

Tripping a live wire



Spartan engineers rig explosives to clear land for FOB Sparta Training, A-3

JOINT BASE ELMENDORF-RICHARDSON'S SOURCE FOR NEWS

ARCTIC WARRIOR

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Congress reinstates tuition assistance

Service members may still pay out of pocket

PAO news report

Last week, Congress passed an amendment to the 2013 Continuing Resolution, reinstating the tuition assistance program for service members.

The passage of the amendment was written to stop the suspension of TA benefits for members of the Army, Marine Corps and Air Force as a result of sequestration, and direct the Department of Defense to find savings elsewhere. The Navy was studying a possible suspension of TA.

In Fiscal Year 2012, approximately 300,000 service members participated in the TA program, which allows active military to attend school part time while serving their nation. During that time, active duty service members enrolled in the program took 870,000 courses and earned more than 50,000 degrees, diplomas or certificates.

JBER officials said neither the Army or the Air Force have resumed disbursement of TA.

Joe O'Neil, JBER-Elmendorf chief of Education and Training Services, said the legislation reinstates TA at programmed limits. He said the Air Force has exceeded its fiscal year 2013 TA budget by \$71 million, leaving no funds to reinstate the program at this time.

The Army has not reinstated TA at the JBER-Richardson Education office, said Dr. Terri Bedford, education services officer at the facility.

Bedford said she encourages Soldiers to keep their *goarmyed.com* profile up to date in order to quickly take advantage of TA if and when it is fully reinstated.

Spartan paratrooper aids shooting victim

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

Sgt. Carlos Morales, a paratrooper with the 725th Brigade Support Battalion, 4th Brigade Combat Team (Airborne), 25th Infantry Division, from Los Angeles, moved in with a quick response to aid a shooting victim March 16 at an Anchorage Walmart.

Jason Mahi, 33, the Walmart store's assistant manager was left bleeding from the lower right abdominal area after allegedly being shot by Daniel Pirtle. The altercation stemmed from an argument about the disabled man's service dog.

According to reports, Pirtle became angered when he was told to leave the store because his service dog was not on a leash. His anger escalated into violence when he pulled out a pistol and shot Mahi in the abdomen.

Morales, who was in the Walmart with his wife and two children at the time of the shooting, said he quickly moved to render first aid to Mahi soon after the shot was fired. Morales, along with a medical professional who was also shopping at the time of the shooting, rendered first aid until emergency

► See MORALES, A-3

EYES OF THE EAGLE



Airmen of 962d Airborne Air Control Squadron pose for a group photo inside their E-3 Sentry, March 14. Air Force Staff Sgt. Patrick Culhane, air surveillance technician, front center, is the Pacific Air Forces winner of the Airborne Air Battle Management System Operator of the Year. Air Force Maj. Rodney Pretlow, mission crew commander, back left, Air Force Capt. Nathan Dever, pilot and aircraft commander, back center, and Air Force 1st Lt. Joshua Roose, back right, are three of the Airmen from Crew 5 who received the PACAF Airborne Air Battle Management Crew of the Year. (U.S. Air Force photos/Johnathon Green)

THE UNIT



962d AACS

The 962d Airborne Air Control Squadron provides the commander, U.S. Pacific Command, with a long-range surveillance, detection, identification, and command and control platform for Alaskan North American Aerospace Defense Command Region and deployed composite wing operations.

THE JOB



AFSC 1A4X1

Air Force Specialty Code 1A4X1, airborne battle managers, operate E-3 Sentry computerized airborne radar sensors and electronic countermeasure equipment, as well as maintain communications nets with ground, air and seas surface units. ABMs attend a total of 13 weeks of training at four different air force bases.

JBER Airmen are top AWACS crew

By Johnathon Green
JBER Public Affairs

LOOK! UP IN THE ALASKA SKY ...is that a jet giving a UFO a piggy-back ride!? No, it's a United States Air Force E-3 Sentry Airborne Warning and Control System jet. This is a long-range airborne surveillance, detection, identification, and command and control platform created by modifying a Boeing 707, America's first jet airliner, designed back in the 1950s.

When the Boeing 707 was made, it was designed to have a four-man crew to pilot the aircraft. That still holds true today for the E-3 Sentry. It takes a pilot, co-pilot, navigator and a flight engineer to fly the aircraft safely. An additional individual is needed to operate the E-3, a "safety observer", who sits in seat 5, but to just fly the aircraft requires four individuals.

The 962d Airborne Early Warning and Control Squadron was first activated July 8, 1955, as a unit of the 551st Airborne Early Warning and Control Wing, with headquarters at Otis Air Force Base, Mass. The squadron, equipped with various models of the propeller-driven C-121 Constellation aircraft, was a unit of the Air Defense Command.

In October 1992, the squadron was assigned to the 3rd Wing, then Elmendorf Air Force Base, under Pacific Air Forces, and acquired the additional mission of being ready to deploy in support of the commander of Pacific Command. In August 1994, the 962d AEWCS was redesignated the 962d Airborne Air Control Squadron.

As in any military unit or squadron, each

entity works and trains hard to be the best they can be. The 962d AACS has proven themselves the best in Pacific Air Forces 2012. They received the Airborne Air Battle Management Crew of the Year for Crew 5 and Airborne Battle Management System Operator of the Year.

