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673d Air Base Wing commander will meet, talk with JBER civilians, details on Page A-4



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# ARCTIC WARRIOR

Volume 3, No. 3

Joint Base Elmendorf-Richardson

January 20, 2012

## Deicer keeps the mission from freezing



Airman 1st Class Jesse Stewart controls a global ground support aircraft deicer to remove snow from a C-17 Globemaster III Jan. 12. The deicing season usually lasts from October to April. Stewart is a C-17 crew chief with the 703rd Aircraft Maintenance Squadron and hails from Brilliant, Ohio. (U.S. Air Force photo/Staff Sgt. Cynthia Spalding)

### Unit chosen as Air Force standard

By Air Force Staff Sgt. Robert Barnett and Staff Sgt. Cynthia Spalding  
JBER Public Affairs

A large cloud hovers in the sky, darkening as the low temperature causes a unique crystalline structure to form and drops it towards the land below. The snowflake is joined by billions of other snowflakes, one

tiny piece of a blizzard, common in this region in the winter.

The snowflake lands on the wing of a cargo plane on the flight line of Joint Base Elmendorf-Richardson. There it sticks and joins the growing ice. If it stayed there, it would throw off the aerodynamics of the plane. That would put the plane, the pilot, the military and families on the base – and potentially the local area – in danger.

Fortunately, aircraft maintainers of the 732nd Air Mobility Squadron anticipate and regularly inspect the aircraft for ice.

They have Global Ground Support Aircraft Deicers to solve the problem and have been trained in a specialized simulator to help operate it.

“We were the first military entity in the world to purchase the simulator in 2009,” said Ken Culberson, Air Force Engineering and Technical Services, head of the deicing simulator training and native of Sikes, Ill. “Our mission is to keep our technicians in a heightened state of proficiency and to ini-

See 732nd AMS, Page A-3



Sgt. Shane L. Guszregan

### National Guard Soldier found dead in home

Alaska National Guard news release

The Soldier found dead in his home in Anchorage Tuesday has been identified as Sgt. Shane L. Guszregan, 30, of Palmer.

Guszregan was assigned to E Company, 1st Battalion, 207th Aviation Regiment, Alaska Army National Guard.

Guszregan joined the Army in September 1998, completed Basic and Advanced Individual Training as a petroleum supply specialist before joining the Alaska Army National Guard in September 2002.

While in the Alaska Army National Guard, he was deployed to Kuwait with 3rd Battalion, 297th Infantry Regiment from October 2006 to October 2007, with 1-207th Avn. to Kosovo from November 2008 to November 2009 and with B Company, 1-207th Avn. to Iraq from August 2010 to July 2011.

The cause of death remains under investigation by the Anchorage Police Department.

The next of kin have been notified. A memorial is scheduled for 2 p.m. Monday at the Soldiers’ Chapel on Joint Base Elmendorf-Richardson.

## Murkowski springs surprise visit on Orion Elementary, JBER

By Air Force Staff Sgt. Sheila deVera  
JBER Public Affairs

Sen. Lisa Murkowski talked to the staff and students of Orion Elementary School, answered questions from spouses and hosted a town hall meeting during her visit to Joint Base Elmendorf-Richardson Tuesday.

Upon arrival, Murkowski toured the school with Principal Jon Forbes before surprising the students.

“The last time I came to this school was eight years ago,” she said to the kindergartners. “Who in here is eight years old?” She asked jokingly.

Before answering any questions, Murkowski reminded the students she represents all of them. “You are my boss,” added the senator.

During the school assembly, Murkowski answered a few questions from the students, ranging from how congress passes laws to meeting the president. Before she left, the students sang “Alaska’s Flag.”

Later that afternoon, Murkowski hosted a town hall meeting for enlisted Soldiers assigned to U.S. Army Alaska at JBER.

“There is a great deal of uncertainty in the strength of our economy, political future and in our military,” Murkowski said.

While addressing pressing issues in Congress, Murkowski wanted to hear about some concerns from the Soldiers and try to alleviate their worries.

“I would hope you would use this meeting as an opportunity not only to educate me but also express some thoughts, and to help



ABOVE: Students from Orion Elementary School watch Sen. Lisa Murkowski draw during her visit at Joint Base Elmendorf-Richardson, Tuesday. Murkowski presented a book and a U.S. flag to the school after accepting an invitation from one of the staff to visit Orion Elementary School.

BELOW RIGHT: Soldiers from Joint Base Elmendorf-Richardson listen to Sen. Lisa Murkowski during a town hall meeting Tuesday. Murkowski answered questions from Soldiers ranging from pay benefits, budget cuts and reduction of force structure, retirement, healthcare, education and housing. (U.S. Air Force photos/Staff Sgt. Sheila deVera)

me gather some information I can take back to Washington,” added Murkowski.

Murkowski answered questions from Soldiers ranging from pay benefits, budget cuts and reduction of force structure, retirement, healthcare, education and housing.

“We asked a great deal of our men and women in uniform. You volunteer, you sign up, put your families through a lot, and you go through a lot,” she said.

During the meeting, Murkowski encouraged Soldiers to share their understanding of defense issues.

“With the military, it’s the mission that drives the budget and not the budget that drives the mission,” she said. “You may or may not consider yourself Alaskans, but I consider you my constituents. I am here to serve you as you are serving our nation. You are in my state and I am responsible.”



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**Community**  
Check out the community section for the latest sports, family and recreation news for Joint Base Elmendorf-Richardson and the Anchorage Bowl area



# Dempsey talks advantages of new strategy

By Cheryl Pellerin  
American Forces Press Service

The Defense Department's new military strategy offers it more opportunities than liabilities, and the military is not being victimized by the need for a leaner budget, Gen. Martin Dempsey said Monday.

The chairman of the Joint Chiefs of Staff addressed hundreds of attendees at Duke University's Page Auditorium during the annual Ambassador S. Davis Phillips Family International Lectureship.

"The real question from me to the service chiefs and the secretary of defense is how can we look at changing the way we deliver our objectives given these (budget constraints) and, actually, its enormous opportunity," Dempsey said.

"I think there is as much opportunity as liability," he added.

The chairman stressed that the military services are not being victimized by the U.S. economic crisis.

"We clearly have a role to play, all of us as citizens, in helping the nation address this economic crisis," he said. "We understand that for the nation to overcome its debt crisis and some of the other economic challenges it has, we have to get a hold of costs. And we will."

Dempsey added, "This is something that we, the Joint Chiefs, have embraced as what's best for America, and we'll figure it out."

The most important part of the emerging defense strategy "and where we're trying to get between now and 2020," he said, is that



**Spc. Cody Brice of Laughlin, La., of 1st Battalion, 501st Infantry Regiment (Airborne), provides security outside of Combat Outpost Bak in Khovst province Jan. 1. A new U.S. defense strategy details nation's capability to undertake military operations in more than one theater war. (U.S. Army photo/Sp. Phillip McTaggart)**

the United States is and must always be a world power.

President Barack Obama released the strategic guidance alongside Defense Secretary Leon Panetta and Dempsey at the Pentagon Jan. 5. The guidance describes how the military will maintain superiority by becoming more agile, flexible and ready for the full range of contingencies and threats.

The strategy honors four principles – the

U.S. military must remain preeminent, there will be no hollow force, financial savings must be balanced, and the all-volunteer force must be preserved, keeping faith with men and women in uniform and their families.

"It's a real strategy," Dempsey told the Duke University audience. "We made some real choices. We've taken real ownership of it. It seeks a balance of principle and pragmatism."

The nation's military needs in 2020

are "what we should be thinking about," Dempsey said.

That means some combination of changed relationships between the traditional and conventional military components, the emerging components such as cyber, the lessons of the last 10 years of war, especially special operations forces, the chairman added.

"It's a new relationship among the services potentially a change in the way we approach security challenges (and) shifts in geographic priorities," he said.

