

Combat water survival

Parachute riggers train to stay afloat under stress, Page A-11



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ARCTIC WARRIOR

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Joint Base Elmendorf-Richardson

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RESILIENCE KEEPS TROOPS COMBAT READY

Sgt. Stephen Olson, 425th Brigade Special Troops Battalion, observes Afghan National Police as they search an area of a cave for enemy weapons caches near Shah Wali Zarat, Khowst province, Afghanistan, July 24, 2009. Studies demonstrate resilience programs are effective in combating stress related to deployments. (U.S. Army photo illustration/Staff Sgt. Andrew Smith)

USARAK leaders talk shop with resilience expert

By Army Master Sgt. Eric Reinhardt
USARAK Public Affairs

U.S. Army Alaska's leadership and staff focused on building resilience in Soldiers, families and the community during a conference Sept. 7-8 at Joint Base

Elmendorf-Richardson.

The event was an opportunity for USARAK leaders to take stock of its ongoing campaign to develop a comprehensive, integrated approach to promoting mental health and reducing risk among USARAK's Soldiers, civilians and family members.

A Department of Defense expert briefed the USARAK leaders on a recent study examining the military's most effective programs.

After a decade of war and more deployments on the horizon, the need to develop resilience in Soldiers and families is as great as ever, according to Maj. Gen. Raymond

Palumbo, USARAK commanding general.

"The Army's going to be in this kind of challenge for the next several years - lot of pressure on families, our loved ones," Palumbo said. "What we're trying to do is talk about coping skills, things we can do to improve the resilience of not only our Soldiers and their families, but the communities."

The Army adopted the term resilience, which Merriam-Webster's Dictionary defines as "an ability to recover from or adjust easily to misfortune or change," after the 2007 troop surge in Iraq brought longer

See Resilience, Page A-3



Pfc. Brett E. Wood

Stryker Soldier killed during dismounted patrol

USARAK news release

A Soldier assigned to the 1st Stryker Brigade Combat Team, 25th Infantry Division at Fort Wainwright died, Sept. 9, in Kandahar Province, Afghanistan, of injuries sustained when insurgents attacked his unit using an improvised explosive device while on a dismounted patrol.

One other Soldier from the brigade was wounded in the same incident.

Pfc. Brett Everett Wood, 19, of Spencer, Ind., was assigned to the 1st Battalion, 5th Infantry Regiment at Fort Wainwright where he served as an infantryman.

Wood joined the Army in July 2010 and graduated from Basic Training and Advanced Individual Training at Fort Benning, Ga. He arrived in Alaska in November 2010.

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

Bethel communications antenna dismantled, era comes to an end

Cold War era White Alice Communication System antenna felled for a clean and safe dismantling

By Tommie Baker
611th Civil Engineer Squadron

BETHEL — The end of an era came Aug. 28 with the demolition of the last White Alice Communication System antenna at the former Bethel Radio Relay Station.

Joint Base Elmendorf-Richardson's 611th Civil Engineer Squadron performed the demolition in conjunction with disposing of 70 cubic yards of polychlorinated biphenyl contaminated soil.

The 611th CES environmental restoration program, designed to protect human health and the environment, is responsible for the identification, characterization and cleanup of 37 active and inactive installations across Alaska and eight Pacific geographically separated locations with almost 500 identified restoration sites.

Standing 60 feet tall and 60 feet wide, the antenna, along with five others, was constructed in 1957 and the station was activated in 1958. For the next 21 years, the Bethel RRS served as a signal relay station for Aniak, Cape Romanzof and Cape Newenham RRS.

In 1979, the station was deactivated and abandoned; it too, like many of its predecessors, had fallen prey to advancing technol-

ogy. Long range communication in Alaska has always been a challenge.

In 1900, the military provided communication to Alaskans with the Washington-Alaska Military Cable and Telegraph System. WMACATS was replaced in 1936 by an upgrade to radio communication provided by the Alaska Communications System, which was operational until 1962.

With the onset of satellite communications it became evident to military planners the WACS was obsolete.

The former Bethel RRS was demolished in 1990 with the exception of one antenna, which was left at the request of the community to serve as a navigational aid.

There are only four other WACS antennas belonging to the Air Force left in Alaska and they are located at the former Anvil Mountain RRS outside of Nome. They are being spared the same demise as the one in Bethel because the future land owner, Sitnasuak Native Corporation has stated their desire to keep the antennae in place after they assume ownership of the property.

The Air Force must first remove all asbestos containing materials from each antenna before the land transfer can occur.



ABOVE: C a m Odekirk, 611th Civil Engineer Squadron mechanic, uses a cutting torch to remove support beams under the antenna prior to demolition. LEFT: The last antenna at the former Bethel Radio Relay Station is toppled to ease in its dismantling. The White Alice Communication System provided communications to remote parts of Alaska before modern telecommunications. (U.S. Air Force photo/Tommie Baker)

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Announcement

The 3rd Maneuver Enhancement Brigade will be redesignated as the 2nd Engineer Brigade in a ceremony, 1 p.m., Wednesday, at Pershing Field.



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PRESORTED STANDARD

Take command in case of a major earthquake

Public Affairs staff report

September is Emergency Preparedness Month. In Alaska and the Pacific Rim, earthquakes are of great concern.

Earthquakes strike suddenly, violently and without warning.

Identifying potential hazards ahead of time and prior planning can reduce the dangers of serious injury or loss of life.

Before an earthquake

Check for hazards in the home. Fasten shelves securely to walls and place large or heavy objects on lower shelves.

Store breakable items such as bottled

foods and china in low, closed cabinets.

Hang heavy items such as pictures and mirrors away from beds and couches.

Secure the water heater by strapping it to the wall studs and bolting it to the floor.

Store weed killers, pesticides, and flammable products securely.

Identify safe places in each room, under sturdy furniture such as a heavy desk or table or against an inside wall away from where glass could shatter around windows.

Locate safe places outdoors in the open, away from buildings, trees, electrical lines, overpasses, or elevated expressways.

Make sure all family members know how to respond after an earthquake. Teach

all family members how and when to turn off gas, electricity and water.

Teach children how and when to call 911, police or fire department.

Have disaster supplies on hand including a flashlight and extra batteries, portable battery-operated radio and extra batteries, a first aid kit and manual, emergency food and water, a non-electric can opener, essential medicines and sturdy shoes.

Develop an emergency communication plan in case family members are separated from one another during an earthquake and develop a plan for reuniting after the disaster.

Ask an out-of-state relative or friend to serve as the "family contact." After a disaster,

it's often easier to call long distance.

During an earthquake

If indoors, take cover under a piece of heavy furniture or against an inside wall.

Stay inside; the most dangerous thing to do during the shaking of an earthquake is to try to leave the building.

If outdoors, move into the open away from buildings, street lights and utility wires until the shaking stops.

If in a moving vehicle, stop quickly and stay in the vehicle. Move to a clear area away from buildings, trees, overpasses or utility wires. Once the shaking has stopped, proceed with caution. Avoid bridges or ramps that might have been damaged by the quake.

After the earthquake

Be prepared for aftershocks.

Aftershocks can occur in the first hours, days, weeks, or even months after the quake.

Help injured or trapped persons and give first aid where appropriate. Do not move seriously injured persons unless they are in immediate danger of further injury.

