



JOINT BASE ELMENDORF-RICHARDSON'S SOURCE FOR NEWS

ARCTIC WARRIOR

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Airman dies of gunshot wound

JBER news release

An Airman transitioning from the 8th Aircraft Maintenance Squadron, Kunsan Air Base, Korea, to the 3rd Aircraft Maintenance Squadron, died Tuesday evening of a gunshot wound to the head at JBER.

According to initial reports, Air Force Staff Sgt. Jacob Lannigan, 29, from Columbia Heights, Minn., initially survived an apparent self-inflicted gunshot to the head at his on-base housing unit but was later declared deceased at the JBER hospital.

Lannigan joined the Air Force in April 2004. He served at Kunsan Air Base, Korea; Tyndall Air Force Base, Fla.; and Nellis Air Force Base, Nev., before being assigned to the 3rd AMXS at JBER in February 2013.

The incident is under investigation by the Air Force's Office of Special Investigations. The next of kin have been notified.

USARAK to focus on Pacific Theater

Editorial by Army Maj. Gen. Michael Garrett U.S. Army Alaska commanding general

With the war in Iraq now over and the war in Afghanistan winding down, the focus of this command will be less on preparing for deployments to the Middle East and more on exercises and training with America's forces and our allies in the Pacific.

While we stand ready to fight and win in any conflict, the ultimate triumph is that of continued peace. So we strive to prevent conflicts from ever becoming necessary. One of the ways we do this is through strengthening our relationships with the militaries of other nations.

To illustrate just how significant the Army's focus on the Pacific is, earlier this year an Australian general officer, Maj. Gen. Richard Maxwell Burr, was assigned as the deputy commanding general for operations at our higher headquarters, U.S. Army Pacific. This is profound as it is the first time an Army Service Component Command has had a coalition partner general officer serve as its deputy commanding general. His job will be to direct the development of annual training and exercise plans for our units

► See PACIFIC, A-3

Paratrooper finds resilience in face of deep wounds

By Sgt. 1st Class Jason Epperson 4-25th ABCT Public Affairs

ONE THING I WANTED TO DO when I grew up was become one of the heroes out of the Marvel Universe."

Like many young boys with active imaginations, Sgt. 1st Class Anthony Saldivar, 2nd Platoon sergeant, Dog Company, 3rd Battalion (Airborne), 509th Infantry Regiment, envisioned being something of a super-hero.

"Growing up, the closest thing for me was either becoming a military Soldier or a police officer, but as time went by and I matured, the idea being a protector for society is what appealed to me the most," the San Antonio native said.

Saldivar explains that, in our world, he sees different categories of people.

"You have your shepherds, sheep, wolves and then your sheepdogs," Saldivar explains. "So with the military for me, that's the small portion that help the shepherd protect the flock. For me, protecting the flock is part of the job of being in the military.

► See SALDIVAR, A-4

Scientists of the Cold Regions Research and Engineering Laboratory team up with 716th EOD for munitions testing in Eagle River Flats, necessitating the call of a very familiar phrase:

IN THE FIRE HOLE



Spc. John Hastings, explosive ordnance disposal technician with the 716th Explosive Ordnance Disposal Company, pays out cabling to a 60-mm mortar round for a high-order detonation test in Eagle River Flats, Feb. 19. CRREL and the 716th EOD detonated 60-mm mortars using C-4 to conduct tests on the effects of explosive residue on the environment surrounding the range. (U.S. Air Force Photo/ Airman 1st Class Omari Bernard)



The Cold Regions Research and Engineering Laboratory solves interdisciplinary, strategically important problems by advancing and applying science and engineering to complex environments, materials and processes in all seasons and climates, with the unique emphasis of cold regions.



The 716th Explosive Ordnance Disposal Company performs the EOD response mission for Alaska. The unit conducts EOD force protection operations for military and civilian authorities to defeat or mitigate conventional and unconventional (nuclear, biological, chemical, and improvised) explosive devices in their assigned area of responsibility.

Army agencies ensure strong stewardship of JBER ranges

By Airman 1st Class Omari Bernard JBER Public Affairs

Soft sounds echoed throughout the woods surrounding the Eagle River Flats Impact Area on Feb. 19. The sun hung behind a curtain of low hanging clouds and the snow littering the ground muffled the sound of people walking on the surface of a frozen lake seemingly in the middle of nowhere. It was cold and gloomy, miserable conditions for a walk, but for Mike Walsh the conditions could not have been possibly be any more perfect.

Walsh is a research mechanical engineer with the Army Cold Regions Research and Engineering Laboratory located in Hanover, N.H. He and his team conducted initial insensitive munitions tests in controlled areas surrounding the ERF.

"These tests are conducted for the Department of the Army," Walsh said. "We are looking into the newer, insensitive munitions that are used to prevent accidental detonations in vehicles or in an ammo supply point."

Their objective: to determine the effect of residues leftover from the detonation of munitions have on the environment.

No one from CRREL has tested the effects of insensitive rounds since the previous investigation on JBER-Richardson with white phosphorous contamination on the migratory and local waterfowl population in the wetland areas of the ERF. During that time, it was discovered previous munitions containing white phosphorous, a manmade material, was having a direct impact on the environment surrounding the ERF.

► See TESTS, A-3



A 60-mm mortar round is detonated Feb. 19 at the Eagle River Flats during detonation tests. (U.S. Air Force still capture from video/Senior Airman Sarah Trachte)

Inside Career lessons from video games: A-2

USARAK JAG releases justice proceedings	A-2
Briefs and announcements	A-4
JBER joins Fur Rondy celebration downtown.....	B-1
Purim holiday lesson in resiliency	B-2
Birth announcements	B-4

Brain injuries require special care

JBER Traumatic Brain Injury Clinic offers screening for any troop suffering combat or non-combat head trauma, B-1



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JBER leadership talks sequestration

Editorial by
Air Force Col. Brian Duffy
673d ABW and JBER commander
Air Force Col. Dirk Smith
3d Wing commander

Arctic Warriors of the 673d Air Base Wing and 3d Wing, as discussions continue in our nation's capital regarding the Fiscal Year 2013 President's Budget, the ongoing continuing resolution, and the potential for enacting sequestration measures as part of the 2011 Budget Control Act, we wanted to give you an update on where we stand regarding impacts to our operations on JBER and the potential for future effects on our civilian workforce.

Air Force leaders have already released guidance for us to reduce expenditures in a number of areas such as canceling non-mission critical temporary duty travel, limiting supply purchases to essential FY13 consumption, and deferring non-emergency facility sustainment, restoration and modernization projects.

With \$1.2 trillion in additional, automatic reductions set to be enacted on Friday, and the Department of Defense's portion to be approximately \$500 billion during a 10-year period, the Office of the Secretary of Defense directed the services begin planning in the event a civilian furlough is put in place and, most recently, Secretary of Defense Leon Panetta notified Congress that under sequestration furloughs could occur. If enacted,



Secretary of the Air Force Michael Donley delivers his keynote speech on the State of the Air Force during the Air Force Association's Air Warfare Symposium & Technology Exhibition in Orlando, Fla., Feb. 22, 2013. In his remarks Donley talked about the service's need to balance the size of its force with readiness and modernization needs in the face of sequestration. (U.S. Air Force photo/Scott M. Ash)

this action is an administrative furlough in which the potential exists for 22 furlough days (a total of 176 hours) to be directed between late April and the end of the fiscal year on Sept. 30.

Prior to implementing any furlough, employees will receive formal written noti-

fication. This furlough would affect nearly all federally appropriated fund employees with very few, if any, exceptions. Employees whose positions are 100 percent funded by non-appropriated funds are exempt.

While there would be no effect on high three average retirement calculations or

health benefits and life insurance and employees would be restricted from using leave on furlough days, having furlough days coincide with holidays, or using premium pay (such as overtime or compensatory time) to offset furlough days.

Should a furlough be put into effect, our civilian employees would be restricted from working on furlough days, would not be permitted to volunteer to come in to work or work from home, nor could they be on any type of official travel.

Many of you should have already received an email from the Secretary of Defense in which he provides additional information regarding the potential for this administrative furlough; in it, the Secretary references the Office of Personnel Management's website at www.opm.gov/furlough which also provides answers to frequently asked questions.

Circumstances such as these are unique and personal planning is as important now as ever. Additionally, communication will remain ever important as discussions in Washington continue and we receive additional direction from both DoD and the Air Force. As such, we encourage you to talk to your supervisor, our civilian personnel office or your commander if you have questions.

We will continue to keep you informed as events occur. It remains an honor to serve with all of you. Stay Arctic Tough and thank you for what you do every day to support the many missions and people of JBER.

Seven career lessons from first-person shooters

Commentary by Air Force Master Sgt. Jeffrey Urbanski
673d Security Forces Squadron

Much to my wife's horror, I'm a fairly avid gamer. I play a lot of different games, but I tend to gravitate towards first person shooters. FPS games entertain me, helps me relieve stress, and provide a way to stay connected with my teenage boys. It has also provided some lessons that can be applied to an Air Force career, which I thought to share.