A crew for the E-3 Sentry consists of 20 to 25 Airmen to accomplish a full mission. Every member of the crew must work together to make the E-3 Sentry the effective combat multiplier it is.

"It's a big aircraft," said pilot and aircraft commander of Crew 5, Air Force Capt. Nathan Dever. "The largest one I flew before this was a T-1 [Jayhawk], which is basically a small corporate jet and we use those in pilot training, and so to step up from there to this aircraft, it was a big, big challenge. Initially it was learning on the technical aspects of flying a big aircraft, learning how to land it safely and, as I progressed from a co-pilot to an aircraft commander, then the challenges became more of, OK, we have the front end and we have the back end, which work together to accomplish the mission."

"The biggest challenge for me as mission crew commander is to make sure that the crew is focused," said Air Force Maj. Rodney Pretlow, mission crew commander. "We have 20 to 25 different personalities. We have the flight deck, we have the mission crew, and within that the mission crew, we have other dynamics. We have a radio operator, computer technician, radar technician ... if these systems don't work, we can't execute. It's a lot of dynamics there. Just dealing with the

► See SENTRY, A-3



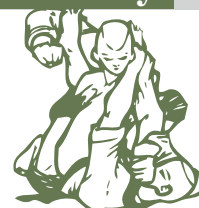
An E-3 Sentry AWACS jets sits inside the 962d Airborne Air Control Squadron's hangar, March 14. Each E-3 takes its turn in the hangar for maintenance and mission preparation.

Inside Hillberg hosts annual Slush Cup: B-1

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Community Happenings community calendar..... B-3

USARAK hosts combatives tourney

Service members from across Alaska gather at JBER to test their hand-to-hand mettle in the unforgiving combatives ring, B-4



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PRESORTED STANDARD

Purpose, direction and motivation NCO Academy: developing professional leaders

By Command Sgt. Maj. Bernie Knight
USARAK Command Sergeant Major

Preparing Soldiers for the Army of 2020 means we must strengthen a crucial link in the Noncommissioned Officer Education System chain, which prepares Soldiers for future leadership – the Warrior Leader Course.

Because WLC is the first professional military education a new NCO gets, the U.S. Army Alaska commanding general, Army Maj. Gen. Michael Garrett, and I consider it vital to the future of USARAK and the Army as a whole.

One of our objectives for the Sgt. 1st Class Christopher R. Brevard NCO Academy is to develop leaders who provide purpose, direction and motivation to those they lead.

We are committed to ensuring the academy is staffed with the absolute best NCOs USARAK has to offer. They are the best of the best – professionals and subject matter experts on all things a Soldier must be, know and do.

We want our young Soldiers to see the cadre and think “I want to be like her or him.”

We want a professional organization that teaches our NCOs to be professionals.

Changes to WLC

There have been some changes to WLC in the past few months, which reflect the



Sgt. Grant Crozier, a native of Dallas, assigned to 425th Brigade Special Troops Battalion, salutes Nov. 1, 2012, during a redeployment ceremony. (U.S. Air Force photo/Justin Connaher)

CG’s priorities of fitness, standards and discipline.

You are expected to be fit when you get to the academy, be able to pass the Army Physical Fitness Test, and meet height and weight standards. During the course, you will become certified to give your Soldiers tough, demanding PT.

You will be trained and tested on drill and ceremony. In the early days of our nation’s Army, Baron Von Steuben introduced drill and ceremony for a reason. It is still an effective way to instill standards, discipline, esprit de corps and attention to detail.

WLC has been expanded from 17 to 22 days, and now incorporates a field problem, day and night land navigation, writing NCO Evaluation Reports, and a more comprehensive block of teaching in counseling.

The new program of instruction includes the wear and inspection of the Class A and Army Service Uniforms. As an NCO, you may have both male and female Soldiers, so all WLC students will learn the standards for both genders.

Attending WLC will not automatically make you a sergeant, but it will provide you with some essential tools to help you refine

your leadership skills and lead Soldiers.

The day before WLC graduation, the CG and I do a cohesion run with the students, cadres and senior leaders from the battalions and brigades. That evening, we’ll do a dining-in at the dining facility, in the ASU/Class A uniform.

This is the part where the students at WLC, who are getting ready to be our team leaders in our formations, get a chance to hear from the USARAK command team on what their vision is and what their expectations are.

The students’ battalion commanders and command sergeants major also get to say a few words. Hearing from their senior leadership will sometimes open their eyes to why they’re doing certain things within the unit. And, when they get back to their units they’ll be able to communicate the USARAK commander’s guidance to their Soldiers.

Soldiering is a noble profession, and we have to apply combat power within our right and left limits. To accomplish that, we need ready, capable leaders who are guided by values – and when they do things, their first thoughts must be: is it moral? Is it ethical? Is it legal? What you do has to be commensurate with our values.

When you leave WLC, you should be thinking about your leadership and what value it places within your organization.

We don’t make NCOs at the academy – we graduate NCOs who are now more capable and have more knowledge and a better vision on what they should do as leaders.

Mentors have responsibility to ‘pay it forward’

Commentary by Chief Master Sgt. Samuel Hess
673d Medical Support Squadron

Motivational speaker Blake Beattie once said “Sail beyond the horizon, fly higher than you ever thought possible, magnify your existence by helping others, be kind to people and animals of all shapes and sizes, be true to what you value most, shine your light on the world, and be the person you were born to be.”

