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ARCTIC WARRIOR

Volume 2, No. 35

Joint Base Elmendorf-Richardson

September 2, 2011

A NEW NUMBER 1 AT 3RD WING



McMullen departs, Smith arrives as 3rd Wing's new commander

By Luke Waack
 JBER Public Affairs

The Alaskan Command commander passed the colors of the 3rd Wing to a new leader in a ceremony Aug. 26 at Hangar 1. Hundreds of service members, family and friends gathered to say goodbye to Air Force Col. John McMullen, as he departed for his next assignment at the 325th Fighter Wing, Tyndall Air Force Base, Fla., and to welcome McMullen's successor. Air Force Lt. Gen. Dana Atkins, ALCOM commander, described how the 3rd Wing's

new commander, Air Force Col. Dirk Smith, was hand-selected for the position, having served in key leadership positions as he progressed in his Air Force career. "Somebody that had a remarkable fighter-ops background, somebody that had some intimacy with the F-22 Raptor, somebody that understood the multi-faceted mission of air defense, air superiority and supremacy," Atkins said. Smith has also demonstrated the capability to lead in weapons platforms like the C-17

See 3rd Wing, Page A-3

3rd Wing facts



U.S. Air Force Photo/Justin Connaehr

Mission: To support and defend U.S. interests in the Asia Pacific region and around the world by providing units who are ready for worldwide air power projection and a base that is capable of meeting Pacific Command's theater staging and throughput requirements.

Activated: July 1, 1919 as the U.S. Army Surveillance Group

Aircraft currently operated: F-22 Raptor, C-17 Globemaster III, C-12F Huron, C-130 Hercules, E-3 Sentry

Associate units: 176th Wing (Alaska Air National Guard), 477th Fighter Group (Air Force Reserve)



Pfc. Brandon S. Mullins



Spc. Douglas J. Green

Stryker Brigade Soldiers killed in Afghanistan

USARAK news release

Two U.S. Army Alaska Soldiers died last week in Afghanistan.

A Soldier assigned to the 1st Stryker Brigade Combat Team, 25th Infantry Division at Fort Wainwright died Aug. 25 in Kandahar Province, Afghanistan, of wounds sustained when insurgents attacked his unit with an improvised explosive device while on a mounted patrol.

Three other Soldiers from the brigade were wounded in the same incident.

Pfc. Brandon Scott Mullins, 21, of Owensboro, Ky., was assigned to the 3rd Battalion, 21st Infantry Regiment, 1st Stryker Brigade Combat Team, 25th Infantry Division at Fort Wainwright where he served as an infantryman.

Mullins joined the Army in February 2010 and graduated from Basic Training and Advanced Individual Training at Fort Benning, Ga. He arrived in Alaska in June 2010.

A Soldier assigned to the 1st Stryker Brigade Combat Team, 25th Infantry Division at Fort Wainwright died Aug. 28 in Kandahar Province, Afghanistan, of injuries sustained when insurgents attacked his unit using an improvised explosive device and small arms fire while on a dismounted patrol.

Two other Soldiers from the brigade were wounded in the same incident.

Spc. Douglas Jay Green, 23, of Sterling, Va., was assigned to the 3rd Battalion, 21st Infantry Regiment, 1st Stryker Brigade Combat Team, 25th Infantry Division at Fort Wainwright where he served as an infantryman.

Green joined the Army in September 2007 and graduated from Basic Training and Advanced Individual Training at Fort Benning, Ga. He arrived in Alaska in March 2008. He had one previous deployment to Iraq from September 2008 to September 2009.

The Soldiers' 4,000-Soldier brigade deployed to Afghanistan in mid April 2011 for a one-year tour in support of Operation Enduring Freedom.

Chief Roy talks to JBER Airmen: Joint efforts important

By Senior Airman Christopher Gross
 JBER Public Affairs

Chief Master Sgt. of the Air Force James Roy emphasized the importance of working together in joint environments during a visit to Joint Base Elmendorf-Richardson earlier this week before heading north Tuesday to Eielson Air Force Base.

While at JBER, Roy spoke at Hangar 5 to the hundreds of Airmen and Soldiers who were in attendance.

Roy was the senior enlisted leader and adviser at the U.S. Pacific Command in Hawaii at the time JBER was in the early stages of ramping up to make the joint base change. He left in June 2009 to assume his current position.

"I don't think people expected it to run quite as smoothly as it does here," he said. "It's unbelievable of what's transformed here over the last few years, just from my view."

The chief said the enthusiasm and motivation everybody has about making this joint base work is what impressed him the most.

Running into challenges comes with the joint basing territory, but "we've got to continue

to view those subjects that are a little controversial together," he said. "Sometimes we've got to view them through our joint partner's (eyes) and that can be a challenge sometimes, but the longer we do this the better."

A way the chief wants to have a more successful integration of services is by working and training together.

"What about joint and coalition teams we work with? Shouldn't we educate that way; shouldn't we train that way? I believe we should," the chief said. "We send 32 Airmen a year to the U.S. Coast Guard Chief Petty Officer Academy and that same number to the U.S. Navy Senior Enlisted Academy. For the first time in four years, we've just graduated two Airmen, one active duty and one guard, from the Army's Sergeants Major Academy."

The next step is to use the experience from this training in future roles, he said.

The chief said today's Airmen are resilient and will step up to any challenge they face.

"I'm excited for what our Airmen have to look forward to in the future, but there are challenges ahead of us," Roy said. "The future is very, very bright, but there are challenges."

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Chief Master Sgt. of the Air Force James Roy speaks to Airmen attending Professional Military Education courses and Airmen from the First Term Airmen Center during his visit to Joint Base Elmendorf-Richardson, Monday. Roy came to JBER to hear concerns of Airmen and to share what the future of the Air Force will entail. (U.S. Air Force photo/Staff Sgt. Zachary Wolf)



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Arctic Dragons

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 PRESORTED STANDARD

Paratroopers refine war fighting skills at the Joint Readiness Training Center

By Army Staff Sgt. Matthew E. Winstead
4-25th ABCT PAO

FORT POLK, La. — Paratroopers from all six battalions of 4th Brigade Combat Team (Airborne), 25th Infantry Division, stationed at Joint Base Elmendorf-Richardson, traveled to the hot and humid Joint Readiness Training Center in Louisiana last month to conduct training which will polish and renew their existing knowledge of their finest craft: combat.

The training, also known as a "rotation," is a complex chain of scenarios and evolving events which test the abilities of a unit at every level. The rotation is designed to adapt to the strengths and weaknesses of every element from the highest members of command all the way down to the fire team and individual levels.

The training is divided into three main parts, each with a different set of goals and training objectives. The first part is the situational training exercise lanes where the moving elements and ground fighters of the six battalions will get a feel for the training environment and slowly progress through short scripted training events with definite objectives.

The second phase is the command planning exercise. This phase consists of focusing on the decision-making abilities of the chain of command from bottom to top. Commanders and leaders are placed in situations where the choices they make will directly affect the outcome on the ground for their paratroopers.

In the final phase, all of the training culminates in a large, direct force-on-force event, usually lasting around five days.

The notional enemy – called the opposing force – is made up of Soldiers from 1st Battalion (Airborne), 509th Infantry Regiment. A sister unit to 4-25th ABCT's 3rd Battalion (Airborne), 509th Infantry Regiment. This group of specifically trained paratroopers is taught to provide units constant and direct conflict, often much more difficult than anything an American Soldier may face in actual combat.

Soldiers from the 1-509th also play the part of the fictional host country's army and police, reflecting the partnership roles and cooperative missions with host defense forces in Iraq and Afghanistan.

Observer controllers oversee every aspect of the rotation. They act as referees, enforcing the rules which govern the exercise and observing the performance of the train-



The Spartans take on JRTC

ing unit. The OCs will review what they see during the after-action reviews which follow the training.

The training also includes the use of Multiple Integrated Laser Engagement System gear, a military specific set of laser equipment similar to laser tag, which allows the Soldiers to attack and engage the OPFOR with real weapons but without lethal ammo. The Soldiers use blank ammunition to simulate the recoil and real-world loading of ammunition, but the enemy and training units are never in any danger from real shots being fired. Soldiers "killed" during training are taken to a consolidation point and brought back into the fight after a thorough AAR to see how they can improve their performance.

Even the area impact of large weapon systems are simulated via the use of a rapid response system of fire markers mounted on four wheel all-terrain vehicles.

The training is intended to simulate real combat as closely as possible. Soldiers are exposed to hard days, reduced sleep, social hardships and a demanding climate – made even more challenging for Soldiers coming from Alaska where August temperatures had been a mild 60-70 degrees. Fort Polk has sustained an average of 100 degree-plus weather and near 90 percent humidity since May.



TOP: Spc. David Rufenacht, 1st Squadron (Airborne), 40th Cavalry Regiment, 4th Brigade Combat Team (Airborne), 25th Infantry Division, performs gunner duties during training at the Joint Readiness Training Center at Fort Polk, La.

ABOVE: A flight crew with 2nd Squadron, 6th Cavalry Regiment, prepares to sling load a 105mm howitzer during the 4th Brigade Combat Team (Airborne), 25th Infantry Division's rotation at the Joint Readiness Training Center at Fort Polk, La. (U.S. Army photos/Staff Sgt. Mark Shrewsbury)

Airman recalls flight during 9/11 terrorist attacks

Commentary by Senior Airman Jose Roman Jr.
Air Force News Service

By September, 2001, high school was a year and a half in my rear view and I was going to school full time at the University of Arizona. I needed a little extra cash, so I took a job working in the receiving docks at Macy's. I had only been working there a few months and I was scheduled to go to San Francisco to attend a training course and seminar.