Lesson No. 1: "Keep your head on a swivel." You have to look around. Be aware of your surroundings. Just because your team is doing great things now doesn't mean it will stay that way. The only constant in the Air Force is change – procedures and processes morph almost daily. Air Force Instructions and policies change constantly. Anyone remember Blues Mondays? Even our missions change. Staying current means staying relevant, and staying relevant means staying effective. Life is easier when you earn the radar kill streak.

Lesson No. 2: "Keep moving." You can hide for quite a while, but, eventually someone will notice you've been silent, stagnant and/or non-productive. You cannot stay in the same job, same mindset, and same paradigm indefinitely. Change with the times. Roll with the punches. Improve yourself as a contributing member of this team through volunteer experiences, off-duty education and professional development. Camping is not a legitimate strategy.

Lesson No. 3: "You can't run forever." Even with the extreme conditioning perk, you have to rest at some point. The Air Force is not a race; it's a marathon. You have to stay healthy and you have to recharge your personal battery, or you may find yourself falling short on the job. Your four pillars need you to maintain them. Plus, it's embar-



A screen shot shows America's Army, a first-person shooter developed by the Army. (Courtesy photo)

rassing to take a headshot because you ran out of juice in the middle of open ground.

Lesson No. 5: "Rank does not necessarily equate to skill." I've had my rear end handed to me by guys who haven't even unlocked a custom class, and I've spent round after round working over prestige players. Just because the idea came from a two-striper doesn't make it a bad idea; just because the idea came from a first sergeant doesn't make it a good one. I've seen senior airmen lead massive, multi-agency, million-dollar projects to success, and I've seen senior noncommissioned officers who can't remember to update their slides for staff meeting. Likewise, a 12-year master sergeant is not the same as a 24-year master sergeant. Don't under- or overestimate your teammates based on rank. My younger boys login as guest with my player rank showing, but they don't always beat the kill/death ratio.

Lesson No. 5: "Don't make yourself a

target." Popping your head up to take sniper shots leaves you vulnerable. If you're that guy or gal who likes to snipe by pointing out the mistakes others have made or lobs grenades at staff meetings, you're just begging for your targets to hunt you down after the kill cam gives away your location. Help, don't hurt. Weaker teammates need your assistance, and they may have strengths in areas you are weak in – learn from and help each other. You may make a couple kills this way, but chances are someone else's crosshairs are locking on your position. Likewise, don't draw attention to yourself by whining. No one, and I mean no one, likes a whiner. The squeaky wheel may get the grease, but it's also the first to be replaced.

Lesson No. 6: "Follow-up, follow-up, follow-up." Placing a claymore or shock charge behind me doesn't assure my 100 percent protection from the rear. Don't assume just because you put a security measure

in place, it's still there. Don't counsel a subordinate on indiscretions and then not come back around to make sure the message was received. Often times we put fixes in place only to find no one got the message, everyone decided it didn't apply to them, or that it just plain fell to the wayside. Proactively, this means go back and follow-up. Reactively, when that shock charge goes off, you may want to turn around and see what happened.

Lesson No. 7: "Don't get fancy." Sometimes a well-placed knife is better than leaping from the second story and RPGing a guy. You have a job to do – just get it done. Stop designing the next latest and greatest database, tracking tool, and/or metric. While I can appreciate style and sometimes even flair, really I just want it done. If you do it efficiently, there's more time to move on to the next target. And reloading that RPG takes way too much time.

See you online.

USARAK Judge Advocate General releases justice proceedings

Courts-martial

On Dec. 7, 2012, a general court-martial convened at JBER. The **private first class** was charged with two specifications under Article 112a (one specification each of use and possession of anabolic steroids), 13 specifications under Article 128 (three specifications of assault on a child under 16, ten specifications of assault consummated by a battery), and three specifications under Article 134 (one specification of reckless endangerment of a child under 16, one specification of communicating a threat and one specification of shooting and killing a dog).

The Soldier was found guilty of all charges and specifications except shooting and killing his dog.

The case was tried before a

military panel who sentenced the Soldier to reduction to the private E-1, forfeiture of all pay and allowances, confinement for 18 years, and a dishonorable discharge.

On Dec. 10, 2012, a special court-martial convened at JBER. The **sergeant first class** was charged with one specification under Article 91 (disobeying a no-contact order), three specifications under Article 92 (violating a regulation by having an inappropriate relationship), four specifications under Article 107 (falsifying documents for financial gain), three specifications under Article 121 (larceny of travel pay and allowances through deceit), and two specifications under Article 134 (wrongful cohabitation and failing

to pay a just debt).

The Soldier was found guilty of all charges and specifications except one specification of false official statement.

The case was tried before a military judge who sentenced the Soldier to reduction to staff sergeant, forfeiture of \$200 per month for 12 months, and confinement for 45 days.

On Dec. 10, 2012, a general court-martial convened at JBER-Richardson. The **specialist** was charged with one specification under Article 107 (making a false statement), ten specifications under Article 121 (larceny of various items of personal property), and one specification under Article 134 (receipt of stolen property).

The Soldier was found guilty of three specifications of larceny and receipt of stolen property.

The case was tried before a military judge who sentenced the Soldier to reduction to private E-1, forfeiture of all pay and allowances, to pay a fine of \$2,500, confinement for 16 months, and a bad-conduct discharge.

Drunk driving

On Jan. 4, an **Army first lieutenant** was found guilty in state court of operating a vehicle under the influence of alcohol in Anchorage with a breath alcohol content of .183 percent. The officer was sentenced to a \$1,500 fine, four days confinement, driver's license suspended for 90 days, alcohol safety action program, and four

years probation.

On Jan. 23, a **specialist** was found guilty in state court of operating a vehicle under the influence of alcohol in Anchorage, with a breath alcohol content of .132 percent. The Soldier was sentenced to a \$1,500 fine, driver's license suspended for 90 days, alcohol safety action program, and three years probation.

On Jan. 25, a **specialist** received a field grade Article 15 for driving under the influence of alcohol on JBER with a breath alcohol content of .080 percent in violation of Article 111. The Soldier received a reduction to private E-1, suspended forfeitures of \$758 for two months, 45 days' extra duty, and 45 days restriction to the limits of JBER.

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)

Joint Base Elmendorf-Richardson/
673d Air Base Wing Chief Master Sergeant
Chief Master Sgt. Kevin L. Call

Joint Base Elmendorf-Richardson/
673d Air Base Wing
Command Sergeant Major
Command Sgt. Maj. Jesse R. Pratt

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JBER Public Affairs Director
Maj. Joseph Coslett (USAF)

Deputy Public Affairs Director
Bob Hall

Public Affairs superintendent
Senior Master Sgt. Brian Jones

Command Information Chief
Jim Hart

Arctic Warrior staff
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Troops of 103rd Civil Support Team train in critical tasks

By Army Staff Sgt. Karima Turner
134th Public Affairs Detachment

KIRTLAND AIR FORCE BASE, N.M. — Twenty Alaska National Guardsmen traveled more than 2,600 miles to the Defense Nuclear Weapons School at Kirtland Air Force Base, Albuquerque, N.M., to conduct premiere radiation response training Feb. 11 to 15.

“We came to train in New Mexico because in Alaska we don’t have the opportunity to train with live radiation sources that are as powerful as what’s available here,” said Army Lt. Col. Stephen Wilson, commander of the 103rd Civil Support Team (Weapons of Mass Destruction), Alaska National Guard. “It gives us the opportunity to actually test our equipment and its capabilities and our analytical capabilities to determine what the sources are. It tests our team as a whole in our ability to respond to real radiological responses.”

Soldiers and Airmen with the 103rd CST were augmented by two Soldiers from the 55th Civil Support Team (WMD) out of Minnesota and one from the 85th Civil Support Team (WMD) out of Utah.

Wilson, said it is important to take advantage of joint-training opportunities so in a real-world situation, the transition into working with new people and departments is seamless.

“All 57 civil support teams are trained to the same standard so we are all modular,” Wilson said. “Being able to conduct joint operations with other civil support teams really sets us up for success in the future. These are the teams we will work with when we participate in a national-level exercises or respond to a national-level incident, be it man-made or a natural disaster. It’s mutually



Survey team members Sgt. Zach White, 85th Civil Support Team (Weapons of Mass Destruction), and Sgt. 1st Class Holt Duffin, 103rd CST (WMD), check base radioactive readings outside the site of a notional aircraft crash site. (Alaska National Guard photo/Army Staff Sgt. Karima Turner)

beneficial to have that level of interoperability prior to being called to respond to a national level incident.”

Soldiers and Airmen alternated classroom instruction with hands-on training, allowing them the opportunity to utilize their knowledge and hone their skills in simulated scenarios.

“It’s extremely important that the CST participates in radiological training because it’s one of the core events we can be called to assist with; it’s a perishable skill that not only requires knowledge but technique as well,” said Army Maj. Michael Jones, 103rd CST (WMD), physician assistant. “There are so many different forms of radiation; not only do survey members need to be able to recognize them, they have to know which

piece of equipment to use and what kinds of techniques to use in order to safely characterize the site they are called to support.”

