was involuntarily extended, or whose eligibility for separation or retirement was suspended as a result of stop-loss.

More than 8,220 current and former Airmen have been approved for retroactive stop-loss special pay

since Air Force Personnel Center officials here began accepting claims in 2009.

Claims are evaluated based upon historical records as well as all supporting documentation that the applicant may submit, said Air Force Capt. Rose Englebert, chief of the AFPC Separations Branch.

"The more information the member provides, the better," she said.

Air Force officials used stop-loss for Operation Enduring Freedom in 2001 and 2002 and Operation Iraqi Freedom in 2003.

The deadline to apply, originally set for October 2010, was extended to allow for more people affected to apply for the retroactive pay.

To file a claim, eligible members or legally designated beneficiaries may download a stop-loss claim application at www.afpc.randolph.af.mil/stoploss.

Airmen can call (800) 525-0102 to find out more.

Soldiers can call (877) 736-5554 to apply for stop loss benefits and for more information.

Red Ribbons raise awareness

The 2011 theme is 'It's up to me to be drug free'

Commentary by George Mongar
JBER Employee Assistance Program Coordinator

It is approaching the end of October and it is time for Red Ribbon Week.

Red Ribbon Week is an annual event that started out as a remembrance of a Drug Enforcement Agency agent who was brutally murdered by a drug cartel in Mexico in 1985.

The nature of his murder so shocked those who knew DEA special Agent Enrique "Kiki" Camarena that they began wearing a red ribbon once a year to remind people of the tragic cost of drug abuse.

The message spread and in 1988 the National Family Partnership took the Red Ribbon Week campaign nationwide.

The focus of the campaign is to educate individuals, families, and communities of the destructive effects of drug abuse and to examine our own lives and note those positive results from not using drugs.

The 2011 Red Ribbon Week theme is, "It's up to me to be drug free."

Children from Joint Base Elmendorf-Richardson schools and youth centers, in coordination with the Army Substance Abuse Program Prevention Coordinator, Ken Thompson, and Drug Demand Reduction Program Manager, Ken White, are participating in a variety of activities such as poster contests, Red Ribbon contracts between parents and children, jump rope contests, the annual Red Ribbon walk along with other activities.

For the adults and family members there is a "Lock Your Meds" campaign sponsored by the National Family Partnership on Thursday.

The target audience for this

campaign is 20 to 80 year-old adults, with the primary focus of keeping over-the-counter drugs and prescription drugs out of the hand of drug abusers.

Also for adults, the Red Ribbon week campaign will close with the DEA-sponsored, prescription drug take back program on Oct. 29 at 10 a.m. until 2 p.m.

The local pick-up points on JBER will be conducted by ASAP and the 673d Medical Group at the Joint Military Mall and Commissary entrances.

Old and no longer used medications are highly encouraged to be turned in. The program will not accept inhalers, liquids, or illicit drugs.

This is a great opportunity to empty out that medicine cabinet of old medications without polluting our landfills or poisoning the water supply.

Call 384-0863 for more information.

Managing maintenance with many maintainers

By Senior Airman Cynthia Spalding
JBER Public Affairs

Airmen of the 3rd Maintenance Squadron, 3rd Wing, joined their various job skills to complete one common mission, the home station check, the week of Oct. 11.

An HSC is an in-depth, four-day scheduled inspection of a C-17 Globemaster III.

Each aircraft is sent in for an HSC every 180 days.

Quality assurance personnel also come out to inspect the work being done by the maintainers.

HSC is a big part of the mission. It is the behind-the-scenes maintenance checks that can lead to savings in time and money, but it can also save lives, maintainers said.

"Your body may be working right on the outside, but like a doctor checks your insides, the purpose of HSC is to check the insides of the engines, the guts of the jet," said Robert Hopkins, a retired Air Force service member, working for Boeing as a recovery aircraft maintenance specialist.

One type of inspection done during an HSC is the bore-scope inspection.

This is where the maintainers look at the turbine blades and combustion chambers.

Air Force Staff Sgt. Colin Brown, aerospace propulsion lead technician for 3rd MXS HSC shop, described one instance where during this inspection, they found three cracks in the engines.

If these cracks had not been discovered, the problem could have led to a catastrophic engine failure or worse, a fatal accident could occur from engine combustion.

"We are like the Jiffy Lube of the Air Force. We change oil, filters, and tune up the engines and provide any immediate maintenance needs," Brown said.

If a check uncovers ice damage, a crack in a blade or debris in the filters, it is taken to Pratt and Whitney to



A C-17 Globemaster III, assigned to the 3rd Operations Group, 3rd Wing, sits inside a hangar with all accessory doors and thrust reversers open for a home station check, Oct. 11. The intense, four-day inspection of the C-17 checks the ins and outs of the aircraft, not a part of a normal everyday inspection. Maintainers from multiple career specialties with the 3rd Maintenance Squadron work together to complete the HSC process. (U.S. Air Force photos/Senior Airman Cynthia Spalding)

be analyzed.

The HSC process starts with Airmen washing the aircraft for maintenance preparation.

The initial step is to "tag-out" systems – the process to deactivate systems to safe so the aircraft is ready for maintenance, and to de-panel big parts to begin maintenance.

Which HSC process the aircraft requires determines the routine checks that are to be

performed. These processes can include anything from tire pressure checks, oil changes, electrical and gear inspections to hydraulic checks and flight deck panel checks – anything that moves on the aircraft.

"We de-panel and take apart the aircraft and inspect components that wouldn't be part of a normal everyday inspection," said Air Force Master Sgt. Joshua Stumpf, aero-repair section chief.

"The Airmen that complete these tasks work hard and effectively with each other. It's amazing how much work is accomplished when you have an integration of multiple agencies across the base to achieve the mission at hand."

The vast number and varied types of inspections and checks require a force of multiple career fields to play their part in the HSC process, whether it's doing the maintenance or providing

the support.

The different career fields that have a part in the required maintenance include crew chiefs, electrical and environmental systems, aerospace propulsion, electronic warfare, as well as many others.

There are times when the Airmen will work with maintainers in career fields other than their own.

For example, when aerospace propulsion mechanics have to perform an engine operational check, the hydraulic shop has to run their depressurization checks at the same time and they have to bleed all hydraulic systems for filter changes.

Also during this engine check, the E-and-E shop has to check their on-board inert gas generating system.