Listen to radio or television broadcasts for the latest emergency information. Stay out of damaged buildings.

Return home only when authorities say it is safe.

Use the telephone only for emergency calls.

Clean up spilled medicines, bleaches or gasoline or other flammable liquids immediately.

Leave the area if you smell gas or fumes from other chemicals. Open closet and cupboard doors cautiously.

Check for gas leaks. If you smell gas or hear a blowing or hissing noise, open a window and quickly leave the building.

Turn off the gas at the outside main valve if you can and call the gas company from a neighbor's home. If you turn off the gas for any reason, it must be turned back on by a professional.

Look for electrical system damage. If you see sparks or broken or frayed wires, or if you smell hot insulation, turn off the electricity at the main fuse box or circuit breaker.

If you have to step in water to get to the fuse box or circuit breaker, call an electrician first for advice.

If water pipes are damaged, contact the water company and avoid using water from the tap.

New 3rd Wing commander takes flight with Firebirds



Air Force Col. Dirk Smith, 3rd Wing commander, reviews a map with Air Force Capt. Thomas White before taking a 517th Airlift Squadron C-17 Globemaster III familiarization flight at Joint Base Elmendorf-Richardson, Sept. 7. Smith took command of 3rd Wing Aug. 26. The 517th AS is part of 3rd Wing's 3rd Group. (U.S. Air Force photo/Staff Sgt. Mark Leahy)

Arctic Watch

SUSPICIOUS ACTIVITY REPORTING

YOUR Community
YOUR Friends
YOUR Freedom



YOUR Installation
YOUR Family
YOUR Obligation



YOUR Vigilance can make the difference!



JBER Antiterrorism Office

"Alert and Aware in the Arctic"

KNOW what to look for!

- > **Surveillance:** Someone monitoring, recording, or documenting activities in a secretive manner.
- > **Elicitation:** Attempting to gain information about military operations, capabilities, or people.
- > **Testing:** Attempts to measure security reaction times.
- > **Acquisition:** Purchasing or stealing explosives, weapons, ammunition, detonators, timers, etc.
- > **Suspicious Persons:** People who don't seem to belong in the workplace, neighborhood, etc.
- > **Practice:** Conducting an attack dry-run by moving people into place and rehearsing activity without actually committing the act.
- > **Deployment:** Moving people and supplies into place to commit the act. Maybe the last chance to alert authorities before an attack.



Heather Brown and her family show off their Kenai river dip netting catch. With the end of tourist season, once crowded rivers and lakes are wide open for recreational fishing. (Courtesy photo)

Don't panic, it's only September

Commentary by John Pennell
JBER Public Affairs

It's been raining and cold for weeks. The fireweed has almost bloomed to the top of the stalk. There's a bit of fresh snow on the top of the taller mountain peaks surrounding the Anchorage Bowl. It gets light later in the morning and dark earlier in the evening.

The dreaded "W Word" must be just around the corner!

In the near-immortal words of Douglas Adams's Hitchhiker's Guide to the Galaxy, "Don't Panic."

Yes, winter is coming. But it's only September.

There is still plenty of time for fishing, sight-seeing, hiking, berry picking and just generally enjoying Alaska's great outdoors. August's rains will pass, leaving September's rain...but there will be (on average) fewer rainy days.

Crisp mornings, beautiful blue skies and changing leaves will be the standard for much of the month as we speed toward October and – eventually – the cold, dark, snowy days of an Alaska winter.

But don't let the thought that will happen then ruin your now.

Area lakes will be prime fishing spots as trout, grayling and northern pike feed voraciously as they prepare for the lakes to ice over. On

the Kenai Peninsula, monster trout and Dolly Varden will be feasting on eggs and flesh left behind by this year's record salmon runs.

Blueberries, salmon berries, cranberries and other delicious edibles will be ripe and waiting for your basket.

Foliage changing to bright yellows and reds will combine with alpenglow created by low sun angles to paint the mountains with pastel colors that film can't do justice.

And you have a front-row seat.

Yes, you should be preparing for winter's cold, but don't get so wrapped up in your preparations that you forget to enjoy the now.

After all, it's only September.

ARCTIC WARRIOR

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JBER units prepare for logistics compliance inspection

By Luke Waack
JBER Public Affairs

Units from the 3rd Wing and 673d Air Base Wing went through a Logistics Compliance Assessment Program team inspection, Monday through Friday.

The LCAP team of 40 logistics and maintenance members took an in-depth look at aircraft maintenance, munitions and logistics readiness functions in the 3rd Maintenance Group and the 673d Logistics Readiness Group.

The last inspection was in 2008, officials said.

The inspection is a test of how well a squadron does its job and inspectors grade tasks and programs and check for regulation compliance.

The 3rd Logistics Readiness Squadron, in 2008, was noted as providing exceptional support to units, and the inspection team observed very high technical proficiency and no safety or technical violations.

"In the previous LCAP, all maintenance group squadrons earned "Excellent" ratings including the 3rd Aircraft Maintenance Squadron, 3rd Equipment Maintenance Squadron, 3rd Maintenance Operation Squadron, 3rd Component Maintenance Squadron and 703d Aircraft Maintenance Squadron," said Air Force Capt. Darrell Chase Jr., 3rd Maintenance Operations Squadron, maintenance operations officer. "The team stated "Technical proficiency was consistently high in all five squadrons."

A good score comes with a price. Units checked, re-checked and then checked again thousands of tasks for regulation compliance prior to the inspection team's arrival, Chase said.

"There are well over 5,000 specific task items when looking at all the checklists," Chase said.

An LCAP inspection can be a stressful time, Chase said.

"The inspection has significant personnel evaluation focus," he said. "The team attempts to complete an over the shoulder evaluation on all personnel. This can be quite intimidating for younger Airmen, let alone seasoned NCOs."



Joe Beckham (right), fire truck/refueler maintenance supervisor, discusses maintenance procedures with Logistics Compliance Assessment Program inspector Air Force Master Sgt. Alan Chaney (center), Langley Air Force Base, Va., Air Force Master Sgt. Ronald Cole, 673d Logistics Readiness Squadron, and refueler maintenance mechanic Air Force Staff Sgt. Pierre Lemieux, Wednesday, at the Refueler Maintenance Shop. (U.S. Air Force photo/Luke Waack)

The 3rd Wing prepped all its aircraft and maintenance group facilities.

"Easily 50 plus facilities to include hangars, buildings, ammo storage facilities and even portable storage facilities; nothing is off limits to the inspectors," Chase said.

It's very important that units score well the first time, he continued.

"This inspection validates how we execute our mission day to day," Chase said. "If we don't receive a passing grade the team will return and re-inspect the units in about three months."

According to the 673d Logistics Readiness Group, the LCAP team can also identify issues beyond the unit's control

and take them back as MAJCOM action items.

The 673d Logistics Readiness Group prepared more than 20 major facilities across the installation for the inspection, according to Chief Master Sgt. Shawn Keller, 673d Logistics Readiness Group superintendent. Additionally, the 773d Logistics Readiness Squadron and the 673d Logistics Readiness Squadron prepared 935 checklists.