The Guardsmen reacted to several different scenarios, some of which included simulated terrorists building a radioactive dispersion system in the Manzano Mountain Tunnel Complex, as well as a simulated downed aircraft incident. Although all of the scenarios were different, the goal was the same: to provide time for the Soldiers and Airmen to utilize their instruction and knowledge, while building their confidence as individuals and as a team.

“My principal goals team-wide were to have the confidence and capability to respond to a radiation hazard,” Wilson said.

“One of the capabilities of a civil support team in the event of a chemical, biological, radiological or nuclear event is to be able to assist civil authorities in a radiological or nuclear disaster.

“The training we received this week will dovetail nicely into the training we’ll receive this spring. It all builds up to Exercise Vibrant Response, which is usually a nuclear disaster scenario, to be held in Indiana,” he continued. “All of the training we received here becomes building blocks for something larger.”

According to Wilson, even movement to the training has provided his team with learning experiences that will help them be as efficient as possible.

“The distance to the school and flying commercial air made us very cognizant of the equipment that was absolutely necessary for us to bring,” Wilson said. “Traveling by air is especially relevant to the 103rd CST. Because of the location of many villages in Alaska, we always have to be conscious of the logistics of being able to reach an area that may not be on the road system.”

While working with some of the most highly accredited physicists in the world could be daunting for some, the 103rd CST went into its training ready to learn as much as possible and came out even more ready to assist the community should the need arise.

“Coming to the Defense Nuclear Weapons School and working with the health physicists who are the very best in their field is a once in a lifetime training,” said Army 1st Lt. Joseph Radke, 103rd CST (WMD), survey team officer. “They’ve treated us just like family here. When you come into this type of high-profile environment and deal with these types of professionals, you can’t help but leave this place feeling like you got the best education possible.”

▼ From TEST, A-1

An archived record by the US National Library of Medicine National Institutes of Health from 1993 (www.ncbi.nlm.nih.gov/pubmed/1474672) provides proof of why CRREL research is important, “1,000 to 2,000 waterfowl including ducks, geese, and swans died yearly from ingestion of white phosphorous residue that small particles of the highly toxic, incendiary munition P4 stored in the bottom anoxic sediments of shallow salt marsh ponds.”

The Army first discovered the problem in 1993 and ongoing remediation efforts began in 1995.

This was a major concern years ago, Walsh explained. “Not so much with newer rounds, because they have not directly impacted the area yet.”

Walsh explained the scientific method used to conduct the insensitive munitions test.

“First we find out what the Army has in inventory or what is coming up in inventory,” Walsh said. “These are the rounds that we want to look at, the most commonly used rounds. 60-mm and 80-mm mortar rounds are obviously used quite often, up to 105-mm howitzer rounds.”

“Then we look at what’s inside the round,” Walsh said. “If it’s something different that we haven’t tested before we’ll try to get a hold of those rounds either through ammo supply on base or through army tests and evaluations command. We’ll get them up here, get them in ammo supply, coordinate with the explosive ordnance disposal guys and then do the tests.”

Each 60-mm mortar used in the test was carried out to the test site by explosive ordnance disposal members garbed in body armor and helmets from the 716th Explosive Ordnance Disposal Company. Each mortar was placed on a block of ice where a blast cap was attached to each in preparation for a high order detonation.

“These guys are great, obviously the

“It is hard to determine what’s good and what’s bad. We did run some tests a while back that show that certain rounds could not be used period. It affected over \$100 million worth of munitions. It also prevented a tremendous environmental cleanup liability and perhaps a number of base closures.”

— Mike Walsh, CRREL

Army is not going to hand over several dozen mortar rounds without supervision,” Walsh said. “They wire it up for us, set them off for us in the areas that we want to do the test. They handle the set up and blowing up part and we handle the sampling whenever they’re done.”

After the charges were set and a wireless receiver was completed, EOD moved to a safe location away and then detonated the charge from cover. The clean snow surface around the detonation was littered with black residue around a small crater of ice where the mortar was detonated.

“When you blow a round up,” Walsh said. “You end up with an area that’s discolored, blackish colored, it’s the nature of the explosion you get. We call it soot.”

A plume of soot was outlined in the snow. From there, CRREL collected samples of the plume by taking multi-increment samples of 100 scoops.

“We put them in a bag,” Walsh explained. “We bring that bag back to our lab here on JBER-R, where we melt it, filter out the solids, and then concentrate the liquids. We then send the solids and liquids to the lab in Hanover, N.H.

At the lab, CRREL uses liquid chromatography to analyze concentrations.

“From there, we back calculate how many increments we took and how big the sample we had,” Walsh said. “Then calculate how much residue we get for each round, we know how much of each compound is in the round so then we can do an efficiency estimation. It sounds like a complicated process, but really it’s pretty straightforward, especially since we get to test on clean snow.”

According to Walsh, Alaska winters are the ideal climate for conducting tests on residue left from explosives.

“We do our testing here in the winter,”

he said. “We have essentially a brand new impact area every year, because in the winter the water comes in and floods the area. It isolates the surface every year from the past 50 to 60 years of activity on the Eagle River Flats. So there is no influence of anything that has been fired before. We know where the incoming rounds have been fired this winter because you can obviously see where those land out here and we have this nice clean snow surface.”

“It is hard to determine what’s good and what’s bad. We did run some tests a while back that show that certain rounds could not be used period. It affected over \$100 million worth of munitions. It also prevented a tremendous environmental cleanup liability and perhaps a number of base closures. Whether that’s good or bad, depends on which end you’re looking at.

“To us it is a good result,” Walsh continued. “We looked at something that had the potential of contaminating, we found that it did have a very high potential and the Army caught it in time and immediately acted on it, so that was a very good outcome.”

The engineers from CRREL did not anticipate anything drastic from newer rounds fired Feb. 19. According to Walsh tests conducted by CRREL are beneficial to both the environment and the Army.

“It has to do with range sustainability,” he explained. “If you end up with too much of these compounds on the range it can get in the ground water and cause problems, the area here is sensitive because of local and migratory wildlife. The whole idea is to keep it as clean as we can to enable the Soldiers to use it for training.”

“The land the Army is using is owned by people of the United States,” Walsh said. “They need to be good stewards of the land. This test is part of the process of being a good steward and you’re also ensuring that you’re able to maintain and use these training ranges that are so vital to the Soldiers. If you’re not careful with the environment you run the risk of losing your ranges.”

▼ From PACIFIC, A-1

across the Pacific and with nations throughout the region.

Last month, Command Sgt. Maj. Knight and I spent two weeks traveling between India, Nepal and Mongolia. USARPAC tasked us with this mission to build military-to-military relations with the senior leaders of these nation’s armies. These visits deepened our understanding of each country’s resources, training and interest in opportunities to partner with our Soldiers and units. It was an amazing experience and I hope it will pay huge dividends in future training opportunities for many of you with these nations.

One of the opportunities I see is for our airborne brigade to partner with the Indian Army’s 50th Parachute Infantry Brigade, one of the nation’s premier units. As an example, in the future there may be possibilities for our paratroopers to attend the Indian Basic and Advanced Parachute Courses. At the same time, we may also be able to bring Indian soldiers and leaders to train with us in Alaska. These opportunities would strengthen the relationship between our militaries while also broadening the perspective of our Soldiers.

While in Nepal meeting with their Chief of the Army Staff, Director General of Military Training and other senior Nepalese military leaders, a great interest was expressed in ways for them



Army Maj. Gen. Michael Garrett and Command Sgt. Maj. Bernie Knight, the command team of U.S. Army Alaska, meet with Nepalese soldiers while on a recent trip to Southeast Asia meant to strengthen military-to-military relationships. Garrett is calling for more training opportunities with Pacific Rim allies as part of the nation’s larger strategic pivot to the region. (Courtesy photo)

to develop a professional non-commissioned officer corps and empowering junior leaders within their ranks. We may be able to partner their Integrated Army Training Center, which they intend to be the best training center for junior military personnel in the South Asia region, and Ranger Training Camp with our Noncommissioned Officer Academy.

The Nepalese Ranger Training Camp places heavy emphasis on NCOs teaching and mentoring junior soldiers, both skills which are richly ingrained in our NCO development program. We may soon have the opportunity to send NCOA instructors and others from our ranks to visit these schools and share troop training procedures with Nepalese instructors. We

could also invite their NCOs to attend our Warrior Leader Course or train at the U.S. Army Northern Warfare Training Center.

In Mongolia, we easily recognized similarities between the challenges of climate, terrain and altitude their troops train in and the interior region of Alaska. The Mongolian Army is also interested in professionalizing their noncom-

missioned officers to increase their skills and effectiveness on battalion and brigade level staffs. This offers a unique partnership opportunity for our experienced and knowledgeable battle staff NCOs. This presents us with the potential to have Mongolian battle staff NCOs train with our brigades during exercises while concurrently providing our experienced NCOs to train with theirs.

