

A HOME TO

HEROES

Joint Base Elmendorf-Richardson marks one year since becoming fully operations capable

Editorial by Air Force Col. Robert Evans
JBER/673d ABW commander

What a year it has been. What a year it is. We are a nation at war. A nation born of battle, we've never been in sustained combat for so long in our history. Nor, can we find historical precedence for our current economic woes.

Sustained combat power downrange, efficient operations at our installations back home. That is what our nation needs from us now, and that is what we deliver ... day in and day out.

One year into our joint base journey, I look back with tremendous pride in what we've accomplished, and I look forward with unbridled enthusiasm for what this team can do. Others see only adversity, but I see, instead, unbounded opportunity.

Those who came before us were finding ways to capitalize on the strong partnership between Soldiers and Airmen in Alaska even before the Deputy Secretary of Defense directed the joint bases to "expeditiously achieve the optimal level of long term savings, while preserving

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Airman earns \$10,000 with a simple IDEA

By David Bedard
JBER Public Affairs

While performing a routine test procedure, a 90th Aircraft Maintenance Unit weapons expeditor's heart sunk when he heard a sound no maintainer ever wants to hear.

Crunch. He had accidentally damaged an F-22 Raptor configurable rail launcher, which mounts the fighter's AIM-9 Sidewinder heat-seeking missiles.

The Airman reported the incident to senior 90th AMU weapons expeditor, Tech. Sgt. Joshua Lopez. Upon close inspection, Lopez verified the Airman had followed the Technical Order Data to the letter.

The process Lopez then initiated would quickly earn the La Jara, Colo., native \$10,000.

The Airman said he determined the order of steps outlined in the TOD exposed the launcher detent assembly – responsible for weapons release – to damage during testing procedures. The quarterly check ensured the rail would successfully function when the pilot needed it in combat.

Lopez said he spoke to another technical sergeant – who recently relocated from another F-22 base – to see if the issue was widespread. It was.

Though Lopez could simply tell his Airmen to perform a workaround – which contravened the established TOD – he said he instead decided to follow the official TOD change request procedure to ensure Joint Base Elmendorf-Richardson and other

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Senior Airman Shane Harrington, 673d Logistics Readiness Squadron, grinds down a crack in a snow plow, Sept. 28, before repairing the crack with a weld. The 673d Logistics Readiness Group earned an outstanding rating – the highest mark – during a Logistics Compliance Assessment Program inspection administered by Air Combat Command, Joint Base Langley-Eustis, Va., and Pacific Air Forces, Joint Base Pearl Harbor-Hickam, Hawaii. (U.S. Air Force photo/Steve White)

Logistics group proves a joint basing success with outstanding inspection

JBER Public Affairs
News release

Joint Base Elmendorf-Richardson's recently created 673d Logistics Readiness Group won big in September, by earning the highest mark possible in one of its first performance reviews by outside judges.

Inspectors from Air Combat Command, Joint Base Langley-Eustis, Va., and Pacific Air Forces Command, Joint Base Pearl Harbor-Hickam, Hawaii., conducted a Logistics Compliance Assessment Program visit, Sept. 12-15, which entailed a thorough examination of systems, people, and processes and was graded using a five-tier rating scale;

outstanding, excellent, satisfactory, marginal and unsatisfactory.

The 673d LRG earned an outstanding rating. "Throughout both logistics readiness squadrons, leadership was actively engaged," said Air Force Col. Robert Evans,

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New traffic pattern

A new four-way stop has been added to the intersection of Davis Highway and Vandenberg Avenue on Joint Base Elmendorf-Richardson. This stop was added to stop the traffic back-up that would happen at key points in the day and also make the road safer in inclement weather conditions. (U.S. Air Force photo/Staff Sgt. Zachary Wolf)



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Combined Federal Campaign kickoff Tuesday

By Luke Waack
JBER Public Affairs

The Joint Base Elmendorf-Richardson Combined Federal Campaign begins Tuesday and is scheduled to run until Nov. 18.