I believe this quote describes what everyone wants to achieve in their personal and professional futures.

During my career as a Air Force specialty code 4A0X1, health services manager, my mentors taught me many of these attributes – maybe not in those particular words, but I understood not to settle for anything short of the best.

To this day I continue to live by these lessons and often reflect on those personalities who shaped my growth.

Given the opportunity, I guarantee your past, current, and future supervisors will help shape who you are and who you will become in the future.

If you don’t have a mentor, seek one out who will challenge you to grow beyond your comfort zone to be the best you can be. They can start by ensuring your commitment to aspire, believe and achieve your goals; encouraging you to seek secondary education opportunities, helping you become leaders in your personal and professional lives, and teaching you to “pay it forward.”

All of us have had excuses for not getting back in school after high school. Some would say, “Going back to school is not for me,” or, “I don’t have the time,” and others would say, “I’m always deployed.”

There are numerous ways to rationalize not going back to school to pursue higher education. You make time for things that are important in your life. Education is that important.

It is something that can never be taken away from you. It is the building block to your future, and the lack of higher education severely limits your potential and opportunities down the road.

I cannot stress enough the importance of completing your education early in your career, before increased responsibilities make it

more difficult to complete. With 18 years of excuses, I am guilty of waiting until later in my career to accomplish my educational goals and this has made it a challenge, but it has been well worth the time I put into completing those goals.

According to Bright Hub, the 2011 average cost of a bachelor’s degree in a state public school is about \$28,000. The Air Force offers the incredible benefit of paying 100 percent of the allowed cost of tuition for a recognized certification or a degree from an accredited school. You should take advantage of this free education, not only to earn a bachelor’s degree, master’s degree, or a Ph.D, but simply to “aspire” to sail beyond the horizon and fly higher than you ever thought possible.

Pursuing your education is an investment in your future as a leader; it develops your values, improves your perspective on a host of issues, and gives you a greater appreciation for what you have the freedom to do in this great nation. It doesn’t necessarily mean you must pursue a college education but rather seek any educational opportunity to improve your market value.

We all gain very valuable skills in the military and those skills sometimes relate to a nationally recognized certification or trade.

Either way you decide to go, don’t procrastinate; invest in your future by starting with the Community College of the Air Force.

Education is the foundation leadership is built on through continued effort.

For you Packers fans, Vince Lombardi once said, “Good leaders are made, not born. If you have the desire and willpower, you can develop into a more effective leader through a never-ending process of self study, education, training and experience.”

Our former Chief of Staff of the Air Force Ronald Fogleman once stated, “Good leaders are people who have a passion to succeed ... If you are to be a good leader, you have to cultivate your skills in the arena of personal relations.”

This implies becoming a good leader does not mean just leading at work, but also leading in your personal lives with family and community. Air Force members are held to a higher standard and we truly want to magnify our existence at work, within our families and in the community. So, I chal-

lenge each of you to believe in yourselves, step out of your comfort zones, and take that journey to honing your leadership qualities.

My last and most important point is to recognize what others have done for you to achieve major milestones throughout your career and to pay it forward. You could do this by helping others reach their own career goals, clearing a road block for them so they can be more effective, or being a wingman for them when they need one in the countless opportunities we encounter every day.

Without our mentors shedding light on the correct paths, I don’t think any of us would be in this incredible Air Force. The way to make sure this happens is by being humble in what you have accomplished thus far and ensure you pay it forward to our future Air Force generation.

As you look to the future in your career field, leave a legacy to make things better than you found them and encourage everyone’s commitment to aspire, believe and achieve.

Start today by earning an education, becoming a leader in your personal and professional lives, and by paying it forward.

CENTCOM welcomes Austin as new commander

By Marine Sgt. Fredrick Coleman
CENTCOM Public Affairs

MACDILL AIR FORCE BASE, Fla. — In a ceremony here presided by Defense Secretary Chuck Hagel, Army Gen. Lloyd Austin III, assumed command of U.S. Central Command from Marine Gen. James Mattis, March 22.

“Ten years ago, both Jim Mattis and Lloyd Austin were in the Iraqi desert, on opposite sides of the Euphrates River helping lead their troops in the drive to Baghdad,” said Secretary Hagel during his remarks. “Today, these battle-tested leaders share a single stage; one having completed a distinguished command and one ready to step into his place.”

Hagel spoke on General Mattis’ leadership by noting the significant roles Mattis has played in the CENTCOM area of responsibility throughout his career, including leading a battalion of Marines during Operation Desert Storm, and commanding the longest as-

sault over the sea in modern history at the head of Task Force 58 during the 400-mile inland push into Afghanistan after the 9/11 attacks. Additionally, during the invasion of Iraq, Mattis led 1st Marine Division on the longest overland assault in Marine Corps history as well as during the battle of Fallujah.

“Jim Mattis has been front and center in every major combat operation this nation has conducted for more than two decades,” said Secretary Hagel. “He’s earned the respect of all around him-above and below-because he loved his work and those he served with.”

Mattis, who will retire later this year after more than 40 years of service, gave credit for his success as the commander of CENTCOM to its service members, civilians and coalition forces.