As the former deputy commanding general of U.S. Army Recruiting Command, I know that one of the biggest incentives for many of you to volunteer was the opportunity to travel. Now that it appears our combat commitments overseas are becoming less demanding, I hope to provide many of you with the opportunity to represent our command in nations across the Pacific while peacefully and energetically contributing to your own professional development and that of our foreign partners.

I treasure the opportunities the Army has provided me over the last 51 years, both as a family member and as a Soldier. I hope each of you takes full advantage of the experiences to learn, grow and excel that are available to you through service. Seek challenges. Work hard. Look out for yourselves and your Families, your Soldiers and your fellow Arctic Warriors. Give your absolute best to this command, the Army and our beloved nation every single day and I promise that I will do the same.

Munitions inventory

The 3rd Munitions Squadron will carry out a semi-annual inventory of the munitions stockpile from Monday to Friday.

Munitions issues or turn-ins will not be able to be made until after the inventory.

Emergency requests will be considered and will be submitted in writing and approved by the group commander.

For more information, call the 3rd MUNS Operations Section at 552-3098.

MilPDS upgrade

The Air Force will upgrade and transfer Military Personnel Data System to the Defense Information Systems Agency Monday to March 27.

During the upgrade, MilPDS will not be available. Officers and enlisted Airmen promoted in March will experience pay delays because of the upgrade.

Airmen are authorized to sew on their new rank on their respective promotion dates, but will not receive an increase in pay until their promotion is updated in MilPDS and processed by Defense Finance and Accounting Services.

For more information about personnel services and programs, visit the myPers website at mypers.af.mil or call Military Personnel at 384-0338.

Arctic Valley Gate closure

The Arctic Valley Gate (JBER-Richardson exit only gate) will be closed from March 15 to April 30 due to construction projects outside the gate.

AER scholarships

Army Emergency Relief annually provides scholarships for Soldier family members.

With an average award of more than \$2,400, these scholarships relieve some the financial burden associated with pursuing higher education.

Applications for the 2013-2014 academic year scholarships will be available until May 1 at www.aerhq.org.

For more information, call 384-7478.

JBER tax centers open

Volunteers are on hand to help with forms 1040EZ and 1040 tax returns; complex filing may be best taken to a professional. However, volunteers' training does include how to deal with the Alaska Permanent Fund.

Customers will have to gather the following documents before visiting a center:

- Proof of identification (military ID)
- Social security cards and birth dates for taxpayer and all dependents
- Last year's federal income tax return
- Wage and earning statements from W-2's, W-2G's and 1099-R's
- Interest and dividend statements
- Bank routing and account numbers for direct deposit
- Amounts paid to daycare providers and day care providers' tax identification numbers.

JBER tax centers are open until April 17.

The JBER-Elmendorf tax center is located at building 8517, the People Center.

They will be open from 8 a.m. to 3 p.m. Monday, Tuesday, Thursday, Friday and 8 a.m. to 12 p.m. on Wednesdays.

Walk-ins are welcome (appointments take precedence) or you can call 552-3912 to make an appointment.

The JBER-Richardson tax center is located in building 600 on the third floor. Their appointment line is 384-1040, and walk-ins are also welcome.

The tax center will be open Monday through Wednesday as well as Friday from 9 a.m. to 4:30 p.m., and 1 to 8 p.m. on Thursdays.

Scholarship opportunity

The Air Force Aid Society will be accepting applications for the Gen. Henry H. 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 www.afas.org/Education/ArnoldEdGrant.cfm.

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.

Pharmacy volunteers

The 673d Medical Group Pharmacy needs volunteers to provide the best possible customer service to beneficiaries.

Pharmacy volunteers can help perform such critical tasks as bagging, shelving and handing out medication.

For more information on how to volunteer, call 580-6807 or email christina.mcquaide@elmendorf.af.mil.

Scholarship opportunity

The Richardson Spouses' Club is now accepting applications for scholarships.

To be eligible applicants must attend high school within the Anchorage School or Mat-Su Districts, attend an Alaska accredited home-school program, or attend any accredited college.

Application deadline is Feb. 28.

For more information and to download the application to apply, visit <http://frsc.shutterfly.com>.

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.

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).

Utility allowance changes

Starting last month, the utility allowance will be adjusted for all Phase I (Sunflower- those units on Fairchild Avenue, Dallas, Silver Run and Chugach housing areas) and Phase II (Moose Crossing, Denver, Houston, general officer housing and Dayton housing areas) metered housing units to reflect decreases or increases in electricity and natural gas rates Aurora pays to the government and a local provider, respectively.

The Phase I and II utility allowance is a portion of the basic allowance for housing that Aurora sets aside to cover the gas and electric utility costs for each house. Aurora pays for each resident's water and sewer costs regardless of the usage. The utility allowance encourages energy conservation.

In accordance with the agreements between Aurora and the Air Force, Aurora is required to annually adjust the utility allowances based upon actual metered usage data and current utility rates.

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

As is currently the case, when the credit balance of an account exceeds \$250, Aurora will issue a refund check.

Conversely, if an account reflects a debit balance in excess of \$250, residents 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 of June.

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

For more information about the utility program, please contact the Aurora Utility Staff at 375-0508 or Aurora Office at 753-1023.

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.

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.

▼ From SALDIVAR, A-1

Also, protecting civilians and making sure they have every right to do what they want in the United States. But in order to do that, you have to be willing to have someone to stand on the front lines and fight for that. Whenever any type of evil person or tyrant rises up, that calls for brave men and women to protect the world. That's why I joined the military."

Saldivar said he enlisted in the Army Reserve when he was 18, coming straight out of Thomas Jefferson High School in San Antonio.

"Like most Soldiers when they enlist, I thought everything in the Army was the same, so after a couple of years in the Reserves, I realized that this isn't what I needed to do," he said. "I needed to be kicking down doors and fighting bad guys, so I saw the light and became an 11 Bravo [infantryman] and have never regretted it since. It's been one of the most honorable jobs I have ever done and I would not take it back for anything."

Saldivar has deployed twice to Iraq and once to Afghanistan.

He was on his tour in Afghanistan's restive Paktya province, based out of Combat Outpost Zormat, when his platoon was called to patrol a small village nearby in support of a key leader engagement. His platoon was on a joint patrol with the Afghan National Army and the Afghan Police when they came to a dangerous open area of terrain.

Saldivar described the events as they attempted to cross.

"I ended up jumping over a creek bed, heard a shot and then felt my left leg buckle," Saldivar recalled. "I thought maybe I had set off some sort of dismounted [improvised explosive device]. Before I could even think I heard a second shot and a second round went into my right side plate into my flank. At that point in time, an ambush had been initiated by insurgents.

"My men ended up laying down suppressive fire," he continued. "They laid it out like Predator. They were just going at it. [Army] Staff Sgt. Kenneth Sanchez, one of my squad leaders, pulled me to cover and my medic, Spc. Robert Burke immediately came to me and started working on me and all I could do was hold my M-4 and try to pull security.

"It was pretty excruciating. It was pretty ugly. The pain was just so unbearable. It was like getting stung in your stomach by a bunch of wasps, but you couldn't shoot them away and it just kept getting worse and worse. My medic had his hand almost all the way inside my flank, putting in gauze and trying to control the bleeding. He was trying to work on my leg at the same time. All this is going on and the firefight is ensuing. My platoon leader, [Army] 1st Lt. Evan Malanga, had called up the medevac along with my medic.

"Being wounded downrange was definitely by far the single most physical painful anguish I've ever endured, that's for sure," he said.



Sgt. 1st Class Anthony Saldivar (left), from San Antonio Texas, of 2nd Platoon, D Company, 3rd Battalion, 509th Infantry Regiment, Task Force Spartan, gives directions to his Soldiers, Spc. Zach Griffith (center) from Springboro, Ohio, and Spc. Kelbey Cranston (right), from Tyler, Texas, in the town of Kolagu, Paktiya province, Afghanistan, March 8, 2012. Critically wounded during a firefight in Afghanistan, Saldivar was awarded the Purple Heart by President Barack Obama. Saldivar returned to his billet as 2nd Platoon sergeant. (U.S. Army photo/ Spc. Phillip McTaggart)

After the medical helicopter picked Saldivar up, they took him to Forward Operating Base Sharana for exploratory surgery due to his critical condition from the blood loss. After surgeons checked his organs, making sure nothing vital was damaged; he stayed overnight and then transferred to Bagram Airfield the following day.

After a couple of surgeries, Saldivar continued to pass in and out of consciousness due to the morphine to control the pain. When he regained memorable consciousness, he was aware he had been sewn up and that there was blood bags on him, drawing out the poisons and pus that were still in his body.

Soon one of the doctors told him he was going to get a Purple Heart pinned on and asked if he had any objections to the president doing it.

"At the time it was not clicking that he was talking about the President of the United States," Saldivar said. "I was in a room with five other injured Soldiers from different parts of Afghanistan. They were all critically injured and had serious injuries from [rocket-propelled grenades] to dismounted IEDs. The nurses came through, cleared the room out. They put signs at the foot of each Soldier's bed [displaying the] injuries they had."