Sky Harbor Airport was bustling. Just like any other day at a major airport, people were double timing to their gates, struggling with keeping young children in line, announcements for departures and arrivals were blaring.

My flight had been delayed an hour and a half so I remember being irritated, hungry (college kids can't really afford the crazy airport restaurant prices) and people watching.

A huge family was at the gate waiting for a loved one to deplane. The raucous they made when she came out made it seem like it was a long lost family member or something. I just remember being annoyed with it all. I was hungry, broke, tired, I had a paper due and the overcrowded gate was not helping. When it was finally announced we would be boarding, all I wanted to do was find my seat, get some free airline food and sleep.

After what seemed like all day waiting to board, we were down the runway and in the air in a hurry. In no time at all we reached cruising altitude and the food service had just begun going down the aisle.

And out of nowhere, the pilot made an announcement for the flight attendants to get to their seats and buckle up and for all passengers to remain seated.

I remember the tone he used – it had a "don't mess with me" and "do as I say" tone that anyone with a father would recognize. As soon as the lead flight attendant picked up her phone and said a few words into it, the plane felt as if it was dropping out of the sky.

Once we stopped descending, the pilot announced we'd be returning to Phoenix and all passengers were to remain seated until we had landed and had come to a complete stop.

Everyone was wondering what could be going on.

We circled Phoenix for about 45 minutes and when we landed, it took another hour to reach the gate. But once we did and were out of the plane and walking out onto the gate, our lives had changed along with the rest of America.

The normal over stimulating hustle and bustle of one of America's busiest airports was gone. Earlier that morning, Sky Harbor was alive with activity. Now, it was dead quiet and looked deserted.

SWAT members (or personnel dressed up in armor) along with K9 units and other armed officials were guiding us toward the baggage claim. And there was a crowd of what seemed like thousands.

Quietly, everyone either sat on the ground or stood against a

wall as they watched TV screens mounted all over the area. Together we all watched the first tower fall, then the second.

As time passed, I didn't need anyone to tell me what was going on. I was able to piece everything together on my own. Immediately, the annoying feeling I felt earlier that day toward people for simply going about their day as best they could vanished, and I never felt the same before or since then. We were all in the same boat.

The news kept reporting rumors all day long as well, adding to anxiety and feeling it wasn't ever going to end. One plane crash, then another and another and another. Threats to the Statue of Liberty, to the San Francisco bridge, the

President was in an undisclosed location and no one knew where the Vice President was.

Threats to the Sears Tower and a commotion at Los Angeles International Airport caused people to panic in the baggage claim area. I guess some were headed to Disneyland, which had also received threats, according to the news.

After dogs sniffed our bags as we were each screened one-by-one, we were left to fend for ourselves and find our own way home or to our destinations.

By that time, most of America had been sent home from work, which meant renting a car, hailing a cab, catching a shuttle or even getting a Greyhound ticket was out the window. I ended up waiting all day outside of baggage claim for my parents to drive up from Tucson to pick me up.

On the way home, it didn't matter how tired I was, I was glued to news radio. My parents hung on to my every word as I shared my experience with them and I never in my life felt a stronger sense of duty.

I had to do something. I had to do my part. But what? All anyone could do (I hadn't enlisted yet) was watch everything unfold.

As time went on and the picture became clearer as to who was responsible and what America's response would be, I saw some of my childhood friends choose their preferred branch of service and answer the call.

It wasn't long before I was raising my hand and repeating, "I do solemnly swear that I will support and defend the Constitution of the United States against all enemies, foreign and domestic."



Senior Airman Jose Roman, 162nd Fighter Wing, Arizona Air National Guard, was on a flight during the Sept. 11, 2001 terrorist attacks. (U.S. Air Force photo/Staff Sgt. Jordan Jones)

ARCTIC WARRIOR

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Palumbo: Be safe Labor Day weekend

End of summer, change of season demands vigilance

Commentary by
Maj. Gen. Raymond P. Palumbo
U.S. Army Alaska commanding general

Labor Day is dedicated to the achievements of American workers and the contributions they made to the strength, prosperity and well-being of our country.

Labor Day weekend also marks the end of the 101 Critical Days of Summer; a period historically associated with increased mishaps.

Over this Labor Day weekend take a

well deserved break and recharge. Bear in mind we must always exercise safety and continuously manage risk.

Prior to the Labor Day weekend, talk to your Soldiers about their activities and review safety practices. Ask the important who, what, when, where, and how questions as it relates to their weekend plans and help them if you feel they haven't covered all the bases.

As Soldiers, we must always remain vigilant and recognize the primary threats haven't changed; failure to use safety equipment like seatbelts and motorcycle helmets, driving while impaired or fatigued, and speeding.

I expect all of you to exercise the appropriate safety measures, they are only a decision away – buckle-up, gear-up and adjust your driving/riding to changing conditions and your abilities. Finally, if you decide to

drink, I expect you to assign a designated driver.

Looking ahead, the fall season is quickly approaching; new risks such as changing weather, reduced hours of visibility, and schools returning to session will require our increased awareness.

Even though the summertime threats begin to fade as we transition into fall, the number one threat remains the same – vehicle accidents. All of us must continue to be vigilant regardless of the time of year.

Command Sgt. Maj. David Turnbull and I extend our deepest gratitude to you for your service and sacrifice. I am proud to serve alongside every one of you. Be safe over the long weekend, rest up and come back to work refreshed.

Arctic Warriors, Arctic Tough and Be Safe!



Maj. Gen. Raymond P. Palumbo

3rd Wing

From Page A-1

Globemaster III, the E-3 Sentry, the C-130 Hercules and the C-12F Huron, Atkins said.

"When I see you as a squadron commander in fighter-ops, being the number one guy; when I see you as an ops group commander, being the number one guy; when I see you go over and run an air and space operation in our wartime CAOC, and be the number one guy it wasn't really hard to make that decision, because we wanted the very, very best to come to lead our team here," Atkins said.

The new wing commander told the crowd how impressed he was with both the 3rd Wing's operation and the support it receives from

base partners.

"Just look at the scope and scale and vast mission that takes place here every day, and it just runs like clockwork," Smith said. "I can't wait to get out amongst all you folks here in the 3rd Wing, as well as all the other folks that get the job done on base here and learn everything I can about the mission and see you in action."

Smith promised his full effort to successfully accomplish the wing mission, while at the same time taking care of Airmen and their families.

The outgoing commander expressed his gratitude and respect for the 3rd Wing team.

"I could not be prouder of the entire 3rd Wing team – I could not be prouder of the entire joint base team – of how we came together time and again to find solutions to

problems that sometimes it seemed like there was not a solution," McMullen said.

McMullen also took pride in being part of a joint base, with so many aircraft platforms.

"I can't think of another base that flies F-22s, E-3s, C-17s, C-12s, C-130s and we also have HH-60 rescue helicopters," McMullen said. "What is perhaps even more impressive is that we accomplished this mission by integrating two active-duty wings, a Guard wing and a Reserve Group."

Prior to his arrival in the 3rd Wing, Smith commanded the 609th Air and Space Operations Center, U.S. Air Forces Central, Al Udeid Air Base, Qatar.

McMullen is scheduled to take command of the 325th Fighter Wing at Tyndall Air Force Base, Fla., Sept. 9.



Air Force Col. Dirk Smith, 3rd Wing commander, accepts the wing's colors from Air Force Lt. Gen. Dana T. Atkins, Alaskan Command commander, before handing the colors back to Chief Master Sgt. Steven Bohannon, while former 3rd Wing commander Air Force Col. Jack McMullen looks on. (U.S. Air Force photo/Steve White)

CMSAF

From Page A-1

He said fiscal constraints are coming, more than \$400 billion, but he is confident the Air Force will successfully work through them.

"I'm not going to paint you a doom and gloom picture," said chief. "But I need to paint you reality. The way we do things today

are going to change. Our force structure is going to change."

One of the questions brought up during Roy's Airmen's Call was possible cuts to tuition assistance. He advised Airmen to put on their taxpayer's hat and ask themselves if they can really afford to have two educational benefits.

One being the Montgomery G.I. Bill and the other 100 percent tuition assistance. He said no decisions have been made, but don't be

surprised if there's an annual cap or something along those lines to educational benefits.

He said no matter what, "we've got to remain one team; we've got to remain that professional, safe and reliable partner our joint and coalition forces rely upon," he said.

In preparation for a much more constricted future, the chief mentioned the term "deliberate development" of Airmen meaning

the need to develop Airmen for the future, by helping them gain the proper experience, education and training.

"This is too important not to get this right," he added.

After Tuesday's Airmen's Call, Tech. Sgt. James Bailey, 715th Air Mobility Operation Group, said he was very pleased with the chief's talk. He said he was very interested in a point Roy made about Airmen reaching out to their congressio-

nal representatives and voicing their opinions, because sometimes their representative might not understand the challenges men and women in the armed services are faced with if they themselves have never served.

Senior Master Sgt. Leon Callo-way, the senior enlisted manger for the 611th Civil Engineer Squadron, was also impressed with the chief.

"I think he's straight forward and honest," he said.