Also changed is the two-war construct, Dempsey said – the idea that arose in the era of the Soviet Union that the United States should be able to fight two large-scale land wars at the same time.

"Somebody said, 'Aha, you're taking that language out because now you're only going to fight one war,'" he said. "I would never say that. The nation doesn't need a military that can only do one thing at a time. The nation needs a military that can do multiple things" to give the nation's leaders as many options as possible.

Taking the two-war wording out of the defense strategy released the department from the "tyranny of language" associated with that construct, Dempsey said.

"That was fine when the world was like that and it was fine when resources were not an independent variable," the chairman said, "and so by freeing ourselves from that tyranny of vocabulary I think what we can actually allow ourselves to do now is to think differently about how we achieve the outcome."

# Chaplain calls resiliency a leadership responsibility

Commentary by Air Force Chaplain (Col.) Steve Schaick  
Air Force News Service

There is good reason for all the talk about resiliency. Resilient people not only spring back from the curve balls of life, but actually grow stronger in the process. Too often, when we look to grow resiliency in the force, we turn only to our medical professionals and Chaplain Corps for help. Though these are key players, resiliency is first and foremost a leadership issue.

Nan Henderson, president of Resiliency In Action, suggests there are six things leaders can do to dramatically affect both individual and organizational resiliency. With permission, we have taken these six principles and translated them into operational terms.

## Grow wingmen

The "Wingman" idea is central to our Air Force culture. Wingmen take care of Wingmen and don't tolerate careless or reckless behaviors such as speeding, alcohol abuse, and dangerous stupidity.

People sometimes set out to do brainless and dangerous things, not necessarily with the intent to hurt themselves, but to see if anyone cares enough to stop them. Wingmen stop stupid.

## Expect excellence

A second way leaders create a culture of resiliency is by setting high, but realistic expectations. Excellence is not only one of



**An Alaska Air National Guard, 212th Rescue Squadron pararescueman stares out the window of a U.S. Coast Guard C-130 Hercules waiting to reach the drop zone during a training mission June 23, 2011. Troops demonstrate resiliency through bouncing back from adverse situations. (U.S. Air Force photo/Senior Airman Jack Sanders)**

our Air Force Core Values but builds winning teams.

Suicide attempts are dramatically reduced in cities that celebrate a Super Bowl win. Why? Everyone wants to be on a winning team and winners practice excellence.

## Encourage service

Those who practice generosity and make positive contributions to others end up contributing to their own resiliency. We

are wired for service. Something deep within us longs to make a difference in the lives of others.

Organize a service day to a local orphanage, soup kitchen or homeless shelter and watch your unit grow in its ability to take on the mission with passion and courage.

## Grow unit cohesion

Connected people are more resilient than isolated people. Facebook and Twitter

build lousy community. I recently learned of a squadron commander who bought his morale-challenged unit a meat smoker.

Now, about once a week, squadron members fill the smoker with slabs of meat and take turns nursing the fire. And at the appointed hour, Airmen gather around to stuff dinner rolls with smoked brisket as the commander watches the unity and resiliency of his unit grow.

## Clarify expectations

Unclear expectations and vague requirements is a sure way to increase the stress of subordinates and diminish resiliency. Good leaders seek not just to be understood, but work hard at keeping from being misunderstood. Seek feedback from others in determining the clarity and consistency of your expectations.

## Develop life skills

Strained relationships and troubled marriages affect mission in incalculable ways. If an Airman shows up distracted and ineffective at work, chances are there's a relationship issue to blame. Nearly every suicide can be traced to a relationship failure. Good leaders partner with helping agencies to find ways to intentionally grow these skills.

Resiliency is the ability to spring back, learn from and maybe even grow through adversity. Helping agencies will no doubt provide critical assistance to the commander, but resiliency is, first and foremost, a leadership issue.

# Army continues development of replacement for ACU pattern

By C. Todd Lopez  
Army News Service

The Army is now one step closer to selecting a new set of camouflage patterns that could replace what Soldiers are wearing now in most places.

As part of the "Phase IV" camouflage effort, the Army this week awarded contracts to five vendors – selected from an initial 20 – to each provide enough fabric in the new camouflage patterns they have developed to produce 150 uniforms for the Army to test.

Each vendor had been asked to produce a "family of camouflage patterns," including one that would be suitable in a woodland environment, one that would be suitable in a desert environment, and one for a "transitional" environment.

The Army will spend the next nine months testing the effectiveness of those patterns.

"To really have confidence in being able to make a recommendation to senior leaders, we need to do field trials," said Army Col. William Cole, of Program Executive Office Soldier. "We are looking forward to getting out into

the woods, into the deserts, into the transitional areas and having real Soldiers wear these uniforms and have real Soldiers observe them."

Cole said the Army will use both real-world testing in varying terrains and conditions, as well as more advanced computer testing to evaluate the patterns.

Due to the varying types of terrain Soldiers operate in, Cole said the Army had found that "we can't really have one pattern that is as effective as we'd like in every single terrain type."

Today, most Soldiers wear the Army Combat Uniform in the now familiar grey/blue "digital" pattern. In Afghanistan, Soldiers also have the Operation Enduring Freedom Camouflage Pattern.

The vendors each developed three patterns with the same geometry – the shapes on the fabric – but with different color palettes. Additionally, the vendors were to develop a fourth "coordinated" pattern, or name one of the three already in their family of patterns, that would work well with all three patterns. That fourth pattern is for use on organizational clothing and individual equipment.



**Paratroopers wearing the Operation Enduring Freedom Camouflage Pattern from the 4th Brigade Combat Team (Airborne), 25th Infantry Division, train with weapons at Bagram, Dec. 17. (U.S. Army photo/Staff Sgt. Jason Epperson)**

Cole said OCIE, things like belts, protective vests, ruck sacks and plate carriers are more expensive than a Soldier's regular uniform. The Army doesn't want to maintain OCIE in each of the three patterns, so instead the Army will have it in one pattern that looks good with all three of the uniform pattern variants.

Cole said other organizations have OCIE that is a solid color, but he said "we were hoping we could do better than that," and the Army asked industry to come up

with an OCIE pattern to break up solid color "and still look good on all three uniform patterns."

"We had seen some examples of grossly mismatched OCIE in uniforms in the early part of Iraqi Freedom – we didn't want to have any telltale signs of where the OCIE, the vest and armor stopped and where the rest of the body began," Cole said.

Many vendors have chosen their "transitional" pattern for use on the OCIE, Cole said.

Each of the five vendors will

now produce enough fabric to build 50 uniforms out of each of their three submitted patterns – for a total of 150 uniforms from each company. In all, the Army will have 750 uniforms for use in its testing.

Cole said by October, PEO Soldier will have completed testing of the patterns and will be able to make recommendations to Army senior leadership about the way ahead.

"There's a lot to do between now and October, but that's our plan," Cole said. "Complete the field trials and complete the more sensitive computer simulations and come back to senior leaders in October and lay out the results of what we found and have a recommendation."

The five vendors awarded contracts include:

- Atlantic Diving Supply, Inc., Virginia Beach, Va.
- Brookwood Companies Inc., New York, N.Y.
- Crye Precision, LLC, Brooklyn, N.Y.
- Kryptek Inc., Fairbanks, Alaska
- U.S. Army Natick Soldier Research, Development and Engineering Center, Natick, Mass.

# ARCTIC WARRIOR

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Soldiers of 98th Maintenance Company train at Joint Base Elmendorf-Richardson Aug. 30, 2011. (U.S. Air Force photo/Percy G. Jones)

## 98th Maintenance Company to deploy

U.S. Army Alaska news release

A ceremony to recognize the upcoming deployment of the 98th Maintenance Company will be hosted at the Alaska National Guard Armory Monday at 3 p.m.

