

Resilience

Tragedy and Triumph

Widowed Soldier deals with harrowing loss, finds solace in All-Army Softball team
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Suicide prevention

The rigors of surviving

A sergeant first class and survivor of a suicide victim asks herself some tough questions
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ARCTIC WARRIOR

Volume 3, No. 44

Joint Base Elmendorf-Richardson

November 2, 2012

COMBAT READY

AIR FORCE UNITS REPRESENTING 4 UNITS COMBINE FORCES TO VALIDATE TOTAL FORCE INTEGRATION | PARTICIPANTS TRAINED IN 24-HOUR SCENARIOS TO HONE SKILLS FOR FULL-SPECTRUM OPERATIONS



Airmen of the 673d Security Forces Squadron advance in multiple formations as part of civil-disturbance training. The Airmen are preparing during Exercise Polar Force 12-7 for real-world situations. (U.S. Air Force Photo/Airman 1st Class Omari Bernard)



A Coast Guard recruit prepares to board buses to evacuate Training Center Cape May, the Coast Guard enlisted basic training center, in response to Hurricane Sandy, Oct. 28. (U.S. Coast Guard photo/Chief Warrant Officer Donnie Brzuska)

DoD, FEMA, other agencies aid storm-affected areas

American Forces Press Service

WASHINGTON — The Federal Emergency Management Agency continues to coordinate federal government assistance — including Department of Defense-provided aid — to support states in response and recovery of Hurricane Sandy, according to a FEMA news release issued today.

FEMA Administrator William Craig Fugate continues to ensure federal partners bring all available resources to bear to support state, local, territorial and tribal communities in Hurricane Sandy-affected areas, the release said.

“Our thoughts and prayers are with those in the Northeast and Mid-Atlantic states who’ve been affected by this storm. We encourage individuals to continue to follow the direction of local officials so that first responders can focus on life saving efforts,” Fugate said in today’s FEMA release. “FEMA continues to provide the full support of the federal government for the life-saving and life-sustaining activities such as search and rescue, power restoration and debris removal that remains the top priorities of state, tribal and local governments.”

Secretary of Defense Leon Panetta directed the Department of Defense to provide any available disaster response resources

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JBER Airmen hone skills in Polar Force 12-7

By Air Force Staff Sgt. Zachary Wolf
JBER Public Affairs

Sirens blared and a voice called over the public address system. In response, Airmen donned gas masks and protective gear. Some Airmen searched around their building for unexploded ordnance, while others checked paper to see if the simulated attack was a chemical one.

Although this scenario was an exercise that happened last week on Joint Base Elmendorf-Richardson, it provided effective training to keep JBER ready to handle such events and prepare for the 2014 Operational Readiness Inspection.

“Our Polar Force 12-7 was designed in See Polar Force, Page A-3



Air Force Staff Sgt. Albert Brown communicates with the flight deck crew of an E-3 Sentry Airborne Warning and Control System aircraft prior to take off at JBER, during Exercise Polar Force 12-7 Oct. 24. The exercise was designed to test base preparedness for various scenarios. Brown is a 962nd Aircraft Maintenance Unit E-3 crew chief from Redding, Calif. (U.S. Air Force photo/Staff Sgt. Robert Barnett)

SWIFT, SILENT, DEADLY: Force Recon Marines train at JBER

Airman 1st Class Omari Bernard
JBER Public Affairs

Reconnaissance Marines from the Force Reconnaissance Company, 1st Reconnaissance Battalion, Camp Pendleton, Calif., performed a high-altitude low-opening jump and parachuted through the frigid Alaska air Oct. 18.

For four days, they stayed in the subarctic elements where other Marines who were embedded in their platoon evaluated them, before the unit was picked up.

The Marines left San Diego, Calif., with 86-degree balmy weather, said Marine Capt. Christopher Brock, future operations officer with 1st Recon. They embarked on a four-hour flight and arrived in Alaska airspace via C-130 Hercules.

There, they had to transition from the warm temperature of San Diego to the subarctic temperatures



Marine Cpl. Charles Cegan, 1st Reconnaissance Battalion, steels himself for the cold of the Chugach mountains, while riding in a UH-60 Black Hawk, Oct 18. Cegan was moulaged to play the role of an aircraft crash victim. (U.S. Air Force Photo/Airman 1st Class Omari Bernard)

of the JBER-Richardson Range. “Next thing they know, they are jumping out of the back of a C-130 at 11,000 feet into negative

15 degree winds,” Brock said. “It was a big deal the first day or so. A lot of it was survival mode, how they were going to deal with the

temperature with the gear they have. What things worked and what things didn’t.” He gave examples of things the

Marines had to overcome, from things like layering their clothes and keeping warm to the issues of batteries not lasting as long. After that first day, they validated their tactics, techniques and procedures for the elements they encountered and began the reconnaissance and surveillance portion of their temporary deployment training.

They went through various training missions such as urban raid training, where they forcefully breached buildings. The Marines also performed room clearing with buddy teams and live-fire training as well as their bread and butter reconnaissance and surveillance mission.

In one training scenario, the Marines planned a tactical recovery of aircraft and personnel, where both 176th Pararescue Airmen and the Reconnaissance Marines parachuted into an aptly named landing zone in a valley between mountains code named Drop Zone Geronimo.

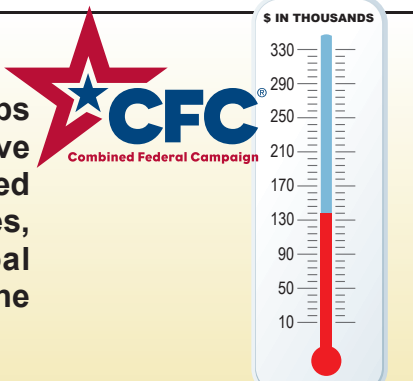
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CFC giving
As of Thursday, JBER troops and civilian employees have given \$139,700 to Combined Federal Campaign charities, 42 percent of JBER’s goal of \$330,000 total before the campaign ends Nov. 9.



Command Emphasis

Train right to stay Arctic Tough

Command Sgt. Maj. Bernie Knight
USARAK command sergeant major

There's strong, Army Strong and then there's Arctic Tough. Soldiers who train to fight here in Alaska's unforgiving winter climate are Soldiers ready to fight anywhere.

Training facilities like the Northern Warfare Training Center and unit-level Arctic Light Infantry Training make U.S. Army Alaska Soldiers the military's experts on training, surviving, preventing cold weather injuries and fighting the enemy in subzero temperatures – that's Arctic Tough.

Take full advantage of the cold-weather training you receive here in USARAK. The lessons you learn here will serve you and the Army well, no matter where your career takes you next.

While the cold makes tasks more difficult, it does not make them impossible. We have the equipment, training and resources to keep our Soldiers safe. I urge leaders at all levels to ensure Soldiers understand cold-weather injuries and how to prevent them. ALIT is mandatory and must be taken by all.

But even with all the training our Soldiers receive, along with some of the best cold-weather equipment on the planet, some troops seem to disregard all their training and leave their gear at home right after final formation on Friday afternoon. They head out into the cold wearing just a hoodie and jeans.