CFC is the federal government's authorized charity drive, the only time when federal employees, to include the Department of Defense, can be solicited for donations.

This year, the CFC celebrates its 50th anniversary with the motto "50 Years of Caring." Since 1961, when President John F. Kennedy established CFC with an executive order, the drive has collected more than \$6 billion to include \$281.5 million last year.

In 2010, JBER CFC gave \$390,210.93, according to www.alaskacfc.org, which was well above the fund raising goal of \$350,000. This year's goal is

\$370,000 and organizers are hoping to exceed expectations again.

"The intent of CFC is to help those in need," said Sylvester Worthen, JBER CFC co-chair.

Picking a charity is easy, according to Worthen.

"The only thing they need is access to the charity list," Worthen said. "Everything is online this year. The CFC charity list online has all the charities approved by OPM (Office of Personnel Management)."

There are two local charities which operate on JBER and more than 100 in the Anchorage area.

"You've got local, national and international charities," Worthen said.

Each charity has a 25-word narrative describing its function, followed by the percentage of donations spent on overhead and administration.

"There are charities that have



Courtesy graphic

zero percent (overhead)," Worthen said. "Those are the ones I like to give to because I know for a fact all my money I donate to them is going to help the cause of that organization."

"You can donate lump sum, cash, check or money order or you can have it come out payroll deduction," Worthen said. "Payroll deduction is the best way to do it."

"Once you make out the allot-

ment, it's transparent," he continued. "It's coming out of your pay every month, no problem. Plus, it helps the organizations, because they know for that whole year they will continually receive money each month."

Unit representatives will distribute lists of charities to service members and civilians, or people can go online to www.cfctoday.org.

Units can have fun while col-

lecting donations for CFC.

Worthen has been involved with CFC for many years and he has seen some very creative fundraisers.

"I've seen units sponsor car washes," Worthen said. "One year, one unit had a dunk tank – the commander at that time was very brave, because that water was cold."

Whether planning a group donation or an individual gift, people should contact their unit representative to turn in their pledge form.

Assisting Worthen as CFC co-chair is Air Force Master Sgt. Michael Lyons. Army Capt. Allison Anderson is the U.S. Army Alaska coordinator and Air Force Capt. David Ritter is the 673d Air Base Wing coordinator. Each unit will have a designated CFC coordinator, to whom people should turn in their pledges. Donation information can be downloaded from www.alaskacfc.org.

Briefs and Announcements

Disposition of effects

Air Force 2nd Lt. Jeremy Geidel, 3rd Aircraft Maintenance Squadron, is authorized to make disposition of personal effects of Airman 1st Class Jonathan Villamarin, 3rd AMXS, as stated in Air Force Instruction 34-244.

Any person or persons having claims for or against the estate of the deceased should contact Geidel at 552-1776.

Pharmacy closure

The 673d Medical Group Pharmacy will be closed on Monday. Please request and pick-up your new prescriptions Friday.

Refills not picked up at the Main Pharmacy may be picked up at the Satellite Pharmacy until 8 p.m., Friday.

Air Force ID card changes

Due to long wait times for walk-in customers, all military members or Department

of Defense civilians will be required to schedule an appointment via the Military Personnel Section Customer Service Appointment website at <https://673fssmpscustomer.clickbook.net>.

The MPS will only see military members on a walk-in basis if their card is lost, needs to be unlocked, certificates need updating, or it ceases to function.

Appointments are also encouraged for civilian, dependent, Reserve and retiree ID cards.

Dining facility closure

The Iditarod Dining Facility is closed and will remain closed until December for renovations.

Food service operations will shift to Ke-nai Dining Hall for three months and transportation will be available from the dorms.

The flight line food service Provisions on Demand facility, Building 16710, is open

and provides meals for Airmen working on the flight line.

Campus-style dining available

Airmen on meal cards may eat at Paradise Café (Arctic Oasis), Warehouse Grill (Kashim Club), Eagle's Nest (Eagle Glen Golf Course), and Hillberg T-Bar Grill.