Saldivar said sometime the next morning President Barack Obama was coming to Afghanistan to talk with President Karzai, stopping at BAF first to talk with all the wounded Soldiers there.

"President Obama came through with Secret Service, a photographer, and he went to each one of the Soldiers' bed and shook

hands," Saldivar said. "He then spent a moment talking with them and, as he was going by each one of them, they read the orders for the Purple Heart as he pinned each Soldier. That was definitely a humbling, honorable experience."

Obama talked with Saldivar a few minutes asking how he was doing and where he is from.

"When I told him I was from San Antonio, Texas, he asked me how the San Antonio Spurs were doing," Saldivar said. "I told him that they were doing well and he asked me how I got injured. He said, 'It's going to take a long time to heal. Thank you for serving our country and you will get better.'"

Horror as therapy

As long as he said he can remember, Saldivar has always been a passionate horror movie fan. He has pictures of himself with famous directors, special-effects crews and actors displayed proudly throughout his home and office.

His interest in horror films inspired him to start creating special effects and masks. It has become more than just a hobby for him. He describes making gory effects and monsters as a kind of therapy.

"For whatever reason, it ended up being therapeutic and keeping me calm and suppressed my anger and I've been doing it now since right after my second tour – so since 2007."

While stationed as a live-fire observer/controller at the Joint-Readiness Training Center at Fort Polk, La., in 2010, Saldivar was driving down a road off post and stopped his car after he saw a guy in a horror mask

and a small film crew on the side of the road.

"I asked what was going on and they told me they were filming a horror movie," Saldivar said. "I asked if they needed any help and told them I messed with special effects make-up as a hobby and I'd do it for free. They let me help out with the movie. One of the [actors] had previously lost his leg below his knee to a dismounted IED. He let me build him a prosthetic leg to get cut off in the movie, since amputees are big with horror movies. It was an independent film with a small budget, but you know what? I am so proud of that flick."

Even though he had worked on the movie for free, the director of the 2011 release "Zydeco" had not forgotten him.

"I was on R&R from Afghanistan and the director had sent me an e-mail and told me he had a copy for me and the guy I had done the prosthetic for his leg," Saldivar said. "I have a shelf at home with all these autographed DVDs from different horror actors and special-effects make-up artists. I put this movie on top and was going to sign it 'From Anthony, Be Cool, Anthony.' I was going to sign it to myself. I walked around with that DVD for a day, I was so happy about that. It was shrink wrapped and everything, so it was legit.

"I spent so much time on all the effects, then when you actually see the movie, it's like a split second and you think [how much time it took], but then you get to see it all. Who cares? I still love it."

After receiving his Purple Heart in Afghanistan, Saldivar was sent home early to recover from his wounds. After the brigade returned from deployment, they anticipated block leave.

"On the 10th of December, we were just starting block leave," he said. "I was in the process of trying to get myself strengthened up. Because of all the wounds, it took so long to heal up, so knowing I had 30 days, I joined a cross-fit gym."

Back in the fight

"The big thing that I'm so grateful for is I got the platoon back. That was huge. No one got hurt and when this unit redeployed it took a lot to get off of my (medical) profile. A lot. I was really trying to take care of myself, because if I hadn't of gotten off of my profile, I'm not sure if I would have gotten my platoon sergeant [job] back.

"This platoon is everything for me. I have a real soft spot for these guys. I'm back on jump status and running. I mean I'm 37 with the regular infantry – wear and tear is there. It's not like I'm spry like the rest of these [guys]. I can't complain. I'm still fully functional with no permanent ... I got cool scars," his eyes lighting up as he recounted, "and a picture," referring to the picture of President Obama pinning his Purple Heart.

"Again, it was the right place, right time but in the end, this is what matters," the platoon sergeant said. "I got these boys back, so that's the end product of this. So yeah, it's been a good year."

SHAKEN AND STIRRED

Brain injuries take special care

By Airman 1st Class Tammie J. Ramsouer
JBBER Public Affairs

During a three-day weekend, you are invited to play ice hockey. Though you have never played ice hockey before, you decide to go. Once you get to the ice rink, you wobble your way to your friends as they prepare to pick teams. As you manage to keep your balance, you slip and hit your head on the rink. Your friends come over to help you up on your feet and ask if you are OK.

While you try to remember what happened, your friends mention you might have suffered a concussion, and recommend you seek help.

So where do you go?

If you can remember who you are, head to the Traumatic Brain Injury clinic, located in the Lynx Wing of the JBBER hospital.

"All patients in the TBI clinic have been referred by their primary physician or primary care manager," said Air Force Lt. Col. Pamela Novy, mental health flight commander, from the 673rd Medical Operations Squadron.

Prior to being referred to the clinic, patients are screened from head to toe for injuries to find out exactly what happened. "Most typically it is someone who has experienced some type of blast injury, sometimes with a complete loss of consciousness," Novy said.

Patients who have suffered traumatic events causing a concussion may lead to post-traumatic

stress disorder.

At each initial screening they determine if a patient with a concussion has post-traumatic stress disorder. Depending on their findings, some patients are referred for additional treatment.

"You can develop PTSD if you have experienced any type of trauma where your life is threatened or perceived to be threatened," Novy said.

Other leading causes of TBI are from slips on ice, falls, blast injuries, and motor vehicle crashes and rollovers.

These injuries can be classified as mild, moderate or severe.

A TBI, identified by medical personnel, is a blow or jolt to the head that disrupts the normal function of the brain.

"Most of the people that we see have had some type of injury and have gone to a TBI clinic, which is really good – they are seen immediately," she said, "whereas a few years ago, that was less likely to have occurred."

With a loss of consciousness, many patients become dazed and confused, which makes it critical for them to go to a TBI clinic with a referral from a primary care physician.

Another major concern is the psychological impact, especially when the injury was caused by a blast in which there were severe

injuries and losses of other lives. In these cases, the TBI clinic ensures patients are screened for PTSD.

The clinic has many classes to help patients cope with a TBI or PTSD, including coping with irritability or mood swings, yoga, and stress management. Also being offered is the concussion education class for spouses, which helps with strategies to stay healthy and ways to care for loved ones.

Irritability and mood swings are not something anyone likes to have, but is one symptom patients experience after suffering a TBI, or PTSD case. The clinic offers the class to help patients understand how to keep their mental state on track.

Yoga class is also a great activity that helps patients with calming breathing techniques and train them on relaxation. The class informs patients about how to be

aware with their bodies.

"Yoga is to help get patients back in balance," Novy said "and there are certain types of things that research is coming out with now which are shown to actually help with relaxation more than watching TV."

The TBI clinic offers a stress-management class, which shows patients how to relax in their own way.

The waiting area is one of the first points to help patients.

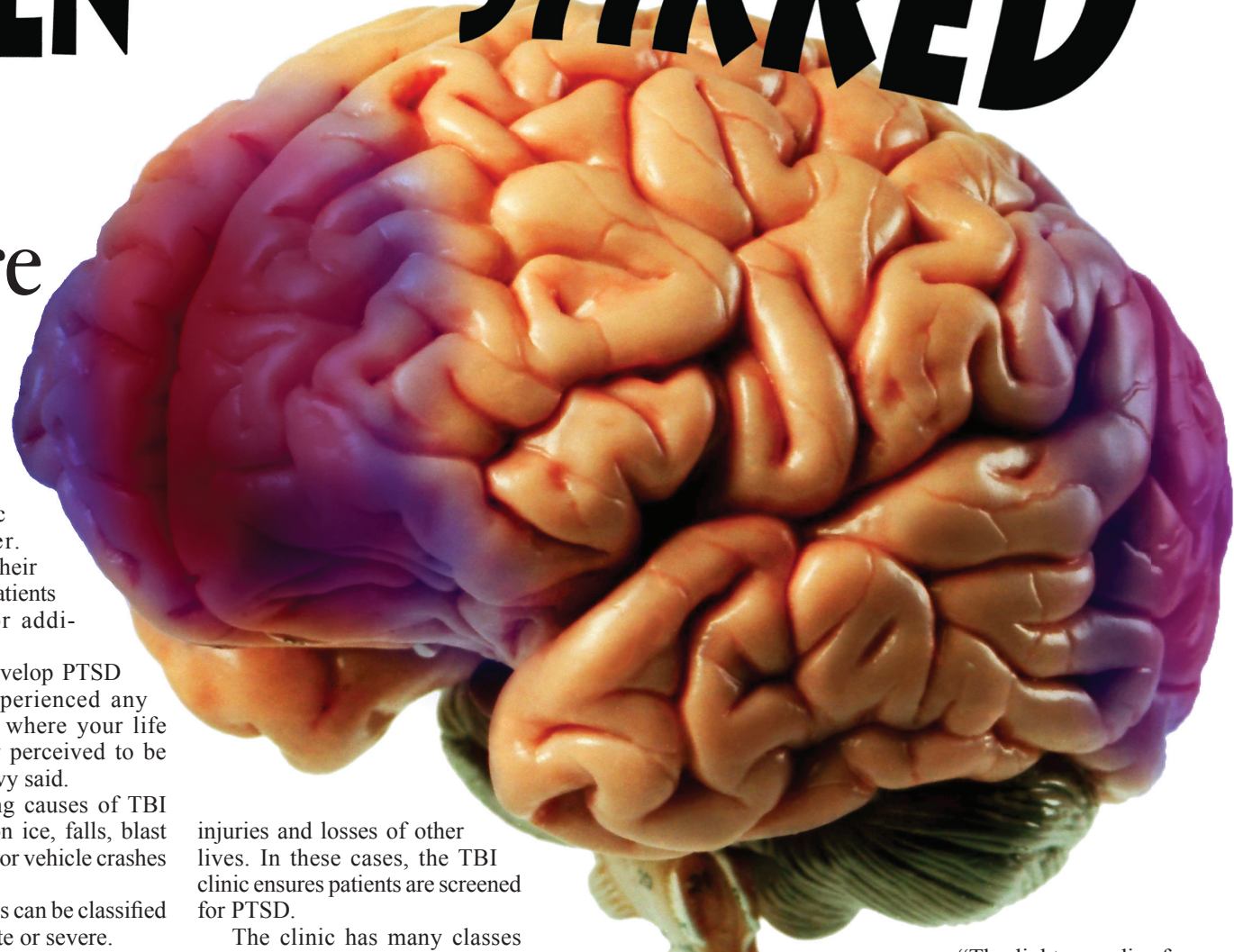
"Our waiting area is kind of dark and cozy," said Air Force Master Sgt. Chrystal Shephard, non-commissioned officer in charge of the TBI clinic, from the 673d Medical Operation Squadron.