I encourage all NCOs to remind their Soldiers they can use the winter gear issued by the Army any time they are out enjoying Alaska. I understand the cost of the civilian



Sgt. 1st Class Jarvas Thompson, 95th Chemical Company, 17th Combat Sustainment Support Battalion, traverses the Black Rapids Training Site ski hill during Cold Weather Training Course ski progression training. U.S. Army Alaska's cold weather training is also useful for recreational training in Southcentral Alaska's subarctic temperatures. (U.S. Air Force photo/David Bedard)

equivalents of our gear. In order to ensure our Soldiers are safe, use the Army approved and field-tested gear when comparable civilian gear is not available. All the cold-weather training in the world won't do you any good if you leave your gear at home.

We will not tolerate frostbite, not in our ranks or in our families. If you don't properly dress your children, they can get

frostbite just walking from your home to school. Bundle those kids up. Everyone in this command should and will know how to properly layer clothing to prevent cold-weather injuries. Teach these principles to your children and inspect them before they leave out the door. Have some spare clothes and blankets for every family member in your vehicle in case you get stranded.

Some people figure they are safe jumping in the car wearing only a T-shirt and sweatpants since they are driving from a heated garage to a friend's house 20 minutes away. One time, my wife and I were driving in our van in 20 below zero weather on an Alaskan highway. The van was new, it had less than 200 miles on it, but something went wrong and we broke down. We were lucky and were able to call for help with a cell phone. I knew not to open the van door. We had to conserve all the heat we could inside the van, which meant not opening any doors or lowering any windows. If I had, we would have immediately lost all our heat and it would have been -20 degrees inside the van while we waited for help to arrive.

Don't think it can't happen to you. Have a plan and emergency supplies like heat pads ready. Take the necessary precautions now to keep yourselves and your families safe this winter. A new car isn't always a preferred method of precaution.

This winter we'll all have the opportunity to take advantage of the many outdoor recreation activities that make serving in Alaska some of the best duty in the Army. Remember that no amount of fun or adventure is worth injuring yourself or your loved ones. Treat the Alaska outdoors with respect and take full advantage of all the opportunities the Last Frontier has to offer.

Prevention is the best treatment for cold weather injuries. I call on all Arctic Tough leaders to take the time to conduct training correctly and make sure all our Soldiers are Arctic Tough.

Coast Guard ground crews keep Hercules flying

By Petty Officer 1st Class
Sara Francis
Coast Guard Air Station Kodiak

Coast Guard Air Station Kodiak is home to four of the Coast Guard's 27 HC-130H Hercules airplanes. These aircraft are the mainstay of the air fleet and one of the Coast Guard's long-range aircraft. They are capable of transporting up to 51,000 pounds of passengers and cargo, and conducting search-and-rescue and surveillance missions.

What does it take to keep Air Station Kodiak's Hercules aircraft flying? In addition to pilots, crew, occasional repairs and heavy maintenance, they require regular refueling and resupplying just like a car or truck.

Each time a Hercules airplane returns to base, the men and women of the air station's HC-130 line crew meet the aircraft, guide it into place at the hangar, and ready the aircraft for its next flight.

"We have regularly scheduled missions for law enforcement and logistics, but we also get called out for search and rescue, and you can't plan for those so it's important that we have the aircraft ready for the next flight," said Lt. Jim Morrow, HC-130 Hercules airplane pilot and assistant law enforcement department officer, Air Station Kodiak.

Morrow was one of two pilots returning to Air Station Kodiak the evening of Oct. 17 after conducting a critical habitat patrol in the Aleutian Islands. The aircrew flew the plane to Shemya Island Oct. 16, spent the night at the Air Force-operated Eareckson Air Station, and flew more than 1,400 miles back to Kodiak.

Along the flight path, the crew-surveyed Steller sea lion rookeries and haul outs to confirm any commercial fishing vessels operating in the area were doing so within federal regulations. The crew also made a stop in Dutch Harbor to pick up a helicopter crewman for transport back to Kodiak.

With a safe landing and a successful mission under their belt, the pilots may have been done with the plane, but they weren't done with their day. After landing, Morrow electronically signed the plane back into the air station's inventory, noted any issues they may have had so the maintenance crew can address them and wrote his mission report. The reports vary



ABOVE: Petty Officer 3rd Class Brandon Turner, an aviation maintenance technician with Air Station Kodiak, cleans the windows of an HC-130 Hercules airplane following its return from an Operation Bering Shield flight Oct. 17. Operation Bering Shield includes patrols of the Bering Sea and Aleutian Islands in an effort to protect living marine resources. LEFT: An Air Force HC-130 Hercules airplane from JBER, prepares to depart from Coast Guard Air Station Kodiak Oct. 18. The aircraft was in Kodiak for the day while Air Force Lt. Gen. Stephen Hoog, commander, Alaska Command, visited Coast Guard and Navy units. (U.S. Coast Guard photo/Petty Officer 1st Class Sara Francis)

depending on the type of mission the crew flew and can include details about vessels they encountered or equipment deployed and weather information.

Upon landing in Kodiak, they taxied to the air station's Hangar One and were met by the line crew. These men and women quickly set about cleaning the interior of

the plane, washing the windows, restocking the disposable items like paper towels and coffee and refueling the aircraft. If a plane is carrying cargo they'll also assist the aircrew with its offload.

The crew of a Hercules can fly continuously for around eight hours, but prepping the aircraft, take off and landing figure into

the crew's mission day too – and depending on the conditions, that can make for a very long day. The function of the line crew is not only to relieve the aircrew and get them into crew rest, but also to get the plane ready for the next crew and the next mission.

Air Station Kodiak went through launch procedures for their

Hercules airplanes 1,129 times in fiscal year 2012 for missions ranging from helicopter support to search and rescue to training to counter-narcotics missions with U.S. Southern Command. The four airplanes and around 140 Hercules-specific crew are integral to the success of Coast Guard missions in Alaska.

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

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

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

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

ARCTIC WARRIOR

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

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

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

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

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Polar Force

From Page A-1

response to a simulated war-time scenario to test our ability to... generate aircraft, people and equipment in response to a regional crisis," said Air Force Col. Brian Duffy, 673d Air Base Wing commander.

This exercise embodied the Total Force concept as it combined efforts and personnel from the 673d ABW, 3rd Wing, 176th Wing, and 477th Fighter Group and lasted from Oct. 19 to 26. The purpose was to validate the units' ability to integrate, mobilize and prepare assigned personnel, aircraft and equipment for their wartime mission and to employ forces and weapons systems to perform tasked missions.

Duffy explained the exercise development.

"We used a simulated intelligence scenario to develop a picture of what this regional crisis must look like and then in response to a simulated warning order, simulated prepare to deploy order, and a simulated deployment order," Duffy said. "The wings combined to generate people, equipment and aircraft in response to that simulated regional crisis."

There were two phases to the exercise. The first phase was designed to test JBER's



Senior Airman Rachel Zaker, 3rd Maintenance Squadron, receives moulage makeup during Polar Force 12-7 Oct. 24. The application of moulage is used to simulate wounds and injuries. (U.S. Air Force photo/Airman Ty-Rico Lea)

ability to deploy and redeploy people as well as mobilize equipment.

During the second part of the exercise, JBER focused on analyzing the systems that project combat power and practiced responses to various emergency scenarios.