"The LCAP assists wings by providing an independent evaluation of their maintenance and logistics units' adherence to applicable technical data, policies and directives by validating that unit processes are

consistent and that their quality assurance program is effective," said Chief Master Sgt. Stephen Butler, former 673d Logistics Readiness Group, superintendent.

The LCAP provides training as required, Butler said.

"LCAP inspections provide the unit commander and senior leadership with an assessment of the unit's ability to perform key processes ensuring safe, standardized, repeatable, technically compliant process execution, while promoting a culture of professional excellence and personal responsibility," Butler said.

Units were given a preliminary grade by inspectors, Friday

Rising Six members cook Friday meals for dormitory residents

By Senior Airman Jack Sanders
JBER Public Affairs

Dormitory residents will be the first to say living at Joint Base Elmendorf-Richardson comes with benefits and challenges. One benefit that's been gaining popularity is the Friday night meal.

Members of the Rising Six, an organization comprised of all junior enlisted from the grades of E-1 thru E-6 which gives service members a way to get involved with base events, network with different squadrons, and get involved with the local community, helps cook Friday night meals.

Dorm meals start the weekend at Yukula, said Tech. Sgt. Carina Rodgers, Yukula Hall dorm manager said.

"Members of the rising six and the dormitory council, along with myself and other dormitory managers, will cook a nice home-cooked meal at the Wired Café to give the dorm residents a chance to get out of their rooms and eat a home-cooked meal," Rodgers said.

Friday night meals aren't entirely about the food either, Rodgers said. Residents can watch movies or play video games, or just mingle with other residents all at the Wired Café.

"We come out every week," said Senior Airman Jessica Cabe, 673d Medical Group. "This is nice for dorm residents because

it gives us an excuse to get out of our rooms and just hang out, plus it's something to eat other than the chow hall."

Others agreed with Cabe.

"Everybody comes to this and it boosts our morale; we get to meet and greet with some of the other residents and Airmen we normally wouldn't," said Airman 1st Class Richard Wesling 703d Aircraft Maintenance Squadron.

The meal changes from week to week, Rodgers said.

Each week residents can send in requests and then depending on those requests the cooks decide what the meal will be. The Rising Six Council also takes the opportunity once a month to teach residents how to cook healthy alternatives to popular meals. "This week we're teaching how to make chicken wings the healthy way, by baking them," Rodgers said.

Despite its popularity, some residents still opt out of the Friday night meal.

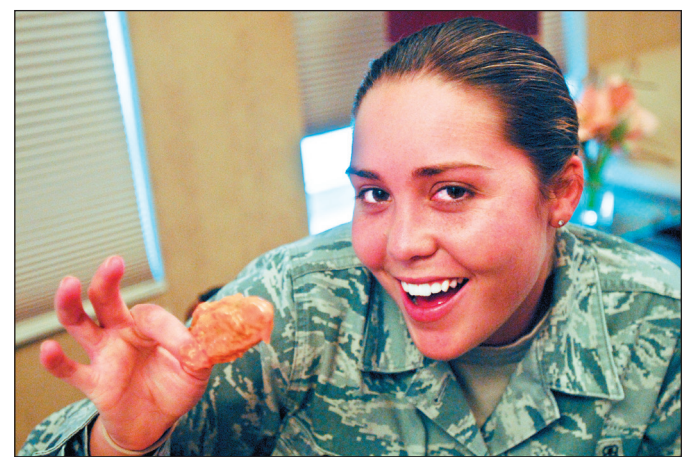
"I'll tell anyone who hasn't come out to this that they're missing out and they should come out to Friday night meal and have a good time," said Airman 1st Class Izaya Campbell, 703d Aircraft Maintenance Squadron.

"If people from your section want, come help out and support the dorm residents. If they want to mentor us, just chill, mingle or whatever they're more than welcome to come out too," Cabe said.



ABOVE: Members of the Rising Six cook for dorm residents during Friday night meal at the Wired Cafe. Friday night meal takes place at the Wired Cafe every Friday, and offers dorm residents a home-cooked meal choice, while providing an environment to make friends.

RIGHT: Senior Airman Jessica Cabe, 673d Medical Group, gets ready to take a bite out of a baked chicken wing during a Friday night meal at the Wired Cafe. The Friday night meal takes place at the wired cafe every Friday and offers dormitory residents a home-cooked meal choice, while providing an environment where Airmen can make friends. (U.S. Air Force photos/Senior Airman Jack Sanders)



U.S. Public Health Service Cmdr. George Durgin, chief of the Resilience Division at the Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury, talks to Anchorage reporters during a USARAK senior leader conference at Joint Base Elmendorf-Richardson, Sept. 7. The event brought commanders and staff together to focus on promoting resilience in USARAK Soldiers and families. (U.S. Army photo/Staff Sgt. Jason Epperson)

Resilience

From Page A-1

deployments and less time back home.

"We were sending folks over there for a year, to come home for 10 months, and go back for a year, then come home for a year, then go back for a year," Palumbo said. "You need to be resilient to be able to do that over the long term."

U.S. Public Health Service Cmdr. George Durgin, who heads the Resilience Division at the Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury, spoke to the USARAK leaders about a recent study he co-authored on "Promoting Psychological Resilience in the U.S. Military."

The study, published by the RAND Center for Military Health Policy Research, identifies factors which show scientific evidence of improving coping skills when dealing with stress, he said.

"The leaders in Alaska are developing a flagship family program, and they asked where they could find a source for best practices, since there are so many military family programs," Durgin said.

"Sharing this information gives senior staff a toolbox to help their troops stay combat ready."

The RAND study found a broad range of resilience programs and practices proven to be effective in combating the kind of repeated stress Soldiers and families deal with, according to Durgin.

"Everything is in. We have psychology, we have behavioral health, we have fitness, we have environmental ... It all ties into each other in a holistic approach around the service member," Durgin said.

This is the second year in a row USARAK leaders have convened on the topic of promoting resilience.

Last year, prompted by the release of the Army's "Health Promotion, Risk Reduction, and Suicide Prevention," or HP/RR/SP, report, USARAK launched a study of its own, looking at its many resiliency programs and determining how best to use them.

Such self-examination has become part of USARAK's business process for promoting resilience and preventing high-risk behavior, according to Palumbo. The command compiles data and statistics on high-risk behavior among its units and uses it to determine where and how to focus its efforts.

COMBAT ARMS

TRAINING & MAINTENANCE

FACILITY TEACHES AIRMEN MARKSMANSHIP FUNDAMENTALS



ABOVE: Air Force Staff Sgt. David Jensen, 673d Security Forces Combined Arms Training and Maintenance instructor, teaches students the finer points of the M-4A1 carbine, Sept. 8 at the Joint Base Elmendorf-Richardson CATM facility. The seven-hour training includes qualifying at the indoor range, weapon handling, safety, and weapons cleaning.

LEFT: Airman 1st Class Charles Barger, 3rd Aircraft Maintenance Squadron, lines up a shot at the CATM facility, Sept. 8.

FAR LEFT: Airman 1st Class James Jackson, 3rd Maintenance Squadron, has his target scored by CATM instructor Air Force Staff Sgt. Rodney Parson, Sept. 8 at the CATM facility. (U.S. Air Force photos/Steve White)

USARAK, 673d Staff Judge Advocate release military justice results

USARAK Military Justice
News release

U.S. Army Alaska presided over three courts-martial at Fort Wainwright Aug. 22 to Sept. 1.