"The lights are dim for eye sensitivity, because we have patients with concussions; therefore there are a lot of problems with sensitivity to the light, so we try to keep it dim, comfortable and calming."

Thanks to the TBI clinic and the steps you take to be careful, you can do what you love to do, like hockey. Just remember to be aware of your surroundings and take precautions when participating in a rough event.

For more information about the clinic, or to learn about classes offered for patients and their families, call 580-0014.

The concussion class meets at the JBBER hospital dining facility from 5:15 to 6:15 p.m. Tuesdays.



JBBER joins Fur Rondy fun downtown



CLOCKWISE FROM LEFT: Soldiers of the 4th Brigade Combat Team (Airborne), 25th Infantry Division, march in the Fur Rendezvous Parade in downtown Anchorage Saturday.

An Air Force color guard from JBBER carries the American, Alaskan and Air Force flags in the parade.

Sled dogs lunge in their harnesses in the sprint races of the World Champion Sled Dog Races on 4th Avenue downtown. The races are a signature event at the Fur Rondy, although they were nearly canceled this year for lack of snow.

Mushers take off from the start point on 4th Avenue. The urban setting is unusual for many new teams who are trained in rural settings, but the races are an opportunity for Anchorage spectators to see mushing up close as the teams make their way through the streets and trails of the city. (U.S. Air Force photos/Steven White)

Holiday of Purim a lesson in resiliency, service before self

By Air Force Chaplain (Capt.) Sarah Schechter
Air Force News Service

Jews worldwide just celebrated the joyous holiday of Purim with story-telling, costumes, feasting and gift-giving.

This holiday is based on the hilarious, but deathly serious, book of Esther, a tale of identity, of extreme service before self and of resiliency.

We are first introduced to the orphaned Esther, who is raised by her cousin Mordechai in Persia around 300 years before the common era.

Their ancestors had been carried away out of the land of Israel by the Persian ruler, Nebuchadnezzar when he conquered Israel in 586 BCE.

Now, a few hundred years later, there is a new king of Persia, King Ahashverosh, who holds a beauty pageant in search of a wife.

Esther is recognized by the king for her beauty and is taken as his wife.

For fear of persecution, Mordechai warns Esther to keep her Jewish identity secret from the king and in fact, the name "Esther" means "hidden," and hidden things are a feature of the story.

One day, Mordechai meets the king's top adviser, Haman and is

commanded to bow down to him. Mordechai refuses.

Haman is furious at Mordechai, and resolves to end him.

Haman tells the king, "There is a certain people scattered abroad and dispersed among the people in all the provinces of thy kingdom; and their laws are diverse from all people; neither keep they the king's laws; therefore it is not for the king's profit to suffer them (Esther 3:8).

In this way Haman obtains the king's permission to set a date to annihilate the Jews of the kingdom. A proclamation signed by the king is sent throughout the land.

Of course the king is unaware that his own wife Esther is one of them.

When Mordechai learns of Haman's plot, he tells Esther she must beg the king for help.

Esther is afraid, as she knows the rules that no one goes in the

king's presence without being summoned by him on pain of death – unless the king extends to that person his golden scepter.

"And I," said Esther, "have not been summoned by the king for thirty days already!"

Uncle and niece communicate back and forth until Mordechai makes the final argument.

"Do not think that you will escape the fate of all the Jews by being in the king's palace," Mordechai said.

"For if you will remain silent at this time, relief and salvation will come to the Jews from another source, and you and the house of your father will be lost. And who knows but that you have come to your royal position for such a time as this?" (4:13).

Esther takes action, faces the king – who accepts her approach and listens to her plea.

The king cannot revoke his decree, he says, but he gives the Jews permission to defend themselves.

To this day, Purim is celebrated on the same historic date on which the Jews of ancient Persia were given the right of self-defense.

Toward the end of the book of Esther, we read [Mordechai instructed all the people] to observe days of feasting and gladness, and to send delicacies to one another, and gifts

to the poor (9:22).

Traditional foods include triangular cookies called hamantaschen (Haman's pockets) and kreplach – the Jewish answer to ravioli.

Both offer something "hidden" inside.

In the story of Esther, God does not make a single appearance.

In fact, it's the only book of the Bible in which God isn't mentioned at all – it's understood that God is behind the scenes, but all the actions are purely human, for better or for worse.

Sometimes, we don't see any way out of a situation. God and hope are invisible to us.

But the "filling" is there, whether you see it or not; there are no empty ravioli.

In the days leading up to Purim, Jews celebrate by giving the traditional gifts of food, called mishloach manot in Hebrew.

The gifts build good-will and ensure everyone has enough to enjoy the traditional Purim feasting.

From generation to generation, this story continues to inspire and delight families.

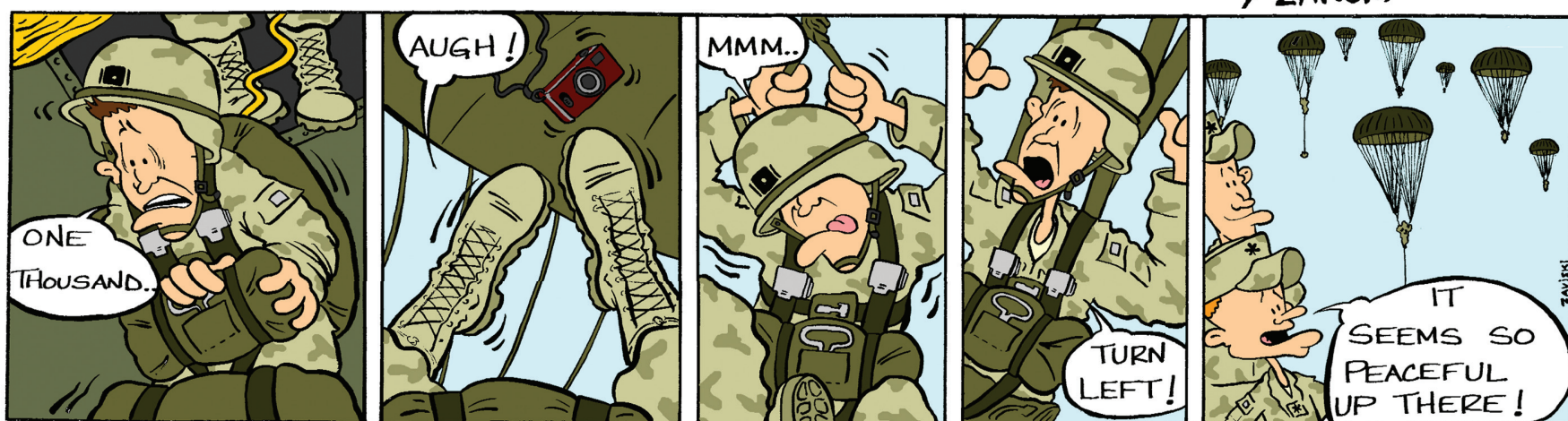
The Purim message of heritage and identity, of service before self, of strength and humor (and of food) join together to form the supreme message of resiliency.



GUNSTON st.

gunstonstreet.com or gunstonstreet@yahoo.com

by ZAVISKI



FSS EVENTS

Movie Night
at the



Popcorn & Refreshments Provided
March 6 • 5 - 7 p.m.