Not all menu items are available for meal card use. Eligible items will be marked on the facilities' menus.

First time home buyer's seminar

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

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

tive home owner.

Call 552-4439 to be included on the sign-up sheet.

Influenza vaccinations

Seasonal influenza vaccines are available for all TRICARE beneficiaries in the 673d Medical Group Immunizations Clinic.

Both the FluMist and the injectable vaccine are available on a walk-in basis.

Clinic hours are Monday to Friday 7:30 a.m. to 4:30 p.m.

Shred for free

The Better Business Bureau of Alaska is offering free bulk shredding services to Alaska residents, Oct. 22, from 10 a.m. to 2 p.m. at Wells Fargo, 16600 Centerfield Drive, Eagle River.

Drive up and drop off up to three bags of unwanted documents per person. Items will be shredded immediately by Shred Alaska.

Arctic Watch

SUSPICIOUS ACTIVITY REPORTING

YOUR Community

YOUR Friends

YOUR Freedom



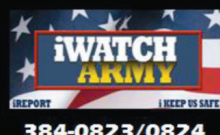
YOUR Installation

YOUR Family

YOUR Obligation



YOUR Vigilance can make the difference!



384-0823/0824



552-2256/4444

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.

Lower COLA for Anchorage

Local allowance rates drop across the board



The Office of the Secretary of Defense has announced new military overseas cost of living allowance rates for the Anchorage area effective, Saturday. Service members will see this change reflected in their Oct. 15 paycheck and on their October leave and earning statement. COLA rates for all grades will see a decrease. For example, an O-4 with 10 years service and three dependents will see monthly COLA rate decrease from \$1,138.04 per month to \$1,075.36. An E-6 with 10 years service and three dependents will see monthly COLA rate decrease from \$793.26 per month to \$781.20. Both rates are based on a 31 day month. Unlike BAH, COLA rates may be adjusted throughout the year and do not have rate protection based on date arrived at station. For current COLA rates, visit <http://tiny.cc/o5iag>. (U.S. Air Force photo illustration/Senior Airman Jack Sanders)

Alaskan Command/
11th Air Force
Commanding General
Lt. Gen. Dana T. Atkins (USAF)

U.S. Army Alaska
Commanding General
Maj. Gen. Raymond P. Palumbo (USA)

Joint Base Elmendorf-Richardson/
673d Air Base Wing Commander
Col. Robert D. Evans (USAF)

Joint Base Elmendorf-Richardson/
673d Air Base Wing Vice Commander
Col. Timothy R. Prior (USA)

ARCTIC WARRIOR

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JBER Public Affairs Officer
Maj. Joseph Coslett (USAF)

Command Information Chief
John Pennell

Arctic Warrior staff
Luke Waack - managing editor
David Bedard - news editor
Chris McCann - community editor
Ed Cunningham - webmaster

Photographers
Staff Sgt. Brian Ferguson (USAF)
Steve White
Justin Connaher

JBER

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or enhancing the Department's warfighting capabilities."

The Fort Richardson and Elmendorf Air Force Fire Departments joined forces in 2002. Our families have been shopping together at the Joint Military Mall since 1999. For the last 16 years, our Joint Mobility Complex has deployed Soldiers and Airmen to faraway lands to defend our freedoms.

Today, Spartan paratroopers of the 4th Brigade Combat Team (Airborne), 25th Infantry Division, jump from 3rd Wing C-17s. Further back, intrepid aviators fought the bitter cold in open cockpits, as they coaxed their bi-plane machines into the air from Elmendorf Field on Fort Richardson. They could not have imagined what would become of the partnership they helped forge between air and ground forces on the last frontier. Our story of joint partnership is not new.

Building on their legacy of innovation and teamwork, we are committed to writing a new chapter in joint warfighting at Joint Base Elmendorf-Richardson.