"As well as we've done during this ex-

ercise, we've taken a lot of notes on areas in which we can improve and want to use valuable experience to focus our efforts for our combined readiness inspection in 2014," stated an email from the commanders of the 673d Air Base Wing, the 3rd Wing, the 176th Wing, and the 477th Fighter Group.

The three colonels from the represented wings wanted to thank everyone for a job well done.

"Thanks again for all your hard work and dedicated efforts to make our Polar Force 12-7 exercise so successful," Duffy said. "Whether you were part of the team that was out helping generate aircraft, people, and equipment in response to a simulated wartime tasking, or whether you were part of our exercise augmentation team or one of our moulage victims, ensuring our sense of realism was the best we could provide for our participants. Whether you were working behind the scenes at one of our child development centers ensuring that exercise participants could focus on the task at hand or manning our gates to ensure installation operations continued on as normally as possible. You have our collective thanks."

"To the total-force Arctic Warrior team, thanks. You have proven this week as a team you can generate, deploy, and employ combat readiness and air power," said Air Force Col. Dirk Smith, 3rd Wing commander. "Awesome job."

"To the Midnight Sun Guardian experts, outstanding job putting your best foot forward as a total force enterprise and showing everyone what you are capable of doing," said Air Force Col. Donald Wenke, 176th Wing commander. "We are ready to step up to the next set of operations."

Response

From Page A-1

requested by FEMA and state authorities, as states throughout the Northeast begin to recover from Hurricane Sandy, the FEMA release detailed.

According to the release, DoD continues to coordinate with FEMA, U.S. Northern Command and the National Guard Bureau on providing lifesaving and life sustaining assets to FEMA and governors, as requested.

U.S. Transportation Secretary Raymond LaHood announced in a DOT release issued Tuesday he is making \$13 million in quick-release emergency-relief funds immediately available to New York and Rhode Island to help begin repairing the damage caused by Hurricane Sandy, while assessments continue throughout the Northeast to determine the full extent of the damage.

Also Tuesday, President Barack Obama authorized an emergency declaration for New Hampshire, Virginia and West Virginia, the FEMA release specified. The president also has authorized emergency declarations for Connecticut, Delaware, the District of Columbia, Maryland, Massachusetts, New Jersey, New York, Pennsylvania and Rhode Island. The actions, the release said, authorizes FEMA to coordinate all disaster relief efforts to provide assistance for required emergency measures, directly to state, tribal and local governments, to save lives and to protect property and public health and safety.

Monday night, the president declared major disasters for New York and New Jersey, making disaster assistance available to those in areas hardest-hit by the storm, according to the FEMA release.

Currently, more than 1,900 FEMA personnel are working to support Hurricane Sandy disaster response and recovery operations, including search and rescue, situational awareness, communications and logistical support, according to the FEMA release. In addition, 28 teams composed of 294 FEMA Corps members are onsite to provide aid and support.

Nine federal urban search-and-rescue task forces have been staged along the East Coast and are deploying into affected areas as needed, and requested by impacted states, according to the FEMA release. An addi-



U.S. Air Force Airmen assigned to the 621st Contingency Response Wing at Joint Base McGuire-Dix-Lakehurst, N.J., fly from aboard a C-17 Globemaster III, Sunday. The CRW was deploying an air mobility contingency response team of approximately 65 Airmen. (U.S. Air Force photo/Tech. Sgt. Parker Gyokeres)

tional six federal urban search-and-rescue task forces have been placed on alert for potential activation if required. Fourteen Incident Management Assistance Teams and 12 liaison officers are positioned in affected states along the East Coast to support preparedness activities and ensure there are no unmet needs.

Mobile Emergency Response Support personnel and teams have been deployed to support the states with secure and non-secure voice, video, and information services, operations, and logistics support to state response operations as well as with any potential requests for assistance, the FEMA release said. Ten FEMA disability integration advisors are also deployed to advise emergency management on alert and warning, evacuation, and sheltering needs.

At all times FEMA maintains commodities, including millions of liters of water, millions of meals and hundreds of thousands of blankets, strategically located at distribution centers throughout the United States and its territories, including Atlanta, Ga. and Frederick, Md., if needed and requested, according to the FEMA release. FEMA distribution centers have an overall inventory of more than five million liters of water, three million meals, 900,000 blankets and 100,000 cots.

FEMA and the Department of Defense established Incident Support Bases

in Westover, Mass., and Lakehurst, N.J., to pre-position supplies, including water, meals, blankets and other resources closer to potentially impacted areas, should they be needed and requested by states, according to the FEMA release. FEMA has moved roughly 245,000 liters of water, more than 174,000 meals and thousands of blankets and cots to Westover Air Reserve Base; and more than 400,000 liters of water and more than 390,000 meals and thousands of cots to Lakehurst Naval Air Station in Lakehurst, N.J., and more commodities are en route, as weather conditions permit.

States, localities and the American Red Cross continue to operate emergency shelters along the East Coast. In addition, the following federal activities are also being coordinated in support of Hurricane Sandy response and recovery efforts, according to the FEMA release:

- U.S. Northern Command Regional Defense Coordinating Officers and portions of the Defense Coordinating Element deployed in advance of the storm remain on the ground to validate, plan and coordinate potential Department of Defense support of FEMA's response operations and to facilitate DOD support of life-saving and response operations.

- There are now more than 7,400 National Guard forces on duty supporting the

governors of New York, Massachusetts, Virginia, New Jersey, Delaware, Connecticut, Pennsylvania, North Carolina, Rhode Island, New Hampshire and Maryland. These forces are providing assistance to local first responders and FEMA by providing assistance at evacuation shelters, conducting route clearance and search-and-rescue missions, and delivering of essential equipment and supplies.

- The U.S. Army Corps of Engineers mobilized temporary emergency power resources to provide support to areas affected by Sandy. These resources consist of teams with technical expertise to assess critical facility generator requirements and private sector contract support to install and operate generators. Other planning response teams remain on alert for debris management, infrastructure assessment, temporary roofing and water planning. Additional temporary power teams have also been placed on alert status.

- In preparation for the storm, the Nuclear Regulatory Commission placed inspectors in all nuclear power plants that could potentially experience impacts from the storm. Inspectors independently verify that plant operators are making the proper preparations and taking actions to ensure plant safety before, during and after the storm. Out of an abundance of caution, three reactors were shut down during the storm while another plant, Oyster Creek in New Jersey, is being closely monitored due to high water levels in its water intake structure. The NRC will continue to coordinate with other federal and state agencies prior to the restart of the affected plants.

- The National Oceanic and Atmospheric Administration's Hydrometeorological Prediction Center is now tracking the remnants of Hurricane Sandy and providing regular forecast updates. NOAA National Weather Service weather forecast offices in the affected areas are working closely with local emergency management officials. NOAA navigation response crews are staged and ready to commence waterway surveys in the affected areas.

- The U.S. Coast Guard has teams along the East Coast to conduct search-and-rescue missions, respond to and mitigate threats to public health and the environment, and it continues to assess and advise status of ports along the East Coast.

Recon

From Page A-1

With grace and precision, they performed a HALO free-fall jump from the plane at 10,000 feet and popped parachutes at 4,500 ft. From there, they glided along separate wind currents, which were blowing in different directions above the mountains and in the valley of the simulated crash site. The pararescuemen immediately attended to the "deceased" aircraft crew dummies and injury-mouled Marines, while the Marines who parachuted in secured the area amidst gunfire sounded that was simulated by a strategically placed CO2 tank and one of the training overseers firing blanks.