Approximately 130 Soldiers will be deploying in February for a 12-month tour of duty in Kuwait where they will provide vehicle maintenance, welding and fabrication and repair parts supply.

Soldiers in this company repair radios, computers, small arms, generators and air conditioning units and they send teams out to provide maintenance for other units. The unit also has wreckers to assist in recovering any type of wheeled or tracked vehicles.

The unit has a long history with service in World War I, World War II, Vietnam, Iraq and most recently in Afghanistan from May 2009 to May 2010 in support of Operation Enduring Freedom.

The 98th Maintenance Company is a subordinate unit of the 17th Combat Sustainment Support Battalion, 2nd Engineer Brigade at Joint Base Elmendorf-Richardson. Lt. Col. Andrew Mergens, commander of the 17th Combat Sustainment Support Battalion, will be the host for the ceremony.



ABOVE: Master Sgt. Jeffery Holewinski, 703rd Maintenance Squadron, communicates with fellow C-130 Hercules maintainers on Joint Base Elmendorf-Richardson's flight line Jan. 10. Holewinski was promoted to master sergeant Dec. 9 through Stripes Through Exceptional Performance program. (U.S. Air Force photo/Staff Sgt. Sheila deVera)

BELOW: Tech. Sgt. Yucari Brown, 673d Civil Engineering Squadron, examines a newly printed map at Joint Base Elmendorf-Richardson's geobase shop Jan. 11. Brown was promoted to technical sergeant Dec. 9 through Stripes Through Exceptional Performance program. (U.S. Air Force photo/Senior Airman Blake Mize)

## Two Arctic Warriors STEP promoted

By Senior Airman Blake Mize  
JBER Public Affairs

Two Joint Base Elmendorf-Richardson non-commissioned officers were bestowed an honor recently that only three Airmen throughout 11th Air Force will receive all year.

Newly promoted Master Sgt. Jeffery Holewinski, 703rd Aircraft Maintenance Squadron, 3rd Wing, and Tech. Sgt. Yucari Brown, 673d Civil Engineering Squadron, 673d Air Base Wing, were promoted to their new ranks through the Stripes Through Exceptional Performance program, which recognizes outstanding Airmen for their superior performance by promoting them outside of their traditional promotion cycle.

NCOs ordinarily go through a lengthy promotion process, which includes tests and waiting periods. However, the Air Force releases a very limited number of slots for STEP promotions each year to be distributed Air Force-wide. Each major command is granted a few of the slots and subsequently allocates the promotions to wing installations. Wing commanders then choose the deserving individuals to be promoted to



staff sergeant, technical sergeant or master sergeant.

Holewinski, a 14-year Air Force veteran from Antioch, Calif., is a crew chief on C-130 Hercules aircraft flown out of JBER. He has won several awards throughout his career and his leadership called him a well-rounded leader who is the catalyst of his unit.

"The best part of my job is knowing that an aircraft that I had a part in repairing is flying a mission," Holewinski said. "I enjoy it because I get to (do my job) all over the world."

Brown supports the Air Force as an engineer assistant for the 673d CES. She performs mapping, surveying and drafting of JBER on projects such as transforming an aircraft hangar into a venue in which President Barack Obama spoke when he visited JBER and surveying crash sites when jets have gone down here and at deployed locations.

"I enjoy what I do," she said. "Working in CE, you can see the impact that you have with the whole base."

Brown, from Myrtle Beach, S.C., said she thought she earned her promotion by stepping up when she was needed.

"I set some personal goals to set myself up for success and all the work has paid off," said Brown, a 10-year Air Force veteran. "I have had awesome leadership that saw potential in me and pushed me to go beyond the set standards."

Both recipients said they were pleasantly shocked when they found out they had to immediately sew new rank onto their uniforms.

"When I was notified, it felt like a dream at first," Brown said. "I am very thankful that my leadership felt that I was deserving of this promotion."

## Air Force completes Kabul shooting investigation

Air Force News Service release

The Air Force completed its investigation into the April 27, 2011 shooting incident at the Afghanistan air force Headquarters located in Kabul, Afghanistan, in which eight U.S. Air Force Airmen, including an Joint Base Elmendorf-Richardson Airman, and one civilian contractor were killed in the line of duty while serving in a combat zone.

The incident occurred when an Afghanistan air force officer, Col. Ahmed Gul, entered the Afghan Command and Control Center in the Afghanistan air force headquarters, North Kabul International Airport, and shot and killed the eight Airmen and one civilian contractor.

One of the dead is Maj. David L. Brodeur, 34, of Auburn Mass. He was assigned to the 11th Air Force at JBER.

In addition to the U.S. personnel killed, two Afghans were shot and three other Afghans were injured in the attack. The attacker died of wounds received during the incident.

The investigation report concludes Gul acted alone and discusses factors that may have played a role in the incident. While the investigation did not determine a conclusive motive for the killing, the attack appeared to be pre-meditated and there were multiple witness statements in the Air Force Office of Special Investigations report that indicated Gul may have had personal issues that were possibly compounded by alleged financial problems.

The OSI findings do not support initial

media coverage of the event that reported an argument may have occurred earlier that day between the shooter and the American service members, nor reports that the gunman disarmed and methodically killed the Airmen.

"These Airmen paid the ultimate sacrifice while serving our nation in a combat zone," Air Force Chief of Staff Gen. Norton Schwartz said. "Each of these Airmen bravely and purposely performed their duties, and their selfless sacrifices leave behind an honorable legacy that we continue to see in the commitment of Airmen who serve as air advisers today."

The Air Force, sister services and coalition partners continue training Afghan soldiers and airmen in an effort to build a stable Afghanistan government.

"These Airmen were committed to noble service, helping the Afghanistan government in its quest to establish a stable environment," said Maj. Gen. Charles Lyon, the commander of 9th Air and Space Expeditionary Task Force-Afghanistan at the time of the incident. "We keep their families in our thoughts and prayers as we remember their sacrifices and honor their courageous legacy. These Airmen and their families will always be part of the Air Force family."

Also killed in the April 27, 2011, incident were:

- Maj. Philip D. Ambard, 44, of Edmonds, Wash. He was assigned to the 460th Space Communications Squadron, Buckley Air Force Base, Colo.



Air Force Maj. David L. Brodeur

- Maj. Jeffrey O. Ausborn, 41, of Gadsden, Ala. He was assigned to the 99th Flying Training Squadron, Randolph AFB, Texas.

- Master Sgt. Tara R. Brown, 33, of Deltona, Fla. She was assigned to the Air Force Office of Special Investigations, JB Andrews, Md.

- Lt. Col. Frank D. Bryant Jr., 37, of Knoxville, Tenn. He was assigned to the 56th Operations Group, Luke AFB, Ariz.

- Maj. Raymond G. Estelle II, 40, of

New Haven, Conn. He was assigned to Headquarters Air Combat Command, JB Langley-Eustis, Va.

- Capt. Nathan J. Nylander, 35, of Hockley, Texas. He was assigned to the 25th Operational Weather Squadron, Davis-Monthan AFB, Ariz.

- Maj. Charles A. Ransom, 31, of Midlothian, Va. He was assigned to the 83rd Network Operations Squadron, JB Langley-Eustis, Va.

- Retired Army Lt. Col. James McLaughlin Jr., 55, of Santa Rosa, Calif. He was working as a civilian contractor for Military Personnel Resources, Inc. a division of L3.

Since the shooting incident, several security initiatives have been implemented to improve the force protection posture for the coalition advisers.

Extra personnel have been assigned to the force protection mission and air advisors have received additional "active shooter" training.

In addition to armed overwatch and improvements to intelligence surveillance and reconnaissance capabilities, several emergency response vehicles have been purchased, and command and control upgrades have been initiated, according to officials from the International Security Assistance Force headquarters in Kabul. Armed overwatch provides security forces an opportunity to engage an active shooter with reduced risk, increasing the likelihood the shooter can be neutralized safely before attacking additional victims.