I believe joint basing is about joint warfighting – period. It is about saving money where we can, so we can spend money where we have to: in the fight. We are a nation at war, we can do no less.

LRG

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JBER/673d Air Base Wing commander. "The 773d LRS especially stood out, as they received an 'outstanding' rating. The 673d ABW earned an overall 95.21 percent pass rate and a grade of 'Outstanding.'"

The inspection team identified seven Airmen from the 673d ABW as outstanding performers and the Heavy Vehicle Repair, Small Terminal Operations and Vehicle Operations Control Center teams were singled out as 'Outstanding Teams'.

"This inspection highlighted the great teamwork between the 3rd Wing and the 673d Air Base Wing, and validated our concept of support; 'we win, when they win,'" Evans said.

According to Air Force Col. Deanna Cooper, 673d LRG commander, "The 673d Logistics Readiness Group's mission epitomizes the 673d Air Base Wing's priority to prepare, deploy and redeploy warfighting capability, both people and equipment, to meet combatant commanders requirements without discrepancies.

"The Logistics Compliance Assessment Team visit re-affirmed that arctic logisticians are doing the mission in a safe, standardized, repeatable, and compliant manner," Cooper continued.

This first year has been a banner year for the entire 673d Logistics Readiness Group. According to Prentice Fox, 773d Logistics Readiness Squadron deputy commander, "The squadron's logistical gurus orchestrated the first ever, Air Force-led brigade deployment exercise. They processed 669 vehicles, 339 CONEXs (storage compartments like semi-trailer boxes), and 4,900 tons of cargo in less than two weeks with USARAK leadership saying it was the best seen to date."

"In its first year, the 773d LRS deployed and redeployed approximately 3,500 Arctic Warriors to mission critical training at the Joint Readiness Training Center without a hitch," Fox said.

"The team of vehicle operators achieved a 99 percent support rate with PACAF's only true joint vehicle operations, supporting over 47,200 requests, hauling over 10,000 tons of cargo, and moving 174,000 passengers more than 305,000 miles to include support to

IDEA

From Page A-1

installations' weapons expeditors were within published guidance.

"(Weapons expeditors) knew it wasn't right, and the way they would train the guys was a workaround, and I submitted the change request because workarounds are not how we operate," Lopez explained. "We have to follow our tech order line by line."

Lopez said the TOD steps themselves were accurate, but they were out of order. In this request, he suggested the steps reordered to ensure the \$13,980 detent assemblies wouldn't be damaged during testing.

The maintainer said TOD changes can be quite common, especially for relatively new equipment like the F-22.

"It's still a new jet, even though it's been here for four years," he said. "There are still things that can be improved."

After an hour's work, Lopez submitted the change request through the proper channels and the change was promptly evaluated and approved by Headquarters Ogden Air Logistics Center, Hill Air Force Base, Utah.

Once approved, Lopez said he initiated the Innovative Development through Employee Awareness process with help from the 673d Air Base Wing IDEA coordinator Lisandra Ortiz.

"An IDEA is the submitter's own thought or a new application of an old principle," Lopez said. "Good ideas are those that are submitted in writing and include the current method, procedure, task, directive or policy affected. The IDEA also includes the proposed method, change or idea, and why the change would be beneficial to the Air Force and (Department of Defense)."

Ortiz said an IDEA must be submitted using the IDEA web link at <https://ipds.randolph.af.mil>, where a submitter creates a



ABOVE: Air Force Lt. Gen. Dana Atkins, Alaskan Command commander and Air Force Col. Robert Evans, Joint Base Elmendorf-Richardson/673d Air Base Wing commander, pay respect to the colors presented by a joint color guard during JBER's July 30, 2010 activation ceremony. (U.S. Air Force photo/Master Sgt. Jeremiah Erickson)
FRONT PAGE: Air Force 1st Lt. Patrick Pottinger, 90th Fighter Squadron F-22 Raptor pilot, and Pfc. Justin Sluyter, 425th Brigade Special Troops Battalion infantryman, represent JBER's joint community. (U.S. Air Force photo illustration/Steve White)

To the warfighter, the term "efficiency" has a bitter taste; we're about "effectiveness." But, perhaps ironically, it is efficiency, which yields the greatest combat effectiveness.