The training overseers perched on high ground with the sun at their backs and fired off blank rounds.

"It was like a scene from The Patriot," one of the Marines said. "One of them would yell 'I got him,' and then the trainer would vanish and reappear at the bottom of a ridge."

Benefits of training in Alaska

"We can't duplicate this weather anywhere," Brock said. "Down in southern California, things are warm and the terrain is different. This is a dynamic mission set in a place these Marines are unfamiliar with. Not only are they operating with the normal friction of their tactical operations, but there are a lot of environmental and external factors that are giving them a hard time with operating."

"We have a cold-weather train-



Marine Cpl. Joshua Hunter, 1st Reconnaissance Battalion, Camp Pendleton, Calif., looks for simulated enemy with the sun in his eyes as he secures the area during a tactical recovery of aircraft and personnel operation in the Chugach mountains Oct. 26. The Marines trained in reconnaissance and surveillance operations in an unfamiliar subarctic environment closer to conditions, which can encountered during winter in Afghanistan. (U.S. Air Force Photo/ Airman 1st Class Omari Bernard)

ing facility in California called Bridgeport," added Gunnery Sgt. Mike Stevens, of Force Recon.

"It's a lot different between there and here during the winter time. The difference is the cold. It snows and gets cold down there but for some reason it seems a lot colder here. We've been out in field operations out there and have gotten away

there with a lot less gear."

Marines adapt and overcome

"Any time you're planning a training mission or operation like this over space and time there are difficulties," Brock explained. "It's a long ways away. We started planning this early August, late July. It's tough to coordinate

when you're a couple states away. If I was coordinating in California, I could just walk into their office. Whereas coordinating with someone in Alaska, they may not pick up their phone or I won't articulate myself properly.

"To be blatantly honest, the biggest thing Marines were overcoming in the field was the cold 6-degree temperatures getting to zero at night for their first couple

days of training," Brock continued.

He gave an example of the challenge of setting up training on JBER.

"One of the difficulties of coming to JBER from Camp Pendleton is that you can't do anything yourself," he said, "If we had done this in Camp Pendleton, we could have provided our own logistics and support; coming up here we couldn't do that. We had to rely on different agencies to help us out."

While here, the Marines were supported by sister services: Army, Navy, Marines, and Air Force.

- The 202nd Aviation with the Army National Guard unit provided transportation via helicopter to designated landing areas and provided a C-23 Sherpa for the Marines to HALO jump out of.

- A Navy corpsman embedded with their unit oversaw their medical support and necessities.

- The Air Force 212th Rescue Squadron supplied the gear and provided support that played out in one of the scenarios.

- The Marine Corps Reserve D Company, Antiterrorism Battalion, supplied their building and cots for the Marines to sleep on.

The Marines came here with a couple things in mind and went through the evaluation portion of the first four days Brock said.

"The big goal was to bring these guys up here to see where they were at in training and move on from there," he said. "We thank the 202nd Aviation, with the National Guard, the 212th Pararescue Squadron, and the Delta Company Marines of JBER. Everyone has been really helpful to us here."



Briefs and Announcements

Disposition of effects

Army 2nd Lt. Remington Myhre, 1st Squadron (Airborne), 40th Cavalry Regiment, is authorized to make disposition of personal effects of Sgt. Brent S. Barnett-Lamothe, 1-40th Cav., as stated in Army Regulation 638-2.

Any person or persons having claims for or against the estate of the deceased should contact Myhre at 907-384-1862.

Brain injury classes

Every Tuesday from 5:15 to 6:15 p.m., the JBER Hospital Traumatic Brain Injury Clinic will host education and peer-coping strategies class for spouses and partners of service members affected by TBI.

For more information, call 580-0014.

Scholarship opportunity

The Air Force Aid Society will be accepting applications for the Arnold Education Grant for the academic year 2012 to 2013 until March 9.

Eligible spouses will have an opportunity to receive up to \$2,000 to fund their college education. To apply, please visit <http://www.afas.org/Education/ArnoldEdGrant.cfm>.

Giant Voice testing

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

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

Volunteer opportunity

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

For more information, call 552-1156.

Volunteer opportunity

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

This partnership involves voluntary mentorship of AMYA ca-

dets, and is intended to support and enhance AMYA's mission to intervene in and reclaim the lives of Alaska's at-risk youth.

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

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

Do not trespass

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

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

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

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

Lunch with a Lawyer

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

Public Health closures

Public Health closes the first Thursday of the month from 1 to 4:30 p.m. and the third Thursday of the month from noon to 4:30 p.m. every month. For more information, call 580-4014.

Rental Partnership

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

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

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

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

This program is designed to provide active-duty military personnel, enlisted and officers,

accompanied and unaccompanied with affordable off-base housing.

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

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

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

Voting assistance

To request a ballot, and vote absentee, visit www.fvap.gov to complete the Federal Post Card Application. The process requires less than 10 minutes to complete using the online registration and absentee ballot assistant.

Road closures

Gulkana Avenue is closed west of Sixth Street for housing construction, opening again time to be determined.

Dyea Avenue is closed from Fifth to Sixth streets until December for housing construction.

Juneau Avenue is closed near Fifth Street until March 15, 2013, for housing construction.

Alpine Avenue and Birch Hill Drive near Alpine Avenue will be closed until February for housing construction.

Seventh Avenue is closed between Beluga and Dyea avenues until April 15, 2013.

Home buyer's seminar

The 673d Civil Engineer Squadron Capital Asset Management Office offers a first-time home buyer's seminar two times each month through the Volunteer Realtor Program.

The seminar covers home loan prequalification, negotiations, offer acceptance, inspection, title search, available types of loans, and the closure process as well as many other aspects of interest to a prospective home owner.

Please contact the JBER-Elmendorf office at 552-4439 or

the JBER-Richardson office at 384-3088 for specific times to be included in the sign-up roster.

Troops to Teachers

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

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

U-Fix-It Store

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

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

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

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

This allows tenants to do work in their homes themselves, thus improving the appearance of the interior as well as the exterior of the home. There are two stores located on base.

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

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

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

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

Mortgage relief

Policies are in effect to pro-

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

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

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

Find housing

Visit the Automated Housing Referral Network at www.ahrn.com or www.ahrn.org/mobile if using a mobile device to find housing before packing up.

Sponsored by the Department of Defense, the website listings include available community rentals, military housing, shared rentals, temporary lodging and military for sale by owner listings.

Listings include property descriptions, pictures, maps, links to local schools, and contact information.

Service members who would like to rent their homes, sell their homes, or are looking for another service member as a roommate in their current homes, may post an ad free of charge on the site.

For more information, call the 673d Civil Engineer Squadron Capital Asset Management Office at either 552-4439 for JBER-Elmendorf or 384-3088 for JBER-Richardson.

Dining facility survey

ARAMARK is conducting a survey to evaluate how the contractor can better offer dining service to JBER.

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

Quartermaster Laundry

The Quartermaster Laundry, located at 726 Quartermaster Road, cleans TA-50 gear for free and is open Monday to Friday 7:30 a.m. to 4:30 p.m.