“It’s been an absolute delight and pleasure to serve alongside the U.S. and foreign Soldiers, Sailors, Airmen, and Coast Guardsmen,

Marines and civilians who work together here in

Tampa [and] across the tumultuous region in the interest of peace,” Mattis said as he spoke about the men and women of CENTCOM.

“Lloyd, we’ve served side by side repeatedly and I can think of no one more prepared to command CENTCOM. I pass to you the finest war-fighting team on the earth.”

Austin comes to MacDill Air Force Base following his tour as vice chief of staff for the U.S. Army and, as the various speakers noted, is no stranger to the CENTCOM AOR or mission. Austin served in a variety of command positions during operations Iraqi

and Enduring Freedom to include U.S. Forces-Iraq commander from September 2010 to December 2011; Multi-National Corps-Iraq commander from February 2008 to April 2009; and CENTCOM chief of staff from September 2005 to November 2006. The general also commanded the 10th Mountain Division in Fort Drum, N.Y., from 2003 to 2005, and served as commander of Combined Joint Task Force-180 during OEF during his deployment with 10th Mountain Division.

Hagel attributed his readiness for the command position not just for his experience, but also his leadership.

“With his calm demeanor, strategic vision, regional experience and knowledge and proven judgment, and with the love and support of Charlene and their children, I’m confident General Austin is prepared to lead this command at a time of dramatic change, challenge and turmoil in its area of responsibility.”

In addressing CENTCOM personnel for the first time as its commander, Austin praised the command’s ability to support a wide-ranging mission set.

“When we launched the initial invasion into Iraq in March of 2003, our military and in particular this headquarters – CENTCOM headquarters – was already in the midst of conducting operations in a separate theater in Afghanistan. And so our invasion into Iraq meant that our command would have to manage two campaigns and it did so for well over a decade. This speaks volumes about the quality of the people in this command – military, civilians and contractors.”

“It has been the greatest privilege of my life to be able to wear the uniform of our nation and to lead and serve alongside America’s sons and daughters,” Austin said. “I am honored to be given the opportunity to serve now as the commander of this world-class organization.”



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

ARCTIC WARRIOR

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Pfc. Christian Moulrier, a native of Caguas, Puerto Rico, walks toward the explosives shed before a demolitions exercise. Soldiers assigned to A Company, 425th Brigade Special Troops Battalion, rigged trees with C-4 plastic explosive during a training exercise at Forward Operating Base Sparta on JBER, March 21. The exercise allowed the Soldiers to train with demolitions and taking down trees to block enemy advance on roadways. (U.S. Air Force photos/Justin Connaher)



ABOVE: Pfc. Jordan Parish, a native of San Juan Bautista, Calif., tapes a C-4 charge to a tree during a demolitions exercise March 21 at FOB Sparta.



RIGHT: Pfc. Rafael Rivera, a native of Coamo, Puerto Rico, guards explosives before a demolitions exercise.



LEFT: Pvt. Zachary Price, left, a native of Mont Belvieu, Texas, holds up a roll of detonating cord before a demolitions exercise. FAR LEFT: Pfc. Keith Gorham, a native of Buxton, Maine, cuts a block of C-4 before a demolitions exercise. A Co., 425th BSTB is the direct support engineer company for 4th Brigade Combat Team (Airborne), 25th Infantry Division.

▼ From SENTRY, A-1

dynamics and making sure that everyone is focused on the mission.”

Since the E-3 Sentry was originally designed and flown by four crew members, “Not having one of those players would be a very large deficit,” said Air Force 1st Lt. Joshua Roose, co-pilot of the E-3. “To say that you would lose anyone of them, I suppose the plane would be flyable, but the workload would be exponentially increased. This airplane, everybody has a job and it’s an important job.”

“It was no surprise to me that our [Air Expeditionary Force] crew was awarded the [Pacific Air Forces] Airborne Air Battle

[Management Crew of the Year],” said Air Force Lt. Col. Michael Erickson, 962d AACS commander, about the Crew 5 award winners. “This team of seasoned aviators worked hard during the spin-up process through a combination of academics, simulators and live-fly exercises. They coalesced as a crew during spin-up, and their positive attitudes and hard work yielded [Command and Control] excellence for the [Central Command] theater.”

Enlisted crew members have an important function on the Sentry. “My job on the jet: I am an air surveillance technician,” said Air Force Staff Sgt. Patrick Culhane, PACAF Airborne Battle Management System Operator of the Year for 2012. “I have different

hats I can wear on that jet as well. I can be an evaluator, I can be an instructor, or I can be just a regular crew member. It’s actually a pretty important job as far as presenting our mission capabilities as far as surveillance. That’s our bread and butter in my section of the jet – surveillance and detection of aviation aircrafts.

“There are different kinds of challenges,” Culhane continued. “Physically, a lot of times we have early show times and long flying durations that can start to wear and tear. But just the challenge of knowing the different kinds of aircraft and anticipating what their maneuvers are going to be. I think the squadron does a good job in preparing all of its members, being ready to go out and

complete the mission.”

“Staff Sgt. Pat Culhane is the gold standard for NCOs,” Erickson said. “As a flight examiner at the [operations] group level, his expertise has contributed greatly to our squadron’s and this wing’s readiness for combat. He participated in every Red Flag-[Alaska] exercise last year.”