The classical strategist, Baron Jomini, exalted "mass at the decisive point" ... modern military planners understand "economy of force." Informed by both views, the approach we take at JBER is one of

Senator Ted Stevens' memorial, 2010 Arctic Thunder Air-show, C-17 recovery, F-22 recovery convoys, and countless distinguished visitor and congressional visits."

Taking care of family and getting the Arctic Warrior comfortably settled in their new work environment is also another one of the areas the 773d LRS excels in, Fox said, to include all household good shipments throughout the great land of Alaska.

Travel technicians from the 773d LRS also assist with travel arrangement for those going temporary duty, on Permanent Change of Station, and family members attending college and university outside of Alaska.

Both the 673d and 773d logistics readiness squadrons played a critical role in supporting combat and non-combat deployments.

"Personnel from both squadrons deployed in support of Operation Tomodachi. The 773d LRS coordinated movement of 5.5 million tons of cargo, 1,400 passengers, and 183 missions directly related to humanitarian aid and relief from effects of the Japan tsunami," Fox said.

Without a doubt, both the 673d LRS and the 773d LRS are thriving in the new joint environment, Cooper said.

The 673d LRS has supported much of the logistical transformation involved in JBER's creation. The unit received a rating of "excellent" from the LCAP.

"The 673d LRS prepared JBER for the DOD-directed equipment and government vehicle accountability and marking initiative by leading teleconferences with the PACAF staff and the contract team three months before the initiative began," said Air Force Lt. Col. Patricia Csank, 673d LRS commander. "673d LRS conducted training with over 100 equipment custodians to prepare for implementation and developed tracking and accountability products for leadership to monitor status throughout the initiative."

As part of the JBER transformation, the 673d LRS took responsibility for more than 20,000 equipment items and 700 government vehicles, valued at more than \$600 million and required individual inventory marking and data upload into supply systems, according to Csank.

"JBER completed IUID in 47 days versus the 90 days that it took all other PACAF LRS," Csank said. "JBER has PACAF's second largest equipment portfolio – only



Tech. Sgt. Chris Boles, 773d Logistics Readiness Squadron, signals during a practice load, May 12, on a 517th Airlift Squadron C-17 Globemaster III. The 773d LRS assists Joint Base Elmendorf-Richardson with deployments. (U.S. Air Force photo/Steve White)

one single piece of equipment could not be located and required a report of survey versus the hundreds that other bases reported as a result of this initiative."

The 673d LRS also set up a satellite HAZMART Pharmacy for JBER-Richardson.

"As a part of the overall joint basing endeavor, 673d LRS assumed primary responsibility for procuring, issuing and tracking accountability of all Fort Richardson's hazardous materials needs," Csank said. "Although the intent of joint basing is to gain efficiencies and to reduce infrastructure footprints, 673d LRS leadership realized that operating a single HAZMART Pharmacy from JBER-Elmendorf would not serve Army customers well."

So, the 673d LRS opened a satellite pharmacy office on JBER-Richardson in a warehouse already under the control of the 673d Logistics Readiness Group.

"At no-cost, 673d LRS transferred two personnel to operate the satellite HAZMART Pharmacy and maintain a customer interface in the Army shipping/receiving warehouse to screen packages with Soldiers for hazards for inventory accountability," Csank said.

true integration.

In everything we do, we seek to build trust, mutual respect and understanding ... with our families, with our community, and with each other; Soldiers and Airmen, serving in the defense of our nation and the ideals we stand for.

We have much in common. We all raised our right hands and we swore the same oath. Our families sacrifice to enable our service, all of them.

Our bond is strong, and our support for one another is enhanced by our joint community, and our joint base. I believe this will be the most important benefit of joint basing ... stronger communities of service members, families, and those that support us.