On Aug. 25, Spc. Aaron Rentfrow, Medical Department Activity – Alaska, Fort Wainwright, was found guilty of premeditated murder. He was sentenced to life in prison with the possibility of parole and a dishonorable discharge.

On Aug. 30, Pfc. Juan Botello, 1st Battalion, 5th Infantry Regiment, Fort Wainwright, was found guilty of rape, indecent acts and forcible sodomy. He was sentenced to reduction to private, total forfeitures, five years confinement and a dishonorable discharge.

On Sept. 1, Pfc. Curtis Coe, 3rd Battalion, 21st Infantry Regiment, Fort Wainwright, was found guilty of indecent acts. He was sentenced to reduction to private, forfeiture of \$733/month for 2 months, 45 days restriction and 45 days hard labor.

673d ABW SJA
News release

The following Airmen assigned to Joint Base Elmendorf-Richardson received nonjudicial punishment under Article 15 of the Uniform Code of Military Justice during the month of August:

An airman first class from the 3rd Aircraft Maintenance Squadron received an Article 15 for assault. The punishment consisted of reduction to airman, 15 days extra duty and a reprimand.

A technical sergeant from the 3rd Maintenance Squadron received an Article 15 for two counts of dereliction of duty (not following technical data). The punishment consisted of reduction to the grade of staff sergeant, suspended forfeiture of \$1,482 pay per month for two months, 45 days extra duty with 30 days suspended and a reprimand.

An airman first class from the

673d Communications Squadron received an Article 15 for being absent without leave. The punishment consisted of suspended reduction to the grade of airman, restriction to base for 45 days, 45 days extra duty with 30 days suspended and a reprimand.

An airman first class from the 673d Communications Squadron received a vacation action for failure to go to an appointment. The punishment consisted of reduction to the grade of airman and 30 days extra duty.

An airman first class from the 673d Force Support Squadron received an Article 15 for failure to go to appointed place of duty and dereliction of duty (underage drinking). The punishment consisted of suspended reduction to the grade of Airman, forfeiture of \$822 pay per month for two months with one month suspended, 15 days extra duty and a reprimand.

An airman first class from the 673d Logistics Readiness Squadron received a vacation action for failure to go to a fitness test. The punishment consisted of reduction to the grade of airman.

An airman from the 673d Logistics Readiness Squadron received an Article 15 for failure to go to appointed place of duty. The punishment consisted of reduction to the grade of airman basic, 30 days extra duty with 15 days suspended and a reprimand.

An airman first class from the 673d Medical Operations Squadron received an Article 15 for assault as well as drunk and disorderly conduct. The punishment consisted of suspended reduction to airman, forfeiture of \$822 pay, 22 days extra duty and a reprimand.

A technical sergeant from the 732nd Air Mobility Squadron received an Article 15 for using indecent language on the social media website about the unit. The punishment consisted of suspended reduction to the grade of staff sergeant, 30 days extra duty and a reprimand.

Briefs and Announcements

JBER civilian call

All appropriated fund civilian employees and their supervisors are invited to attend the 673d Air Base Wing Commander's Civilian Call, Monday, at 1:30 p.m. in the Elmendorf Theater.

The commander, civilian personnel office and the American Federation of Government Employees Local 1101 president will speak about the current and possible Air Force civilian workforce reductions and their impacts.

Other information will cover the Voluntary Separation Incentive Pay updates and the administrative personnel processes and procedures related to manpower reductions. Following the briefings there will be a question and answer period.

Attendance is considered duty time but must be coordinated with a supervisor.

Please contact Dianne Harrison, 552-5583, for questions or additional information.

Disposition of effects

Army Capt. Don Smith, 1st Battalion, 24th Infantry Regiment, is authorized to make disposition of personal effects of Spc. Douglas J. Green, 3rd Battalion, 21st Infantry Regiment, as stated in Army Regulation 638-2.

Any person or persons having claims for or against the estate of the deceased should contact Smith at 361-2211.

Dining facility closure

The Iditarod Dining Facility is scheduled to close Oct. 8 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 Monday and will provide meals for Airmen working on the flight line.

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.

Munitions stockpile inventory

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

Become a JAG lawyer

The Army Judge Advocate General Corps is now accepting applications for the Funded Legal Educa-

tion 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.

Travel charge card changes

Effective immediately, personal use of the controlled spend account government travel charge card is not authorized. The CSA card may only be used for expenses related to official government travel.

Payments in excess of overall expenditures placed on the CSA card, after completion of official travel (credit or residual balance), can be obtained by the traveler through electronic transfer to a personal account through Citi's on-line access system or by phone, request check by Citi, a check automatically mailed to cardholder after 60 days of activity, or ATM withdrawal (two percent fee).

Home schooling

Interior Distance Education of Alaska provides home schooling parents with educational tools, high-quality materials, workshops, advice and guidance. The Regional Parent Advisory Committee provides an avenue of communication between parents and the district.

Students must physically reside in the state and be between the ages of 5 and 19 as of Sept. 1, to enroll.

At least 50 percent of the coursework the student takes must be in the core subject areas of English, math, social studies, science, technology or world languages.

For more information about IDEA, contact support staff at the Anchorage office at 562-4332 or visit www.ideaforfamilies.org.

Arctic Warrior online

Watch this and other Arctic Warrior videos
online at <http://tinyurl.com/634w3gb>

4TH QUARTERMASTER DETACHMENT (AIRBORNE) DIVES IN FOR DROWN PROOFING



ABOVE: Sgt. William Guindon, 4th Quartermaster Detachment (Airborne), completes a 25-meter swim with his rucksack. The company's combat water survival training at Buckner Physical Fitness Center, Sept. 1, included treading water for five minutes, completion of two separate 25-meter swims – one with rucksack and then M-4 Carbine – making of flotation devices from the Army Combat Uniforms and a three-meter platform dive and 25-meter swim with their weapons.

LEFT: Pvt. Mary Lopez breathes into her Army Combat Uniform to use for flotation.

BELOW LEFT: Sgt. James Ewald begins a 25-meter swim with his M4 carbine.

BELOW RIGHT: In the first phase training, Soldiers are required to tread water for five minutes, allowing them to become more confident and comfortable in the water.

RIGHT: Pvt. Alexandria Harmon completes the 25-meter swim with rucksack during combat water survival training, Sept. 1. (U.S. Air Force photos/Percy G. Jones)



Be safe with
fire in the kitchen,
Page B-9

www.jber.af.mil/news

ARCTIC WARRIOR

Volume 2, No. 37

COMMUNITY

September 16, 2011

There is always hope

Suicide isn't the
answer to
depression,
trauma

When life gets difficult, suicide can seem like the only way out. But there are resources on Joint Base Elmendorf-Richardson for everyone – military and family members as well as civilian employees. Pay attention to warning signs, talk to people who may be suicidal, and escort them to help. (U.S. Air Force photo illustration/Steven White)

By Nancy Nolin
Adolescent Substance Abuse
Counseling

Professional literature clearly points to the fact that there are certain factors that protect or build resilience in youth (and adults) against suicide.