## 732nd AMS

From Page A-1

tially familiarize maintainers with the controls without having to risk a half-a-million dollar truck."

Aircraft maintainers de-ice many different types of aircraft from small commercial passenger aircraft up to the C-5 Galaxy, he said. The base has approximately 22 deicers that see a lot of use during the winter season. The simulator reduces the amount of initial training done on the truck and helps reduce maintenance costs. It enables familiarization prior to using the truck to minimize risk to those aircraft and the truck while operating, he said.

"The average scenario runs for maybe 15 minutes, thus far we've put probably 250 hours on it," Culberson said. "That's a lot of scenarios and a lot of wear and tear that didn't go on the trucks. It helps technicians maintain muscle memory for the various controls. It's also very useful in initial familiarization of trainees with the controls of the deicer. We can train with it year-around."

Airmen have traveled from as far as Yokota Air Force Base, Japan, to train on the simulator, he said.

"The simulator shows you what the controls do, you develop muscle memory for how you move it around," said Air Force Tech. Sgt. Matthew Wheeler, 176th Aircraft Maintenance Squadron hydraulics technician and native of Shreveport, Ill. "The biggest thing is the intimidation factor; it's a big truck. I'd rather someone who has never done it before go through the simulation before using the actual deicer."

Coming soon, there will be a training video as well.

"The 732nd AMS has been involved with the filming of an (Air Mobility Command) aircraft deice training video, which covers in-depth vehicle familiarization and aircraft deicing," said Air Force Lt. Col. Donald Kirkland, 732nd AMS commander and native of Greenville, S.C., "Mr. Culberson wrote the script, demonstrated techniques and partnered with 3rd Wing, 176th Wing and 673d Air Base Wing Public Affairs videographers to film the training. This training video, coupled with the use

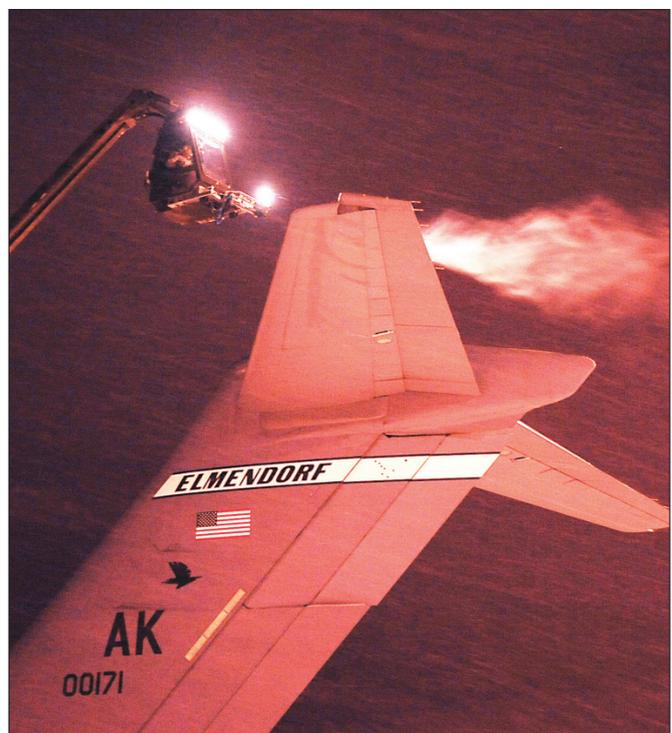
of the simulator, will enhance deice vehicle knowledge and aircraft deicing."

Safety is the first priority of the training and the deicer, not only for the people and equipment, but for the environment. When operating, they strive to balance conservation of fluid with a clean aircraft for safety of flight and environment, Culberson said.

"The de-ice trucks use two types of fluid; a propylene glycol and water mixture that is used to remove the snow, ice and frost, and an anti-icing fluid normally used directly after the application of the de-ice fluid," he said.

Culberson said it is used during precipitation or anticipated precipitation to prevent further accumulation of snow or ice on the aircraft after the aircraft has been de-iced. The fluids are designed to come off during take-off, so there is no risk of dripping while the aircraft flies overhead. In-flight devices protect the aircraft after that.

"Without the fluids and trucks the mission during winter months would be greatly degraded and not nearly as safe," Culberson said. "If the need is there, no matter the weather, we're operating."



Senior Airman Micheal Margagliotti controls a global ground support aircraft deicer to remove snow from a C-17 Globemaster III Jan. 12. The deicing season usually lasts from October to April. Margagliotti is a C-17 crew chief with the 703rd Aircraft Maintenance Squadron from Titusville, Fla. (U.S. Air Force photo/Staff Sgt. Cynthia Spalding)

# Briefs and Announcements

## Civilian Town Hall

Air Force Col. Robert Evans, Joint Base Elmendorf-Richardson and 673d Air Base Wing commander, will host a civilian Town Hall meeting Tuesday at two locations to discuss the latest Air Force civilian force reduction.

Evans will speak before opening the floor for questions.

The JBER-Elmendorf call will be 10 a.m. at the Talkeetna Theater. The JBER-Richardson call will be 2 p.m. at the Richardson Theater.

## Personnel office closure

Due to renovations, the Air Force Military Personnel Section Customer Service, located in the People Center, will be closed from Tuesday to Thursday.

Two common access card/ID card terminals will be open in Building 600 for walk-ins and the 477th Force Support Squadron will be serving customers by appointment only. Appointments can be made at <http://tinyurl.com/716cv52>.

Command sponsorship requests and SGLIs will not be processed during the closure.

For more information, call 552-3626.

## Utility allowance changes

The utility allowance has been adjusted for all Phase I (Sunflower – those units on Fairchild Ave., Dallas, Silver Run and Chugach housing areas) metered housing units to reflect decreases or increases in electricity and natural gas rates Aurora pays.

Aurora will continue to read utility meters monthly and provide a statement reflecting actual consumption, quarterly allowance amount and the resulting balance of customer accounts.

As is currently the case, when

the credit balance of accounts exceed \$250, Aurora will issue a refund check.

If an account reflects a debit balance in excess of \$250, customers are required to make payment to Aurora in the amount of the account balance.

In addition, each account is annually reconciled and adjusted to zero at the end June.

This means during July, customers will either be refunded any accumulated credit or invoiced for any amount owed, regardless of the dollar amount.

For any questions regarding the Utility Program or further information, please contact the Aurora Utility Staff at 375-0508 or Aurora Housing Office at 753-1023.

## Dorm tax filing

Representatives from 673d Air Base Wing Staff Judge Advocate will help Airmen file 1040 EZ tax forms from 9 a.m. to 4 p.m. Jan. 28 and 29 at the Wired Cafe.

Airmen need to bring identification, a leave and earning statement, Form W-2 and interest statements from banks.

For more information call 552-3048.

## Snowmachine orientation

Snowmachine orientation is required for all personnel intending on riding the Elmendorf side of Joint Base Elmendorf-Richardson.

The orientation is hosted every Thursday at 5 p.m. at Building 7210.

For more information, call 552-2023.

## Chief Master Sergeants' Recognition Ceremony

The Chief Master Sergeants' Recognition Ceremony and Dinner

will be hosted Jan. 27 at the Hilton Hotel. The social begins at 6 p.m. with dinner served at 7 p.m.

A choice of dinner is offered between chicken cardinale and or beef forestiere.

RSVP by Monday through squadron chief master sergeant.

## Shuttle service ended

Due to fiscal constraints, high operational mileage rates and low passenger use, effective Monday, the Joint Base Elmendorf-Richardson Elmendorf transportation base shuttle service will discontinue service.

JBER customers may contact the Vehicle Operations Control Center at 552-4475 to request vehicle support for official business.

For other questions concerning the termination of service, call 552-3400 or 552-2744.