Crews operating the E-3 Sentry are the largest crew for any single aircraft in the Air Force.

“What makes our 962d Airborne Air Control Squadron work the way it does?” Pretlow asked, “This unit is really small and tight knit. I think it comes down to morale; keeping the crew, the morale and camaraderie up. That makes for a better crew.”

▼ From MORALES, A-1

medical personnel arrived on the scene.

Morales never did see the gunman or the dog, but did hear the gunshot from a few aisles away. He first thought the gunshot was something hard and heavy dropped from a shelf. Then seconds later a woman ran by saying someone was shot.

Morales decided he would do what he could to help.

“I heard the shooter had left, so I told my wife, ... ‘Babe, just take the kids, go out to the car and wait for me. I have to help this guy out,’” Morales recalled.

“My main thing was just to help any way that I can,” Morales said. “Once I got there, the first thing I did was get two boxes, then realized they were too high, then went to one box. I put up his feet, untied his shoelaces, and then just talked to him to make sure that he knew what was going on.

“He kept talking about his son,” Morales continued. “Another Walmart employee told him,



Sgt. Carlos Morales, a paratrooper with the 725th Brigade Support Battalion, from Los Angeles, helped render first aid to Jason Mahi, 33, an assistant manager at an Anchorage Walmart store, after suffering a gunshot wound March 16. (U.S. Army photo/Staff Sgt. Jeffrey Smith)

“Don’t worry, you will get to see your son once this is all over.”

Morales said his training as a combat life saver, his five combat

tours, and his 12 years of experience in the Army helped him provide first aid. He helped Mahi by elevating his feet to relieve

pressure on his abdomen, loosened his shoes, and spoke to him in a reassuring voice, while the medical professional worked to stop

the bleeding.

Emergency personnel were very fast to respond, Morales said.

“When I say they were quick, they were quick,” he said. “There were paramedics there within minutes. We had enough time to lift his feet up, find a first aid kit, apply pressure on his lower abdomen, and that was it. We talked to him for maybe a minute, and bam, the police and everybody was there.”

An interesting tie revealed itself when Morales received a text from a Soldier in his unit. It was Spc. Austin Billaber who is a cousin of the shooting victim. Billaber thanked him via the text for helping Mahi. Billaber also relayed thanks from the rest of Mahi’s family.

Morales said Mahi is still in the hospital recovering from the gunshot wound.

“Knowing its one of my Soldier’s relatives makes it more personal,” Morales said. “The guy was like one of my family members. That’s how I feel. It is a small world out there, and I’m just thankful I can help out any way I can.”

Dental clinic closure

The JBER-Richardson Dental Clinic will close 9:30 a.m. to 1 p.m. April 16 for training.

Limited sick call will be available from 7:30 to 8:30 a.m., and 1 to 3:30 p.m.

Arctic Valley Gate closure

The Arctic Valley Gate (JBER-Richardson exit only gate) is closed until April 30 due to construction projects outside the gate.

Public Health hours

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.

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.

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.

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.

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.

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 classes for spouses and partners of service members affected by TBI.

For more information, call 580-0014.

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).

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.

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 annu-

ally 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 Man-

agement 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.

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>.

MiCare registration

MiCare, the online personal health record and secure messaging application, has been available to patients and medical group staff at Joint Base Elmendorf-Richardson since 2011.

Patients can take advantage of the ability to communicate with their primary care clinicians online.

Registered patients also have access to electronic records, allowing them to view and maintain their health records.

Once registered, patients have the ability to participate in the study by completing a short series of surveys during the course of the next year.

This provides an opportunity for all active-duty, retired and dependent patients to have an impact on shaping the future of Air Force health services.

To register, visit the Military Treatment Facility, where enrollment specialists are available in each primary care clinic.

All beneficiaries who are enrolled in the family health, pediatrics, flight medicine and internal medicine clinics are eligible to participate.

Patients need to show a military identification card and provide information, including name, social security number, birthday and email address.

The enrollment specialist will enter the information and patients will receive an email which contains a link and instructions for completing the process.

SLUSH CUP

RIGHT: J. R. Wendler, a contestant in the Hillberg Slush Cup, is rescued from the icy lake water by ski patrollers on standby at the Hillberg Ski Area Sunday. Wendler crashed while attempting to ski across a man-made pond during the Slush Cup, an event hosted annually by the Hillberg Ski Area on JBER. (U.S. Air Force photos/Airman 1st Class Omari Bernard)



LEFT: Kevin Kulp, dressed as a jester, jets across a man-made pool of water at the Hillberg Slush Cup Sunday. Kulp was one of the few contestants to actually make it across the large span of water. The Slush Cup is an annual event at the Hillberg Ski Area on JBER and is a springtime feature at many ski areas around the U.S.

BELOW: Air Force Lt. Col. Erik Bruce, commander of the 673d Security Forces Squadron, drags his Humvee sled across the finish line during the Commander Sled Race at Hillberg Ski Area Sunday. Commanders raced in cardboard sleds built by their units.



LEFT: Air Force Lt. Col. Scott O'Malley, commander of the 673d Communications Squadron, poses in costume behind his custom-built cardboard sled during the Commander Sled Race at Hillberg Ski Area Sunday. Air Force squadrons across JBER built cardboard sleds for their commanders to race in during the Commander's Sled Race. O'Malley won the race.