JBER hospital chaplains standing by this holiday season, Page B-2

ASAC outreach targets adolescents, Page B-4

www.jber.af.mil/news

COMMUNITY

Volume 3, No. 44

Joint Base Elmendorf-Richardson

Nov. 2, 2012

From Tragedy to TRIUMPH

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

Sgt. Ashley A. Walker, a military police officer with the 425th Brigade Special Troops Battalion, 4th Brigade Combat Team (Airborne), 25th Infantry Division, has experienced a year marked by heartbreak and triumph.

Tragically, Ashley lost her husband, Sgt. Brian L. Walker, also an MP with the 425th BSTB, when he was killed by an improvised explosive device during a combat mission in support of Operation Enduring Freedom May 13 near Bowri Tana, Afghanistan. He was the vehicle commander in the lead vehicle when it was struck by the IED. Pfc. Richard L. McNulty III, another paratrooper with the 425th BSTB, was also killed in the explosion.

Through her own inner drive, inspiration, memories of Brian, and support from close family members, Ashley was able to motivate herself to move forward in life without him.

Ashley used her tools of motivation when she, along with other elite softball players from around the Army, won the gold medal for the 2012 All-Army Women's Softball Team Sept. 20.

"It's for him, everything is for him," Ashley said of Brian.

Both Walkers deployed together with the 4-25th ABCT in November 2011, but were assigned to separate locations while in theater. He was stationed at a small combat outpost remote to Forward Operating Base Salerno, and she was stationed at FOB

Gardez.

Ashley's sister, Spc. Amber Caswell, who is a Chemical, Biological, Radiological, and Nuclear Specialist is with the 425th BSTB, and her stepbrother, Spc. Justin Stephenson is an infantryman with the 3rd Battalion (Airborne), 509th Infantry Regiment.

All four family members deployed together last year in support of OEF.

Ashley, Brian, and Caswell all went on rest and recuperation leave together, then just six days after returning to Afghanistan, Brian was killed.

Ashley said they agreed to have an Internet date that day, but because of no response from him online, and then a black-out which stopped her from using online services, their date never happened.

She was then notified of Brian's death by her chain of command. Caswell was a co-escort and helped Ashley by comforting her during Brian's final flight back to the United States.

The Walkers first met each other while they were stationed at Fort Bragg, N.C., where they were both assigned to the 16th Military Police Brigade.

They had a strong bond and connection, which culminated in love and marriage in 2010.

During Brian's first deployment to Afghanistan in 2010, Ashley deployed on a humanitarian mission to help the country of Haiti after a major earthquake struck there.

She was in Haiti from January to June 2010, so she was not able to spend time with Brian during his R and R.

He still went back to her hometown without her to meet her father and ask for her



2012 All-Army Women's Softball teammates, 1st Lt. Alyson McWherter, Sgt. Ashley Walker, and Staff Sgt. Nicole Dunn, gather together just after securing the tournament championship to display their gold medals and arm bands with Sgt. Brian Walker's initials embroidered on them Sept. 20. The team wore the arm bands during all of their games this year as a way to remember and honor Brian who was killed during combat operations in Afghanistan May 13. (Courtesy photo)

hand in marriage. Her father approved and they were married later in the year.

Brian always supported Ashley, especially her love for softball. He encouraged her to put in her request to play packet again this past year.

Ashley has been on three All-Army Women's Softball Teams dating back to 2010, winning the gold her first year, the silver her second year, and the gold again this year.

Brian would often go to watch Ashley play with the All-Army team, so a lot of

her teammates knew him. He even drove to Florida one year for a tournament.

"We got arm bands made with Brian's initials, B.W., embroidered on them and the whole team wore them during all of our games," Ashley said.

After the team won the title and the gold medal, they huddled together and chanted "Brian" in celebration and remembrance, she said.

She said the team helped her cope a little

See Triumph, Page B-4



Nora Mosteller, 7, daughter of Air Force Maj. David Mosteller of the 673d Medical Support Group at Joint Base Elmendorf-Richardson, waits in line at the trick-or-treat event at the JBER hospital Oct. 26. (U.S. Air Force photos/Justin Connaher)



Jaylah Everette, 6, daughter of Pfc. Christopher Everette, a native of San Diego, Calif, assigned to 95th Chemical Company, attends the trick-or-treat event at the hospital on JBER Oct. 26.

HALLOWEEN HWINKS

Tech. Sgt. Heather Lewis, a native of Ventura, Calif., assigned to 673d Inpatient Squadron, gives candy to Alexander Lockwood, 7, son of Air Force Master Sgt. George Lockwood, assigned to 144th Alaska Air National Guard, during the trick-or-treat event hosted by the hospital on JBER, Friday, Oct. 26, 2012. (U.S. Air Force photo by Justin Connaher)



Chaplains at the hospital ready to serve this holiday

Commentary by Army Chaplain (Maj.) John Min

Holiday seasons can bring joy and happiness to millions of Americans each year.

However, with that joy often comes the stress and pressure of meeting obligations and expectations of family, friends and work, which can take the joy out of even the happiest time of the year.

I have been blessed as an Army chaplain to serve our hospital since January. For being able to have two chaplains serving in the hospital – one Air Force and one Army – we praise and thank God (and our JBER leadership).

We're very excited to help nurture and grow the spiritual care of patients while maintaining close and positive relationships with families and staff members.

Each week, we schedule visits with hospital service providers and their patients.

We provide spiritual care in a variety of healthcare settings throughout the hospital.

Essentially, spiritual care is a ministry of healing, which provides emotional and spiritual support to patients, their families and the hospital staff.

The chaplains work together as part of the healing team in conjunction with physicians, nurses and other caregivers.

Spiritual care may include responding to crisis, assisting persons in the resolution of ethical questions regarding patient care, contacting pastors, priests, rabbis, or other religious representatives as requested, and providing ongoing spiritual support.

Additionally, spiritual care

provides a coordinated service of spiritual care to patients, their families and the hospital staff.

Spiritual care is affirmed as an integral part of the team approach to healthcare, therefore, we take pride in ministering to the needs of the whole person – body, mind and spirit.

Our ministry includes: prayer, offering support, listening, providing sacraments or rituals, conflict resolution, communication, contacting your minister, assisting with difficult decisions, helping obtain information, and being a spiritual resource in the time of crisis.

My spiritual care and ministry experience involves assisting people with their faith during their hospital stay including: bedside visits, prayers for those who need spiritual care, blessings with

celebration of new born babies, and person who needs a physical therapy two or three times a week.

We can all benefit from spiritual care – as part of the “cure.”

During the holiday seasons, we are available to meet your needs for Bible and interfaith devotional times through meetings every Tuesday at 12:15 p.m. and Thursday at 4:30 p.m., together with Catholic Mass every Thursday at 11:30 a.m. in the hospital chapel on the second floor.

Also, you may call a chaplain:

- When you desire prayer or spiritual counseling, or otherwise ask to see a chaplain
- When you or your family desire prayer, communion, baptism, sacrament of the sick or anointing
- When you desire a better understanding of your relationship with God, or feel the need for spiritual

guidance and direction

• When you desire spiritual support as you undergo medical or surgical treatment

• When you are wrestling with religious issues such as unresolved grief, lack of faith, inability to pray, a sense of being abandoned by God, or experience the loss of hope or meaning of life.