## Furnishings management

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

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

Delivery and pick-up is provided for 90-day loaner furniture and appliances. The FMO also has longterm furniture for ranks E-1 through E-5.

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

Airmen should take a copy of PCS orders to the Government Housing Office at 6346 Arctic Warrior Drive to schedule delivery. Call 552-2740 for any questions regarding the FMO program. Hours of operation are Monday through Friday, 8 a.m. to 4:30 p.m. Soldiers can call

384-0092 for the JBER-Richardson FMO.

## 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.

## U-Fix-It Store reopened

The U-Fix-it Store, previously known as the Self Help Store on JBER-Richardson, reopened in Building 706 to all Aurora Military Housing tenants.

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

The items available are subject

to change and limits and some may have a cost.

There are also American flag kits, and fire extinguishers available. U-Fix-It work includes all home maintenance activities.

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

This allows tenants to do work in their homes themselves, thus improving the appearance of the interior as well as the exterior of the home.

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

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

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

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

## Military publications

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

City of Anchorage maps are also available.

Call 552-8918 for information.







# LIFELINE

## Renda reaches Nome

## Renda, Healy arrive in Nome

Coast Guard District 17  
News release

The tanker vessel Renda and the Coast Guard Cutter Healy arrived just offshore of Nome Saturday at 5:13 p.m. and work is commencing to ensure a safe fuel transfer.

Once all equipment for the fuel delivery was in place, the fuel transfer operations from the tanker vessel Renda commenced during daylight hours after a joint Coast Guard and State of Alaska overview. Plans are in place to actively monitor the fuel transfer to ensure the highest standards of environmental safety are met.

Crews will have to wait up to 12 hours after the arrival of the ships to

ensure that all the broken and disturbed ice has refrozen allowing safe operations to take place around the ships.

“We are dedicated to completing a safe fuel delivery,” said Rear Adm. Thomas Ostebo, Coast Guard District 17 commander. “The captains and crews of the Healy and the Renda have done a tremendous job getting to Nome safely, but the work of the Coast Guard, our partners and industry personnel is far from over as we shift to shoreside operations. The last thing that we want to happen during this operation is to have an injury or an accident.”

Throughout the duration of the transfer operations, persons and vehicles will be restricted from areas 50 yards around fuel delivery hoses and 100 yards from

the tanker Renda per an established Coast Guard safety zone. These areas will be marked with wooden survey stakes. In addition, the fuel transfer hose will be lit during hours of darkness.

The Healy and Renda crews departed Dutch Harbor Jan. 3 and arrived to the ice edge Jan. 6. The vessels then traversed dynamic and changing Bering Sea ice conditions for more than 300 nautical miles.

“This is a huge milestone having both ships safely moored in Nome. There has been tremendous teamwork taking place on the ground in Nome as well as on the sea between the Healy and the Renda to safely offload this fuel,” said Jason Evans of Sitnasauk Native Corporation.



**ABOVE TOP:** Two fuel transfer hoses run side-by-side from the tanker vessel Renda to the Nome harbor Monday. The hoses began transferring more than 1.3 million gallons of fuel from the tanker to the town later that day. (U.S. Coast Guard photo/Petty Officer 3rd Class Grant DeVuyst)

**ABOVE:** The Coast Guard Cutter Healy breaks ice near the city of Nome Saturday. (U.S. Coast Guard photo/Chief Petty Officer Kip Wadlow)





Airman 1st Class Dimitri Davis, Aerospace Ground Equipment apprentice, 3rd Maintenance Squadron, inspects a wheel bearing from a Trilectron on Joint Base Elmendorf-Richardson Jan. 11. Members of AGE handle generators, heaters, air conditioners, lights and other equipment used to support the aircraft or the people working on the aircraft. (U.S. Air Force photo/Staff Sgt. Zachary Wolf)

## Aerospace Ground Equipment Airmen keep mission rolling

Air Force Staff Sgt. Zachary Wolf  
JBER Public Affairs

It's a few days after Christmas and a call came into the 3rd Maintenance Squadron Aerospace Ground Equipment office for generators, lights, stands and heaters to combat the minus 10 degree weather.

Airman 1st Class Dimitri Davis, 3rd MXS, a Stonewall, Miss. native, has to make sure the equipment is ready by checking the fuel and make sure it is working properly.

After everything checked out, he loaded up the equipment and drove it out to the flight line where he found the crew chiefs waiting. He unloaded everything and made sure the crew chiefs got what they called for heading back to his shop to see if anyone else called

in for equipment for him to deliver.

Davis is part of the AGE team that makes this all possible. As an Airman, education can be hard to balance with a social life and learning a new job.

"I balance my work life and time for myself with education by putting it all into a list of priorities and finish what needs to get done first," Davis said.

Members of AGE handle generators, heaters, air conditioners, lights and other equipment used to support the aircraft or people working on the aircraft.

"We maintain the equipment that supports the aircraft, (the equipment) maintainers use to work on the aircraft and also deliver and pick up that equipment," Davis said.

Even the best equipment breaks down and needs maintenance, and that is when Airmen like Davis take them to the shop to be fixed.

"When you are in the shop, you do daily inspections and do maintenance on the equipment when it is needed," Davis said.

The variety of equipment gives Davis a lot of opportunities to learn.

"I like learning new things daily," Davis said. "It's not the same thing every day; you get to learn a lot that you can use even outside of this job."

As an AGE technician, Davis helps keep the mission of the 3rd Wing going.

"Without our job, the planes wouldn't be in the air because we support the crew chiefs and give them what they need to work

on the plane," Davis said. "We save the Air Force a lot of money with our generators so that the aircraft doesn't have to use its own power while they are on the ground, and we keep the crew chiefs warm while they are working in the cold."

The work Davis does helps further the AGE mission.

"He does what needs to be done without being asked," said Air Force Staff Sgt. Justin Dallmier, Davis' supervisor.

The equipment AGE supplies and maintains keeps the 3rd Wing functioning smoothly.

"We really are essential to the 3rd Wing because without us, maintainers' lives would be more difficult and planes wouldn't be up in the air," Davis said.





## An ounce of prevention

Keep the home fires from burning, Page B-2

## Bored at home?

There's plenty to do after the holidays on JBER and out in town, Page B-3

www.jber.af.mil/news

# COMMUNITY

Volume 3, No. 3

Joint Base Elmendorf-Richardson

January 20, 2012

# CHOW DOWN

Revamped Iditarod opens doors to feed JBER's hungry



Members of the Joint Base Elmendorf-Richardson community visit the newly renovated Iditarod Dining Facility Tuesday. The facility was closed until Jan. 9 while it was revamped with room for more selections, a healthy choice line, and new carpet and tiles. The facility is now open to anyone with base access. Hours are Monday through Friday from 5:30 a.m. to 7 p.m.; Saturdays, Sundays, and holidays from 6:30 a.m. to 7 p.m., and for a midnight meal from 11 p.m. to 1 a.m. (U.S. Air Force photo/Steven White)



## Spartan doctor saves Afghan boy's life after life-threatening asthma attack

By Spc. Eric-James Estrada  
TF Spartan Public Affairs

KHOWST PROVINCE, Afghanistan — Paratroopers from the 3rd Battalion (Airborne), 509th Infantry Regiment, Task Force Gold Geronimo, assisted in the rescue of an Afghan child Jan. 8.

Early Sunday morning, a combat arms unit from Task Force Gold Geronimo was approached by the father of three-year-old Farook while on patrol in Paktya province of Afghanistan.

Farook was suffering from an asthma attack and was taken to the Forward Operating Base Gardez medical facility.

There, the medics determined Farook would need to be evacuated by helicopter to Forward Operating Base Salerno.

"Our physicians took over care and we were able to treat him appropriately with steroids and airway treatments," said Army Col. Peter Gould, 352nd Combat Support Hospital commander at FOB Salerno. "Now he's calm and able to breathe on his own and with that care he's ready to go home."