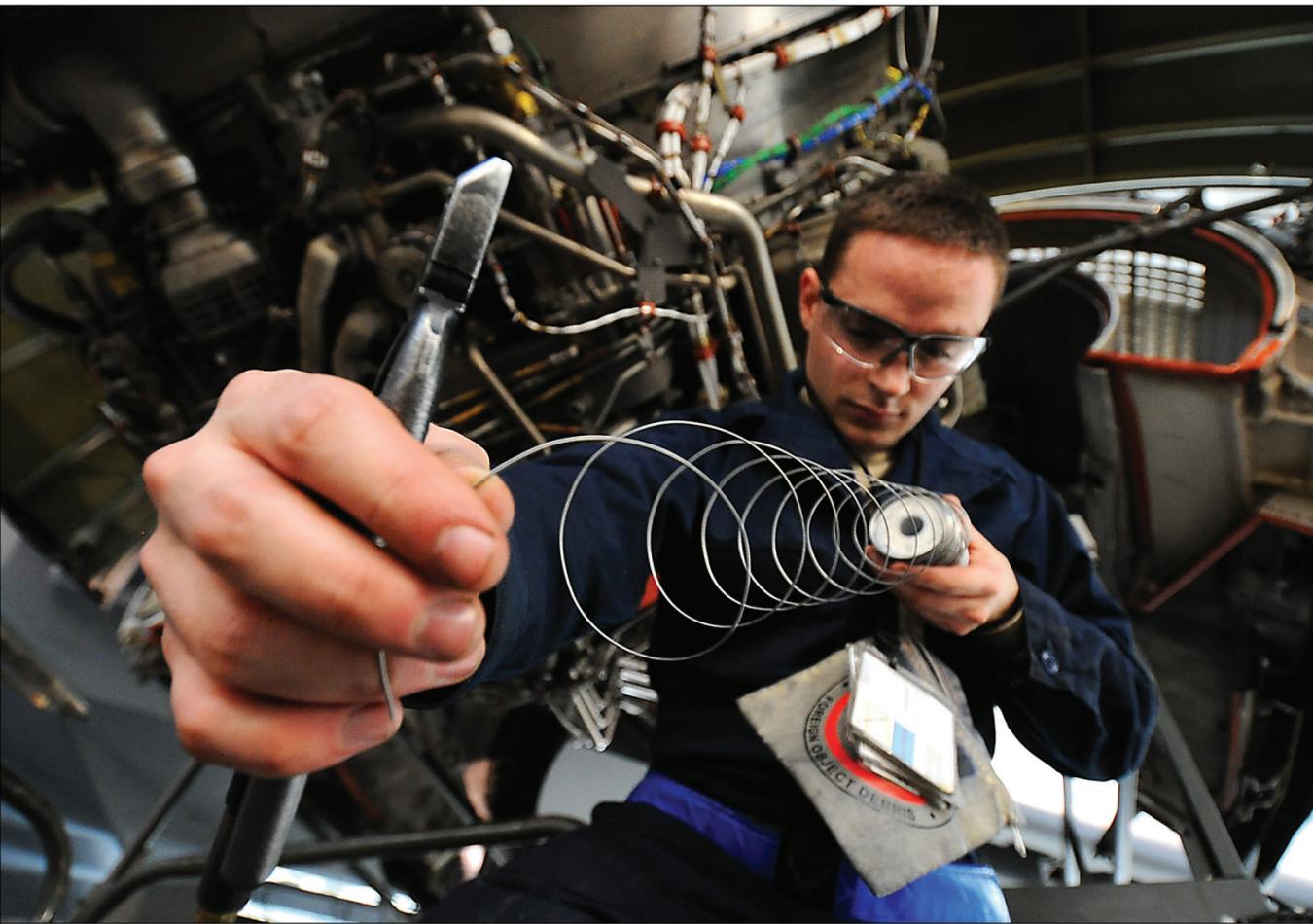
The hydraulics and E-and-E shop can't do their checks without the propulsion shop performing an engine run because their shops don't have engine-run personnel; working together saves time and money.

"There are many occasions where we also need to work with the sheet metal shop to have parts repaired or made. This requires an effective use of communication between our shops to get the materials needed to help us get the mission done," explained Senior Airman Nicholas Cantrell, an aerospace propulsion journeyman.

"I really enjoy working with the other Airmen with this task. There is a wide variety of skill sets here I can learn from, and I try to take advantage of every opportunity to learn about how something works and runs on the jet," said Airman 1st Class Rachel Zaker, a C-17 crew chief.

After all the required maintenance is completed and inspected, the HSC is complete.

The aircraft is now mission ready.



Airman 1st Class Jared Henson stretches safety wire just before cutting it for use during a home station check, Oct. 11. The intense, four-day inspection of the C-17 Globemaster III checks the ins and outs of the aircraft, not a part of a normal everyday inspection. Henson is an aerospace propulsion specialist with the 3rd Maintenance Squadron.

DoD seeks new tuition plan

By Donna Miles
American Forces Press Service

WASHINGTON – Pentagon officials are reviewing the Defense Department's tuition assistance policy, and no DoD-wide decision has been made to change benefits, officials said Thursday.

All military services are providing input to the DoD review, officials said.

Any recommended changes, they added, must be instituted in a deliberate, thoughtful manner that maintains the integrity of a joint, uniform policy for all service members.

Tuition assistance is a popular benefit for military members, particularly in light of the rising costs of post-secondary education courses.

However, in light of high military participation in the program, officials said the current tuition assistance policy has created funding challenges for the services.

During fiscal 2010, tuition assistance costs totaled \$542 million, they reported.

In light of current fiscal constraints, the services consider these costs unsustainable, officials said. However, even if adjustments are made to the program, they emphasized that the department will continue to support its members' higher education goals.

"Opportunities for personal and professional growth have long been a part of military life, and the Department of Defense is committed to helping service members pursue civilian education while in uniform," Robert L. Gordon III, deputy assistant secretary of defense for military com-

munity and family policy, said Thursday.

Among educational offerings at military commands and installations is access to tuition assistance counselors who provide face-to-face guidance to service members and their families, officials noted.

In addition, the Voluntary Education Program portal addresses a full range of educational issues, from tuition assistance and financial aid to information on more than 1,800 colleges and universities.

The portal may be found at <http://apps.mhf.dod.mil/voled>.

Meanwhile, DoD's off-duty, voluntary education programs represent one of the world's largest continuing education programs, officials noted.

About 300,000 service members enroll in postsecondary courses in year, leading to associate, bachelor's, master's, and doctorate degrees.

Colleges and universities also deliver classroom instruction through an extensive network to hundreds of military installations around the world. Easier access to online educational programs – regardless of where a service member may be assigned or deployed – has sparked higher participation and greater use of educational benefits, officials noted.

This comes at a time when tuition and fees have increased dramatically. In 2002 the average cost of an undergraduate course enrollment was \$276.79, and for graduate work, \$461.70, officials said.

Surgery

From Page A-1

that they get and the type of injuries they get, that's a great training ground – if you think about it – on home soil. It allows us



Spc. Rob Smith, a medic with the 8th Forward Surgical Team (Airborne), places an IV while instructing other medics in the proper technique during training at Joint Base Elmendorf-Richardson on Oct. 12. (Photo by Staff Sgt. J. Epperson/2d Engineer Brigade Public Affairs Office)

to perfect our skills and our techniques there on real casualties or real patients that need help, so it's a great teaching platform as well as a great platform to hone our skills," Gritta said.

"It gets us up to speed on some of the newest or latest trauma techniques or (operating room) techniques," he said. "It allows us to actually work as a team prior to going into a combat environment on real casualties or real patients."

"(The) first four days, we will actually get an orientation of the hospital and review of all the codes of everything we will need to know for the hospital system for the campus and then we'll go into a little bit of trauma process review and any new updates on trauma process and then we'll go into a mass casualty exercise that will get thrown at us and from there we'll actually work on patients from inside the (Trauma Resuscitation Unit) and we'll work within the hospital campus at the trauma center for the rest of the two weeks we'll be down there," Gritta said.

"We'll have what's called a capstone event and we will see patients non-stop for 48 hours, so we'll be pretty much working morning, noon and night for those two days, seeing trauma patients. There's no break time or nothing. It's 48 hours of non-stop seeing patients, and then we get on a bid and come home."

Sports move indoors

 Swim meet, soccer action
 and basketball are all
 on the docket,
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www.jber.af.mil/news

COMMUNITY

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Joint Base Elmendorf-Richardson

October 21, 2011

Domestic violence prevention is everyone's job

 By Matt Nicoli
 Air Force News Service

The real-life drama in Hollywood of people like Chris Brown and Rihanna, Mel Gibson and Oksana Grigorieva or Charlie Sheen and Brooke Mueller has put the issue of domestic violence in the spotlight.