According to Fuller, McGraw and Goodyear, “The factors that protect young people against suicidal behavior include social support and their relationships with family and peers, as well as a broad repertoire of coping, help-seeking and problem-solving skills.

“Social connectedness is the strongest antidote to suicide that we know. Young people who are resilient have stronger connections to school, family and peers, and young people with those links are less likely to develop suicidal thoughts or behaviors.”

It is interesting to note that these same resilience factors are also positively associated with reducing the level of problematic

substance abuse in young people and reducing the incidence of depression and delinquent behaviors.

Furthermore, a 2009 State of Alaska Plan, addressing the reduction and prevention of underage drinking, discovered that similar factors reduce teen drinking.

These protective factors include connection to family, positive connections to other adults, social, emotional and employability skills; connection to school, engagement in meaningful activities and a sense of cultural identity.

But when someone you love is having difficulties in life, identifying troubling behaviors can be quite concerning.

It's important for parents to reach out to their community to find the resources to support and enhance their efforts in promoting protective factors for their children.

Parental monitoring of youth is vital in identifying when problems are starting to occur and when interventions need to happen.

Daily monitoring can include asking a teenager about their school

day and encouraging conversations about what “went well during the day.”

Since adolescence is also a time when youth tend to close down and not communicate as much with parents, it is important for the parent to gain insight by touching base with a youth's teachers and coaches for regular updates.

This secondary monitoring can be helpful in gaining information about how their child is interacting with others, if their child is feeling confident about what they are achieving or if they appear to be struggling socially or academically.

Parents are encouraged to be aware of suicidal symptoms and risk factors and are encouraged to seek out support if they have concerns about behaviors that they may be identifying in a loved one.

In 2007, suicide was the third-leading cause of death for people ages 15 to 24, according to the National Institute of Mental Health.

Many of the symptoms are similar for depression and suicidal risk.

Changes in behavior can be indicative of a person struggling with his feelings.

Some of these changes can be slow and gradual making it difficult to recognize.

It is important to recognize changes in behavior, like mood (irritability, inability to concentrate, angry outbursts or impulsivity).

Eating patterns may change – like eating all the time or hardly ever. Sleeping patterns may also change, to sleeping too much or far too little.

School or work attendance may suffer – like a loss of interest in school and school activities. There may be a sudden loss of interest in hygiene or taking care of oneself.

Other symptoms may include violence, running away, and complaints of physical pain such as headaches, stomach aches, fatigue or lack of energy and a sense of hopelessness.

According to the American Academy of Child and Adolescent Psychiatry's “Facts for Families: Teen Suicide,” a person planning to commit suicide may complain of being a bad person or feeling rotten inside.

They may also give verbal hints like “I won't be around much longer,” or “nothing matters.”

They may start putting affairs in order by giving away their favorite possessions or throwing away important belongings.

One of the risk factors mentioned earlier is abuse of drugs or alcohol.

Substance abuse can affect the chemical balance in the brain, which can intensify feelings of depression and sadness.

Dependency on drugs, both legal and illegal, can lead to feelings of hopelessness and helplessness as well.

Parents, family members and other adults need to be able to recognize the symptoms of drug abuse.

Some of the indicators of alcohol and drug use can include new friends (often of questionable character); increased secretive-ness; pulling back from family and friends; paying less attention

to appearance and hygiene; dropping school grades and attendance issues; and lack of interest in extracurricular activities that were previously important.

There are many symptoms and behaviors that are similar for both mental health issues and substance abuse issues, as well as normal behaviors and struggles.

When a parent recognizes risk factors or signs and symptoms of depression, sadness and substance abuse, it is important to involve professionals who can conduct an assessment to determine if mental health services or substance abuse services are indicated.

It's also vital for parents, schools and other youth groups to work together to identify areas of concern regarding troubling behaviors while also creating atmospheres that promote resilience and positive healthy relationships.

One resource available to military families and military communities is the Adolescent Substance Abuse Counseling Services program at Joint Base Elmendorf-Richardson.

ASACS counselors are licensed therapists and certified addiction specialists, with experience working with youth and adolescents.

Assessment and counseling services are free to all military ID-card holding youth in grades 6 through 12 or equivalent home schooling grades.

Parents can request a confidential assessment and receive services that address prevention, early intervention and outpatient treatment for alcohol and drug abuse.

Services are provided through individual, group and family counseling.

Additional free services are provided in the community and through JBER's Family Advocacy program – activities and classes that teach life skills such as coping with deployments, social-skill development and problem-solving and decision-making skills.

For more information, email nancy.nolin@us.army.mil or call 384-0134. For Family Advocacy, call 384-6717.



Get out, get involved

Joint Base Elmendorf-Richardson and the Army Corps of Engineers unveiled the new Illa School Age Program facility at a ceremony Monday. The facility provides programs that are developmental and meaningful. Classes, family programs, clubs, leadership activities, social events, and special events are offered to get youth involved. (U.S. Army photo/Staff Sgt. Brehl Garza)

Take time to think about character, spiritual resiliency

Commentary by Air Force Chaplain (Maj.) Mike Shannon 673d ABW deputy chaplain

Character counts whether we admit it or not.

How we conduct ourselves when faced with the pressures, demands, and difficulties of this world is directly tied to our character.

The character of a leader allows us to trust his leadership. Bad character leads to lack of trust.

We witnessed this recently with Bernie Madoff.

The actions he took reflected this lack of character and, as a result, many lost trust in our financial system.

I realize there is much to the story and I don't want to oversimplify what is otherwise a very complex story. Yet, it still remains, character matters!

Recently I was thinking about character and its relation to spiritual resiliency.

In our culture many are afraid to talk or write about their views

on spiritual matters.

However, in our world (military), many of our warriors rely heavily upon their faith to get them through tough times.

It is my observation that when individuals are faced with difficult times, difficult emotions, difficult circumstances or pressured moments, etc., our true character is revealed.

That is to say, who we really are and what we truly believe becomes evident.

There's no faking things at this point. It is in such times we can see the impact of one's faith on their character.

For example: within the Christian context we know of one biblical author who was thrust – unjustly – into a Roman prison.

He was without freedom, without friends and family, without a supportive community. Life was difficult.

Yet, he would write some very remarkable words, "I can do all things through him who strengthens me" (Philippians 4:13, English

Standard Version).

The Apostle Paul believed he could endure hardship and suffering. How? Why? He found the answer in his faith in God.

He revealed his true character in those times – what he really believed, what he was truly about ... all of which originated in a character based on faith.

Unfortunately, we often rush to make judgments on the validity (or lack thereof) of faith and faith issues.

We often fail to stop and consider the impact of faith on character, especially on the character of our warriors.

We need to take time to dialogue, examine the evidence and think through the importance of spiritual resiliency and faith in the lives and character of our warriors.

I submit that if we are going to take seriously the importance of character in relation to the warrior ethos, we need to allow time and take time, personally and corporately, to think about our character.

We can't just place "lip service"

value on its importance and then never do anything.

Yale Law professor Stephen L. Carter makes a great point in his book, "Integrity," about taking time to think seriously about integrity.

"I know from hard experience how difficult it can be to find the time to be contemplative about moral questions; it is easier, and quicker, to follow our instincts or to follow the herd," Carter wrote.