176th Wing

Pave Hawks deploy in support of Hurricane Irene relief efforts



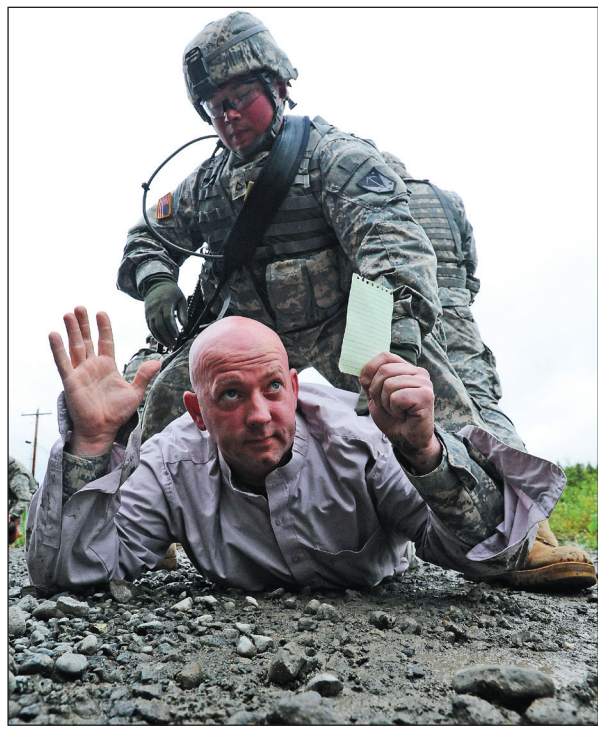
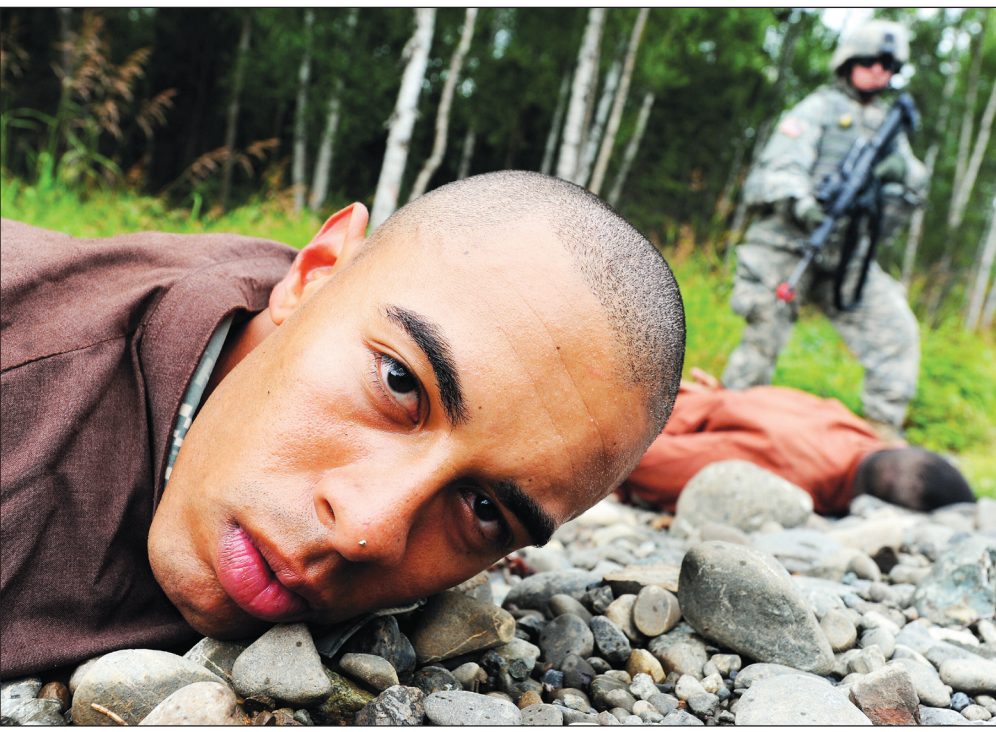
TOP: An Alaska Air National Guard 210th Rescue Squadron HH-60 Pave Hawk helicopter sits on the flight line at Joint Base Elmendorf-Richardson waiting to be loaded on a 517th Airlift Squadron C-17 Globemaster III. The Alaska National Guardsmen departed Alaska Saturday on their way to Charleston, W. Va., to assist search and rescue efforts in response to Hurricane Irene.

ABOVE: Alaska Air National Guardsmen walk across the flight line at Joint Base Elmendorf-Richardson before boarding a C-17.

LEFT: Senior Airman Jason Engle, 249th Airlift Squadron Loadmaster, Alaska Air National Guard, gives thumbs up while loading an HH-60 Pave Hawk. (U.S. Air Force photos/Maj. Guy Hayes)

Viking Vigilance

Soldiers of 56th Engineer Company (Vertical) hone tactical convoy skills at Bulldog Trail



ABOVE: With backup from Spc. Ammon Miller, Pfc. Mark Alcantara draws a bead with his M-249 squad automatic weapon on potential simulated enemies, Aug. 23, at Bulldog Trail, Joint Base-Elmendorf-Richardson. The Soldiers belong to the 56th Engineer Company (Vertical) "Vikings," 6th Engineer Battalion (Combat) (Airborne), which deployed to Bulldog Trail for tactical convoy operations training, LEFT: Army 2nd Lt. Patrick Markworth, simulating a detainee, is searched by Pfc. Michael Mejia. FAR LEFT: Under the guard of Sgt. Brenda Lowe, Pvt. Bryan Richardson-Colon simulates a detainee. (U.S. Air Force photos/Justin Connaher)

Alaska Air National Guardsmen welcomed home from Afghanistan



Tech. Sgt. Stephannie Carrier, 176th Operations Support Squadron, Alaska Air National Guard, hugs her 4-year old son, Dayson, after returning from her tour in Afghanistan, Thursday. A total of 125 144th Airlift Squadron Airmen returned from a 90-day tour of duty in Afghanistan. Operating C-130 tactical airlift aircraft out of Bagram Air Base, the 144th AS supported coalition efforts throughout the region with airlift and air drops of troops, supplies and equipment. (U.S. Air Force photo/Johnathon Green)

Briefs and Announcements

Pharmacy closure

The 673d Medical Group Pharmacy will close Friday at noon for Pacific Air Forces family day, and will be closed all day Monday for the Labor Day holiday.

Dining facility closure

The Iditarod Dining Facility is scheduled to close Sept. 22 and remain closed until Dec. 15 for renovations. Food service operations will shift to Kenai Dining Hall for three months and shuttles will be available for transportation from the dorms.

The flight line food service provisions on demand facility, Building 16710, is scheduled to open Sept. 19 and will provide meals for Airmen working on the flight line.

Munitions stockpile inventory

The 3rd Munitions Squadron will be carrying out a semi-annual inventory Sept. 20 to 23.

All munitions users must be aware of inventory dates and schedule requests for munitions issues and turn-ins around the inventory.

During inventories, only emergency requests will be processed after being submitted in writing and approved by the group commander.

For more information, call the Munitions Operations Section at 552-8666.

Air Force Ball

The Egan Center will host the Air Force Ball, Sept. 17, from 6 to 10 p.m. for all Air Force personnel.

Meal choices are chicken or halibut. Contact your unit representative for tickets.

For information call 580-6603.

Become a JAG lawyer

The Army Judge Advocate General Corps is now accepting applications for the Funded Legal Education Program which sends active-duty commissioned officers to law school at government expense while remaining in an active-duty status.

The Army projects selecting 25 officers to attend law school beginning fall 2012.

The FLEP selection board will meet the second week of December and will consider officers second lieutenant through captain.

Applicants must have two but not more than six years of total active federal service at the time training begins.

Interested officers should refer to Army Regulation 27-1, "Judge Advocate Legal Services," chapter 14 for additional eligibility requirements.

Applicants must submit their application through their chain of command to their basic branch at Army Human Resources Command.

Interested officers should review the AHRC website for branch specific contact information.

Applicants must also submit their application to the Office of the Judge Advocate General, ATTN: DAJA-PT (Yvonne Caron - 10th Floor), 1777 North Kent St., Rosslyn, Va. 22209-2194.

The suspense to AHRC and OTJAG is Nov. 1.

Interested officers should immediately register for the Law School Admission Test. The board will not consider applications without LSAT scores.

Interested officers should immediately contact the U.S. Army Alaska Office of the Staff Judge Advocate at 384-0420 for further information and to schedule an interview.

POW/MIA ceremony

Representatives from all branches of the military will honor prisoners of war and service members missing in action at Joint Base Elmendorf-Richardson's POW/MIA ceremony, Sept. 23, 3 p.m., at the 3rd Wing headquarters.

For more information, call 552-5693.

Check your university

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

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

Students are advised to contact their academic institution to check if their school either has an established MOU or is in the process of having one signed prior to the deadline.

Approved MOUs will be posted at www.dodmou.com.

Please contact the Joint Base Elmendorf-Richardson Education Center at edoffice@elmendorf.af.mil.

Military publications available

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

City of Anchorage maps are also available.

Call 552-8918 for information.

The information provided in the Installation Guide is also available online at www.jber.af.mil/library/newcomers/index.asp.

U-Fix-It Store reopened

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

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

The items available are subject to change and limits and some may have a cost.

The U-Fix-It Store also provides equipment checkout items, such as carpet cleaners, wheel barrows, yard sale signs, and more.

There are also American flag kits, and fire extinguishers available.

U-Fix-It work includes all home maintenance activities.

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

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

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

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

p.m., Monday to Friday; Saturday usage will require using the JBER-Elmendorf location.

For U-Fix-It information call 743-9070. A window blind cleaning machine is currently located at the JBER-Elmendorf location.

There will also be window blind cleaner installed at the JBER-Richardson within one or two months. A "reservation required to use" policy is in place with the priority going to military members PCSing. For more information, call 552-4439.