It is intriguing that some people "know" who is telling the truth, who is lying and who is capable of what actions. In the case of Rihanna and Chris Brown, some said she deserved the beatings and even provoked him. With Gibson and his former girlfriend, there were two camps squarely facing off. Some paint Gibson as an evil man, where others describe Grigorieva as manipulative.

Mueller's record of addiction treatment was used to cast doubt on her credibility. Therefore, in the eyes of some, she must either be lying or is responsible for anything that occurred – if anything occurred at all.

The court of public opinion for celebrities functions in a similar manner to incidents that occur with everyday people. Often, someone's stellar work performance or public behavior is mistaken as an indication of their character in all circumstances. There are far too many families – military and civilian – who have lived with domestic violence out of fear that they, too, will be under the same scrutiny.

The dynamics of domestic violence go beyond someone being angry and lashing out. Everyone feels anger at one point or another, but not everyone chooses to take it out on their loved ones.

Domestic violence is more than a bad temper – it is about having control over another person. With domestic violence, someone decides that they are justified in hurting their loved one. They rationalize their own behavior by pointing the finger at the victim. The reasons are endless and range from having insecurities and feeling jealous, to having unrealistic expectations and entitlements about how they should be treated.

Domestic violence is gradual. The physical violence that people endure usually transpires after they have lived with emotional and verbal abuse for years. Constant put-downs, blame and insults are indicators that someone is abusive.

The occasional snide remark said

Domestic violence



U.S. Air Force photo illustration/Steven White

out of hunger, fatigue or a bad day is not nice, but it is not typically said with the intention of controlling another. Continually belittling someone, destroying a loved one's property and forcing someone to choose him or her over others, whether it be a pet, family or friends, are all ways that people can try to control others. The process is so gradual that the minor behavior – the insults, isolated incidents where property is broken or incessant phone calls or texts to determine one's whereabouts – are often overlooked or justified.

When the physical abuse occurs, the vic-

tim may not have the ability to leave. To add insult to injury, some offenders will go to great lengths to appear as though they themselves are the victims - that their actions were done to "protect" themselves as they are the ones who live in fear. The mind games and manipulation can be defeating to a victim who wants justice, but finds none.

Unfortunately, the military has its fair share of domestic violence incidents. They involve people of all backgrounds, faiths and ranks. Women have been abusive towards their male partners and vice versa. Pets have been killed,

personal property has been damaged and people have been threatened or, tragically, killed as a result.

The reasons people stay in abusive relationships are as varied as the people in the relationships themselves. For some, the life they live, although unpleasant and chaotic, is familiar. Anything else – even if it means safety and stability – is too scary to contemplate.

All members of the military, regardless of branch, and Department of Defense civilians are mandated reporters and must report suspicions of domestic violence to the Family Advocacy Program.

If anyone suspects that someone may be living with domestic violence, take them seriously and let them know help is available. Tell them you believe them. Regardless of how things may seem, remember that no one knows what goes on behind closed doors.

For those in an abusive relationship, Family Advocacy can offer counseling and services to help them become healthier and safer. Family Advocacy offers these services to couples who are married, have a child together, are living together or have divorced but reconciled.

Anchorage has several shelters for those seeking relief from domestic violence situations. In the event a person needs to leave, they should try to have important documents (driver's license, birth certificates, social security cards) with them.

There is a restricted reporting option that may be available to those who are suffering from domestic violence. With restricted reporting, there are no notifications to command. Those being hurt are able to obtain counseling and treatment as long as they are not in immediate danger, have not told others of the incidents and do not have children who have been hurt by the incident.

There may also be financial assistance to those who are experiencing domestic violence through the Judge Advocate General's office.

Unfortunately, some couples have significant issues that result in dangerous situations. If this is the case, there are things that can be done. Know who to call in case of an emergency, and have a safety plan in place so you can get out.

For more information or tips, visit the FAP office at the Joint Base Elmendorf-Richardson hospital, or call 580-2181.

Installation-wide recycling program becomes operational

75 pick-up areas make "recycling it right" easy

 By Chris McCann
 JBER Public Affairs

Leave forms. Scratch paper. Staff summary sheets. Sick call slips. Working for the Department of Defense – like most jobs – involves a lot of paper, and once it's used it goes into the waste bin or the shredder and quite often then to the landfill.

Not so on Joint Base Elmendorf-Richardson anymore. The Qualified Recycling Program is now operational, said Jeff Raun, who coordinates the program through the 673d Civil Engineer Group environmental office.

Office paper and cardboard are on the recycling list for now, although Raun hopes to see the program expand later this winter to include other items.

The installation can collect and sell the recyclables and keep the money to maintain the program; extra proceeds go to conservation and pollution-prevention programs.

This certainly isn't the first time there has been recycling on the installation, Raun said.

There have previously been recycling contracts and some units recycle on their own. But this is the first overarching program which is JBER-wide.

"We hope for a positive response," Raun said. "We've worked with other organizations in developing this program, and we



An employee transfers paper from recycling bins on Keesler Air Force Base to a container for shipping. (Courtesy photo)

hope to see people recycle right."

What is doing it "right?"

First, the office paper bins are for white office paper only.

Shredded paper is fine; leave it in the plastic bag.

"Contaminated recyclables can end up in the landfill," Raun said. In a worst-case scenario, throwing a newspaper or filter full of coffee grounds into a recycling bin could undo everyone's efforts to recycle the paper.

The curbside recycling programs in Anchorage and Eagle River, or in JBER housing areas, allow for commingled recyclables – toss the soda can in with the newspapers and plastic bottles; it's fine.

But those items are baled and shipped to the Lower 48, and communities pay for the service.

"In Alaska, there's no market for mingled recyclables," Raun said. We're required to separate items. By separating at the point of generation, we can bale it and sell it directly, and it commands a higher price. It allows the program to be cost-effective."

Raun is trying to make the process as painless as possible for those working on JBER, with 75 offices currently on a pickup route for paper. If you need a recycling bin or need to ask about getting on the pickup route, call the QRP office at 552-7753.

Linda Hunter, a contracting

officer with the 3d Contracting Squadron, said she takes a small pile of paper to the shredder once or twice a week.

By the end of the week, there are two or three large black garbage bags of shredded paper just on the floor she works on. Since the office stopped a recycling contract with a local vendor, those bags have been going to the trash – but now they will be recycled.

"It's less in the landfill," she said. "It will lower our costs for garbage disposal, and if they're picking it up, it's much more convenient. I'm excited. We've missed having this the last few years."

Tech. Sgt. Vickey Whaley of the 673d Equal Opportunity office

was also pleased to hear about the kickoff of the QRP.

"It makes me feel good to know that the EO office will be doing our small part to enhance life and resources here on JBER," Whaley said.

There will soon be 15 to 20 trailers around JBER for cardboard; any boxes that can't be reused – like for moving – can be broken down and dropped off.

This winter they hope to have a center operational for recycling cans, newspaper, and No. 1 and No. 2 plastics.

For information, contact the QRP office at 552-7753, email jber_recycles@elmendorf.af.mil or visit the Facebook page JBER Recycles.

Spiritual readiness: how chaplains care for families

Commentary by Air Force Chaplain (Capt.) Dale Marlowe
Air Force News Service

Readiness – it’s a concept we use every day. “Get ready for school.” “Get ready for work.” “Get ready for the next Operational Readiness Inspection.”

To determine our level of readiness we often look at multiple indicators to evaluate it against a set of prescribed rules or directives.

Yet spiritual readiness shows itself more in the day to day living of our lives.

Whether deployed to the front lines or taking care of the home front, Air Force family members must be spiritually ready.