This foundation, by itself, may not save any money. But, the trust, mutual respect and understanding it will foster will enable us to approach the challenges ahead with common purpose and shared burden. Simply, our increased effectiveness will be our key to efficiency. There can be no other way. America depends on us.

What a year it has been. What a year it will be! I challenge all of you to find new ways to build relationships, strengthen bonds, and better support our warfighters, so we can continue to fight and win our nation's wars.

I am proud to serve with you on America's premier joint base. Arctic tough, mission ready, family strong.



After receiving a check for \$10,000, Tech. Sgt. Joshua Lopez, 90th Aircraft Maintenance Unit, stands by an F-22 Raptor with its configurable rail launcher exposed, Sept. 30, at the 90th Fighter Squadron hangar. Lopez identified a problem and provided a solution with the launcher, which netted him the cash reward through the Air Force's Innovative Development through Employee Awareness program. (U.S. Air Force photo/David Bedard)

user profile. If the IDEA requires a separate improvement process – like a TOD change request as in Lopez' case – the approved forms must be submitted as confirmatory or after-the-fact SIP IDEAs.

Less than six months after submitting his initial paperwork, Lopez was presented with a check in the amount of \$10,000.

"All these guys out there, when they submit a (TOD change request), they can get paid for it," Lopez said. "As long as they in-

clude what it's going to save the Air Force."

The Airman said his initial reasoning for submitting the change request was twofold.

"The most important consideration was maintaining the aircraft – making sure the reliability and safety is there when the pilot needs it," Lopez said. "No. 2 is saving the Air Force money. It's something so simple in the long run that can cost the Air Force a lot of money."

Though he has been working with fighters for years, Lopez said he encourages an innovative mindset for younger Airmen when they encounter a problem or an area that can benefit by greater efficiency.

"We live and die by our tech data," he said. "However, we have to have our guys thinking outside the box – ways to improve stuff. They have to think for themselves and not get in the mindset of being a robot, because we don't want that."

USAF issues uniform rules

Updated in July, Air Force Instruction 36-2903, "Dress and Personal Appearance," consolidates many changes made since the last revision. Below are some highlights. For the entire publication, visit <http://tiny.cc/xr738>.

Bags and backpacks

Gym bags will be solid dark blue or black in color with matching stitching and carried in the left hand. Black backpacks may be worn with any uniform combination. Airmen may wear backpacks on the left shoulder or both shoulders. Backpacks will not be worn on the right shoulder only. When wearing Airman Battle Uniforms, Airmen can also use olive drab, Air Force sage green or ABU-patterned gym bags and backpacks.



Handheld devices

Handheld electronic devices are small electronic equipment such as cellular phones (personal or official), MP3 players or hands-free devices. While walking in uniform, use of personal electronic media devices, including ear pieces, speaker phones or text messaging is limited to emergencies or when official notification is necessary. Military customs and courtesies take precedence.



Sunglasses

Sunglasses frames can be either black or brown plastic, gold or silver wire and of conservative design. Brand name glasses can be worn with a small logo which is the same color as the frame or lenses. Conservative, slightly tinted or photosensitive lenses are authorized, mirrored lenses are not. Sunglasses are not authorized in formation unless for medical reasons. Sunglasses will not be worn around the neck, back of the head or left hanging exposed.



Earrings

Male Airmen are not authorized to wear earrings on a military installation, or while in uniform or in civilian attire for official duty. Female Airmen may wear small (not exceeding four millimeters in diameter) spherical, conservative round white diamond, gold, white pearl or silver earrings as a set with any uniform combination. If an Airman has multiple piercings, only one set of earrings are authorized to be worn in uniform and will be worn in the lower earlobes.