New service hours

The Army Military Personnel Section has new customer service hours, 1 to 5 p.m., Monday to Friday.

By exception, ID card appointments are 9 a.m. to noon and 1 to 5 p.m. Monday to Wednesday and Friday, closed Thursdays.

The Reassignments Section will only be open to unit S-1s, 1 to 5 p.m.

Soldiers must see their battalion or brigade S-1 and have authorization prior to being seen at the Army MPS.

Passports are processed on JBER-Elmendorf every Friday at 10 a.m. in the People Center, Room 118, and on JBER-Richardson every fourth Tuesday of the month 9 a.m. to 3 p.m., location to be determined.

FTAC NCOIC needed

Joint Base Elmendorf-Richardson Force Support Squadron First Term Airmen Center is seeking a highly motivated staff sergeant or technical sergeant to fill the FTAC NCOIC position.

The First Term Airmen Center is an Air Force level program mandatory for all first duty station Airmen.

First Term Airmen Center NCOICs are assigned for two years with a reporting identifier of 9F000.

The application deadline is Aug. 31.

Per AFI36-2624, candidates must be a volunteer and have commander's recommendation; must be at least a staff sergeant with 12 months time in grade with a minimum of five years time in service or a technical sergeant and be a graduate of Airman Leadership School.

Candidates must also be outstanding in appearance, military bearing and conduct both on and off duty; meet Air Force fitness standards with a passing score of 75 or higher; have a rating of no less than 5 on the last three EPRs; have the ability to speak distinctly and communicate well with others and meet all Air Force standards and other quality factors. Master sergeant selects will not be considered for FTAC duties.

The Report No Later Than Date is Jan. 3, 2012. For a full application with requirements and job description email brent.johnson1@elmendorf.af.mil or kisha.richardson@elmendorf.af.mil.

Furnishings management

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

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

These items are available on a first-come, first-served basis. The service member is responsible for transporting these furnishings. Airmen should take a copy of PCS orders to the Government Housing Office at 6346 Arctic Warrior Drive to schedule delivery.

Call 552-2740 for any questions regarding the FMO program. Hours of operation are Monday through Friday, 8 a.m. to 4:30 p.m.

Soldiers can call 384-0092 for the JBER-Richardson FMO.

Employee assistance

The Employee Assistance Program is confidential, voluntary, and at no cost to the employee. The screening and referral service is provided to supervisors, civilian employees, their spouse, retired military and disabled veterans.

For the supervisor, the EAP provides expert consultation and training for organizational leadership, (management, supervisors and union stewards) regarding the problematic or troubled employee, enhancing the work environment and improving employee performance.

For the employee and all other eligible clients, the EAP provides confidential problem identification and assessment services. For cases where referrals are required, case monitoring and follow-up is provided.

The EAP also conducts training for civilian employees on topics such as drug-free workplace, workplace violence, customer relations and other tailored training that contributes to the overall welfare of the civilian workforce.

For more information contact George Mongar at 384-0863 or in person at Building 658, 1st floor.

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 December.

More than 2,400 patients have already signed up to 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.

The 673d Medical Group is the first Air Force site to test this system.

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 some basic 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 registration process.

The project team is monitoring results in order to develop future implementation plans.

The Air Force is also interested in understanding how this new technology impacts the quality of health care provided to patients, as well as the overall well being of the patient population.

A research team is conducting a study in conjunction with this pilot program.



ENTER THE DRAGONS

ABOVE: Pvt. Cameron Strickland, 95th Chemical Company "Arctic Dragons," 17th Combat Sustainment Support Battalion, engages simulated enemy insurgents during Aug. 25 battle drills training at Joint Base Elmendorf-Richardson. The drills included react to contact, break contact and evaluate casualties. (U.S. Air Force photo/Percy G. Jones)

RIGHT: Spc. Leandria Thrasher pulls security and talks with squad mates during a react-to-contact drill Aug. 25. (U.S. Air Force photo/Justin Connaher)

FAR RIGHT: Pvt. Cameron Strickland maneuvers under the watchful eye of 95th Chem. observer controllers (U.S. Air Force photo/Justin Connaher)





www.jber.af.mil/news

ARCTIC WARRIOR

Volume 2, No. 35

COMMUNITY

September 2, 2011

ALASKA STATE FAIR

End-of-summer bash continues through Sunday in Palmer

Public Affairs staff report

Celebrating its 75th year, the Alaska State Fair continues through this weekend. Though many featured events have passed since the fair's Aug. 25 opening, there are still plenty of marquee activities, concerts and performances to enjoy.

Rock band Staind headlines Friday at 7 p.m. and is followed by comedian Gabriel Iglesias, Saturday at 7 p.m.; rock band OneRepublic, Sunday at 6 p.m.; and singer-songwriter Colbie Caillat, Monday at 3 p.m. For more information and to buy tickets (not included with fair admission), visit www.alaskastatefair.org/site/concerts.

Children and adventurous adults will enjoy the fair's large amusement park complete with rides and games.

For adults, the Sluicebox features performances by local country favorite Hobo Jim as well as Bill Stevens and the Athabaskan Fiddlers.

Quirky contests with a decidedly Alaska flavor include the Alaska State Fair Cabbage Weigh-off, a text messaging contest, the Great Alaska Bear Contest, the Backhoe Rodeo and Alaska's Got Talent.

Also featured through the weekend are a demolition derby, equestrian demonstrations, racing pigs, Alaska Native dancers, Chinese acrobats, an antique tractor pull and Japanese drumming.

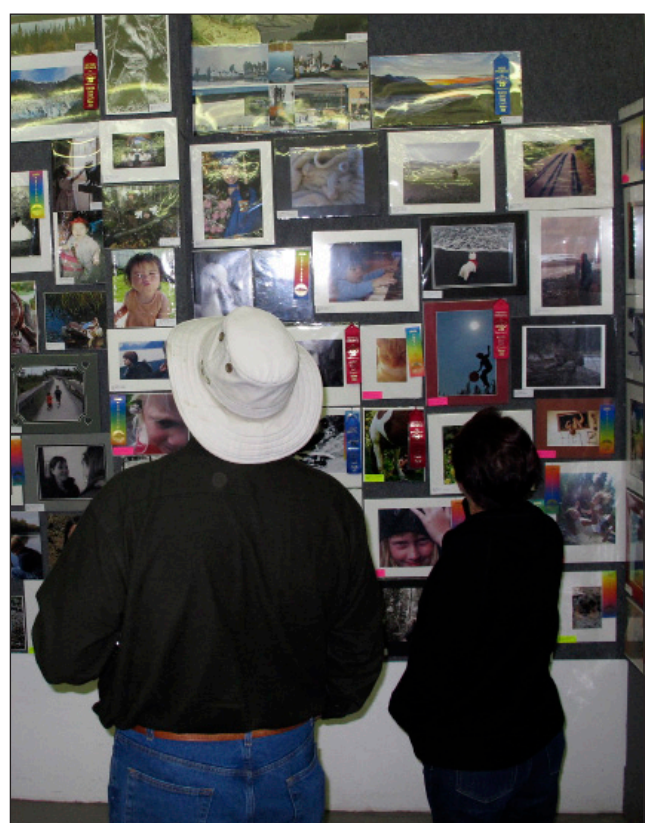
Every day, fairgoers may enjoy live performances, a wide variety of food, local crafts and farm exhibits.

For an alternative means of getting to the fair, the Alaska Railroad offers train rides from Anchorage to the fair grounds, Friday, Saturday and Sunday. For reservations, call (800) 544-0552.

For more details of fair admissions and show times, visit www.alaskastatefair.org.



PALMER – Army Capt. James Williamson, Headquarters and Headquarters Company, 3d Maneuver Enhancement Brigade, and his wife, Heather, enjoy a ride on the ferris wheel at the Alaska State Fair Aug. 26. Thousands turned out for a day of amusement rides, games, exhibits, live entertainment, and plenty of food. The fair runs until Monday, with several different events and acts each day. For more information log on to the Alaska State Fair website at www.alaskastatefair.org. (U.S. Air Force photo/Percy G. Jones)



Smoking cessation classes mean quitting isn't always bad

By Army Staff Sgt. Jason Epperson
3rd MEB PAO

A quitter is defined by Merriam-Webster dictionary as one who gives up too easily.

Sometimes quitting isn't as easy as it seems. Sometimes quitting isn't always a negative thing.

Army Staff Sgt. Latasha Wade, Headquarters and Headquarters Company, 3rd Maneuver Enhancement Brigade, knows how difficult it can be to quit. Quit smoking, that is.

"I smoked for 16 years," Wade said. "I quit smoking when I met my husband. At that time he had been cigarette free for two years and he didn't want to relapse being around a smoker. So I quit smoking five months

after we started dating." Wade quit gradually.

"I was hiding it from my husband while we were dating and eventually I got tired of hiding it and I quit," Wade said. "The advice I would give someone who wants to quit smoking would be to find something to motivate them to quit. Be it for health reasons, saving money or their significant other."

Among current U.S. adult smokers, 70 percent report that they want to quit completely, and millions have attempted to quit smoking, according to the Centers for Disease Control and Prevention.

"I consistently smoked for 10 years," Army Staff Sgt. Kevin Hoffman of the 98th Maintenance Company said. "I thought, this isn't helping me any, and I

had a new son. It was also getting expensive anyways, so I quit. It took about six months."

His first attempt to stop smoking cold turkey failed, so he took another approach and quit gradually.

"I started smoking again for a couple weeks and I was like, 'naw, this is just wrong.' So then I just started slowly stopping and then one day I just threw the pack of cigarettes I had left away and I refused to smoke from then on."