Consider the following questions.

Do we have a moral foundation for our decisions? Are we able to face life with inner peace having experienced forgiveness? Do we understand our world view and how it impacts our interpretation of information? Are we motivated by a higher purpose, a purpose beyond ourselves?

Chaplains are uniquely trained to assist in these important areas of spiritual readiness – moral foundations, forgiveness, world views, and higher purpose.

Not everything fits into checklists,

instructions, regulations, or directives. Periodically we face ethical dilemmas that fall into gray areas.

Beyond what we have learned, we often find ourselves looking for extra guidance in our decisions.

We search our moral “warehouse,” stocked over time with our experiences and instructions, for a set of principles to apply in difficult decisions.

All too often we find our “warehouse” lacking the essential moral “equipment” needed to accomplish the mission.

Chaplains can help sort out the confusion of ethical dilemmas and moral vacuums.

As professionals who understand military challenges, societal demands, and personal convictions, chaplains are a valuable resource in helping one chart an ethical course through troubled waters whether at work or at home.

Spiritual readiness also demands that we be free from the burdens of guilt and anger. Before, during, and after a deployment, we may find ourselves struggling with guilt and anger.

Guilt eats away at one’s concentration, and anger left unchecked can drastically impede good judgment.

As we face the horrors of war and the realities of our own mortality, we need to be free from the natural effect of our fallen nature – guilt.

Unless we experience true forgiveness, we cannot offer it to others.

If we do not have it ourselves, we cannot be totally free to fight our nation’s wars and life’s battles.

Chaplains can help us discover forgiveness.

We all approach life with learned perspectives, filters if you will, through which we interpret our world.

These filters are instilled in us over the years through both culture and experience. We call these filters our world view – our set of beliefs through which we process events and information that bombard us each day.

Our world view directly impacts the quality of our decisions and actions, both on and off the job.

Chaplains can help you consider your world view and its impact.

Finally, while mission and patriotism are strong motivators what happens when these sources of motivation fade?

What will keep us in the fight? What will keep us keeping on?

Divine purpose provides the source of motivation needed. Internal motivations are easily swayed by external influences.

Earthly purposes quickly fade with time. When we question the purpose of our lives and our service, where can we turn?

Looking for a connection to something outside our own selves provides the essential perspective that keeps us going when we run out of steam.

As “visible reminders of the holy,” chaplains can help us find clarity of purpose and meaning.

In these critical times as a nation we are called to “Be Ready,” and to be fully ready we must pay attention to our spiritual readiness.

To be spiritually ready we have to be able to answer the following questions. Do we have a moral foundation for our decisions? Are we able to face life with inner peace having experienced forgiveness?

Do we understand our world view and how it impacts our interpretation of information? Are we motivated by a higher purpose, a purpose beyond ourselves?

So remember, chaplains are a great resource as you work on your spiritual readiness. Seek them out.

Power the force, fuel the fight with efficient energy

Use less energy, new ideas during Energy Awareness Month this October

Commentary by Gen. Ray Johns
Air Force News Service

“Efficiency promotes effectiveness.” That’s a creed the Air Mobility Command Fuel Efficiency Office have lived by since its creation in 2008.

Since then, they’ve helped save the Air Force millions of gallons of fuel as well as millions of dollars in the process.

The FEO’s motto and its efforts are just a part of what Air Mobility Command Airmen are doing to support energy efficiency and conservation across the command.

For fiscal year 2012, the Air Force’s motto for energy awareness is, “Power the force – fuel the fight.”

The Air Force, as well as AMC,

is working to instill a culture of energy efficiency among all Airmen and their families. In the end, the effort helps us all.

Changing our culture on energy use as a military force is critical to driving the new ideas and methodologies essential to achieving increased operational efficiency.

We’ve had a good start at AMC and in the Air Force, but we can do more.

We can make efforts similar to those of Air Force Lt. Col. Stan Davis, an reservist from the 317th Airlift Squadron at Joint Base Charleston, S.C.

Davis was a key player in building new approach and descent procedures for aircraft at the joint base where a historic agreement between the Department of Defense and Federal Aviation Administration was made.

The agreement establishes procedures for pilots called Optimized Profile Descent that reduces noises, fuel costs and emissions.

Davis noted, “This new procedure allows pilots to fly descent profiles using (the lowest engine power setting) which reduces the

amount of fuel consumed.”

The agreement, worked on by Davis went into effect Aug. 25 with new guidelines that establish four dedicated corridors of the airspace around Charleston, to allow any pilot the flexibility to descend at any gross weight on a predetermined track, guided by waypoints.

Davis spent part of two years in C-17 Globemaster III simulators, inputting data from professors at Georgia Tech University into the test.

The data gathered from optimized descents in civilian aircraft was then used in C-17 simulator trials to discover the best way to reduce fuel consumption.

FEO officials said specific fuel savings from OPD procedures are hard to determine precisely, but “previous FAA demonstrations at Los Angeles, Miami and Atlanta indicated a fuel savings of approximately 50 gallons or 340 pounds per arrival.”

Truly, this whole effort is efficiency in action.

Also, consider the efforts of Michael Miller at Fairchild Air Force Base, Wash.

Miller, an energy management control systems operator assigned to the 92nd Civil Engineer Squadron, was awarded the U.S. Federal Energy Management Program’s 2011 Federal Energy and Water Management Award for Exceptional Service earlier in 2011.

Fairchild Air Force Base leaders said that over the past 20 years, Miller has led and overseen the installation and operation of three Energy Management Control Systems.

His projects will accrue total lifetime savings of 1,326,000 British Thermal Units, \$7.9 million in cost savings and avoid emissions of 70,000 metric tons of carbon dioxide.

One more mobility Airman, Staff Sgt. Daniel Morrison, assigned to the 60th Aircraft Maintenance Squadron at Travis Air Force Base, Calif., was also a key player in saving energy in AMC when he implemented an energy conservation plan for his unit’s facility that saved more than \$1,000 a month.

After seeing the amount of energy his building was using, Morrison and his fellow maintenance

Airmen turned off 50 percent of the aircraft hangar lights that typically remain on.

Eventually, his unit “saved enough energy in one month to power another facility of similar size.”

Before the energy conservation plan was implemented, the monitors displayed 30 kilowatt hours of energy being used.

After one month, they read 11 to 15 kilowatt hours – a reduction of half or more, just by one unit making an effort.

Just like those AMC energy savings leaders at Joint Base Charleston, Fairchild Air Force Base and Travis Air Force Base, there are people throughout the mobility family doing great things every day to help our command.

As we continue down the path of energy conservation and efficiency, I ask that each and every person in AMC to continue to find ways to further this effort.

Together through this effort we will be even more efficient while maintaining our unrivaled effectiveness, ready to answer the call of others anywhere in the world.



Experience JBER Elmendorf-Richardson

Sunday & Monday Night Football at the Igloo
Win Alaska Airlines Miles*

- October 31 - 25,000 miles drawing
- December 26 - 25,000 miles drawing
- January 1 - Super Fan wins 50,000 miles

*Enter each week, must be present to win. Log in the most hours watching Sunday and Monday Night Football at the Igloo.
Ask us about bonus entries.
Polar Bowl at 753-7467

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Open to military and civilians, the Moose Run Golf Course Clubhouse is a perfect spot for your winter event. Great for unit parties, weddings, business retreats, company parties, and more!



For more information and prices, call 428-0056 or go to www.mooserungolfcourse.com

Arctic Oasis Community Center

Fall Fest Carnival

October 29

Noon - 4 p.m.