"The lack of time is an unfortunate characteristic of today's Americans, and volumes have been written about how it is hurting our children and our families, but it is hurting our morality just as much," Carter continued.

"For if we decide that we do not have time to stop and think about right and wrong, then we do not have time to figure out right from wrong, which means that we do not have time to live according to our model of right and wrong, which means, simply put, that we do not have time for lives of integrity."

In view of this, I appeal to all warriors but especially leaders, to

take time to think about character and character development.

But when you do, do not fail to consider the significant role faith, (and the resulting spiritual resiliency), plays in the lives of warriors in your ranks.

Ponder the importance of faith and faith issues to the overall character of our warriors serving in the military.

I do realize there are those who have no "faith" and prefer all dialogue, involvement, and encouragement of faith be removed from our ranks.

Yet it is worth noting there is still a majority (one might even say, "a silent majority") who have faith, need faith, and rely on faith to cope and deal with the difficulties of war and life as it comes along.

(Editor's note: in last week's Chaplain's Corner, we mistakenly referred to Staff Sgt. Timothy Bowles as an Army staff sergeant. Bowles was in fact an Air Force staff sergeant based at JBER. We apologize for the error.)

Keep your children from fussing about flu vaccinations

By Shari Lopatin TriWest Healthcare Alliance

It's that time of year again, and your kids are throwing a fit about getting the flu shot, but if they see mom or dad doing it too, they may go more willingly.

Did you know nine out of 10 healthy people who get a flu shot don't get the flu? That's according to the Centers for Disease Control and Prevention. If getting a flu shot is important enough for your kids, it's important for you.

Step up and lead by example – go for your shot when you take your kids for theirs. Offer to get your shot first; it will help relax them. And if fun or colorful bandages are available, ask to wear one with your children.

Finish the appointment with a treat, like a trip to the park or a healthy smoothie.

In order to keep you healthy, TRICARE covers all vaccinations recommended by the CDC. That includes the flu shot or nasal mist. Just make sure you're receiving it from an authorized provider. You can get all your vaccines now through the local express scripts pharmacies supporting your TRICARE benefit too!

To learn where you can get a flu shot, or information on TRICARE coverage, visit www.triwest.com/flu.

'I don't remember wanting to hurt myself'

Commentary by Micheal K. Strong DoDLive Blog contributor

The following story is shared by Army veteran Micheal K. Strong. In May, he participated in the 2011 Warrior Games on the U.S. Paralympic Team.

My name is Micheal K. Strong, and I survived. I don't ever remember wanting to hurt myself.

Although, looking back on everything, it was kind of hard to ignore the warning signs. I was even trained as the company suicide prevention noncommissioned officer.

I was always the Soldier that had the "Suck it up, and drive on" mentality. That doesn't always work or fit everyone.

I was becoming more reclusive and withdrawn. I had sought help through the chaplain, and I was feeling better.

I remember feeling hopeless and not seeing anything in my future.

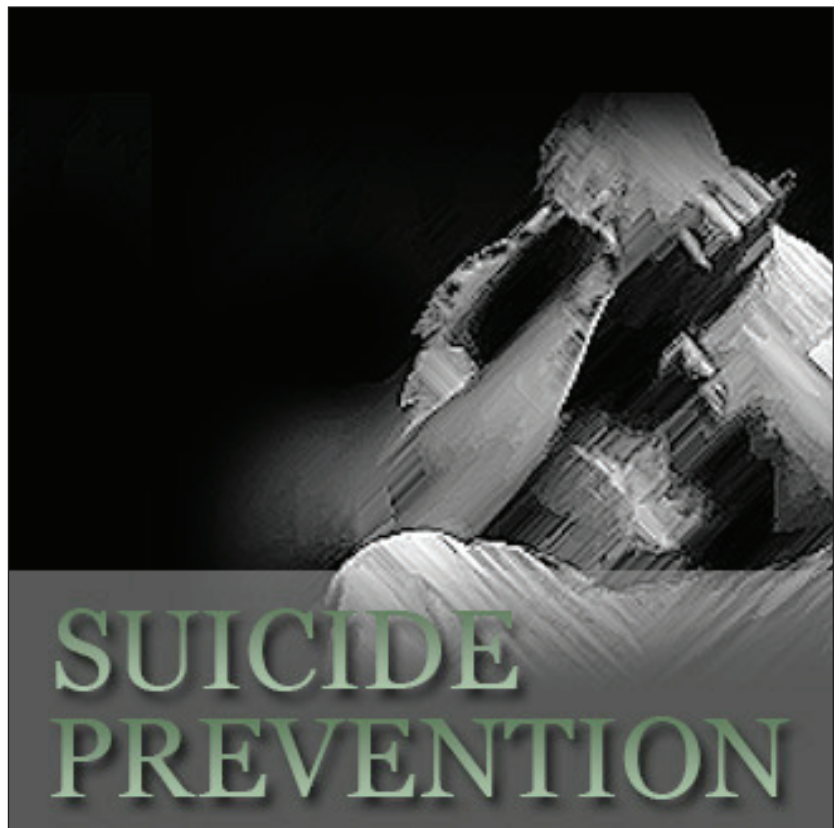
On July 15, 2009, I shot myself through the face. I don't remember doing it, but I can remember every detail when I came to from being knocked out, until they put me to sleep in the Emergency Room.

Looking back on everything now, I would have to say the most important thing in my life is perception.

Life brings all different types of up and downs, but it is how we perceive situations. No matter how bad or how grim something seems, there is always a small sliver of hope... it is how we perceive the situation that makes it all seem hopeless.

I was a helicopter mechanic, and it shouldn't have happened to me. I should have been more willing to seek the help I needed, the same help I was afraid would ruin my career or "black-ball" me. I realize now, life has countless things to offer and experience.

I was ultimately diagnosed with post-traumatic stress disorder and severe depression.



During my recovery and transition to medical retirement I discovered that I had a unique perspective on this issue, and I have since devoted myself to helping others get help and trying to break down the overwhelming stigma surrounding mental health that prevents so many from seeking help.

Military members are expected to shoulder many hard and difficult things, and many sometimes haven't yet learned how to deal with some of those things... just knowing that it is acceptable to ask for help or to open up and talk about it is very important.



Experience JBER Elmendorf-Richardson

JBER Fitness & Sports
552-5353

TEXAS HOLD'EM FUN RUN

September 23
Noon • Sign up 11 a.m.

Pick up your cards along the run. Easy 5K Event. Prizes awarded. T-Shirts for the first 40 participants.

Best Hand Wins!

Sunday & Monday Night Football at the Igloo

(Located in the Polar Bowl)

Win Alaska Airlines Miles*

- October 31 - 25,000 miles drawing
- December 26 - 25,000 miles drawing
- January 1 - Super Fan wins 50,000 miles

*Enter each week, must be present to win. Log in the most hours watching Sunday and Monday Night Football at the Igloo. **Ask us about bonus entries.**

Planning a squadron or unit function?
The bowling Center is available for your Hail & Farewells, promotion parties and just a plain ol' office lunch party. Call **552-4108** for more information.

Arctic Chill

The Arctic Chill open Sunday • 8 a.m. Monday & Thursday • 3 p.m.

384-7619

2011 Schedule

JOIN US!

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.
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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.