Hoffman said the reasons to quit go beyond your own health.

"You need to quit for the people that you love if not for yourself," he said.

Here on Joint Base Elmendorf-Richardson, for Soldiers, Airmen, civilians and family members who

would like to quit using tobacco products, the opportunity to quit is locally available.

A great way to start is to attend a tobacco cessation class.

"If they are ready to quit smoking today, what we normally do is invite them to attend the class," said Janice Fulton, a health educator, at the JBER Health and Wellness Center, or HAWC. "The research over time has shown that on doing tobacco cessation in a group setting with that kind of support just increases your chances for success."

"If you're determined to absolutely, positively quit today, we will definitely sit down and talk with you. If you want to do medications, then we'll refer you to one of the providers involved

with the tobacco cessation program who are able to prescribe those changes, it's really difficult for people to stay tobacco free. There are a lot of different stages in the

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is one of those, but if people are in the preparation stage and their not quite ready to change, but they're thinking about it, they're very welcome here. They don't have to be actively quitting smoking in order to participate in our class.

"We get people who really need to build their confidence before they jump into trying to reduce or quit. This is a good place to learn some skills on how to build their confidence, how to set reasonable goals and learn tricks that will make them feel more powerful in this fight against tobacco."

It's normal for many tobacco users to try quitting several times before succeeding, according to Fulton. "That's typical," Fulton

See Quitting, Page B-6

Gratitude a blessing sometimes only seen in hindsight

By Cindy Sena-Martinez
JBER Catholic Religious
Education Director

Blessed are those that can give without remembering and receive without forgetting.
— Author unknown

Thankfulness is such an amazing gift. I am often surprised by the manner in which I become aware of my thankfulness.

It seems to arise within my heart when I am able to look back and see how my life has been blessed and enriched, by my spouse, parents, or children, or a faithful friend, or by other good people I have met thus far.

I believe this hindsight discovery of thankfulness is true for many people.

In the midst of life's disappointments and difficult times it is too easy to lose sight of the goodness we have received from others, whether acknowledged or unacknowledged.

It is not uncommon for thankfulness to be delayed, and often, it may even take years to see those moments of gratitude.

When thankfulness does appear, it may only come after periods of darkness and struggle.

It comes when we are finally able to see the rays of light shining through the painful and difficult times in

our lives. The sunbeams and rays of light come shining through the eyes of a family member or kind friends who have stood by us, or in the little everyday things which are good and uplifting.

Good in the sense of life giving such as the smile of a stranger, or the pre-planning by a spouse for a vacation, or simply the cry of a newborn baby.

When I acknowledge these small, yet meaningful acts of kindness I find myself filled with gratitude and a serene joy.

I simply want to be in that thankful space, immersed in that eternal mo-

ment, and my prayer is expressed as a mood that unfolds in thankfulness and praise.

It is a moment, which for me personally, renews my heart, transforms my perspective, enlightens my mind to the presence of God and this, inspires, enlivens and strengthens my soul.

The psalmist in Psalm 138 said, "I thank you, Lord, with all my heart, you have heard the words of my mouth ... I thank you for your faithfulness and love, which

excel all we ever knew of you.

"On the day I called, you answered; you increased the strength of my soul."

How perfect these words are! And even if my mood is not immediately thankful, perhaps by repeating these lines of Psalm 138, the gift of thankfulness will rise in my heart.

No matter what the coming days bring, I believe that goodness will present itself and I know, even if I do not experience gratitude today, through reflection and prayer, God will reveal his faithfulness.

And once again I will experience that moment of revelation and thankfulness.



Some common threads usually bind attempts at suicide

Commentary by Kyle Ford
USAG-Hawaii Public Affairs

It sounded like someone chopping onions on a cutting board as the specialist stabbed the long black blade around his fingers faster and more reckless with each pass between his fingers.

I was an Air Force staff sergeant at the time of this incident, running the track while deployed at Prince Sultan Air Base, Kingdom of Saudia Arabia, when I heard this noise and investigated.

"Hey, if you cut off a finger, I'll have to explain it to the medics," I said.

The Airman looked up. "So? What's one less piece coming back? Nobody back home is going to miss me."

"Really - what's going on?"

"Yeah, my fiancé left me for some other guy," he confessed.

"Perhaps I better take the knife," I said.

"Sure, I won't be needing it where I'm going," said the Airman, handing over the weapon. "In fact, here's the key to my footlocker; take whatever you want."

"Where are you going?"

"Around ... I don't think anyone at work would miss me either," the Airman mused. "They would think about me a day but then get back to the mission. The mission never stops."

"You aren't thinking about harming yourself, are you?" I asked.

"No ... I don't know ... maybe." I invited the troubled Airman for a walk, and talked with him,

guiding him to the counselor's office. He was upset, but I had saved his life. Later, he thanked me.

Warning signs of suicide include acting recklessly, speaking in a hopeless manner and giving away possessions. These were all displayed by the young Airman.

Before I knew about the "ACE" suicide prevention principles, I had dealt with many people who felt they had had enough - enough of the pain and disillusion of their lives. Fortunately, I got training in suicide prevention and volunteered at a prevention hotline.

Today, the Army recognizes the importance of training everyone in suicide awareness and has created the ACE program. ACE stands for Ask, Care, and Escort. I "asked" the Airman what was wrong, "cared" enough to actually listen and "escorted" him to a service provider.

According to the American Foundation for Suicide Prevention, the emotional crises that usually precede suicide are often recognizable and treatable. Most suicidal individuals give some warning of their intentions.

The most effective way to prevent a friend or loved one from taking his or her life is to recognize the factors that put people at risk for suicide, to take warning signs seriously, and to know how to respond.

The Army is responding to the rise in suicide rates by educating Soldiers and leaders on the warning signs of suicide and emphasizing having the strength to help your battle buddy or to seek help if you need it.

More dramatic incidents also happen that result in saving the life of a service member. It is estimated that 20 percent of all suicides are completed by male veterans.

Working in a multi-service environment prior to coming to Ha-

waii, I have had to report on many different incidents, some attempted suicides and sadly some successful.

The common factor in the attempts was that people around the service member paid attention and stepped up to save a life.

A Marine lost his rank, his identity and his desire to keep living as the result of an Article 15.

"I can't do it anymore," said the Marine to his roommate. "I don't amount to much at work anymore. Goodbye."

That morning, before formation, the Marine picked up his personal weapon from its usual place in the apartment and went to work. His concerned roommate called the unit and alerted the personnel about the missing weapon and the potential suicidal intent of the Marine.

"We were concerned about him the whole morning," said the Marine's officer in charge.

The officer had just finished ACE suicide prevention training, "so the signs were fresh in my mind," he said.

The officer and a chaplain talked to the Marine about his intentions. The search was on for the missing weapon. The Marine said he didn't have

anything to live for.

"You can earn your rank back," the chaplain remembers telling him, as members of the unit searched the Marine's car, where the weapon was found.

All the officer had on his mind was, "I'm not going to let him hurt himself, nor me, nor anyone else."

The heroes of this incident were the leaders who took the time to care for the Marine and see him safely through his darkest of times, said the chaplain.

If it weren't for the unit taking that extra step, we might have had one less Marine.

"Loss is often the trigger for suicide," the chaplain said.

The loss of a loved one, the loss of identity, and other losses can seem pretty significant and overwhelming. Soldiers, too, and their battle buddies must look out for each other because they know each other best.

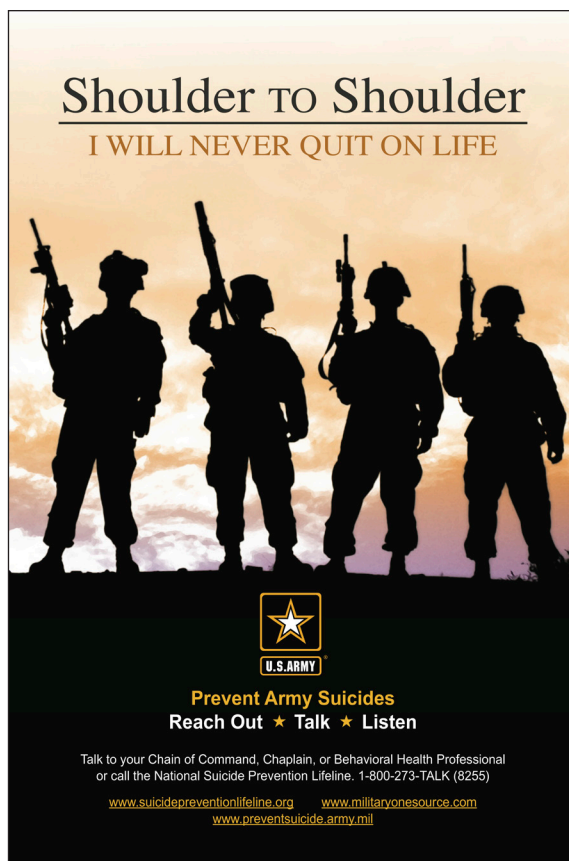
The actions of leaders and a support network show that the ACE suicide prevention program works.

Heroic efforts are often not reported in order to protect those involved, but I can tell you that the pattern is the same.

"The ACE program provokes thought and reminds you that it only takes a second to care for your buddy, because it only takes a second for a him or her to make a rash decision," said the officer.

Call the National Suicide Hotline at (800) 273-TALK (8255), or visit www.realwarriors.net.

(Editor's note: this article originally ran in June 2009.)



Experience JBER Elmendorf-Richardson

2011 Schedule September - October



STARTS NEXT WEEK!