FREE

Festivities

- Indoor Trick or Treating
- Carnival Games
- Candy and Prizes
- ZumbAtomic

Demonstrations

- Kids Pumpkin Patch
- Bouncy House
- Craft Area

Costume Contest

0 - 3 yrs old - 1 p.m.
4 - 7 yrs old - 1:30 p.m.
8 - 11 yrs old - 2 p.m.
12 yrs & up - 2:30 p.m.

Call 552-8529 for more information!

Community happenings

FRIDAY THROUGH THURSDAY
Fiddler on the Roof

The Alaska Center for the Performing Arts presents this classic musical through Thursday. The play starts Friday at 8 p.m., Saturday at 2 and 8 p.m.; Sunday at 2 and 7:30 p.m., and Monday through Thursday at 7:30 p.m.
For information call 263-ARTS.

FRIDAY
Family Advocacy presents the Newlywed Game

All couples – dating, newlywed or married for any length of time – are invited to the Military Family Readiness Center from 6 to 8 p.m. to learn about couples' communication skills to improve their relationships. Food and prizes will be provided.
For information call 580-2121 or 384-6717, or call Family Advocacy at 580-5858.

Deployed Spouses Dinner

All spouses of deployed troops, Army and Air Force, are invited to a dinner at Chapel 1 from 6 to 9 p.m. The meal is hosted by the 673d and 3rd wing commanders and organized by the first sergeants. The entree will be meat or vegetarian lasagna.
For information call 223-2026.

SATURDAY AND OCT. 29
Old Town Autumn Fest

The Dorothy G. Page Museum in Wasilla hosts this two-day festival of family fun from 2 to 4 p.m. Saturday with pumpkin carving and decorating contests at the Old School House.
On Oct. 29 at 2 p.m. there will be crafts and games, hay rides, food and a ghost show, and contest winners will be announced as Wasilla celebrates autumn old-fashioned style.
For information call 373-9071 or visit www.cityofwasilla.com/museum.

MONDAY
Children's piñata party

Celebrate hispanic heritage with arts and crafts, snacks, piñata hitting by age group, and a children's Zumba lesson at the Arctic Oasis from 1 to 5 p.m.
All children from 1 to 17 years old are invited.
For information email JBER.OC@elmendorf.af.mil.

OCT. 28
Halloween parade

All children are invited to the JBER hospital from 1 to 3 p.m. for trick-or-treating along a route through the facility. Use the Bear Entrance and have some Halloween fun in a warm, friendly environment.
For information call 580-5674.

OCT. 28 AND 29
Trick-or-Treat Town

Children and adults of all ages can dress up in their best costumes and come to Trick-or-Treat Town Oct. 28 at 5:30 or 7 p.m. or Oct. 29 at noon, 2, 4, or 6 p.m. at the Alaska Communications Garage at 600 Telephone Ave.
This family-friendly event offers more than 40 "doors" and is a safe, warm environment for little ghosts and goblins to trick or treat in costume.
For information call 279-0700.

OCT. 29
Rage City Rollergirls

Anchorage's own community roller derby group battles it out again at the Dena'ina Center. Wheels hit the rink at 7 p.m. and the competition goes until 10 p.m.
For more information, call 272-4801 or visit www.ragecityrollergirls.org.

Te Vaka Concert

This group of musicians and dancers from around the Polynesian region brings upbeat, positive music with a rich mix of Polynesian ancient culture with the modern world. They play at the Alaska Center for the Performing Arts at 7:30 p.m.
For information visit www.anchorageconcerts.org.

OCT. 30
Owl-O-Ween party

Meet live owls at the Heritage Museum from 3 until 5 p.m. Bird handlers from the Bird Treatment and Learning Center will explain why owls are a part of Halloween, what they eat and more.
Kids in costume are welcome, and there will be trick-or-treat goodies.
For information call 265-2834 or visit www.birdtlc.net.

OCT. 31
JBER trick-or-treat exam

After trick-or-treating, families

are invited to bring their loot to the JBER passenger terminal for an X-ray scan between 8 and 10 p.m. Visit Building 10364 on 18th St. and check your goodies.
For information call 552-0503.

Nov. 1 THROUGH 15
1, 2, 3 Magic

Family Advocacy hosts this class on how to handle difficult behavior in children and how to encourage good behavior in a way that is clear and fair.
The techniques work even for children with disabilities, attention deficit disorder, and those with speech or other impediments. This three-session class meets from 10 to 11:30 a.m. at the Education Center in Room 224.
For information on this or any other programs offered by Family Advocacy, call 580-2181.

Nov. 5
Country Fair at Buckner

The Country Fair will be hosted Nov. 5 at the Buckner Physical Fitness Center, from 10 a.m. to 5 p.m. This fair and bazaar is full of holiday gift ideas and crafts as well as food and is hosted by the Fort Richardson Spouses' Club.
For more information, contact FRSCcountryfair@yahoo.com.

Nov. 7 THROUGH 21
JBER ham radio classes

The Elmendorf Amateur Radio Society hosts classes Monday and Tuesday evenings at 6 p.m. for four weeks for those who want to earn a Technician license. Preregistration is required.
For information call 552-2662 or visit www.k17air.us.

Nov. 11
Veterans Day roll call

The University of Alaska-Anchorage will join colleges and universities around the nation in a national roll call in honor of Remembrance Day at the Student Union Building, 2921 Spirit Way.
Names of those killed in the Global War on Terrorism will be read at the top of every hour from 10 a.m. until 5 p.m.
For information call 786-1221/

Nov. 17
Crafting social

The Elmendorf Officers' Spouses' Organization will host a "Cards for the Troops" crafting

social and special silent auction at the Dallas Community Center on JBER from 11:30 a.m. until 1:30 p.m. There will be a buffet and beverages.
For information visit www.elmendorfoso.com.

Nov. 19
Lutefisk and lefse dinner

Discover where Vikings got their strength by sampling traditional Norwegian fare at 4 p.m. or 7 p.m. at the Viking Hall. Reservations are recommended.
For information call 349-1613.

Nov. 19 AND 20
James McMurtry concert

This solo country acoustic concert features Texas singer-songwriter James McMurtry.
Catch him at the Alaska Center for the Performing Arts at 7:30 p.m. on Nov. 19 or at Vagabond Blues in Palmer Nov. 20 at 6 p.m.
For information call 263-ARTS or visit www.whistlingswan.net.

ONGOING
Thursday Nights at the Fights at Egan Center

Seven boxing matches at the Egan Center begin at 7:30 p.m. every Thursday evening. Tickets are available at the door or in advance through Ticketmaster.
For information call 263-2800.

Planetarium shows

Through 3-D graphics, surround sound and a dome screen, the Anchorage Museum's planetarium offers a fascinating way to learn about astronomy, the solar system and more. The museum is on winter hours.
For more information call 929-9200 or visit www.anchoragemuseum.org.

Watercolor exhibit

From Friday through Nov. 27, the Anchorage Museum hosts the Alaska Watercolor Society Juried Exhibition with a variety of styles and subjects, all by Alaskan painters.
For information, call 929-9200 or visit www.anchoragemuseum.org.

Model railroading

The Military Society of Model Railroad Engineers meets in basement Room 35 of Matanuska Hall, 7153 Fighter Drive at 7 p.m. Tues-

Chapel services

Catholic Mass
Sunday
9 a.m. – Soldiers' Chapel
10:30 a.m. – Elmendorf Chapel 1
5 p.m. – Soldiers' Chapel

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

Confession
Sunday
4:30 p.m. – Soldiers' Chapel
Monday through Friday
Before/after 11:40 Mass – Soldiers' Chapel

Protestant Sunday Services
Joint Liturgical Service Celebration 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

days with work sessions Saturdays at 1 p.m. Anyone interested in model railroading is invited.
For more information, call 552-5234 or 952-4353, visit www.trainweb.org/msmre or email bjorgan@alaska.net.