Many Airmen deploying to Afghanistan will be issued the Operation Enduring Freedom Camouflage Pattern uniform, also known as Multicam. The pattern was specifically designed for Afghanistan but is currently in short supply. Airmen who routinely have mission responsibilities outside of operating base perimeters will have priority for fielding. (U.S. Air Force photo illustration/Staff Sgt. Ryan Crane)



Dempsey sworn in as chairman

By Sgt. 1st Class Tyrone Marshall Jr.
American Forces Press Service

WASHINGTON – President Barack Obama today lauded Navy Adm. Mike Mullen during a hail and farewell ceremony here that featured the transfer of responsibilities as chairman of the Joint Chiefs of Staff from Mullen to Army Gen. Martin Dempsey.

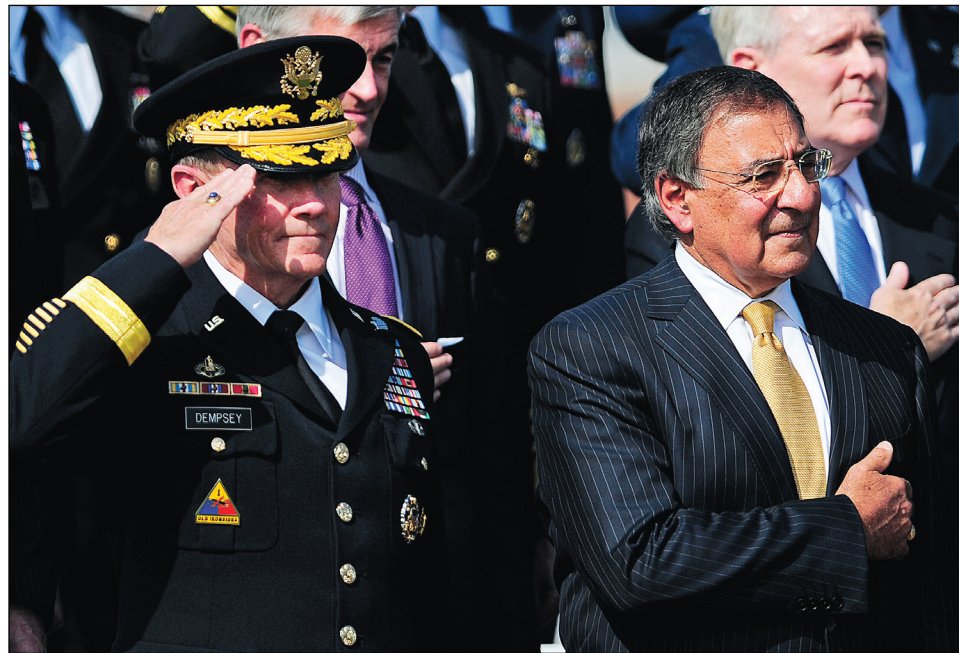
“Mike, as you look back (at) your four consequential years as chairman and your four decades in uniform, (rest) assured our military is stronger and our nation more secure because of the service you have rendered,” Obama told Mullen at the event held at Joint Base Myer-Henderson Hall, Va. Obama highlighted the nation’s achievements during Mullen’s tenure.

“Today, we have renewed American leadership in the world,” the president said. “We’ve strengthened our alliances, including NATO. We’re leading again in Asia, and we forged a new treaty with Russia to reduce our nuclear arsenals.”

The president recognized Mullen for leading a new generation of service members brought forth by the events of 9/11.

“Today, we see the remarkable achievements of our 9/11 generation of service members,” Obama said. “They’ve given Iraqis a chance to determine their own future. They’ve pushed the Taliban out of their Afghan strongholds and finally put al-Qaida on the path to defeat.

“Meanwhile, our forces have responded to sudden crisis with compassion, as in Haiti, and with precision, as in Libya,” Obama added. “And it will be long remembered that our troops met these tests on Admiral Mullen’s watch and under his leadership.”