• When you need information about community religious congregations

You may contact either hospital chaplain – Air Force Chaplain (Capt.) Scott Savell or Army Chaplain (Maj.) John Min, at 580-6200 (hospital office), 384-1461 (Soldiers' Chapel) or 552-4422 (JBER-Elmendorf Chapel Center).

May God bless you and your family during the coming holiday season.

Survivor of suicide victim asks herself: Did I do enough?

Commentary by Sgt. 1st Class Jennifer Menger
Army News Service

It was a typical Saturday morning for my family. As typical as it can be when you are a dual-military blended family and your better half is deployed overseas.

We had gotten up, done our household chores, attended guitar lessons, and were on the road to Orlando when I got a call I'll never forget – one that impacted me in a way I never thought it could. I've begun to doubt who I am, my faith, my core values, and all of my beliefs.

One phone call – six words – has changed my life. Those words have made me take a different look at who I am and what is important to me.

She shot herself in the face. One of my former Soldiers had killed herself.

What led up to that moment is something that has haunted me for the past two weeks, everyday. When I close my eyes at night, I see her as I so often did. Sitting in front of her laptop, or tossing her gear on and heading out on a mission overseas.

I don't sleep. I've lost weight. And I carry survivor's guilt. What could I have done to change the outcome?

She drifted between Savannah, Ga., and Lakeland, Fla., for the better part of a year. She finally settled down in the Atlanta area, where she'd lived and worked prior to enter-

ing the Army.

Over the past six months, she got mixed up with, and addicted to, cocaine.

She already had an addiction to alcohol, and according to other friends of ours who tried reaching out to her, she was drinking and partying more, and becoming more and more despondent. She drifted in and out of rehab with the VA, and was unsuccessful with treatment.

She was apparently suffering from post-traumatic stress disorder, or PTSD, something that none of us were aware of. She did not confide in any of us that she was in pain – physical or emotional. My boss and I had both taken her to see counselors several times prior to, during, and after our deployment.

She'd allegedly attempted to overdose on cocaine Friday night, but was unsuccessful; supposedly her roommate revived her. She deactivated her Facebook account Friday night, and in front of her roommate Saturday morning, put a shotgun in her mouth and killed herself.

According to a Facebook posting by her roommate, this is what transpired, “It was exactly one week ago today that my dear friend and roommate took her own life in our home as I stood on the other side of the closet door that she had barricaded herself in. I had been on the phone with 911 for only a few minutes, but enough time to give them our names, address, situation, etc., and I think she must have heard what I was doing

and made up her mind that she would not be stopped. As the operator was assuring me that help was on the way, I heard a few clicking noises and then the gunshot.”

I'll tell you this – I've never pulled any punches when it comes to talking as a senior leader about this. I feel responsible for what happened to her. I was hard on her – and wanted her to be better than she was.

She was older than my other Soldiers, and I chewed her out for stunts she pulled and knew better about. I was tough on her because I knew she could be better than I was. I was tough on her because I knew she could be a great troop if she set her mind to it. She had the potential to go far in the military if she wanted to, and if she would just get off her duff and do the things my boss, me, and others were trying to help her with.

I feel as though if I'd taken more time to escort her to mental health, taken more time to find out what made her tick, she wouldn't have gotten mixed up in drugs and maybe had a more positive outlook when she got out of the Army.

My logical brain knows I couldn't have done anything to stop her, that she would still have done what she did. It is the pain in my heart that won't go away.

The pain in my heart, knowing that we've lost a human life, a daughter, a sister, an aunt, a friend ... all to a senseless act when there were resources that could have prevented it.

Yes, I'm beating myself up over this; I

feel like I failed her and her family. I feel as though I didn't do something to protect her; as though I let her and them down.

In the Army, we live by a set of ethics that go like this –

I will always place the mission first.

I will never accept defeat.

I will never quit.

I will never leave a fallen comrade.

I understand that in time I will heal, and that the pain will go away; that this was not my fault. I understand I can take my Soldiers to counselors but not force them to talk about what hurts them on the inside. But I feel like it is my inherent duty to always protect them – no matter where they are – in and out of uniform, whether we are still stationed together or not. It is what makes us a family.

I've written this article in the hopes it will help others who are hurting. I've written this in the hopes of connecting with others out there like me, who have lost someone close to them.

I've written this article in the hopes no leader, in whatever branch of service he or she serves, ever gets a phone and has to listen to those six words.

Editor's note: Sgt. 1st Class Menger was assigned to the 3rd Infantry Division, where she worked as a public affairs NCOIC before her assignment at the Defense Equal Opportunity Management Institute. She knew – and supervised – this Soldier for approximately four years.

FSS EVENTS

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Pick up a moose pattern at the Arctic Oasis November 1 • Judging December 14

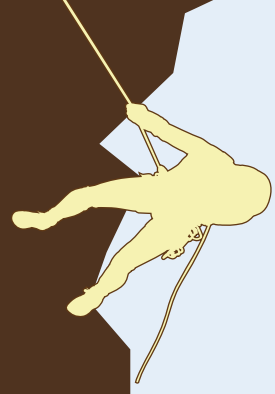


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ROCK CLIMBING SCHEDULE



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RSVP 552-4599

NOW - November 15
OPEN CLIMBING SESSIONS**
THURSDAYS 3:30 - 5:30 P.M. FREE
EQUIPMENT RENTAL \$5



BLDG. 7301 • 552-2023

Please RSVP for Wednesday Classes. All students under 12 years old must have a parent present. Open to 8 years old and up. Belay skills must be demonstrated to OAP staff before use of the climbing wall. First come, First serve.



& ACTIVITIES

Community happenings

**SATURDAY AND SUNDAY
Holiday Greetings**
JBER Public Affairs is filming holiday greetings from 10 a.m. to 3 p.m. at the Joint Military Mall. Greetings will air on hometown TV stations. Service members must be in uniform.
For information call 552-8151.

**FRIDAY THROUGH MONDAY
Make It Alaskan festival**
The Sullivan Arena hosts this annual extravaganza with Alaskan-made arts and crafts, gifts, food and more. Food vendors offer tasty treats and live music is planned.
For information, visit makeit-alaskanfestival.com.

**SATURDAY
Country Fair**
The Richardson Spouses Club hosts this annual craft fair at Buckner Physical Fitness Center starting at 10 a.m. Gifts, crafts, food and more make this a popular event. For information, visit fisc.shutterfly.com.

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

**WEDNESDAY
Retiree Health Screening**
The 673d Medical Group hosts this preventive health screening day at the JBER hospital from 7 a.m. to 4 p.m. Retirees are encouraged to visit for a general checkup on preventive health issues.
For information, call 580-6602.

**Nov. 9
Veterans Job Fair**
More than 120 employers and education, training and apprenticeship providers will be at the Alaska Veterans Job Fair from 10 a.m. to 3 p.m. at the University Center.
The job fair places emphasis on service to veterans and all eligible people.
For information call 269-4777.

**Nov. 9 THROUGH 11
Rock and mineral show**
The Anchorage Sheraton hosts

this show put on by the Chugach Gem and Mineral Society.
Displays, talks, demonstrations and more offer something for everyone. Activities for children are also available.
For information call 830-0631.