"All That Glitters: Images from Alaska's Gold Rush"

This new exhibit uses historical photos to tell the stories of optimistic prospectors when fortune hunters stamped north during Alaska's gold rushes.
The Last Frontier was filled with strategies and obstacles, disappointments and windfalls.
For more information, call 929-9200, or visit www.anchoragemuseum.org.



Experience JBER Elmendorf-Richardson



384-7619 The Arctic Chill open Sunday • 8 a.m. Monday & Thursday • 3 p.m.

- Win**
- NFL Tickets
 - Super Bowl Party Package
 - Weekly Prizes
 - New Football Menu
 - Free Member Breakfast - Sundays • 8 a.m. Non-Member \$6⁵⁰
 - Additional entries available
- Call for more info!



Cheer on your team at the Arctic Chill every Sunday and Monday. Join the Club and enjoy Members First Discounts and Football Frenzy Fun. Sign up at the Sustainment Flight, building 8124, JBER-Elmendorf or online at www.afclubs.net

2011 Schedule

WEEK 7	WEEK 8
Sunday, October 23	Sunday, October 30
Seattle at Cleveland, 9 a.m.	Indianapolis at Tennessee, 9 a.m.
Atlanta at Detroit, 9 a.m.	New Orleans at St. Louis, 9 a.m.
Houston at Tennessee, 9 a.m.	Miami at NY Giants, 9 a.m.
Denver at Miami, 9 a.m.	Minnesota at Carolina, 9 a.m.
San Diego at NY Jets, 9 a.m.	Arizona at Baltimore, 9 a.m.
Chicago at Tampa (London), 9 a.m.	Jacksonville at Houston, 9 a.m.
Washington at Carolina, 9 a.m.	Washington at Buffalo, 12:05 p.m.
Pittsburgh at Arizona, 12:05 p.m.	Detroit at Denver, 12:05 p.m.
Kansas City at Oakland, 12:05 p.m.	New England at Pittsburgh, 12:15 p.m.
Green Bay at Minnesota, 12:15 p.m.	Cleveland at San Francisco, 12:15 p.m.
St. Louis at Dallas, 12:15 p.m.	Cincinnati at Seattle, 12:15 p.m.
Indianapolis at N. Orleans, 4:20 p.m.	Dallas at Philadelphia, 4:20 p.m.
Monday, October 24	Monday, October 31
Baltimore at Jacksonville, 4:30 p.m.	San Diego at Kansas City, 4:30 p.m.

The Chill • Building 655 • 384-7619



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Wednesdays
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\$25 - \$100 per game
Over \$1000 Guaranteed Every Week!
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Come PLAY at The Arctic Chill



TEXAS HOLD'EM
at the Chill
Thursday Nights
• 6 p.m.
Weekly Prize Pool
Top 8 Qualify for Final!
Sign up 5 p.m.



Thursdays
GAME STARTS 6 P.M.



ABOVE: Adam Beard drives for an 84th Engineer Support Company basket over Headquarters and Headquarters Company, 4th Brigade Combat Team (Airborne), 25th Infantry Division's Enoch Vinson in the first half of their intramural basketball game Monday night at Buckner Physical Fitness Center. HHC/4-25th ABCT came from behind in the second half for a 48-43 victory. (U.S. Air Force photos/John Pennell)
RIGHT: Paul Porras Jr. drives the ball upcourt against the HHC/4-25th ABCT defense. Porras and his 84th ESC teammates held a 23-21 edge at halftime, but lost 48-43.

Intramural sports move indoors

PAO staff report

With the onset of cold weather, most intramural sports action has moved indoors at Buckner Physical Fitness Center.

Intramural basketball games are played week nights at 6, 7, 8 and 9 p.m. on two courts, while inner tube water polo matches are competed in Buckner's pool every Wednesday evening starting at 7 p.m.

A swim meet is also planned for the pool Oct. 27, starting at 5:30 p.m.

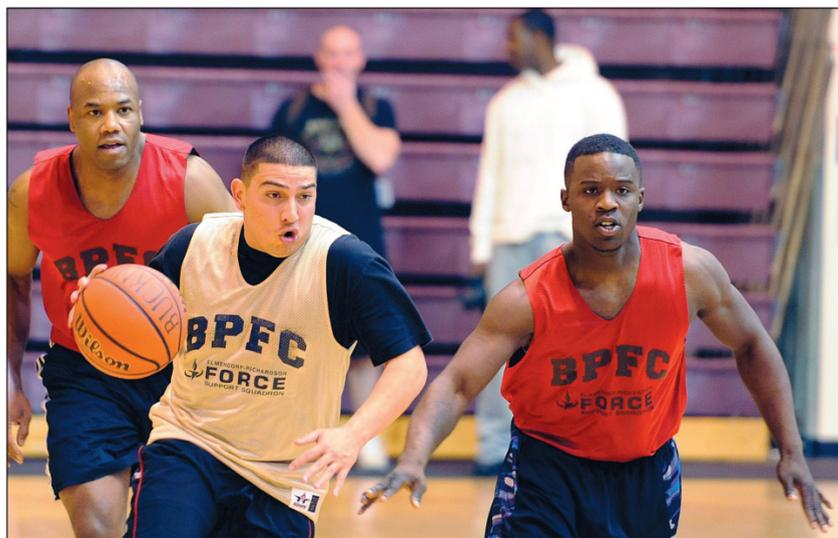
Indoor soccer action began this week, with matches played Fridays at 6, 7, 8 and 9 p.m., and Saturdays and Sundays at 1, 2, 3 and 4 p.m.

The big event of the weekend will still be outdoors, as the top three Army flag football teams compete in the Joint Base Elmendorf-Richardson tournament against the top three Air Force teams at Buckner's field.

The 95th Chemical Company will open against the 673d Force Support Squadron at 11 a.m. Saturday, with the winner moving on to play the 56th Engineer Company at 1 p.m.

The 673d Medical Support Squadron will play the second game of the day against C Company, 307th Integrated Theater Signal Battalion, at noon, with the winner playing 3rd Mission Support Squadron at 2 p.m.

The championship game is scheduled for 3 p.m.



HHC/4-25th ABCT's Enoch Vinson contests a shot from 84th ESC's Adam Beard in the second half of their basketball game Monday night at Buckner Physical Fitness Center.

Alaska Quake hoopsters visit Begich Middle School

Reservist, Guardsman go semi-pro with Alaska players, hope to inspire youth to achieve more

By Capt. Ashley Conner
477th Fighter Group Public Affairs

The Alaska Quake basketball season will open Dec. 3 and two members of the Air Force Reserve and Army National Guard can be seen on the roster of Alaska's newest semi-professional basketball team.

Master Sgt. Jonathon Orzechowski, an Air Force Reservist with the 477th Civil Engineer Squadron and Sgt. Joey Lewis with the Army National Guard's E Company, 1-207th Aviation, were added to the roster when the team held its try-outs in late August and were on hand at the team's meet and greet Oct. 8 at Begich Middle School in Anchorage.

"Our team is made up of all players from Alaska," said Orzechowski. "So it is great to be able to play games for the local crowd and give back to the community."

Orzechowski played basketball at Anchorage Christian Schools where he attended high school and is excited to be a part of the team.

"It's great to play ball again," said Orzechowski. "The meet and greet was a great opportunity for the whole team to get together with the support of our family and friends and kick-off a great first season."