Community happenings

MONDAY

Commander's civilian call
All appropriated-fund civilian employees and their supervisors are invited to the 673d Air Base Wing Commander's Civilian Call at the Elmendorf theater at 1:30 p.m. Military workforce reductions, voluntary separation and retirement options, and other updates will be addressed.
For information call 552-5583.

TUESDAY

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.

THURSDAY- SEPT. 24
Oktoberfest at Alyeska

Enjoy a traditional weekend of favorite German fare – spaetzel and schnitzel, sauerkraut, pickled eggs, and more, along with old-fashioned German music from the Alaska Polka Chips and Blaskapelle. Doors open at 6 p.m. both days.
For information call 754-2111 or visit www.alyeskaresort.com.

SEPT. 24

Anchorage symphony
Anchorage's symphony kicks off their season at 8 p.m. at the Alaska Center for the Performing Arts. The concert features pianist Hoachen Zang.
For information, visit www.anchoragesymphony.org or call 263-ARTS.

SEPT. 23 - 25

Alaska Women's Show
Vendors celebrate everything that makes Alaska women unique. The show features financial seminars, fashion, jewelry, health care information and more at Sullivan Arena daily from 11 a.m. to 6 p.m.
For information call 562-9911.

SEPT. 29

Night at the Fights
Seven matches of boxing at the Egan Center begin at 7:30 p.m. Tickets are available at the door.
For information call 263-2800.

OCT. 1

Rage City Rollergirls
Anchorage's own roller derby group battles it out at the Dena'ina Center. Wheels hit the rink at 7 and the competition goes 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, holiday items and gift ideas, children's activities and more.

For information, email arc-ticbazaar@elmendorfoso.com.

OCT. 7 AND 8
Rocktoberfest

The closing weekend of Alyeska festivals features Nervis Rex's ska rhythms with rock 'n' roll. Anchorage's own Council of Smokers and Drinkers' rock, roots and country style wraps up the summer.

For information, call 754-2111.

OCT. 8
Scandinavian Bazaar

The Sons of Norway present a Scandinavian cultural experience with traditional foods like krumkake, lefse and waffles, with a lunch of open-faced sandwiches and traditional soups at the Viking Hall from 10 a.m. to 4 p.m.

For information visit www.sofnalaska.com or call 349-1613.

OCT. 11
Winter Biking 101

Get ready to ride all winter with this presentation at REI. Bike types, tire choices, accessories and more will be discussed from 6 to 7:30 p.m. Pre-registration required.
For information, call 272-4565.

JBER ham radio club

The Elmendorf Amateur Radio Society meets at the Civil Air Patrol building off Dena'ina Road behind the flight line at 5 p.m.

For information call 360-4169 or email club@kl7air.us.

OCT. 12
Alaska Fighting Championship

The AFC has a full schedule in Anchorage and Wasilla all the way through May. Get your local mixed-martial arts fix at the Sullivan Arena at 7:30 p.m.

For information, call 351-8184 or visit www.alaskafighting.com.

OCT. 15
Best of Broadway

The Anchorage Symphony

Orchestra presents Tony-award winning soprano Debbie Gravitte and other Tony nominees performing hits from award-winning musicals like Wicked, Guys and Dolls, West Side Story, Cabaret and Les Misérables at the Alaska Center for the Performing Arts.

OCT. 19

Free Latin dance lessons
The Arctic Chill hosts free dance lessons followed by dancing and Latin music in honor of Hispanic Heritage Month from 7 to 9 p.m.

For information, email JBER.NOC@elmendorf.af.mil.

OCT. 20

Kaha:wi Dance Theatre
The Alaska Junior theatre presents this Iroquois creation story with music, storytelling, traditional native and contemporary dance at the Alaska Center for the Performing Arts. Performance begins at 7:30 p.m.
For information, visit www.akjt.org.

OCT. 21

Mad Museum
A party inspired by the hit show "Mad Men." If you missed the 60s the first time around, this is your chance.

Nibble on classic party appetizers and check out the Imaginarium Discovery Center tailored for adults, at the Anchorage Museum from 7 to 11 p.m.
For information, call 929-9226 or visit www.anchoragemuseum.org.

Book Giveaway

The Mission Support Group hosts a book giveaway for military and their family members at the Airman's Attic parking lot, 8515 Saville Avenue, from 10 a.m. to 3 p.m. Bring a donation or come pick out free books.
For information, call 552-3004.

OCT. 24

Children's piñata party
Celebrate Hispanic Heritage Month with arts and crafts, snacks, piñata hitting by age group, and a children's Zumba lesson at the Arctic Oasis from 1 to 5 p.m. All children from 1 to 17 years old are invited.
For information email JBER.NOC@elmendorf.af.mil.

OCT. 29

Rage City Rollergirls
Anchorage's own community roller derby group battles it out again at the Dena'ina Center. Wheels hit the rink at 7 and the competition goes until 10 p.m.
For more information, call 272-4801 or visit www.ragecityrollergirls.org.

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.

Anchorage Opera 50th

The 50th anniversary of Anchorage's opera opens the season at the Alaska Center for the Performing Arts at 8 p.m. with "The Grapes of Wrath."

An opening-night party starts afterward at 10 p.m. with performances, food, drinks, dancing and more to celebrate the anniversary.
For information, call 263-ARTS.

NOV. 19 AND 20

James McMurtry concert
This solo country acoustic concert features Texas singer-songwriter James McMurtry, son of novelist Larry McMurtry. Catch him at the Alaska Center for the Performing Arts at 7:30 p.m. on the 19th or at Vagabond Blues in Palmer on Nov. 20 at 6 p.m.
For information call 263-ARTS or visit www.whistlingswan.net.

ONGOING

Thursday Nights at the Fights at Egan Center
Seven boxing matches at the Egan Center begin at 7:30 p.m. every Thursday. Tickets are available at the door or in advance through Ticketmaster.
For information call 263-2800.

Model railroading

The Military Society of Model Railroad Engineers meets at 7 p.m. Tuesdays with work sessions at 1 p.m. Saturdays in basement Room 35 of Matanuska Hall, 7153 Fighter

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

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 on these or other classes, call Family Advocacy at 580-5858.



Experience JBER Elmendorf-Richardson

Customer Appreciation Day

Free Greens Fee

September 21

Moose Run Creek Course

Thank You
for another successful season!

Join us on the Creek Course!



428-0056 Golf Shop
384-6675 Automated Tee Time

Polar Bowl • 753-PINS (7467)

X-TREME BOWLING

Bowling Busters

Saturdays are X-Treme Bowling at the Polar Bowl



Starting at 9 p.m. until 1 a.m.
You can bowl for only
\$13 per person for 2 hours
\$16 per person for 3 hours
\$20 per person for 4 hours
This includes shoe rental.



September Engraving Special

\$10 off Gold Pans
\$45 (regular \$55)

Custom engraving available starting at \$15, based on complexity of project. Looking for that perfect gift for Quarterly and Annual Awards or going away gift? Come check out our engraving products.
We have what you are looking for!

Engraved Alaskan Animals Statues - \$35 - \$55
Engraved Plaques - 5x7 to 10.5 x 13, \$20 - \$55
Far North Arts and Crafts Center
FSS Elmendorf • 552-7017

The Alaska Zoo - This Month Only!



\$5 Alaska Zoo Tickets.