Army Lt. Col. Matthew Dupree, 352nd Combat Support Hospital at Forward Operating Base Salerno, an emergency room physician from Alice, Texas, checks on his patient, Farook, an Afghan child from the Paktya Province. Farook was medically evacuated to the Salerno hospital to be treated for an asthma attack. (U.S. Army photos/Spc. Eric-James Estrada, Task Force Spartan)

Childcare constitutes about 10 percent of patient care at the Salerno hospital.

That 10 percent has to meet a certain criteria in order for the doctors here to help them.

"Unless kids are injured by us, they are not what is called (Medical Rule of Eligibility) positive," said Army Lt. Col. Matthew Dupree, 352nd CSH officer in charge of emergency medical treatment.

"Most of the time when we admit children it's a life, limb or eyesight issue. This was obviously a life issue."

The doctors at Salerno do their best to service all of those who come seeking medical attention, according to Dupree.

"A lot of times the parents just want to bring their kids here because they want them to get better care.

"We can't take all of them, but we certainly take the ones who fall into the three categories," Dupree said. Another challenge the Salerno hospital faces is that it is one of very few hospitals in Afghanistan

with a pediatrics facility.

"... there are not very many places in the area that can take care of sick kids," said Dupree. "So a lot of times we have to take them and then treat them until

they are stable for discharge."

Although the Salerno hospital is capable of taking care of children, the facilities are equipped more toward adult patient care, said Dupree.

"We have to make do and get a little creative using what we have to work with kids," he explained.

Farook's uncle, Shah Saied, also from Paktya province, who accompanied his nephew to the Salerno hospital, expressed his gratitude for the care the hospital was able to provide for his nephew.

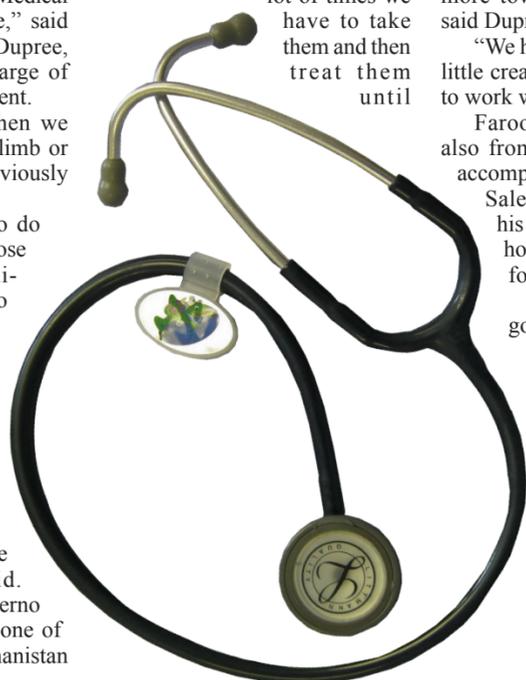
"Absolutely this is a good hospital," Saied said.

"When I took my nephew to a local clinic in our district they were unable to care for him.

"Then I brought him to the base here in Jaji (and) they called an ambulance and were very helpful. "If I did not bring him here, he would have died," Saied said.



Farook, an Afghan child with his uncle, Shah Saied, being cared for after nearly dying from an asthma attack. He was medically evacuated to Salerno hospital to be treated.



# Boston Red Sox offer tips for a healthy, successful JBER team

Commentary by Chaplain (Maj.) Elbert A. Fadallan  
673d ABW chaplain

The improbable march of the St. Louis Cardinals, from 12 games out of playoff contention by mid-September to winning it all (Major League Baseball's World Series) last October, is, admittedly, one of the best baseball stories of last year. But because I am a diehard fan of the Boston Red Sox, I would like to submit that one of the 10 most amazing sports stories of all time is, arguably, the BoSox's 2004 World Series Championship. It came 86 years after their last title ... a long time, indeed. It was a period defined by yearly frustration and sadness as season after season

unfolded with new promise only to end like the year before – in defeat. Finally, they succeeded. Years of futility came to a joyous conclusion when they overcame the mighty New York Yankees in the American League Series Championship and then swept the St. Louis Cardinals in the World Series. Amid the traditional champagne-soaking celebration, one player was asked by a reporter what the key to their success was. Without hesitation, he said, "We never lost faith in ourselves and in each other!" The summation of success also holds true for our Joint Base Elmendorf-Richardson team. Our mission is far more important and critical than winning

any sports event but it depends on keeping faith in ourselves and one another. Defending this great nation, every day we exemplify that which characterized the world champions. It is faith that makes us so successful. We take so much pride in what we do, whether deployed or in garrison, on the field or in the office, and we accomplish our tasks because we have faith in our abilities and we trust the capabilities and competencies of our fellow warriors. We acquired and honed them through long and arduous training, experience, and mentoring from our peers. Our trust and faith is placed in our exemplary Airmen and Soldiers who day and night

keep watch protecting our assets and enabling us to rest and sleep peacefully. Our pilots get on those planes focused and free from any worries for they know that our maintainers and life support personnel have done an excellent job. They literally put their lives on the hands of those folks. That's faith. We have faith in our services personnel knowing they will go out of their way to provide us needed services and maintain our quality of life which is second to none. Our medical, dental, behavioral and public health professionals are truly the best. They keep us fit in mind and body. We are inspired by the wisdom of our leadership who spills

out their vision. We trust them to guide us toward it and we stand in faith behind our political leaders to employ our military might when absolutely necessary. In turn, we follow – not blindly but faithfully. 673d Air Base Wing and JBER Commander, Air Force Col. Robert Evans, said, "Sustained combat power downrange, efficient operations at our installations back home. That is what our nation needs from us now, and that is what we deliver ... day in and day out." How true, indeed. And we will continue doing so and we will never fail our nation because we maintain faith in ourselves and in each other.



A Joint Base Elmendorf-Richardson firefighter prepares to battle a fire at Building 9386 on JBER Oct. 13, 2011. (U.S. Air Force photo/Staff Sgt. Zachary Wolf)

## Keep your home fire safe with careful planning

By Ford Brooks  
JBER Assistant Chief of Fire Prevention

A small flame can get out of control and turn into a major fire in less than 30 seconds, and a house will fill with thick, black smoke and become engulfed in flames in only minutes. Every second counts in the event of a fire, so you and your family must always be prepared. Conducting home fire inspection walkthroughs will help you reduce the chances of fires in the home. Also, having a well thought out and practiced fire escape plan will increase your survivability during a fire. To develop a plan, draw a map of each level of your home showing all doors and windows. Find two ways to get out of each room. Make sure all doors and windows that lead outside open easily and won't get frozen shut. Practice your fire escape plan twice a year with everyone in your household, including children and people with disabilities. Only purchase collapsible escape ladders for second floor window and balcony exits that are evaluated by a recognized testing laboratory, such as Underwriters Laboratory. Use the ladder only in the event of a real emergency. Teach children how to escape on their own in case you cannot help them, and have a plan for everyone in your home who has a disability. Practice your fire escape plan at night and during the daytime. Designate a meeting place outside about 75 feet away from the building and take attendance. Teach children not to hide from firefighters. If a fire occurs, immediately leave the home when a fire occurs, using the quickest and safest route possible. Ensure you feel the door for heat with the back of your hand and never open doors that are hot to the touch. A hot door could indicate the fire is on the other side, so leave the door closed and use your secondary escape route. If the door feels cool, open it slowly. If you must