The Alaska Quake, an American Basketball Association franchise team, became a reality when Shana Harris, a member of the Alaska Air National Guard, her husband Robert Harris, a member of the Alaska Army National Guard along with Carol and Gabriell Taylor, also members of the Alaska Air National Guard, decided to start the team as a non-profit organization to help mentor children through sports and dance.

"The ultimate goal for our non-profit is to provide children with other options that keep them off the street," said Shana Harris, Alaska Quake chief executive officer.

"Not only were we looking for great dancers and great players on the court, we were looking for men and women that could be positive role models to children," she said.

Harris anticipates that the first free basketball and dance camps will be held next summer funded by the proceeds from this season's 14 games. They also collected slightly used children's winter coats for the Alaska Quake Coats for Kids Campaign.

The team's first game will be Dec. 3 against the Seattle Mountaineers at Begich Middle School.

They are anticipating some NBA players to suit up with the Mountaineers due to the NBA league lockout.



RIGHT: Master Sgt. Jonathon Orzechowski, a Reservist with the 477th Civil Engineer Squadron, signs an autograph for Kelby Therrien during the Alaska Quake meet and greet at Begich Middle School Oct. 8. Sergeant Orzechowski was one of 20 players who made the roster for Alaska's newest semi-professional basketball team. (U.S. Air Force photo/Capt. Ashley Conner)

Overwhelmed? 'Dads 101' offers pointers for new fathers

Commentary by Air Force Staff Sgt. Zachary Wolf
JBER Public Affairs

Being a new dad can be a scary thing, especially when you have no idea what your role will be.

Fortunately, there is a place where dads can go to get advice and learn what it is to be a dad and team player with their partner.

Being an expecting dad, I can say this class is worth going to, especially if you know little to nothing about what to expect from fatherhood.

"This class is for anyone who is going to be a dad or is a new dad," said Dads 101 instructor Air Force Staff Sgt. Scott Campbell, an instructor with 372nd Training Squadron, Detachment 14.

It's not just for dads that have a little one on the way. You can still learn skills even if you have a baby at home.

Dads 101 is strictly volunteer, and the only one who can make you go is you – and maybe your wife.

In class, rank doesn't matter; we are all just

dads sitting around talking. When I first got there, I didn't know what to expect but when the instructor started talking, I felt I was talking to an experienced dad, who could answer any questions I had.

"Dads 101 is for those that want to learn, for those that think they already know, and those who are curious on what to expect while their partner is expecting," said Campbell.

It's a conversation held in a group setting and it really feels like that.

You don't come in and just listen; it is a fully interactive class.

It is a place to ask your questions that you may have no idea about, whether it is about temperature of food or what kind of diapers to get.

"(Don't think of it as) a class, it is the equivalent to going to a party and talking to a buddy who is a dad," said Campbell.

I would definitely recommend this class because before I got to talk to a dad, I was confused and honestly somewhat afraid.

I haven't taken care of babies and didn't

know what to expect but the information is helping me understand more about my baby-to-be and even my wife as she goes through the changes.

The average number of dads who attend this class is about five to seven but the Family Advocacy Program, which administers Dads 101, hopes that number will go up as more dads hear about this class.

The FAP personnel are trying to teach the program on monthly basis, but because it's volunteer, they are looking for more instructors to make that possible.

"I teach this class because it's a class I wish I had before I was a dad," Campbell said.

The only requirement for being instructor is that you are a dad, said Campbell.

The fact that dads are showing up to the class shows initiative of those who want to know what they can do to be good dads.

"I want to be that father someone comes to for advice," said Airman 1st Class Duquin Bradley, 773rd Civil Engineer Squadron water and fuels engineer.

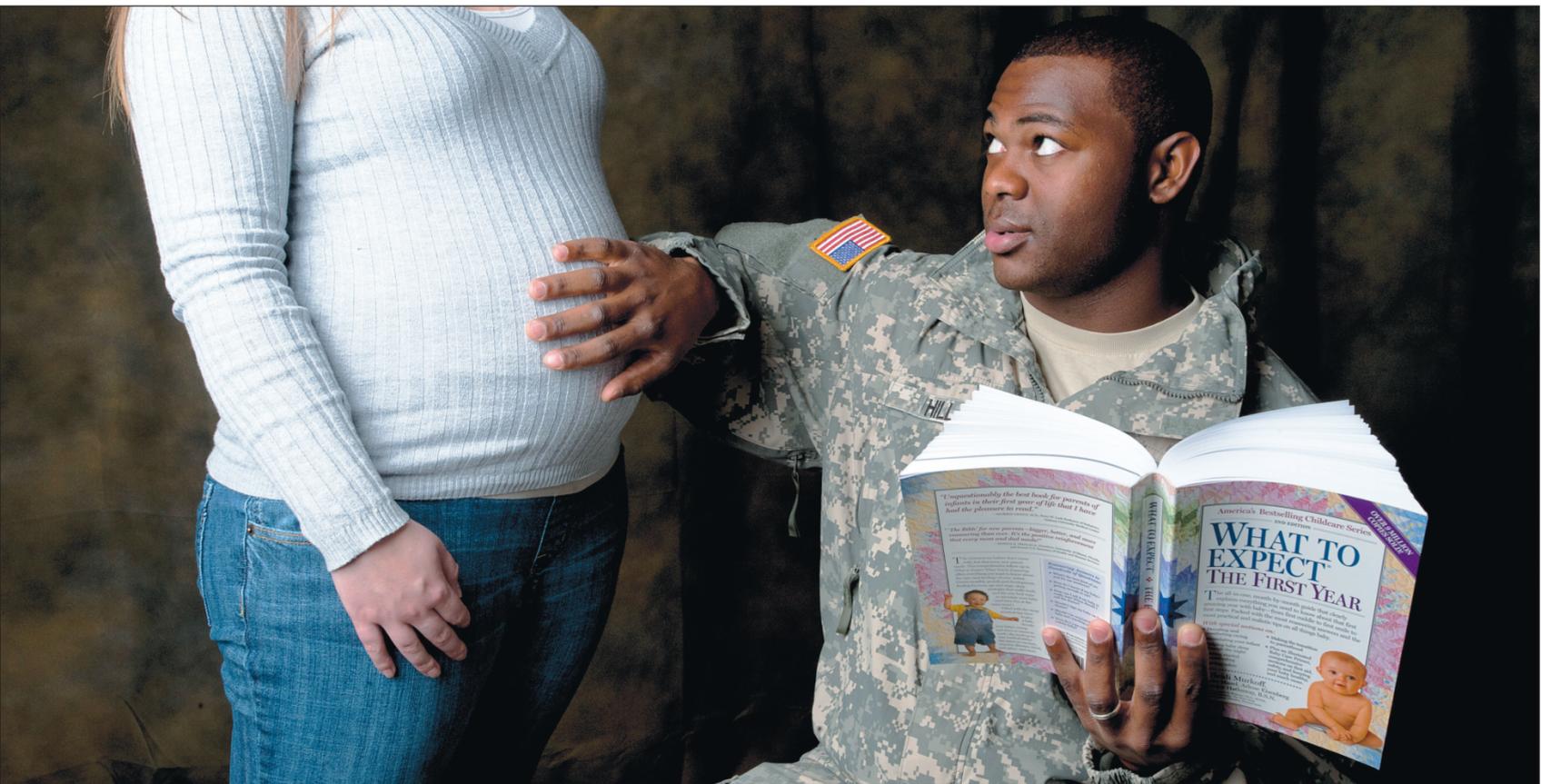
"The 'tag team' method is one I will use," said Spc. Robert Pearson, 793rd Military Police Battalion. "If I get frustrated, I get my wife to take over and in the event that I'm alone, I'll just leave him in a safe place and walk away after I make sure I have taken care of his needs."