WEEK 1

Thursday, September 8
N. Orleans at Green Bay, 4:30 p.m.

Sunday, September 11
Atlanta at Chicago, 9 a.m.
Cincinnati at Cleveland, 9 a.m.
Buffalo at Kansas City, 9 a.m.
Philadelphia at St. Louis, 9 a.m.
Tennessee at Jacksonville, 9 a.m.
Pittsburgh at Baltimore, 9 a.m.
Indianapolis at Houston, 9 a.m.
Detroit at Tampa Bay, 9 a.m.
NY Giants at Washington, 12:15 p.m.
Carolina at Arizona, 12:15 p.m.
Minnesota at San Diego, 12:15 p.m.
Seattle at San Francisco, 12:15 p.m.
Dallas at NY Jets, 4:20 p.m.

Monday, September 12

New England at Miami, 3 p.m.
Oakland at Denver, 6:15 p.m.

WEEK 2

Sunday, September 18
Kansas City at Detroit, 9 a.m.
Baltimore at Tennessee, 9 a.m.
Cleveland at Indianapolis, 9 a.m.
Oakland at Buffalo, 9 a.m.
Tampa Bay at Minnesota, 9 a.m.
Chicago at New Orleans, 9 a.m.
Jacksonville at NY Jets, 9 a.m.
Seattle at Pittsburgh, 9 a.m.
Arizona at Washington, 9 a.m.
Green Bay at Carolina, 9 a.m.
Dallas at San Francisco, 12:05 p.m.
San Diego at New England, 12:15 p.m.
Cincinnati at Denver, 12:15 p.m.
Houston at Miami, 12:15 p.m.
Philadelphia at Atlanta, 4:20 p.m.

Monday, September 19

St. Louis at NY Giants, 4:30 p.m.

WEEK 3

Sunday, September 25

New England at Buffalo, 9 a.m.
San Francisco at Cincinnati, 9 a.m.
Miami at Cleveland, 9 a.m.
Denver at Tennessee, 9 a.m.
Detroit at Minnesota, 9 a.m.
Houston at New Orleans, 9 a.m.
NY Giants at Philadelphia, 9 a.m.
Jacksonville at Carolina, 9 a.m.
Kansas City at San Diego, 12:05 p.m.
NY Jets at Oakland, 12:05 p.m.
Baltimore at St. Louis, 12:05 p.m.
Arizona at Seattle, 12:15 p.m.
Atlanta at Tampa Bay, 12:15 p.m.
Green Bay at Chicago, 12:15 p.m.
Pittsburgh at Indianapolis, 4:20 p.m.

Monday, September 26

Washington at Dallas, 4:30 p.m.

WEEK 4

Sunday, October 2

Carolina at Chicago, 9 a.m.
Buffalo at Cincinnati, 9 a.m.
Tennessee at Cleveland, 9 a.m.
Detroit at Dallas, 9 a.m.
Washington at St. Louis, 9 a.m.
San Francisco at Philadelphia, 9 a.m.
Minnesota at Kansas City, 9 a.m.
New Orleans at Jacksonville, 9 a.m.
Pittsburgh at Houston, 9 a.m.
NY Giants at Arizona, 12:05 p.m.
Atlanta at Seattle, 12:05 p.m.
Miami at San Diego, 12:15 p.m.
Denver at Green Bay, 12:15 p.m.
New England at Oakland, 12:15 p.m.
NY Jets at Baltimore, 4:20 p.m.

Monday, October 3

Indianapolis at Tampa Bay, 4:30 p.m.

Win

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

384-7619

Community happenings

THROUGH MONDAY
Alaska State Fair
 The last blast of summer runs through Monday, featuring flowers, record-setting vegetables, traditional fair food, art and entertainment for all at the Fairgrounds in Palmer.
 Discount tickets are still available through the Information, Tickets and Travel office on base.
 For more information visit www.alaskastatefair.org.

Girdwood Fungus Fair
 The annual celebration of local mushrooms features the Fungus Formal, the Fabulous Fungus Fair at the Alyeska Hotel, as well as classes on mushroom identification, mushroom harvesting and walks, and other classes.
 For information visit www.fungusfair.com or call 754-2275.

TUESDAY
Godsmack meet-and-greet
 The award-winning band will be available to sign autographs and speak with service and family members at the Arctic Chill from 11:30 a.m. until 12:30 p.m.
 For information call *****.

SEPT. 9
Taste of Mardi Gras
 A street party recreating Bourbon Street, featuring authentic Cajun cuisine from local celebrity chefs, live music, and street performers from 5 until 10 p.m. on 4th Avenue between G and H streets.
 Enjoy the last days of summer in New Orleans style, with proceeds benefiting the Red Cross.
 For more information, email tasteofmardigras@gmail.com.

JBER 9/11 memorial
 The Fort Richardson National Cemetery hosts a memorial service for the fallen from 4 until 5 p.m.

SEPT. 10
Vertical Challenge
Climb-a-thon at Alyeska
 The 4th annual climb-a-thon is an endurance event in which contestants walk, hike and run up the steep North Face Trail of Mount Alyeska and ride the tram down as many times as possible from 9 a.m. to 7 p.m. The top competitors have climbed more than 20,000 vertical feet – the equivalent of climbing Mount McKinley, only with 10 hours to do it.

For information visit www.alyeskaresort.com or call 754-2111.

SEPT. 11
Freedom Flag Run
 Commemorate Sept. 11, 2001, with this drive from Palmer to Wasilla, beginning at the Carr's parking lot in Palmer. There will be a car show and barbecue after the drive and a time to reflect.
 Attendees are encouraged to bring side dishes; hot dogs and hamburgers are provided.
 For more information call 745-2652 or 982-5072.

Patriot Run 5K
 This 9/11 memorial run begins on the bike path across from Buckner Physical Fitness Center at 10 a.m.
 For information call 384-0272.

Firefighter memorial
 The Alaska Fire Chiefs Association invites the public to a remembrance ceremony at 12:45 p.m. with a procession on 5th Avenue from Fairbanks Street to A Street and the Fallen Firefighter Memorial. A ceremony and reception will follow.
 For information call 317-5833.

Eagle River 9/11 memorial
 The Eagle River Elks Lodge will host a short public memorial service at 17111 North Eagle River Loop Road from 1:30 until 2:10 p.m.
 For information, call 364-3557.

Trick or Treat in the heat
 An early Halloween before it gets cold to raise funds for Hospice of Anchorage, Make-a-Wish Foundation, and the Ronald McDonald house. Events will be held in Anchorage and Eaglewood in Eagle River.
 For information, email info@totith.org.

SEPT. 13
JBER ham radio club
 The Elmendorf Amateur Radio Society meets at 5 p.m. at the Civil Air Patrol building off Dena'ina Road behind the flight line.
 For information, call 360-4169 or email club@kl7air.us.

Job Fair at Egan Center
 Get your resume out and discover

job opportunities in Anchorage and Alaska at the job fair from 10:30 a.m. to 5 p.m.
 For information call 263-2800.

SEPT. 14
Fighting championship at Sullivan Arena
 The Alaska Fighting Championship kicks off its new season at Sullivan Arena, part of a full schedule that includes nine dates in Anchorage.
 For more information, visit www.alaskafighting.com or call 351-8184.

SEPT. 15
Richardson Spouses Club
 The Richardson Spouses Club hosts its Super Sign Up from 6:30 to 8:30 p.m. at Building 56 on Fourth Street. The club is open to all military, spouses and Department of Defense civilians. There will be door prizes and food.
 For information about the club, visit frsc.shutterfly.com.

SEPT. 17
Air Force Ball
 The Egan Center will host the Air Force Ball from 6 to 10 p.m. for all Air Force personnel. Meal choices are chicken or halibut. Contact your unit representative for tickets.
 For information call 580-6603.

SEPT. 20
Larry the Cable Guy
 Git 'er done! The Blue-Collar Comedy icon performs at Sullivan Arena at 7:30 p.m.
 For information call 279-0618.

OCT. 1
Rage City Roller girls
 Anchorage's own roller derby group battles it out at the Dena'ina Center from 7 until 10 p.m.
 For information, call 272-4801 or visit www.ragecityrollergirls.org.

JBER Arctic Bazaar
 This craft extravaganza in Hangar 5 is open to the public and features pottery, woodwork, art, food, children's activities and more.
 For information, email arcticbazaar@elmendorfoso.com.

Nov. 5
Vendors needed for fair
 The Country Fair will be hosted

Nov. 5 at the Buckner Physical Fitness Center, from 10 a.m. to 5 p.m.
 Organizers are looking for local vendors selling handcrafted items. Family readiness groups can earn money for their group. Sell items at a food booth or set-up or clean-up.
 For more information, contact FRSCcountryfair@yahoo.com.

ONGOING
Motorcycle safety courses
 The JBER safety office continues to offer motorcycle safety courses through Sept. 11. Basic rider course, basic rider course II, and sport bike safety classes are available.
 For more information contact Jeff Gross at 384-2382 or email jeffrey.gross.ctr@elmendorf.af.mil.

Aurora: The Great Northern Lights show
 It's not very dark in Alaska this time of year, but it's still possible to see the Northern Lights set to beautiful music. The 40-minute program runs every day and begins every hour at the Alaska Center for the Performing Arts.
 For information, visit www.alaskapac.centertix.net or call 263-2993.

Spenard Farmers' Market
 Alaska-grown, -caught, -baked and -made items are available under the windmill in Spenard. Everything from fresh oysters, organic bread, garden starts, kettle corn and reindeer sausage is available, including live music, every Saturday from 9 a.m. until 2 p.m.
 For information, call 563-6273 or email spenardfarmersmarket@gmail.com.