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

**Nov. 13
Battle Buddy Lunch**
Survivor Outreach Services hosts this lunch at the Wilderness Inn's Fisherman's Lounge.
Anyone who has lost a battle buddy, sibling, family member, spouse or anyone close is welcome to the event from 11:30 a.m. to 1 p.m.
For information, call 384-0702.

**Nov. 15
Chick flick movie night**
The Elmendorf Officers' Spouses Club hosts this movie night at the Arctic Warrior Events Center's Susitna room from 6 to 9 p.m. "View From The Top" is the feature.
For information call 980-9944.

**Nov. 20 THROUGH 24
Great Alaska Shootout**
The highlight of pre-season college basketball kicks off Nov. 20 at 6 p.m.
For schedules, news and other information, visit www.uaa.alaska.edu/.

**Nov. 24
Strange Planets**
The Anchorage Museum's planetarium hosts this exhibit about planets outside our solar system, starting at 3 p.m.
For information, call 929-9200.

**Dec. 1
UAA Crafts Fair**
The Student Union Building hosts this craft fair featuring Alaskan-made crafts. Speak directly to the artists and find a wonderful array of items from pottery to bath products, from woodwork to glass

and metal.
For information call 786-6152.

**DEC. 3 AND 4
Sounds of the Season**
The Air Force Band of the Pacific plays the sounds of the season at the Alaska Center for the Performing Arts starting at 7 p.m.
For information call 552-3081.

**Dec. 7
Merry Merchant Munch**
The businesses of Eagle River host this old-fashioned holiday competition, with sleigh rides, carolers, food and much more both days. Get into the holiday spirit. Visit www.cer.org.

Winter Wonderland Walk
Downtown Eagle River Commons hosts the annual tree lighting and features elementary school choirs.
Santa and his team of eight real reindeer headline, while sleigh rides and treats are also planned.
For information visit www.cer.org.

**Dec. 15
Reduced Shakespeare**
The Reduced Shakespeare Company takes viewers on an irreverent trip through the holidays with the Ultimate Christmas Show. The "Three Wise Guys" celebrate familial dysfunction and slapstick merriment at the Alaska Center for the Performing Arts.
For information, call 263-2787.

**ONGOING
Discovery chapel classes**
Soldiers' Chapel hosts classes for all ages, from elementary school through adults, Wednesday evenings.
A free meal begins at 5:45 p.m.; classes last from 6:30 to 7:30 p.m. Nursery care is provided.
For information call 384-1461 or 552-4422.

Wired Cafe for Airmen
The Wired Cafe is located at 7076 Fighter Dr., between Polaris and Yukla dormitories.
The cafe has wireless Internet and programs throughout the week for single Airmen living in the dorms.
There are free homestyle meals Fridays at 6 p.m. at the cafe.
For information, call 552-4422.

Model railroading
The Military Society of Model Railroad Engineers meets at 7 p.m. Tuesdays and 1 p.m. Saturdays in basement Room 35 of Matanuska Hall, 7153 Fighter Drive.
Anyone interested in model railroading is invited.
For information about meetings, work days, and shows, call 952-4353, visit their site at www.trainweb.org/msmre or email bjorgan@alaska.net.

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

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

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

Sing-along at the zoo
Pre-school-aged children 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-alongs are at 10:30 a.m. Mondays at the coffee shop greenhouse.
For information email klarson@alaskazoo.org.

Road Warriors running
Stay fit with a group who can help you stay motivated right here

Chapel services

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

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

Confession
Saturday
6 p.m. – Soldiers' Chapel
Monday through Friday
Before/after 11:40 Mass – Soldiers' Chapel

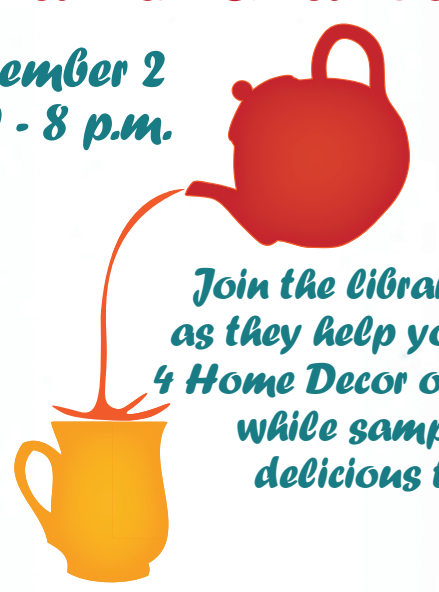
Protestant Sunday Services
Joint Liturgical Service
9 a.m. – Elmendorf Chapel 2
Traditional Service
9 a.m. – Elmendorf Chapel 1
Contemporary Protestant Service
11 a.m. – Soldiers' Chapel
Gospel Service
Noon – Elmendorf Chapel 1
Contemporary Protestant Service
5 p.m. – Elmendorf Chapel 1

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

on JBER. Military, family members and civilians alike are welcome to train and get involved with running, biking and swimming events.
For events and information, check the Road Warriors (Alaska) Facebook page or call 384-7733 or 552-1361.

Annual Tea Sampling and Crafts

**November 2
6:30 - 8 p.m.**



Join the library staff as they help you create 4 Home Decor ornaments while sampling delicious teas

LIBRARY

JBER Consolidated Library | Bldg. 7 | 384-1640

Cross Country Ski Waxing Clinic

November 3, 17 & 25 AT 1 PM


ski rentals and more
check out our winter specials
each month this season

JBER Elmendorf ORC BLDG. 7301 - 552-2023

Spouse Resiliency Boot Camp

November 6 - 8 • 9 a.m. - 4 p.m.

First FIVE to register get a free gift!!



384-1517
BLDG. 600, ROOM A37 (Basement)

Rent our Clubhouse and have your Winter Party or Event here!



Call 428-0056 to book your space today!
Catering Available



Hill & Creek Golf Courses at
MOORE RUN GOLF COURSE - ALASKA

Information, tickets & travel

Get your Anchorage Concert Association Tickets with ITT and save! Check out what's showing this month!

The Nutcracker: November 23 - 25

Call 753-2378 for more information


Check out the October Alaskan Adventurer (or go online)

For a coupon and save at Information, Tickets & Travel

coupon valid only at ITT, located inside the Arctic Oasis

CHECK US OUT ONLINE!

http://www.elmendorf-richardson.com



Triumph

From Page B-1

with the loss of Brian by allowing her to be herself. She said when she wanted to talk about Brian she could, because they knew him.

While deployed in Afghanistan, and with full support from Brian, Ashley submitted her packet to request a chance to play on the 2012 All-Army Women's Softball Team.

Brian really wanted her to play. She said he thought it would be a great way for her to still serve and represent the Army, but it would also remove her from harm's way in Afghanistan.

Ashley's deployment ended after Brian's funeral and as a result of being selected to play on the 2012 All-Army Women's Softball Team.

She competed for a spot and earned a position as third baseman for the team.

The Army hosted this year's tournament at Fort Sill, Okla. The team played each of the other services three times each.

The All-Army team won as a result of having the best overall record of eight wins and one loss.

Ashley was selected as one of 15 players for the All-Tournament Team. The team's 15 members are recognized for being the best players in the tournament.

Ashley was further recognized by being selected to play on the All-Armed Forces Team.

The All-Armed Forces Team picks the best players from all of the forces to play against top-rated civilian teams from across the nation.