RIGHT: Mark Drake, dressed as an Abominable Snowman, dives back into the manmade pond at the Hillberg Ski Area Slush Cup Sunday. During the event, contestants had the opportunity to swim in the icy lake water. Slush Cup events generally feature costumed competitors trying to ski or snowboard the length of a pool of water – with prizes and accolades for the winners.



A parent's worst nightmare

Understanding teens' feelings can help prevent suicide

Commentary by Army Chaplain (Maj.) James Lee
JBER Chaplain

Guilt. Pain. Shame. Blame. Helplessness. Hopelessness.

These are but a few of the emotions, thoughts, and feelings that can and often do accompany the suicide of a loved one or close friend.

As a parent, losing a child is the proverbial "worst nightmare;" losing a child to suicide is nearly indescribable and excruciatingly painful to process in the wake of such a tragedy.

This year alone, the Anchorage School District has had four teen suicides; one within a military family.

In the wake of such a tragedy, parents and friends alike ask themselves, "What could I have done?"

The blame and guilt of the sentiment, "I should have known," "I should have done something," or "I should have been there," encapsulates itself in intense and seemingly unbearable grief.

The fact is, the questions and statements that go on in our heads don't have answers, or at least good ones.

We are left with the present reality and a future that has been changed and altered.

Suicide is a choice; neither glorified nor dismissed, it just is. But we should still ask ourselves, what can I do in the face of suicidal thoughts or behaviors?

How can I prevent my son, daughter or friend from taking his or her own life?

In dealing with suicide however, one distinction needs to be made between adults and children.

Research has proven the neurological development of the brain continues until as late as age 25.

In teenagers, the pre-frontal cortex is still developing and is responsible for abstract and rational thought processes.

Many parents have asked me, "Why can my teen seem so responsible and mature one minute and in the next they become impulsive and irrational?"

As parents, our role is to help teens grow and develop toward adulthood, but it is imperative we recognize that teenagers are not miniature adults.

We often refer to them as young men and women, which is true in many ways, but they are still children and need the love and guidance of supportive parents.

Understanding this is key to recognizing and intervening in your child's impulsive or irrational behavior.

Particularly as parents, we often gauge how our children are doing by their behavior. In fact, we often address behaviors without realizing or acknowledging the emotions that underlie a particular behavior.

For example, your child may come home "moody" and his behavior is disrespectful and rude.

Naturally, we want certain behaviors to stop, but we may not realize that underlying the behavior are possibly feelings of failure or sadness.

Perhaps the child failed a test or quiz and is embarrassed to share that information; maybe they had a significant disagreement with a friend, or a breakup with a boyfriend or girlfriend.

The truth of the matter is our emotions fuel our behaviors most of the time.

I may not want to go to work today but the fear of losing my job may be the true underlying emotion that motivates me to get out of bed.

Or, if I love what I do in my job, that underlying emotion is what drives me to do it.

The behavior is the same in both cases, however, the emotion is much different.

So, how do I understand what my child is feeling? Emotions are like the weather.

We can't control the weather so much as we can respond appropriately to it.

If it's raining, we take an umbrella or put on a coat, just as if it's sunny and warm we don shorts and flip flops and bask in the radiance of the short Alaska summer.

Sometimes, our challenge as parents is to endure the rain with our child, maybe offering them the shelter of an umbrella but "staying in the moment" with them as the raindrops splash all around.

By doing so we experience the cold, wet rain of our child's experience if we will stay with them.

This means that we must sometimes endure emotions expressed in ways that are not pleasant and probably quite uncomfortable even for us to hear.

At other times, which are much easier for us as parents, we enjoy the sunshine and celebrate our child's victories in life.

During times of stress or crisis, our children – and we too – often experience emotions neither wanted nor understandable.

Helping your child explore those feelings, without judgment or even comment in some cases, can help your child not only put their feelings in perspective but also help you to connect to your child in a more meaningful way.

The key here is to stay with your child in whatever emotions they are experiencing or, even more importantly, expressing to you.

Giving your child the permission and freedom to share whatever they are feeling can mitigate thoughts of self harm and generally helps the child to cope better with what they are experiencing.

What if I think my child may be suicidal?

Again, exploring your child's feelings is an important step – but having the boldness to ask if they are thinking of self-harm or suicide is imperative.

And in the same way, the important piece is not to react out of our own emotions if our child confirms suicidal thoughts.

The sheer admission to you by your child that he is experiencing suicidal thoughts indicates the trust and confidence they have in you as a parent.

The other key element is the recognition of significant emotional pain.

Our first inclination as parents is to want to fix or alleviate that pain.

But simply acknowledging the pain, rather than rushing to rescue them from it, is more helpful.

In the case of suicide, your child may express he wants to die. Our natural response is "No! Don't you want to live?!"

Suicidal persons, however, even teens, often struggle with the ambivalence between living and dying.

A more helpful response might be, "I understand that part of you wants to die, but part of you doesn't want to die (if this weren't true they would already be dead). Tell me about the part of you that doesn't want to die."

Such a response honors the pain of suicidal thoughts and offers the hope that not dying is a possibility as well.