Military & Family Support Center
Bldg. 8635 • 552-4943

KENNECOTT
YOUTH CENTER

Presents

☆☆☆ JBER's ^{TOP 100} Talent

March 2 • 6 p.m.
Ages 5-18

at the
Talkeetna Theater
JBER-Elementorf



Cost: 3 canned goods per person or 6 canned goods per family.
Proceeds go to Beans Cafe and Kids' Kitchen.
Call 552-2266 For more information

INDOOR TRISPRINT TRIATHLON

MARCH 2 STARTS @ 9:20 A.M.

BUCKNER PHYSICAL FITNESS CENTER
BLDG. 690 • 384-1308



& ACTIVITIES

Community Happenings

ARCTIC WARRIOR

March 1, 2013 **B-3**

THROUGH SUNDAY Fur Rendezvous

This long-standing Anchorage tradition is the high point of the end of winter.

Sled dog races are on for this year. There's also a parade, out-house races, the Running of the Reindeer and many more events that draw tourists from around the world.

Events take place mostly in Anchorage's downtown area.

For information, visit www.furrondy.net.

SATURDAY

Iditarod Ceremonial Start

World-class mushers and their teams start their trip toward the Bering Sea – all 1,049 miles of it – in downtown Anchorage, snow-pack permitting, at 10 a.m.

See off the dogs as they start the Last Great Race.

For information, visit www.iditarod.com.

Miners and Trappers Ball

Everyone is invited to the 63rd annual tradition that features world-class beards and Alaska State Champion mustaches. Break out the costumes and come to the Egan Center at 7:30 p.m. for this classic Alaskan ball.

For information, call 274-1177.

Rage City Roller Girls

The fourth annual Brawl of the Wild kicks off at the Dena'ina Center.

Rage City's newest team, Orange Crush, takes on the Denali Destroyer Dolls. Then Rage City All Stars take on the Fairbanks All Stars.

Doors open at 6 p.m. For information, call 263-2850.

MARCH 9

Singin' the 70s

Go back to Saturday Night Fever, Queen, Barry Manilow, Fleetwood Mac and ABBA at the Alaska Center for the Performing Arts starting at 8 p.m. Break out your disco duds, as the chorus and pops orchestra celebrate the decade in song.

For information call 263-2787.

MARCH 16

Ladysmith Black Mambazo

For 45 years, this South African

group has blended the harmonies of their native country with the sound and sentiments of gospel music.

Check them out at the Alaska Center for the Performing Arts at 7:30 p.m.

For information call 263-2787.

MARCH 22

San Jose Taiko

Experience the spiritual essence of Japan with the propulsive sounds of the taiko drums.

This group, formed in 1973, has even been one of the first American ensembles asked to drum in Japan.

The heart-pounding drumming starts at the Alaska Center For the Performing Arts at 7:30 p.m.

For information, call 263-2787.

MARCH 28 THROUGH 31

The Great Alaska Sportsman Show

Alaska's biggest sports and outdoors show, this gala at the Sullivan and Ben Boeke arenas has gear for hunting, fishing, camping and so much more. Visit March 28 from 4 to 9 p.m., March 29 from noon to 8 p.m., March 30 from 10 a.m. to 8 p.m. and March 31 from 10 a.m. to 5 p.m.

For information, call 562-9642.

APRIL 5 THROUGH 7

Pirates of Penzance

The Anchorage Opera brings this Gilbert and Sullivan classic to the stage at the Alaska Center for the Performing Arts.

The show is being presented in lieu of My Fair Lady, and tickets for that show will be honored at the corresponding Pirates show.

For information, call 263-2787.

APRIL 13 AND 14

Mosaic Workshop

Learn to create beautiful functional mosaics using a variety of materials and techniques. Create a 12-inch by 16-inch work of art at the Anchorage Museum from 10 a.m. to 4 p.m. on April 13 or noon to 2 p.m. April 14.

For information call 929-9200.

ONGOING

AER scholarships

Army Emergency Relief is taking applications for scholarships.

Scholarships are available for dependent children or spouses

of active duty, retired and deceased Soldiers.

Applications are available at aerhq.org along with instructions and other information.

For information, call 384-7478.

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.

Protestant Women of the Chapel

Christian women are invited to meet with Protestant Women of the Chapel, who meet Tuesdays at 9:30 a.m. and 7 p.m. at Soldiers' Chapel. Child care is available.

For information, email jber@pwoc.org or call 384-1461.

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.

Through April, learn about different wildlife topics and enjoy coffee or tea.

This series is aimed at older audiences, not children – university students and scientists especially.

For more information, call 341-6463 or visit alaskazoo.org.

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.

Road Warriors running

Stay fit with a group who can help you stay motivated right here on JBER.

Military, family members and civilians alike are welcome to train and get involved with running, biking and swimming.

For events and information, check the Road Warriors (Alaska) Facebook page or call 384-7733 or 552-1361.

Experience the Aurora

It's the next best thing to the Alaska winter sky – and more comfortable than being out in a parka.

Stay warm and enjoy the Anchorage Museum's planetarium which provides an immersive show that explains the science behind the Northern Lights.

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

Scholarship opportunities

The Air Force Aid Society is now accepting applications for the Gen. Henry H. Arnold Education Grant for the 2012-2013 academic year.

Applications will be accepted through March 9.

Eligible spouses will have an opportunity to receive up to \$2,000 to fund their college education.

To apply, please visit www.afas.org/Education/ArnoldEdGrant.cfm or call 552-9647.

Sing-along at the zoo

Pre-school-aged children can explore the world of the Alaska Zoo's animals through inter-

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

30 minutes before Mass at the chapel in which Mass is being celebrated, or anytime by appointment. Call 552-4422 or 384-5907

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

active music.

Children can sing along or play with the rhythm instruments for kids.

Sing-alongs are at 10:30 a.m. Mondays at the coffee shop greenhouse. For information, email klarson@alaskazoo.org.

Night at the Fights

The Egan Center hosts boxing every Thursday night with several fights each night.

Doors open at 6:30; and fights start at 7. For information, visit thursdaynightfights.com.



SINGLE AIRMAN Program

Free H₂Oasis Party

Private Party March 3 ***First 100 People 2 p.m. - 6 p.m.**

Come out and meet Singles on JBER!

Must be single and a service member.
Call 552-8529 to sign up

March 1 - April 8




PLAY TO WIN!

Win up to \$5,000!

Come to the Fairways at Eagle Glen Golf Course & Ski Area to get your scratch off ticket for a chance to win instant prizes or qualify for cash prizes!

Black Bear Hunting Instructional Class in Prince William Sound

March 7 & 28 5 - 7 p.m.



Bldg. 7301 • 552-4599

Iditarod Race Snowmobile Tour in Willow


March 3 8 a.m. - 5 p.m.

Cost: \$150



Come out and watch world famous sled dogs from your snowmobile seat! Bring cold weather gear and lunch! Helmet will be provided. Transportation included.

JBER Richardson, Outdoor Recreation Center Bldg. 749 • 384-1476



Dorm Dwellers Special

March 7 • 4 p.m. - 8 p.m.

Free lift tickets & equipment for all dorms and barrack residents.

Check out the March Alaskan Adventurer

(or go online)

For a \$5.00 coupon at the Warrior Zone.

1 coupon per person per visit.

CHECK US OUT ONLINE!

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



Birth Announcements

B-4 March 1, 2013

ARCTIC WARRIOR

JAN. 27

A daughter, Abigail River Kuefler, was born 20.5 inches long and weighing 7 pounds, 4 ounces at 4:16 p.m. to Stacie Jean Kuefler and Air Force Staff Sgt. Anthony James Kuefler of the 3rd Munitions Squadron.

JAN. 29

A daughter, Clarissa Evangelina Brantz, was born 20 inches long and weighing 7 pounds, 11 ounces at 2:15 a.m. to Monica Yvette Soto and Sgt. Matthew Paul Brantz of the 307th Signal Battalion.

A son, Jamison Patrick Carrion, was born 20 inches long and weighing 6 pounds, 11 ounces at 8:20 a.m. to Miranda Jean Carrion and Sgt. David Carrion of the 725th Brigade Support Battalion.

A son, Derrick Anthony Lizana, was born 21.5 inches long and weighing 7 pounds, 6 ounces at 6:25 a.m. to Air Force Staff Sgt. Angela Marie Corrales of the 673d Medical Support Squadron and Tech. Sgt. Anthony Ray Lizana of the 673d Medical Support Squadron.

A son, Jaxon Fox McCollum, was born 21 inches long and weighing 8 pounds, 11 ounces at 6:24 p.m. to Elizabeth Winston McCollum and Spc. Terris LaDon McCollum of the 1st Squadron (Airborne), 40th Cavalry Regiment.

JAN. 30

A son, Benjamin Wyatt Heimpel, was born 21 inches long and weighing 8 pounds, 4 ounces at 3:45 p.m. to Kristin Nicole Heimpel and Sgt. 1st Class Anthony Wade Heimpel of the 1st Squadron (Airborne), 40th Cavalry Regiment.