escape through smoke, remember to stay low, under the smoke. Smoke contains toxic gases and heat, which can disorient or overcome you. Escape first and then notify the fire department using the 911 system. Never go back into the building for any reason. Let firefighters know right away if someone is missing since they are equipped with the proper gear to perform a rescue. Here are some tips to help you conduct a fire safety walkthrough of your home. A fire safety walkthrough should be conducted on at least a monthly basis. Keep clothes, blankets, curtains, towels, and other items that can easily catch on fire at least three feet from space heaters and away from stove burners. Place space heaters where they will not tip over easily, and only use UL-approved space heaters. Have chimneys cleaned and inspected every year by a professional, always use a metal mesh screen with fireplaces and leave glass doors open while burning a fire unless the glass is designed to be closed. Never leave cooking unattended; be sure your stove and small appliances are turned off before going to bed. Check for worn wires and do not staple or run cords under rugs or furniture. Never overload electrical sockets. Keep lighters and matches out of the reach of children, and never leave cigarettes unattended or smoke in bed. Make sure cigarettes and ashes are completely extinguished in the ashtray or run under water. Ensure candles are not being used when an adult is not in the immediate area. Candles need to be kept on a sturdy holder and three feet from combustibles. According to the National Fire Protection Association, in 2010 there were 369,500 reported residential fires resulting in 2,640 civilian deaths and 13,350 civilian injuries. By conducting home fire inspections and observing sound fire prevention practices, you should be able to prevent most home fires. Having a home fire escape plan in place, and practicing the plan on a semi-annual-basis, will help everyone understand what to do in the event a fire does occur in your home. For more information, call 552-2620.

### ELMENDORF-RICHARDSON FORCE SUPPORT SQUADRON Experience Joint Base Elmendorf-Richardson

# AQUA JOG FUN RUN

Running Minus the Harm

## January 23

9 a.m. or 1 p.m.

How many laps can you do in 20 minutes? SIGN-UP now and find out!

Aqua jogging is an aerobic activity where you use all the large muscle groups in your body to move forward against the resistance of water. Come try a new workout today.

**Buckner Physical Fitness Center Pool**  
Find out more about aqua jogging from our fitness specialists: 384-1305/1311

# Walk2AfghanistanandBack 2012

has begun!

Thanks to those who already signed-up! There is still time to participate and Honor our Deployed Troops and Their Commitment to Duty and Country.

**Buckner Physical Fitness Center**  
Participation Packets Available at the Front Desk.  
Call 384-1305 for More Information

Free Movie and Popcorn

January 27 6 p.m.

# THE SMURFS

Arctic Oasis COMMUNITY CENTER

Stop by the Arctic Oasis Community Center for Fun-Filled Activities and Events  
**552-8529**

# Community happenings

**THROUGH SATURDAY**  
**Beauty and the Beast**  
 Disney's animated hit comes to life in Anchorage in this Broadway musical. Times vary, usually at 7:30 or 8 p.m. with matinees available. For schedule and information, call the ACPA at 263-ARTS.

**THROUGH JAN. 29**  
**Anchorage Folk Festival**  
 Anchorage unplugs with folk performances from local musicians and masters from beyond the state. Hundreds of acts from around the world converge on Anchortown, all free.  
 For information call 566-2334.

**SATURDAY**  
**Cheap Date Night**  
 The Elmendorf Officers' Spouses' Organization hosts a "Cheap Date Night" for couples starting at 6 p.m. in Anchorage.  
 For information, visit [elmendorfoso.com](http://elmendorfoso.com) or visit them on Facebook.

**Polar bear birthday**  
 The polar bears at the Alaska Zoo celebrate their birthday with a climbable cake and a party.  
 The festivities kick off at 11 a.m. and last until 3 p.m., although visitors may want to arrive early so as not to miss the big moment.  
 For information call 346-2133.

**Model railroading**  
 The Military Society of Model Railroad Engineers presents Model Railroading Day from 10 a.m. to 5 p.m. in basement Room 35 of Matanuska Hall, 7153 Fighter Drive. Anyone interested in model railroading is invited.  
 The club regularly meets at 7 p.m. Tuesdays with work sessions at 1 p.m. Saturdays in the same room.  
 For information, call 552-5234, visit [www.trainweb.org/msmrre](http://www.trainweb.org/msmrre) or email [bjorgan@alaska.net](mailto:bjorgan@alaska.net).

**JAN. 27 AND 28**  
**Mike Garson in concert**  
 Famous for years of touring with David Bowie, keyboardist Mike Garson pushes any and all limits with a seamless blending of rock, classical and jazz music.  
 Check him out at the Alaska Center for the Performing Arts at 7:30 p.m. both nights.  
 For information call 263-ARTS.

**JAN. 28 AND 29**  
**Anchorage Symphony**  
 The Anchorage Symphony presents "Out of This World," a collaboration with Emmy-nominated astronomer and artist Dr. Jose Francisco Salgado.  
 Together they present an awe-inspiring music and video performance of "The Planets" at the Alaska Center for the Performing Arts at 8 p.m. Saturday and 4 p.m. Sunday.  
 For information call 274-8668.

**AKC dog show**  
 The Alaska Kennel Club hosts a dog show at Egan Center, time to be determined, in conjunction with the Kenai Kennel Club.  
 For information, visit [alaskakennelclub.org](http://alaskakennelclub.org) or call 346-1601.

**JAN. 29**  
**Night with the Stars**  
 The Eagle River Nature Center hosts astronomer Jose Francisco Salgado for the Alaska premier of "Moonrise." The event includes dinner, questions and answers, and other festivities. Seating is limited; for information email [info@ernc.org](mailto:info@ernc.org) or 694-2108.

**Dads 101 classes**  
 Family Advocacy hosts this class on the basics of being a dad.  
 This three-session class meets from 1 p.m. to 3 p.m. Jan. 31 through Feb. 2.  
 For information on this or any other programs offered by Family Advocacy, call 580-5858.

**FEB. 3**  
**3rd Wing awards banquet**  
 Join 3rd Wing Airmen as they are recognized for their achievements at Hangar 1 at 6 p.m.  
 For information call 551-3011 or 551-2932.

**FEB. 3 AND 4**  
**The Capitol Steps**  
 Former Congressional staffers turned comedians travel the country satirizing the people and places that once employed them.  
 This timely skewering of headlines uses costumes, props and music to illustrate the goings-on in Washington. The show plays at 7:30 p.m. both nights at the Alaska Center for the Performing Arts.  
 For information, call 263-ARTS.

**FEB. 5**  
**Alaska Ski for Women**  
 Ski for Women takes over Kincaid Park in this annual event.  
 Costumes make this a great spectator event that encourages women of all ages and abilities to get involved with Nordic skiing.  
 For information call 276-7609.

**FEB. 9 THROUGH 12**  
**Anchors Aweigh show**  
 The Dena'ina Center hosts this boat show with boat safety classes and plenty of booths.  
 Whether your interest is river rafting or boating, ocean vessels, you'll find something here.  
 Thursday through Saturday from 10 a.m. to 8 p.m. and Sunday from 10 a.m. to 5 p.m.  
 For information visit [anchorsaweighboatshow.com](http://anchorsaweighboatshow.com).

**FEB. 10 AND 11**  
**The Music of Queen**  
 The Anchorage Symphony Orchestra will rock you with this tribute to the music of Queen.  
 Featuring the ASO and rock musicians as well as a 50-voice chorus, this show takes place at the Alaska Center for the Performing Arts.  
 For information call 274-8668 or visit [anchorsaysymphony.com](http://anchorsaysymphony.com).

**FEB. 10 THROUGH 18**  
**The Blue Bear**  
 Based on the book by Lynn Schooler, this performance is about finding and losing a close friend.  
 Schooler grows to trust again as he creates this portrayal of a remarkable friendship.  
 The show plays at the Alaska Center for the Performing Arts, Thursday through Saturday at 7:30 p.m. and Sunday at 4 p.m.  
 For information call 263-ARTS.

**FEB. 15**  
**Alaska fight championship**  
 Who needs UFC when there's the Alaska Fighting Championship? Alaskan fighters – some of whom go on to large-market venues – battle it out at Sullivan Arena starting at 7:30 p.m.  
 For information email [sarah@alaskafighting.com](mailto:sarah@alaskafighting.com) or call 351-8184.