A suicidal person will not move quickly from wanting to die to wanting to live, but they might move to a place of simply not wanting to die – which is indeed on the pathway to wanting to live.

At the recent funeral of a teen who completed suicide, the following words of her father were read.

"Sometimes younger people can't grasp failure, especially if they're not used to it," he wrote. "They don't rationalize or think things through because of a lack of experience, and a permanent solution is chosen for a temporary problem."

A significant challenge we face is in helping our children to experience and overcome failure.

None of us want our children to fail, but the truth is that failure is a part of life.

The other truth is that sometimes we press through to success only when we have grown from our failures.

This is a paradox, to be sure, but it is a valuable lesson to teach our children, one that helps prepare them for the uncertainties of life.

And that lesson may even literally save their life, when failure seems the most intense and even overwhelming.

So what do kids need most? The answer may sound simplistic – but think about what we truly need and crave the most as human beings: to be loved.

And in response to the previous paragraph, the Bible particularly speaks to the power of love stating, "Perfect love drives out fear" (1 John 4:18).

Part of the victory in facing failure is in knowing I will be loved no matter what – unconditional love.

How we love our kids is not defined by what we let them do or how much we spend on them at Christmas.

Love is defined by how we connect to our children, how we accept them, and, more importantly, how we accept them when they fail or feel they have failed.

We may not be able to keep teens from having suicidal thoughts, but we can do our best to give them the structure, nurture, support and love they need to navigate through the joys and sorrows that will inevitably come their way in this complex equation we call life.

FSS EVENTS

Arctic Oasis COMMUNITY CENTER
Bldg. 9497 • 552-8529



Arctic Oasis
Community Center - Bldg 9497

WRECK-IT RALPH

Free Movie and Popcorn
March 29 at 6 p.m.

Branch with the Easter Bunny
March 30 * 11 a.m. - 3 p.m.

Tickets on sale for \$5, free for 1 and under
February 18 - March 25
No tickets will be sold at the door.
Limited quantities available.



tickets include entrance to arctic oasis, petting zoo, lunch, and fun easter activities

Easter Eggstravaganza
March 30
Buckner Fitness Center parking lot (JBER Richardson)

2 - 4 yrs old • 10 - 10:30 a.m.
5 - 6 yrs old • 10:45 - 11:15 a.m.
7 - 9 yrs old • 11:30 a.m. - Noon
10 - 12 yrs old • 12:15 - 12:45 p.m.

Outdoor event, please dress accordingly

Month of the Military Child
Kick-Off inside
Buckner Physical Fitness Center
March 30 • 9 a.m. - 12:30 p.m.

Look for FUN Activities:
physical challenges, art projects,
bike safety... Enjoy and engage in

Demonstrations:
karate, dance, boy scouts skills,
and more!

THROUGH SUNDAY 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.

SATURDAY Family Fitness Fun Day, Easter Eggstravaganza

Buckner Physical Fitness Center hosts the annual Easter egg hunt outside, while indoors are activities for every age – from therapy dogs and infant massage to an outdoor orienteering course to crafts, readings from the library and demonstrations by the Youth Instructional Program.

For information, call 384-6181.

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 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 6 Rage City Rollergirls

Celebrate Spring Break-U-Up with the roller girls at the Dena'ina Center. Doors open at 6 p.m. and the hard-hitting roller-derby action kicks off at 7.

For information, visit ragecity-rollergirls.com.

Boating safety

Boating Skills and Seamanship is a 13-lesson course for recreational boaters at the UAA Eagle River Campus. The course, offered by the Coast Guard Auxiliary, will be Tuesday and Thursday nights from 6:30 to 9:30 p.m.

For information, email mel-kal@gci.net.

APRIL 6 AND 7 Whole Life Festival

Alaska's premier holistic spiritual festival happens at the Coast International Inn from 11 a.m. to

6 p.m. both days. Spiritual consultants, handwriting analysis, licensed bodywork and more are on offer.

For information visit www.drglenkey.com.

APRIL 11 JBER hospital open house

The Family Health Clinic hosts this open house at the hospital dining facility from 5 to 6 p.m.

Learn how MiCare can give you online access to your provider, services available to families, and important policies.

For information call 580-8301.

APRIL 19 THROUGH 21 Alyeska Slush Cup

This spring festival celebrates the last of winter with a blast of chilly fun.

The signature event is the Slush Cup – in which costumed competitors try to make their way across two ice-cold ponds of water.

For information call 754-1111 or visit www.alyeskaresort.com.

APRIL 20 Kids' Day at the Zoo

Celebrate spring with the Alaska Zoo. Visitors will get special presentations, keeper talks, games and more, and the petting zoo will be open.

A fun run for little tykes is planned. Good times start at 11 a.m. and last until 4 p.m.

For information, call 346-2133 or visit alaskazoo.org.

Anchorage Symphony

The symphony's season finale wraps the season with a bang.

Berlioz's 'The Damnation of Faust' brings Goethe's iconic tale to life with assistance from the Alaska Chamber Singers, Anchorage Concert Chorus and more.

The event starts at 8 p.m. at the Alaska Center for the Performing Arts.

For information, call 263-2787.

APRIL 25 THROUGH 27 NYO Games

More than 500 athletes from around Alaska demonstrate strength, agility and skill in traditional games like the high kick, seal hop, and more.