Ashley moved over to first base for the All-Armed Forces Team, and they placed 2nd overall at the tournament in Oklahoma City.

Ashley was recognized as an outstanding player on many levels, but she said the biggest achievement was winning the gold medal. "The most important part is playing for the gold medal, and we won it this year," she said.

She said she really enjoys playing on the All-Army Team, and enjoys seeing new places.

"It's quite an experience," she said. "You get to meet some really awesome girls," she said.

She said the loss of her husband has not fully sunk in, and the hurt will never go away, but playing softball gave her mind a break from thinking about it all of the time.

"The team helped by just being there and being great, and not bringing it up, and letting me be me," she said.

She said around certain places it feels weird because people look at her in an odd way.

"I felt normal there, not like a circus clown, you know? Like, oh look, her husband was killed," she said. "They made me feel normal. I guess that is the biggest part that helped. Because I am, but I'm just stuck in a deep rut.

"I think what helps me get

through is I know what he wants, and what he would want me to do," she said. "Every time I feel like I can't make this, I'm just like, 'Oh! This is what he would say,' or 'this is how he would do it.'"

"Even though he is not here, he still helps me through, because nobody else can. I'm just like, 'OK, I have to do this for Brian,'" she said.

Ashley said Brian would not want her to be sad, so she tries to keep a positive outlook on life.

"He would not want to see me cry, so I just try to smile all the time," she said.

"I want people to know that he is the one that inspired me, and that's why I do what I do," she said.

Ashley had close support and was comforted by her sister, Spc. Amber Caswell, during some of her most difficult times.

"We are really close, we're like best friends," Caswell said. "She is really tough anyway. She would have gone through it with or without me, but I hope I made things easier for her.

"Their love was unbelievable," Caswell said as she wiped away tears. "It was like a fairytale that should be written.

"It was just perfect. It was what everyone looks for, and they had it, and everyone was just so jealous," Caswell said. "It was like a fairytale that came true, and it just ended."

Leaving tears for laughter, Caswell spoke of her relationship with Brian.

"He was always looking out for me," Caswell said.

Brian and Caswell would often pick on each other and joke around. "He hated the word shut-up, and I would always be like, Brian, shut-up. He'd get so mad, so I would say I'm sorry Brian. Please be quiet,"

she said with a smile.

Before the tragedy, all three paratroopers went on rest and recuperation leave together to visit the sisters' family in Arizona.

"Brian loved our family," Ashley said.

Ashley said Brian and members of her family were really close. Brian and a few of her family members formed a group they called "The Wolf Pack." She said it was a name they used as a way to bond with each other and have fun.

"They were a goofy group when they got together, she said.

Brian also had a love for helicopters. He wanted to be a pilot, and had recently purchased some aviation books online to study for the entrance exam for the Army's flight school.

"Brian was all about helicopters," Ashley said "He loved helicopters."

She said he quickly outgrew the small radio-controlled helicopters you can buy at many department stores, so when they were on leave in Arizona, he bought a nice one from a local hobby shop.

"The first day we had to spend \$100 on parts because he just crashed it!" Ashley said as she laughed at the memory.

She said she had a tattoo made on her arm in his memory which includes a picture of a helicopter in its design.

Ashley and Caswell said Brian established bonds with many members of their family to include their 2-year-old niece, Payton Miller.

Ashley said Payton would often watch him play with his helicopter. One day he crashed his helicopter on the roof of the house.

To which, Payton said, "Brian, copter fall down?"

Caswell said Brian and Payton had a special bond.

"She points to her heart and says, Jesus and Brian in my heart," Caswell said.

Ashley said Brian loved kids and they planned to have some of their own someday.

"One of the last conversations we had was about having kids when we got back," she said.

Ashley bought a 1959 Chevrolet Apache for Brian while they were on R&R together.

He loved the thought of restoring it, so she plans to rebuild it along with some help from "The Wolf Pack" who have already volunteered to donate their time to restore it in memory and tribute to Brian.

Although Ashley has "not really coped with it," as she would say, she has found a way to keep moving forward in life.

"He gave his life so I could live mine, and I'm not going to waste it," she said.

"I still have to accomplish things that I set out for and it kind of gives me more motivation, because I have something to work more for, even though nobody notices," Ashley said. "I just want people to know that even if he is not here right now, he is. That's all."

“It was like a fairy tale that came true.”

Marijuana use hits developing adolescent brains extra hard

Staff Report
ASAC Program

Nancy Nolin, the Adolescent Substance Abuse Counselor for Joint Base Elmendorf-Richardson, also serves military youth attending Eagle River High School.

One of the ASACS's program goals is to educate students and family members about the risks of abusing alcohol and drugs.

Nolin facilitated a discussion "Your Brain on Pot" to the students in the Air Force JROTC classes at ERHS.

Nolin focused on educating students about the risks of using marijuana. She hopes to continue teaching this topic in other classrooms at the school.

Recently, Nolin provided an information table in the ERHS commons area so students had an opportunity to ask questions and to view a simulated brain with flags indicating which areas of the brain are impacted by tetrahydrocannabinol, the primary component of marijuana.

THC interferes with learning and memory, because the hippocampus – a part of the brain with a funny name and a big job – plays a critical role in certain types of learning.

Disrupting its normal functioning can lead to problems studying, learning new

things, and recalling recent events.

The difficulty can be a lot more serious than forgetting if you took out the trash this morning, which happens to everyone once in a while.

These THC effects can cause disaster on the road.

Research shows that drivers on marijuana have slower reaction times, impaired judgment, and problems responding to signals and sounds.

Studies conducted in a number of localities have found that approximately four to 14 percent of drivers who were injured or died in traffic accidents tested positive for THC.

The cerebellum is the section of the brain that controls balance and coordination.

When THC affects the cerebellum's function, it makes scoring a goal in soccer or hitting a home run pretty tough.

THC also affects the basal ganglia, another part of the brain that's involved in movement control.

In fact, people who use marijuana over the long term report less life satisfaction, poorer education, and job achievement, and more interpersonal problems compared to people who do not use marijuana.

Marijuana also may affect your mental health. Studies show that early marijuana

use may increase your risk of developing psychosis if you have a genetic vulnerability to the disease.

Psychosis is a severe mental disorder in which there is a loss of contact with reality, including false ideas about what is happening (delusions) and seeing or hearing things that aren't there (hallucinations). Marijuana also has been associated with depression and anxiety.

A person who uses marijuana is more likely to be exposed to and urged to try other drugs. The effects of marijuana on the brain of adolescents – still a work in progress – may also affect their likelihood of using other drugs as they get older.

The risk of using cocaine is much greater for those who have tried marijuana than for those who have never tried it.

Using marijuana puts children and teens in contact with people who use and sell other drugs.

To learn more or to request a presentation on JBER or to inquire about other services please contact the ASACS program.

The Adolescent Substance Abuse

Counseling Services Program serves adolescents between the ages of 12 and 18.

This free service is contracted through the Army Substance Abuse Program serving military families and communities.

Nolin is located in Building 1108, Room 17B on JBER-Richardson.

She also has an office at ERHS and provides prevention and intervention services for military youth at the school.

For more information about program services please call 384-0134 or 742-2743 or email nancy.b.nolin@saic.com.