The class is approximately eight hours over a two-day period and covers any questions.

At the end of the class, the instructor collects email addresses of those who want to be contacted, and will follow up with any questions and stay in touch as former students transition to being new fathers.

"Why be afraid when someone can tell you what to expect?" Campbell said. "Go ask, get the training. I beg people to step up to the plate as new fathers and come to this class."

To sign up for the next Dads 101 class, contact Family Advocacy at 384-6717.



Pfc. Zeraan Hill, C Company, 307th Expeditionary Signal Battalion, poses with his wife, Madison, Wednesday. Hill attended the Dads 101 course on Joint Base Elmendorf-Richardson to learn more about how to be a father to the baby they're expecting soon. (U.S. Air Force illustration/Staff Sgt. Zachary Wolf)

Beat the bulge and Soar into Shape this year

By Senior Airman Jack Sanders
JBBER Public Affairs

Have a plan to combat those holiday pounds and stay in shape this winter?

If not, then consider what nearly 300 people last year did and sign up for Soar into Shape offered by Joint Base Elmendorf-Richardson's Health and Wellness Center.

The nine-week programs focus on healthy lifestyle choices during Alaska's long winter months, a time when many people might have a tendency to go into their own state of hibernation and pack on a few extra pounds, said Rebecca Kleinschmidt, HAWC health educator.

People can sign up as individuals or in teams of two to four people.

"We're really encouraging families to participate as well," Kleinschmidt said. "We feel like, if people do it as an entire family, the adults are providing some positive role modeling to the kids."

This is the fourth year of the program. This year there are two nine-week blocks; one started Oct. 11, and the next will start in January after the holidays.

Signing up before the start date is best, but people can jump in any time.

She also said the program is emphasizing focus on people's VO2 max, which is more of an overall fitness assessment of a person.

It stands for maximal oxygen consumption and is the maximum capacity of an individual's body to transport and utilize oxygen during incremental exercise, which reflects the physical fitness of the individual.

In order to demonstrate the emphasis on VO2 max, she said they're going to show people how to be active effectively, whether it's the proper way to lift weights, do cardiovascular workouts, or how to eat and be active in a way that will increase their metabolism so that even when they're sleeping, they'll be burning more calories.

During the duration of the program, individuals or teams will receive points, based on their nutritional eating habits, exercise regime, and attending health and nutritional classes offered

by the HAWC.

At the end of the program, people with the highest points total for male, female and team will receive prizes, along with the male and female who lost the most weight.

A monthly calendar will be distributed, with between 20 to 30 classes available a month at various times and locations in an effort to accommodate everybody's schedule.

"(During the classes, we'll) take data on what they're eating at the beginning of the program and ask the same questions at the end of the program in hope that we see that through the classes, encouragement and team support that they've made some good healthy changes at the end of the (program)," said Kleinschmidt. "(Then we hope,) this will be long-term behavioral changes that they can carry through the rest of their lives in order to stay healthy."

Those who have participated in the past said that this program had been very good to them.

"I thought it was a very excellent program," said Master Sgt. Cheryl Voeste, who participated before. "It built camaraderie, challenges and it also set a healthy life style."

She said one of the better aspects of the program was meeting new people from all over the installation and seeing what kind of workouts they would perform and maybe take one or two tips from them and adapt them to her own workout.

Dr. Gwendolyn Hoskins, also a past winner, said she felt the health and nutrition classes were very beneficial to her, "It's a full commitment that you make, but you get the results in the end."

She said making exercise and a healthy diet part of her everyday routine, like getting up and going to work, was the most valuable thing she took away from the program. It helped her make some long-term healthy changes by getting herself into that routine, she added.

Both women said they would suggest this program to anyone because of the impact it had on them. Soar into Shape is open to all Department of Defense identification card holders and to children five and older.

Everyone is still welcome to sign up for the ongoing program.

For more question about the program or how to sign up, call the HAWC at 552-2361 or 552-9939.

Winter driving can be a slippery proposition - be safe

JBBER Public Affairs
News release

In Alaska, we pay for the gorgeous scenery, long summer days and incredible fishing not with the dark of winter, but with its often-abysmal driving conditions.

Taking public transportation or a car pool keeps vehicles off the road, but sometimes it's just not an option.

Here are some tips for driving in the slushy, icy, snowy and dark Anchorage conditions.

If you must drive, keep your eyes on the road far ahead, slow down and remember "the posted speed limit is for ideal road conditions", and follow these tips for safe driving on icy roads.

Be careful in snowy or wet conditions at 25 to 32 degrees Fahrenheit. Tires actually get better traction on solidly frozen roads at lower temperatures.

Be alert on high-traffic roads, intersections and curves. Snow and ice get packed down in these areas and make them even more slippery than usual.

Don't lower your tire pressure; it won't give you better traction.

Tire inflation already drops one pound for every 10-degree drop in temperature. Lowering tire pressure on your own can create a too-flat tire condition.

When driving on snow or in icy areas, start out slowly to avoid losing the small amount of traction between the tires and the road.

Every time you spin those wheels, the snow gets smoother and the traction decreases.

If you fear a skid because you've never actually experienced one, try practicing.

Go to an empty parking lot during daylight hours (for example, a school lot after the school day is over) and drive around on the packed icy snow.

Hit the brakes to mimic a skid, and see what it feels like to steer into it, regain control of the car, and turn and brake under these conditions.

Ice pads are available for official and unofficial training at Joint Base Elmendorf-Richardson and Fort Wainwright.

Training for Soldiers, their family members, and Department of Defense civilian employees must be sponsored through your unit or directorate of assignment by scheduling with Range Control.

Cars steer by traction. The safe-

est way to maintain control of the car is to rotate the steering wheel gently and drive slowly going into a turn. Don't make any sudden movements.

Turning creates centrifugal force and if you combine that with no traction at the front wheels, the results will surely be a skid.

If operating a vehicle without anti-lock braking systems, apply brakes by gently tapping the pedal, about once or twice per second, so you don't break the traction between the tires and the snowy surface.

If operating a vehicle with ABS, apply continuous steady pressure and do not let up when the brakes start chattering; it's normal.

In either case, remember, stopping in snow could take up to four times the normal stopping distance.

If you're in a skid, don't panic. Keep your eyes focused on a point in the distance in the direction you want to head. With that target in view, you'll be able to redirect the car better.

If it's a front-wheel (full-car) skid, let off the gas gently, depress the clutch if you have one, focus on your target, and try for two or three seconds to steer back on course. If you don't get control by then, brake gently.

If it's rear-wheel (fishtailing) skid, turn into the skid if you can – but only slightly, just enough to right the car.

Focusing on the distant target helps prevent overcorrecting.

If the car gets stuck in the snow, keep your head. Always carry a bag of sand or cat litter in your trunk, and spread some around the tires to give them better traction.

The "overdrive" and "cruise control" features are not designed for icy or snowy conditions.

Keep the overdrive off when driving in and around town to save wear on your transmission.

If the cruise control kicks in when driving on snowy highways it may cause tires to spin, lose traction and cause skidding.

Keep extra windshield washer solvent in your trunk, because all that dirty snow and road residue shooting up from highway will require frequent windshield washings.

It's a real challenge to drive in the snow and ice, but with a little planning and practice you'll be an expert before breakup.

Keep your temper and your driving habits as cool as the outdoor temperatures, and you can reduce your risks considerably.