Market and festival
 Local farmers and artisans sell their goods Saturdays and Sundays in a festival atmosphere. Enjoy free lively entertainment and food while browsing booths.
 The market runs through Sept. 11, weekends from 10 a.m. until 6 p.m. at the Third Avenue and E Street parking lot.
 For information, call 272-5634 or visit www.anchoragemarkets.com.

Model railroading
 The Military Society of Model Railroad Engineers meets at 7 p.m. Tuesdays with work sessions

Chapel services

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

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

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

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

at 1 p.m. Saturdays in basement Room 35 of Matanuska Hall, 7153 Fighter Drive. Anyone interested in model railroading is invited.
 For more information, call 552-5234 or 952-4353, visit www.trainweb.org/msmre or email bjorgan@alaska.net.

Family Advocacy support programs available
 The New Parent Support Program hosts several activities for families with young children up to age 3. Family Advocacy also offers anger management classes, classes for new fathers and nursing mothers. "Dads 101" and "Home Improvement" are also featured.
 For more information, call Family Advocacy at 580-5858.

ELMENDORF-RICHARDSON FORCE SUPPORT SQUADRON Experience JBER Elmendorf-Richardson

DID YOU GET THE NEWS?

Your JBER Library will now be open 7 days a week beginning September 6!

Monday - Friday 10 a.m. - 9 p.m.
 Saturday & Sunday 10 a.m. - 5 p.m.
 Closed Federal Holidays

COMMUNITY LIBRARY
JBER RICHARDSON
 384-1640

Toddler Tales
 Wednesdays • 10-10:30 a.m.
 September 7 - October 12
 Enjoy a morning filled with stories, music, activities & an occasional craft. No registration required.

Bring your A-Game: Wii Fest*
 September 9 • 6:30 p.m. • Free
 *All games selected by staff, NO personal games permitted. Old school games available.

Outdoor Fun in Alaska

Jim Creek ATV Trip
 September 24
 8 a.m. - 5 p.m.
 Cost \$150
 Open to all ages 16 & up.

ATV Safety Training
 September 13, 20 & 27
 1 - 5 p.m.
 All trips meet at ODR Building 794

JBER Outdoor Recreation
 Richardson
 384-1475/1476

Eklutna ATV Trip
 September 18
 9 a.m. - 5 p.m.
 Cost \$100
 Open to all ages 8 & up. Must have ATV Safety Certification. Bring extra clothes for the ride back and a small cooler for snacks and water. Helmets provided.
 For more information contact **JBER Outdoor Adventure Program** 552-4599

The Golf Shop at Eagle Glen Presents

September Super Sale

Sale starts Labor Day
 September 5 and ends September 25.

Close out items are 20-40% off.
 Everything will be on sale, except Taylor Made R11 products. We will not be undersold.
 Shop us first and compare.

Golf Bags 15-30% Off
 Golf Shoes 20-40% Off

Eagle Glen Golf • 552-3821 • Building 4414
 visit us at: www.elmendorf-richardson.com/eaglelen

If you are interested in becoming a volunteer Youth Volleyball coach, please stop by the Youth Center or call us at 552-2266 or 384-1516

The Alaska Zoo - This Month Only!

\$5 Alaska Zoo Tickets.

USAF SERVICES
Information Tickets & Travel

Get yours while supplies last!
 Visit us today. Call 573-2378
 Located in the Arctic Oasis Community Center

JBER Youth Volleyball

Registration
 Now - November 15
 Ages 9 and up
 \$55

Participants must be a Youth Center Member and have a current physical on file. Season runs December 1 - January 27

Kennecott Youth Center at 552-2266
Two Rivers Youth Center at 384-1516

Cooler temperatures mean the onset of influenza season

By 673d Medical Squadron Staff News release

With falling temperatures, winter and the flu season are just around the corner.

Influenza or the flu is different from the common cold and can result in serious complications for certain individuals.

Unlike the stomach flu, influenza is a contagious respiratory disease caused by the influenza virus.

Symptoms usually come on suddenly and may include fever, headache, fatigue, dry cough, sore throat, nasal congestion, and body aches.

Influenza is caused by a virus, so antibiotics (like penicillin) do not cure it. Therefore treatment options for the flu include rest, drinking plenty of fluids, avoiding alcohol or tobacco use, and taking medications to relieve the symptoms.

The best way to prevent the flu is to get an influenza vaccine (flu shot or nasal flu spray) each fall. There are two types of vaccines that protect against the flu.

The flu shot is a vaccine containing killed virus that is given through a needle, usually in the arm.

The flu shot is approved for use among people 6 months and older, including healthy people and those with chronic medical conditions.

The other type is a nasal spray, referred to as Live Attenuated In-

fluenza Vaccine.

It contains weakened live viruses, and is administered by a nasal sprayer. It is approved for use in healthy people between the ages of 2-49 years.

Healthy contacts of high risk patients may receive the nasal flu vaccine.

The following people are at high risk for complications of the influenza virus infection:

- Children aged 6 to 59 months of age
- Children and adolescents (aged 6 months to 18 years) who are receiving 'long-term aspirin therapy' and, therefore, might be at risk for experiencing Reye syndrome after influenza virus infection
- Pregnant women
- People 50 and older
- People of any age with certain chronic medical conditions
- People who live in nursing homes and other long-term care facilities
- Adults and children who have chronic disorders of the pulmonary or cardiovascular systems, including asthma (hypertension is not considered a high-risk condition)
- Adults and children who have required regular medical follow-up or hospitalization during the preceding year because of chronic metabolic diseases (like diabetes), renal dysfunction, hemoglobinopathies, or immunodeficiency (including those caused by medications or HIV)



Even a general can GET THE FLU

Air Force Lt. Gen. Dana Atkins, Alaskan Command commander, receives an influenza vaccination on Joint Base Elmendorf-Richardson at the Alaskan Command building by Tech. Sgt. Alexis Lewis, 673d Aerospace Medical Squadron, Aug. 24. (U.S. Air Force photo/Airman 1st Class Ty-Rico Lea)

• Adults and children who have any condition that can compromise respiratory function or the handling of respiratory secretions or that can increase the risk for aspiration
The 673d Medical Group's

Immunization Clinic is currently offering flu vaccines to all active-duty personnel and to dependents with chronic medical problems.

Flu lines are being coordinated with the squadrons.

For more information on influenza, contact your primary care provider or visit the Center for Disease Control and Prevention web site www.cdc.gov/ncidod/diseases/flu/fluvirus.htm.

Lunchtime

PICK-UP BALL



Ben Ramaekers, 3rd Munitions Squadron, of North Judson, Ind., covers Denasha Mondy, 673d Force Support Squadron, of Louisville, Ky., during their lunch break at the Elmendorf Fitness Center, Tuesday on Joint Base Elmendorf-Richardson.



FAR LEFT: Jerog Leach, 673d Civil Engineer Squadron, of Jersey City, N.J., drives the lane against Nate Hale, 673d Medical Group, of Detroit, Mich., during their lunch break at the Elmendorf Fitness Center, Tuesday. LEFT: Fitness Center Director Tom Lawson tries to block Anthony Roane, 732nd Air Mobility Squadron, of Richmond, V.A., during a lunchtime game at the Elmendorf Fitness Center Tuesday. (U.S. Air Force photos/Justin Connaehr)

U-Fix-It shops open for convenient business on JBER

By Chris McCann
JBER Public Affairs

That towel rack in the bathroom finally gave way, and there are a dozen nail-holes in the wall from where the four-year-old got into the tool box.

Don't worry – the U-Fix-It shops on Joint Base Elmendorf-Richardson are here to help.

“The intent is for residents to take pride in ownership,” said Wendy Mekinda, general manager at Aurora Military Housing. “It also provides continuity in the units – the same light bulbs, the same towel bars. It's a convenience; they can pick things up for free, and they're also learning a skill.”

The shops save money. Service mem-



bers and family don't have to go off-base to buy supplies and the housing office saves money by not having to send a technician, said Mekinda. It also promotes safety, as the shops provide ice-melting salt, ice chippers, and other tools to keep homes well-groomed.

One shop is behind the Aurora Military Housing office on Arctic Warrior Drive; the other is in Building 670 on the Richardson side, which just opened.

The shops are especially useful to those changing duty stations, Mekinda said.

They provide replacement fixtures, carpet shampoos, and

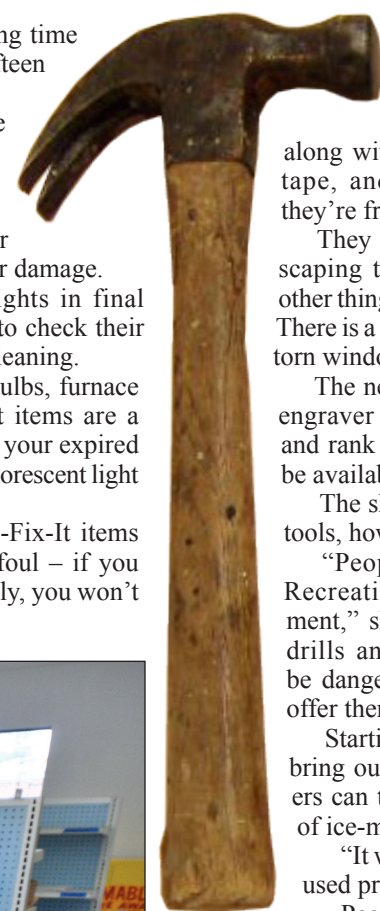
blind cleaners that cut cleaning time from about an hour to about fifteen minutes.