**FEB. 16**  
**Couples Communication**  
 Family Advocacy hosts this

one-hour session at 10 a.m. the JBER-R Starbucks to help couples – dating or married – learn to communicate more effectively.

For information on this or any other programs offered by Family Advocacy, call 580-5858.

**FEB. 24**  
**Fur Rendezvous kicks off**  
 Celebrating winter like nowhere else, Alaska's largest and oldest winter festival features tons of fun events.  
 All around Anchorage are events like outhouse races, snowshoe softball and the Running of the Reindeer, a mass dash down Fourth Avenue with sprinting caribou giving chase.  
 For information, call 274-1177.

**ONGOING**  
**Wired Cafe for Airmen**  
 The Wired Cafe is located at 7076 Fighter Dr., between Polaris and Yukla dormitories.  
 The cafe has wireless Internet and programs throughout the week for single Airmen living in the dorms.  
 There are also free home-cooked meals Thursday evenings, served at 6:30 p.m.  
 For information, call 552-4422.

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

**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.  
 For more information, call 929-9200, or visit [www.anchoragemuseum.org](http://www.anchoragemuseum.org).

**Scholarship opportunities**  
 The Richardsons Spouses' Club is accepting scholarship applications for 2012.  
 The scholarship program is open to all eligible JBER military and retiree dependents, and

## Chapel services

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

**Monday through Friday**  
 11:40 a.m. – Soldiers' Chapel  
**Monday, 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**  
 9 a.m. – Elmendorf Chapel 2  
**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

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

can be used toward undergraduate studies.  
 Deadline is Feb. 29. For information, visit [frsc.shutterfly.com](http://frsc.shutterfly.com).

The Elmendorf Officers' Spouses' Organization is accepting scholarship applications from high school seniors who are dependents of active duty or retired service members.  
 Application deadline is Feb. 27; for information or an application, visit [www.elmendorfoso.com](http://www.elmendorfoso.com) or visit a school guidance counselor.



**Soldiers of the 23rd Engineer Company (Sapper) experience "Running with the Reindeer" March 5, 2011, during the Fur Rendezvous. The run, featuring domesticated caribou, is an annual highlight of the winter festival in Anchorage. (U.S. Army photo/Staff Sgt. Jason Epperson)**





### Pap tests an important part of cervical cancer prevention

By Alyssa Whetstine  
TriWest Healthcare Alliance

Did you know cervical cancer was once a leading cause of cancer death in American women? In fact, in many developing countries, it still is. However, cervical cancer deaths in the U.S. fell by about 70 percent between 1955 and 1992, according to the American Cancer Society.

What caused this difference? One life-saving exam: the Pap test.

Yet many women don't go for their Pap tests, often because of misunderstandings about the exam. Avoiding this test boils down to one important thing: not having it could take you away from life's most important moments with your family.

Let's take a few minutes to debunk some common myths:

**Myth:** I can skip a few Pap tests without serious consequences.

**Reality check:** According to the American Cancer Society, 60 to 80 percent of women diagnosed with invasive cervical cancer haven't had a Pap test in the past five years. Skipping just a few of these exams can

allow cancer to develop.

**Myth:** If I'm going to get cervical cancer, a test won't make a difference either way.

**Reality check:** When found early, cervical cancer is highly treatable. Nearly 90 percent of diagnosed women survive because of early detection, according to the American Cancer Society.

**Myth:** Once I'm done having children, I can stop getting my Pap tests.

**Reality check:** If you've given birth to three or more children, you have a greater chance of developing cervical cancer, according to the Centers for Disease Control and Prevention. Plus, this cancer often forms

after a woman's child-bearing years.

**Myth:** If I've had the HPV vaccine, I can't get cervical cancer.

**Reality check:** The HPV vaccine only protects against the few strains of the virus which cause most cervical cancers. However, they're not the only causes. Getting vaccinated is highly recommended, but it does not mean you will never get cervical cancer.

So take the time, make the time. Call for that appointment.

For more information about cervical cancer prevention, visit [www.triwest.com/Pap](http://www.triwest.com/Pap).



## Beat the Winter Blues by Staying Active

### Seward Polar Bear Plunge

January 21: 7 a.m. - 5 p.m. \$125

### Willow Snowmachine Trip

January 28: 7 a.m. - 5 p.m. \$150

### Snowmachine Safety Course

January 24 & 25: Noon - 1:30 p.m. & 5:30 - 7 p.m.

\$40

16 yrs and older with license

JBER Richardson

## Outdoor Recreation Center

To register, call 384-1475 or 1476



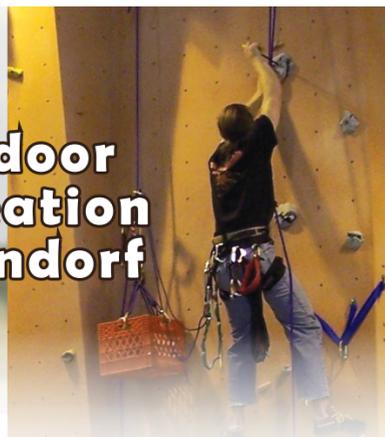
### Outdoor Recreation Elmendorf

**Handgun Cartridge Reloading Class Tonight!**  
January 20 • 5:30 p.m. • \$5

**FREE Cross-Country Ski Waxing Clinic**  
January 28 • 1 p.m.

**Cross-Country Ski Lessons**  
January 22 & 29 • 1 p.m.  
\$10 per person • 13 years & up  
*Class size is limited. Advanced Sign-Up required*

Call 552-2023 for More Details



### Indoor Rock Climbing Clinic at JBER

Elmendorf OAP

January 26

6 - 8 p.m. • \$25

Learn Basic Climbing Skills & Rope Techniques

To register, call 384-1475 or 1476

### Hillberg Ski Area Open:

Fri, Sat, Sun  
Noon - 8 p.m.

### Snow Jam Competition

January 21

Ride the Rails & Show off Your Skills

Call 552-5026 to Sign-up

### Dog Sled Rides

January 21 & 22

Noon - 5 p.m.

\$10 Adults, \$5 Children



Lesson Center  
552-5026

Ski Hotline  
552-4276

facebook.com/hillbergskiarea

Hillberg Ski Area  
552-4838

### Cross-Country Skiing at EAGLEGLLEN GOLF COURSE

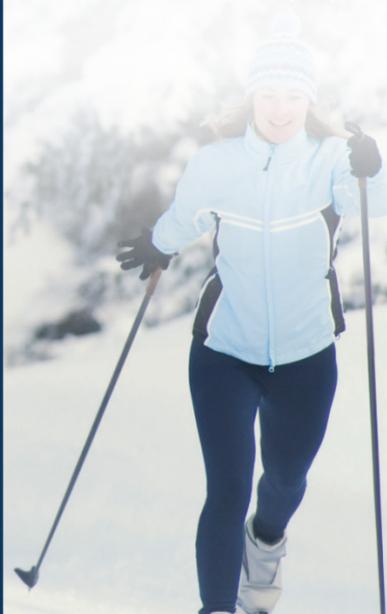
Open Everyday 10 a.m. - 2 p.m.  
Excluding Holidays

**FREE Cross-country Skis For Day Use Only as Part of the "Fit to Fight" Program.**

*Skis must be returned by 3 p.m.*

Season Rental Packages available at JBER Outdoor Recreation Centers.

Call 552-2023 for more information.



### DYEA SKI CENTER

Tubing Hill: 50 min. for \$3 pp.  
Downhill Ski & Snowboard  
Daily Lift Tickets: \$5  
Equipment Rentals Available  
Hillberg Season Passes Honored

Call for updates:

**Dyea Ski Center: 384-2960**

Fridays • 3 - 8 p.m.  
Saturdays & Sundays • 12 - 8 p.m.