A son, Elijah Wyatt McPeck, was born 19 inches long and weighing 5 pounds, 8 ounces at 1:37 p.m. to Eden Suzanne McPeck and Air Force Staff Sgt. Spencer Cade McPeck of the 732nd Air Mobility Squadron.

JAN. 31

A daughter, Bella Madison Blair, was born 20.5 inches long and weighing 7 pounds, 7 ounces at 3:17 p.m. to Melissa Sue Blair and Air Force Staff Sgt. Joshua Paul Blair of the 673d Civil Engineer Squadron.

A daughter, Brooklyn Louise Prince, was born 21.75 inches long and weighing 7 pounds, 5.5 ounces at 3:58 p.m. to Tech. Sgt. Porscha Pellam of the Air Force Office of Special Investigations and Rashand Prince.

FEB. 1

A son, Benjamin Alan Valahovic, was born 18 inches long and weighing 6 pounds, 14 ounces at 7:03 a.m. to Air Force Lt. Col. Ilaina Michelle Wingler of the 673d Medical Operations Squadron and Mark Thomas Valahovic.

FEB. 2

A son, Joshua James Aguilar, was born 20 inches long and weighing 6 pounds, 8 ounces at 12:21 p.m. to Cassandra Y. Aguilar and Army Staff Sgt. Lucas James Aguilar of the 425th Brigade Special Troops Battalion.

A son, Blaine Edmond Apeland, was born 20.5 inches long and weighing 7 pounds, 7 ounces at 1:15 a.m. to Amanda Faith Apeland and Airman 1st Class Nathaniel Edmond Apeland of the 3rd Aircraft Maintenance Squadron.

FEB. 19

A son, Liam Edgar Bassett, was born 21 inches long and weighing 6 pounds, 15 ounces at 5:11 p.m. to Kayla Michelle Bassett and Army Capt. Travis John Bassett of U.S. Army Alaska.

A son, Jackson Maddox Chesnut, was born 19.5 inches long and weighing 6 pounds, 8 ounces at 9:08 p.m. to Ashley Lynn Chesnut and Air Force Staff Sgt. Justin Willis Chesnut of the 3rd Maintenance Squadron.

A daughter, Blaire Marie Emmons, was born 20 inches long and weighing 7 pounds, 4 ounces at 7:55 a.m. to Brittney Jean Emmons and Army Staff Sgt. Brian Allan Emmons of the 1st Battalion (Airborne), 501st Infantry Regiment.

FEB. 20

A daughter, Sophia Pauline Farias, was born 20 inches long and weighing 7 pounds at 2:44 p.m. to Sgt. Kristine Vander-sloot of the 425th Brigade Special Troops Battalion and Sgt. 1st Class Michael Anthony Vander-sloot of the U.S. Army Recruiting Command.

A son, Sean Arctic Hays, was born weighing 8 pounds, 1 ounce to Waii Hays and Sgt. Adam Ray Hays of the 17th Combat Sustainment Support Battalion.

A son, Derek Lynn Pinkston, was born 20 inches long and weighing 7 pounds, 4 ounces at 7:31 p.m. to Holly Anne Pinkston and Spc. Daniel Ray Pinkston of the 164th Military Police Company.

FEB. 21

A daughter, Aurianna Marie Kechula, was born 20.5 inches long and weighing 7 pounds, 11 ounces at 5:57 p.m. to Gabriella Marie Kechula and Spc. Michael Paul Kechula of the 164th Military Police Company.

A son, Colton Guy Repass, was born 21 inches long and weighing 7 pounds, 11 ounces at 1:02 p.m. to Jennie Faye Repass and Air Force Staff Sgt. Jason Alexander Repass of the 773rd Logistics Readiness Squadron.

A daughter, Makayla Juliana Sanchez, was born 21 inches long and weighing 7 pounds, 11 ounces at 6:51 p.m. to Senior Airman Catherine Julia Sanchez of the 673d Security Forces Squadron and Spc. Raul Sanchez Jr. of the 17th Combat Sustainment Support Battalion.

A son, Brady Samuel Wright, was born 20.5 inches long and weighing 7 pounds, 9 ounces at 9:08 p.m. to Tera James Langston and Air Force Maj. David Cronin Wright of the 673d Medical Operations Squadron.

FEB. 22

A son, Michael Blanche Dixon III, was born 21 inches long and weighing 8 pounds, 3 ounces at 7:50 p.m. to Veronica Fay Dixon and Army Staff Sgt. Michael Blanche Dixon II of the 2nd Engineer Brigade.

A daughter, Ariana Elicia Meyer, was born 20 inches long and weighing 6 pounds, 10 ounces at 10:31 a.m. to Stephanie Carla Meyer and Army Staff Sgt. Braden Aaron Meyer of U. S. Army Alaska.

FEB. 23

A son, Kevin Quansah, was born 18 inches long and weighing 5 pounds, 10 ounces at 10:13 p.m. to Eunice Quansah and Spc. Isaac Quansah of the 725th Brigade Support Battalion.

Military Saves Week highlights financial fitness and training

By C. Todd Lopez
Army News Service

During a “DoD Live” bloggers roundtable Feb. 26, Marine Corps Sgt. Maj. Bryan Battaglia, senior enlisted advisor to the chairman of the Joint Chiefs of Staff, and his wife, Lisa, spoke about their own efforts to be financially responsible, the challenges faced by service members, and the importance of leadership in helping young troops make the right choices.

Mrs. Battaglia said she and her husband are like every other military family. They’ve moved more than 16 times in 27 years, she said, and they’ve faced family emergencies and shaped their lifestyle to be based on one income.

“As part of building a family, we, like others, sat down as a team and drew up a budget, adjusted it over the years, and saved where we could,” she said.

Early on, Mrs. Battaglia said, her family socked their money away in U.S. savings bonds. “We saved for many years and built a nest egg,” she added. Today, the Thrift Savings Plan is available to service members, and the Battaglias recommended it.

As additional cost-saving measures at home, Mrs. Battaglia told the bloggers, she’s been making lunch for her husband every day for longer than she can remember. “Call me old-fashioned,” she said. “Not only does it promote nutritional fitness, but

the money that we saved over the course of time is huge.”

She also said the sergeant major cuts his own hair, saving as much as seven dollars each week. “You add it up – 52 weeks at seven or eight dollars a week, plus tips,” she said. “These are just a couple ways that we still save to this day.”

Mrs. Battaglia said her advice to service members is to live within their means, and, if possible, to have one person in the family manage finances.

Though their family can afford more expensive things now, Mrs. Battaglia said, they have built financial discipline into their household, and now the money they still choose to save in small places can be used in other places for more important things.

“Financial fitness should be in every household,” she said.

Sergeant Major Battaglia said young military families can be tempted to live beyond their means by impulse buying. But the financial instability that comes with succumbing to temptation can have implications beyond the bank account, he added.

“Financial instability brings tension within a relationship and a marriage,” he said. “Financial fitness plays a big role in more than just being healthy in the wallet. We would like to teach a behavior within society, which once was, ‘It’s OK for young military couples to have second-hand furniture.’ ... The cinder block with the piece of

wood or the electrical spool that got sanded down and varnished as a coffee table really worked just fine as furniture for a young family like we [were], just starting out.”

The sergeant major also touched on a pitfall for young troops short on cash – the “questionable sales people that are ready to latch on to service members and families as soon as they enter into the military.”

Sergeant Major Battaglia emphasized services must educate their troops to not be tempted by payday lenders and others “who are out to make a profit at any expense, and especially at a service member’s expense.”

As an example, Sergeant Major Battaglia said in his youth – when there was no direct deposit and service members were paid in cash – service members who ran out of funds might be tempted to go to a payday lender.

“There were ‘sharks’ out in the local community who would loan you \$150, let’s say, hypothetically speaking – and the following payday when you got paid, you had to pay them \$250 back,” he said. “So those loan sharks were hungry and active back then, and my senior [noncommissioned officers] kind of steered me away from those folks.”

To protect service members from those threats, Sergeant Major Battaglia said, it’s important that military leaders provide counseling and in some cases, be involved or in the decisions junior service members make that could dramatically affect their financial standing.

“When a young trooper is preparing to buy a first car, I think a leader must be involved,” he said. “Even when a young trooper is preparing to have a child for the first time, I think a leader must be engaged, and when a young trooper is preparing for marriage, a leader just has to be there. Each one of those real-world instances are investments, and major expenses – and if they are not done correctly, they could be catastrophic.”

Barbara Thompson, the Defense Department’s director of family policy and children and youth, said financial education needs to start young, and military children reap the benefit of that philosophy.

“We feel it’s important to start with our military children,” she said. “So many of them enter the military or are considering entering the military. Part of Military Saves includes our youth centers and our school-age programs. And I’m of a personal belief that we start with our preschoolers on basic money management.”

Starting young on money management is important, she said, because many people entering the service are already in debt.

Military Saves Week ends Saturday, but resources on JBER are available year-round. For help budgeting, making a plan to get out of debt, or advice on other financial matters, contact Army Community Service at 384-7509 or the Military and Family Support Center at 552-0630.