Events are open to the public at the Dena'ina Center, and run April 25 from 9:30 a.m. to 6 p.m., April

26 from 9 a.m. to 6:30 p.m. and Saturday from 11 a.m. to 6 p.m.

For more information, visit citci.com.

MAY 4 USS Anchorage

The commissioning ceremony for the USS Anchorage, LPD-23, is a ceremony that officially brings the ship "alive." The Anchorage will be home-ported in San Diego, but is named for the city of Anchorage.

For more information, call 552-8183.

MAY 11 Anchorage Market

The summertime farmer's market kicks off at the 3rd and E Street parking lot downtown. Seven acres of vendors offer produce, exotic goods, Alaska souvenirs, meat and so much more. The food, music and more is an Anchorage highlight.

For information, call 272-5634.

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 meetings

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

For more information, email jber.ak.pwoc@gmail.com 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 also 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.

Sing-along at the zoo

Pre-school-aged children can explore the world of the Alaska Zoo's animals through interactive 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; fights start at 7.

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

For information, visit thursday-nightfights.com.

Motorcycle training

Military motorcycle riders and civilians using motorcycles for their jobs on JBER must attend an approved safety course, and classes are now available.

Annual briefings will be at the JBER-Richardson theater April 9 at 10 a.m., and the JBER-Elmendorf theater April 10 at 10 a.m.

Contact a unit or command safety representative for more information on scheduling, or call 552-5035.

JBER Instructional Programs

www.facebook.com/JBERInstructionalPrograms

Martial Arts Expo & Graduation



March 29, 6 p.m.
at ILLA School Age
Bldg. 36100, JBER-R

Everyone is invited!

JBER Instructional Programs Bldg. 600

For more information, contact Susan:
susan.dedionisio@us.af.mil
or call 384-7482/227-5052

CDC's Month of the Military Child

All CDC's show their appreciation by recognizing all our military families with a center display. Parents can leave notes and wishes for their child all month long!

Denali 552-8304 | Sitka 552-6403 |
Katmai 552-2697 |
Kodiak 384-1510 | Talkeetna 384-0686

JBER Richardson Outdoor Recreation Center

Bldg. 794 • 384-1476

Willow Snowmachine Guided Tour
March 30 • 8 a.m. - 5 p.m. • \$150
Bring cold weather gear and lunch, helmet provided.
Transportation included.*

The 2013-2014 Northern Lights Coupon books are going fast!
Drop by and pick one up to start saving.

ITT • Bldg. 9497 • 753-2378 / 552-0297

Check out the April Alaskan Adventurer

(or go online)

For a \$2.00 off coupon on a purchase of \$5 or more at the Polar Bowl.

1 coupon per family per visit.

CHECK US OUT ONLINE!

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



U.S. ARMY - ALASKA

COMBATIVES




USARAK news release

More than 100 Soldiers of varying skill levels participated in U.S. Army Alaska's 2013 Staff Sgt. Jacob G. McMillan Combatives Tournament March 21 and 22 at the Buckner Physical Fitness Center.

Combatives, or hand-to-hand combat, is an engagement between two or more persons in an empty-handed struggle or with hand-held weapons such as knives, sticks or projectile weapons that cannot be fired. Proficiency in hand-to-hand combat is one of the fundamental building blocks for training the modern Soldier.

There are several reasons Soldiers are taught combatives:

- To educate Soldiers how to protect themselves against threats without using their firearms
- To provide a non-lethal response to situations on the battlefield
- To instill the 'warrior instinct' to provide the necessary aggression to meet the enemy unflinchingly

Soldiers must be prepared to use different levels of force in an environment where conflict may change from low intensity to high intensity over a matter of hours. Many military operations, such as peacekeeping missions or non-combatant evacuation, may restrict the use of deadly weapons. Hand-to-hand combatives training will save lives when an unexpected confrontation occurs.

More importantly, combatives training helps to instill courage and self-confidence. With competence comes the understanding of controlled aggression and the ability to remain focused while under duress. Training in combatives includes hard and arduous physical training that is, at the same time, mentally demanding and carries over to other military pursuits.

Underlying all combatives techniques are principles the hand-to-hand fighter must apply to successfully defeat an opponent. The Army's combatives program has been specifically designed to train the most competent fighters in the shortest possible time in the safest possible manner.

All bouts on the first day of the USARAK tournament used standard or intermediate rules.

On the second day, all bouts were competed using advanced rules. Weight classes for both male and female fighters ranged from bantamweight to heavyweight.



ABOVE: Sgt. Andrew Goedel, 1st Stryker Brigade Combat Team, 25th Infantry Division, Fort Wainwright, Fort Wainwright, waits for his bout to begin March 22 at Buckner Physical Fitness Center. Goedel is a native of Sedro-Woolley, Wash., and competed in the cruiserweight division, which has a weight limit of 185 pounds. JBER hosted the tournament for all USARAK units. (U.S. Army photo/John Pennell)

LEFT: Spc. Shane Van Dyke, assigned to C Company, 1st Battalion, 5th Infantry Regiment, left, chokes Army 1st Lt. Tavis Reid, assigned to Fort Wainwright's 73d Engineer Company, during U.S. Army Alaska's 2013 Combatives Tournament. (U.S. Air Force photo/Justin Connaher)