“Especially for people making permanent change-of-station moves, it saves a lot of time,” Mekinda said. They loan out black lights for checking carpets and walls for damage.

Since Aurora uses the lights in final inspections, it allows people to check their home and do any necessary cleaning.

Fire extinguishers, light bulbs, furnace filters and other replacement items are a one-for-one exchange – bring your expired extinguisher or old compact fluorescent light bulb and get a new one.

Any repairs done with U-Fix-It items are considered no harm, no foul – if you install that towel bar incorrectly, you won't be charged when you move.



“Paint is a big one,” Mekinda said. “Putty and paint for repairs are provided, along with drop cloths, masking tape, and that sort of thing – they're free.”

They also offer topsoil, landscaping timbers, grass seed and other things for springtime fix-ups. There is a screen table for repairing torn window screens.

The new shop also has a laser engraver for making name, unit and rank signs for homes; it will be available this month.

The shops do not issue power tools, however.

“People can go to Outdoor Recreation to get lawn equipment,” she said. Ladders, saws, drills and extension cords can be dangerous, so Aurora cannot offer them.

Starting Nov. 1, they plan to bring out winter items. Customers can take two 25-pound bags of ice-melting salt each month.

“It will last a long time if it's used properly,” Mekinda said.

People moving out are encouraged to leave items like salt in the garage for the next tenant, as long as it isn't solidified and is usable.

“They can leave that stuff when they PCS,” she said. “It's not a problem to bring it back. We just ask that they don't sell it at a garage sale or something.”

They can also return unused items to the U-Fix-It stores to be given to someone else.

Most tools can be borrowed for 24 to 72 hours before they need to be returned.

The U-Fix-It shops are open from 8:30 a.m. to 5:30 p.m. Monday through Friday.

The JBER-E store is also open Saturdays from 9 a.m. to 4 p.m., with a closure from 12 to 1 p.m. for lunch.



Sgt. 1st Class Russell Slouffman, A Company, 425th Brigade Special Troops Battalion, signs for items from Amanda Knight at the U-Fix-It store on Joint Base Elmendorf-Richardson. The shops – one on each side of the base – provide equipment and tools for service and family members to do large and small repair jobs in housing. (U.S. Air Force photo/Steven White)

At the movies

For recorded show and movie times, call 428-1200 or visit the Army and Air Force Exchange Services website at www.aafes.com. Movies are subject to change without notice. Admission: Adults \$4, children \$2. Information provided courtesy of AAFES.

Now playing



HARRY POTTER AND THE DEATHLY HALLOWS II

Rated: PG-13

Playing: Friday and Saturday at 7 p.m.

Run time: 130 minutes
Starring: Daniel Radcliffe, Rupert Grint, Ralph Fiennes, Alan Rickman

The final chapter begins as Harry, Ron, and Hermione continue their quest of finding and destroying the Dark Lord's three remaining Horcruxes, the magical items responsible for his immortality. But as the mystical Deathly Hallows are uncovered, and Voldemort finds out about their mission, the biggest battle begins.

Check us out on **DVIDS** at www.dvidshub.net for back issues of the *Arctic Warrior*, news stories, and videos about events on Joint Base Elmendorf-Richardson!

Quitting

From Page B-1

said. "Most people will tell you they've tried 8-11 times before they finally quit and that's ok. They can come back as often as they need to. That's OK.

Kleinschmidt feels there is a decrease in smoking during the winter months.

"I think people, around the holidays and New Year's, reflect upon changes that they want in their lives," Kleinschmidt said. "In addition, because of policy changes and environmental changes, it's more common that people have to smoke outside and in the cold winter months here, that's sort of a barrier to people. So when they have to smoke outside when it's so cold, it's sort of a reminder too: 'Do I really want to be doing this? Is this really worth it?'"

Smokeless tobacco is also addressed at the three-day class.

"Since I've been involved in the smoking cessation program I've seen an increase in smokeless tobacco use," Fulton said. "There are a lot of folks who use both, smoke and use smokeless tobacco, and have a tendency to use smokeless tobacco when the weather prohibits them from going outside. We've seen those rates increasing over time."

The first day of class covers methods of quitting, including pharmacotherapy. A medical staff member spends time with each participant talking about what medication they want to use, if any, and making sure there are no contraindications present.

The second day covers triggers of use, normal withdrawal symptoms, both physical and psychological, and addresses any issues the participants have experienced since the first class. This day also includes nutrition counseling. The HAWC dietitians address weight gain issues after tobacco.

Day three addresses stress management and techniques for dealing with daily stressors without resorting to tobacco use and relapse prevention.

"The training is not restricted to tobacco

or nutrition," Fulton said. "We can do other things like cold weather injury prevention, infectious disease, STDs or other health related training.

The HAWC can take that training to any unit, Army or Air Force, on JBER, according to Fulton.

"Our primary objective is to provide primary prevention, which is to help people with small lifestyle changes that reduce the risk of illness or disease," Kleinschmidt said. "We also provide secondary prevention, which is for people who weren't diagnosed with an illness or a disease, but their symptoms can be managed with lifestyle changes. For example, the diabetic patient can be given nutritional advice and be given help on becoming more active and they can really control their insulin levels and control their symptoms ultimately with lifestyle changes.

Tobacco cessation is just one area of emphasis for the HAWC. The center can build preventive health training programs for units on nutrition, fitness, cholesterol reduction, STD awareness and other issues upon request.

"We mainly go by what people want and what people need, but the top two causes of unintentional or preventable death are tobacco use and overweight due to poor nutrition and inactivity," Kleinschmidt said. "Those are the two major things we focus on. So many people needlessly die because of those two issues that are lifestyle based."

Training NCOs, first sergeants, company commanders are welcome to contact the HAWC at 552-2361 to request health-related training for their units.

Tobacco cessation classes

JBER-Richardson – noon on the first three Tuesdays of each month at Building 600 Room A-37 until November when the class will move to the Education Center.

JBER-Elmendorf – 8 a.m. and noon on the first three Thursdays of the month at the HAWC.



Fair Play

Members of the Joint Base Elmendorf-Richardson School-Age Program 4-H Science Club pose with a papier-mâché moose in progress. The moose, named Charlie, was made of recycled material like milk jugs, scrap wood, newspaper, and water bottles. Army 1st Lt. Jason Erhard, whose child participates in the science group, helped by creating legs from scrap furniture since Charlie had been unable to stand on his own. Charlie was taken to the Alaska State Fair's 4-H exhibit, where he was named the Mat-Su Copper River District Grand Champion in the "Science and Recyclables" division for children 5 to 11 years old. (Photo courtesy of JBER School-Age Program)

Equality Day observance recalls first women's suffrage

By Army Staff Sgt. Jason Epperson
3rd MEB PAO

Soldiers, Airmen and civilians on Joint Base Elmendorf-Richardson gathered at the base's Education Center Aug. 26 to recognize women's equality.

Aug. 26 of each year is designated in the United States as Women's Equality Day. Established in 1971, the date commemorates the passage of the 19th Amendment which gave U.S. women full voting rights in 1920.

After an invocation from Chaplain (Lt. Col.) Kenneth Sorenson, Sgt. Eric Reason of the 59th Signal Battalion led the crowd in singing the national anthem.

Air Force Chief Master Sgt. Angela Valentine performed a poem from Sojourner Truth's most famous speech "Ain't I a Woman?"

"And ain't I a woman?" Valentine cried. "Look at me! Look at my arm! I have plowed and planted and gathered into barns and no man could head me . . . And ain't I a woman? I could work as much and eat as much as a man – when I could get to it – and bear the lash as well, and ain't I a woman?"

Anchorage city manager, George Vakalis, delivered a proclamation on behalf of the city's mayor Dan Sullivan.

The guest speaker for the event was Barbara Jones, who's been practicing law in Anchorage since 1994.

Jones was also recently appointed Anchorage municipal ombudsman in May 2001. The ombudsman's office is an independent, impartial municipal office responsible to the Anchorage Assembly that is empowered to investigate the acts of municipal agencies and the school district to safeguard the rights of citizens and promote efficient

municipal services.

"These stories that we've heard today about the 72-year struggle for the passage of the 19th Amendment are one of those things I really enjoy about the law," Jones said. "The right of citizens of the United States to vote shall not be denied or abridged by the United States or by any state on account of sex. That's pretty simple," Jones said.

"After the passage of the 19th Amendment, women voted at a lower percentage rate than men. It did not catch up to men in percentage voting rates until 1980. In 1980 and ever since, women have voted at a higher rate than men."

Army Col. Gary Agron, the USARAK Chief of Staff, presented Jones with a plaque and delivered closing remarks.

"We honor women for their military and civil service, for their strength, their honor and pride," Agron said. "We honor the women for their sacrifice while for fighting for our freedom and their right to be an equal part of our nation and our Army."

"We know there is strength in diversity. In celebrating Women's Equality Day we not only emphasize women's significant contribution and also the value the Army places on diversity."

The observance is to remind and educate the history of women's struggles, according to Sgt. First Class William Davis, the 3rd Maneuver Enhancement Brigade equal opportunity advisor.

"We try to educate all the Soldiers on where our women in the Army came from, because back in the 1920s women were not in the Army," Davis said. "They were not able to vote. Now they are and a lot of individuals don't know the struggles women went through to get to where they are."



Army Staff Sgt. Sophia King, 793rd Military Police Battalion, delivers opening remarks at Joint Base Elmendorf-Richardson's Women's Equality Day observance Aug. 26. (U.S. Army photo/Staff Sgt. Jason Epperson)