Get yours while supplies last! Visit us today. Call 573-2378

Located in the Arctic Oasis Community Center

A DAY TO REMEMBER



TOP: Airmen, firefighters, and civilians march Sunday in downtown Anchorage in a memorial parade in remembrance of those who died in the 9/11 attacks.
ABOVE: Air Force Col. Robert Evans, Joint Base Elmendorf-Richardson and 673rd Air Base Wing commander, speaks at the memorial ceremony at Anchorage Fire Station 1. (U.S. Air Force photos/Percy Jones)
ABOVE LEFT, LEFT: Participants in the Patriot Run begin the 5K memorial run on JBER at the bike path across from the Buckner Physical Fitness Center Sunday. The run was in honor of those who lost their lives on September 11, 2001. (U.S. Air Force photos/Staff Sgt. Zachary Wolf)
BELOW: The Northern Lights Brass, part of the U.S. Air Force Band of the Pacific, performs at a 9/11 memorial ceremony in Wasilla Sunday. (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



CAPTAIN AMERICA: THE FIRST AVENGER

Rated: PG-13

Playing: Friday and Saturday at 7 p.m.

Run time: 124 minutes

Starring: Chris Evans, Tommy Lee Jones, Hugo Weaving, Stanley Tucci

After being deemed unfit for military service, Steve Rogers volunteers for a top secret research project that turns him into Captain America, a superhero dedicated to defending America's ideals.

Protect yourself from the flu this fall and winter

By the 673d AMDS
News Release

The single best way to prevent seasonal flu is to get vaccinated each year, but good health habits like covering your cough and washing your hands often can help stop the spread of germs and prevent respiratory illnesses like the flu.

There also are flu antiviral drugs that can be used to treat and prevent the flu.

- Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.

- Stay home when you are sick.

- If possible, stay home from work, school, and errands when you are sick. You will help prevent others from catching your illness.

- Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick.

- Clean your hands.

- Washing your hands often will help protect you from germs. If soap and water are not available, use an alcohol-based hand rub.

- Avoid touching your eyes, nose or mouth.

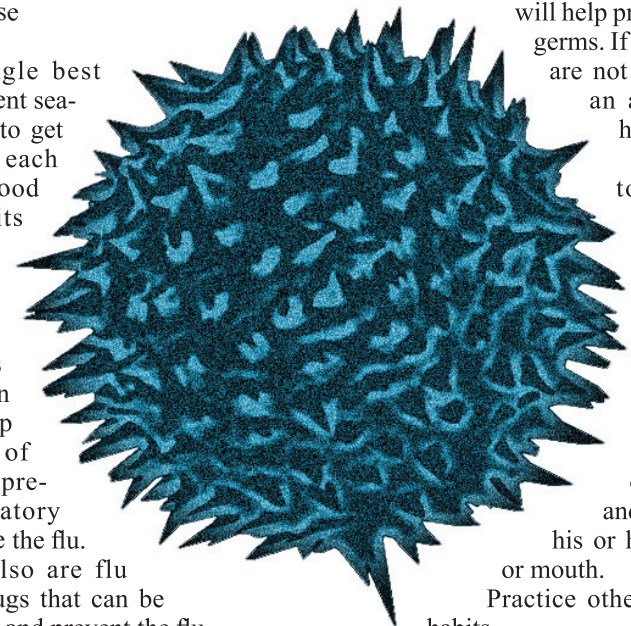
Germs are often spread when a person touches something that is contaminated with germs and then touches

his or her eyes, nose, or mouth.

Practice other good health habits.

Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.

For more information, visit www.cdc.gov/flu/protect/habits.htm



Get in before it's too late

If you're not already registered with the Defense Biometric Identification System, now is the time. DBIDS is a Department of Defense and Homeland Security program which combines fingerprints, a photograph, and other identifying information to ensure base security. Every ID card holder needing base access – including family members – needs to register. This includes retirees, military members, contractors, civilians and dependents. Registration takes only a few minutes and can be done at the Boniface Gate visitor's center, the People Center, and at the Joint Base Elmendorf-Richardson hospital. If you are not registered, you risk not being allowed on the base. (U.S. Air Force photo/Johnathon Green)



Kitchen and cooking fires do millions of dollars worth damage every year in the U.S. Some simple guidelines can help prevent cooking fires. With autumn coming, people are indoors cooking more often – and as Thanksgiving and holidays approach, the risk increases. Keep your loved ones and your home safer by exercising common sense and caution in the kitchen. (Courtesy photo)

Put a lid on it : Cook safely

By the JBER Fire Department
News release

During the past week, kitchen fires have been on the rise here at Joint Base Elmendorf-Richardson at an alarming rate.

Minor injuries occurred because incorrect actions were taken and an attempt was made to move a fiery pan outside.

Grease fires are very dangerous and can be catastrophic if not handled correctly.

Fortunately, most cooking fires can be prevented by paying attention and adhering to some simple rules.

If you have a grease fire, do not attempt to move the pot or pan.

Cover it with a lid or cookie sheet. Turn the stove off. Call 911.

Do not remove the lid or cookie sheet after placing it on the pot or pan.

The JBER Fire Prevention Office wants to ensure everyone is conducting themselves properly when in the kitchen.

The primary method to prevent grease fires is to be attentive while you are cooking.

This means staying in the kitchen while you are cooking – the whole time.

Cooking fires are the number one cause of home fires and home fire injuries in the Department of Defense and the United States.

There were 156,500 residential fires, causing 331 fatalities, 4,914 injuries and \$876 million in property damage.

Unattended cooking accounts

for 90 percent of these fires additionally the leading first material ignited being oil, fat or grease.

Here are some home cooking safety tips to help prevent fires:

- Never leave food cooking on the stovetop unattended, and keep a close eye on food cooking inside the oven.

- Keep cooking areas clean and clear of combustibles (like potholders, towels, rags, drapes and food packaging).

- Keep children and pets away from cooking areas by creating a three-foot “kid-free zone” around the stove.

- Turn pot handles inward so they can’t be bumped and children can’t grab them.

- Wear short, close fitting or tightly rolled sleeves when cook-

ing. Loose clothing can dangle onto the stove burners and catch fire or knock a pot off of the stove.

- Never use a wet oven mitt, as it presents a scald danger if the moisture in the mitt is heated.

- Placing the pan’s lid on the pan (smothering the fire) is the preferred method of extinguishment if the fire has not spread from the pan – ensure the stove is turned off.

- Never pour water on a grease fire and be very careful if you have to discharge a fire extinguisher onto a pan fire. An extinguisher can spray or shoot burning grease around the kitchen, actually spreading the fire. Start from about eight to 10 feet back when using a fire extinguisher.

- For an oven fire, turn off the heat and keep the door closed to

prevent fire spread and burns.

- If there is a microwave fire, keep the door closed and unplug the microwave.

- Call the fire department and make sure to have the oven serviced before you use it again. Food cooked in a microwave can be dangerously hot and cause burns, as well.

- Remove the lids or other coverings from microwaved food carefully to prevent steam burns.

- If you are on JBER, call 911 whether the fire is extinguished or not.

The Fire Prevention Office is here to provide fire prevention and life saving tips.

Call 552-2620 if you have questions on this or any other fire prevention subject.