Army Gen. Martin Dempsey, left, and Secretary of Defense Leon Panetta observe the playing of the national anthem during the Chairman of the Joint Chiefs of Staff change of responsibility ceremony at Summerall Field, Joint Base Myer-Henderson Hall, Va., Sept. 30. Adm. Mike Mullen was succeeded by Army Gen. Martin E. Dempsey, the 18th chairman of the Joint Chiefs of Staff, during the ceremony. (DoD photo/Tech. Sgt. Jacob N. Bailey, U.S. Air Force)

Obama observed that America is moving forward from a position of strength as Mullen retires and hands the chairmanship to Dempsey.

“Fewer of our sons and daughters are in harm’s way and more will come home,” the president said. “Our Soldiers can look forward to shorter deployments, more time with their families and more time training for future missions.

“Put simply, despite the stresses and

strains of a hard decade of war, the military that Admiral Mullen passes to General Dempsey today is the best that it has ever been,” the president added.

Obama talked about recent DoD policy changes, such as allowing women to serve aboard submarines and the repeal of the “Don’t Ask, Don’t Tell” policy.

“Soon women will report for duty on our submarines and patriotic service members who are gay and lesbians no longer have to

lie about who they are to serve the country that they love,” he said.

“History will record that the tipping point towards this progress came when the 17th chairman of the Joint Chiefs of Staff went before Congress and told the nation that it was the right thing to do,” Obama said.

With the change of responsibility, Obama said the mantle of leadership now passes to Dempsey, who the president hailed as one of the nation’s most respected and combat-tested generals.

“Marty, after a lifetime of service I thank you, Deanie, Chris, Megan and Caitlin for answering the call to serve once more,” Obama said to Dempsey and his family. “In this sense, today begins to complete the transition to our new leadership team.”

Obama also spoke to some of the challenges the U.S. military faces during difficult fiscal times.

“We still have much to do,” the president said. “From bringing the rest of our troops home from Iraq this year, to transitioning to Afghan lead for their own security, from defeating al-Qaida, to our most solemn obligation – taking care of forces, and their families, when they go to war and when they come home.”

The president, who pledged to maintain America’s national security, expressed gratitude for Mullen’s four decades of service.

“The United States of America and our armed forces will remain the greatest force for freedom and security that the world has ever known,” Obama said. “As we salute Mike Mullen as an exemplar of this spirit, we salute him for a life of patriotic service.

“Mike, thank you from a grateful nation,” the president said.

Odierno assumes reigns as Army chief of staff

By Sgt. 1st Class Tyrone Marshall Jr.
American Forces Press Service

JOINT BASE MYER-HENDERSON HALL, Va. — The U.S. Army transitioned to new leadership as it welcomed the 38th Army chief of staff during a change of responsibility ceremony held here.

Gen. Raymond Odierno assumed responsibility as the Army’s Chief of Staff from Gen. Martin Dempsey as Dempsey begins his transition to serve as the next chairman of the Joint Chiefs of Staff.

“As the new secretary of defense, and as someone who shares the immigrant backgrounds of these distinguished officers we pay tribute to today, it is truly a personal privilege for me to honor two of our military’s most talented leaders as they take on new responsibilities,” said Defense Secretary Leon Panetta.

Panetta welcomed Dempsey as he prepares to take his position as DoD’s senior military officer.

“Having worked closely with General Dempsey since becoming the secretary of defense, I can say that the president has made a truly inspiring choice in picking him to serve as the chairman of the Joint Chiefs of Staff,” the defense secretary said.

“He will be the first Army general in 10 years to occupy that post,” Panetta said of Dempsey. “As a former intelligence officer in the Army, I am truly pleased to have General Dempsey as a partner in running the Department of Defense.”

Panetta praised Dempsey as a “real ‘muddy-boots’ soldier,” and a “battle-hardened commander” who was responsible for transitioning the Army to nine month deploy-

ments and 18-month dwell time.

“As chairman of the Joint Chiefs of Staff, Marty will have the opportunity to work with the service chiefs (and) craft a joint force that can defeat a wide range of complex security threats that we face today,” Panetta said.

“And that we will face into the future,” he added. “Today’s military is the finest fighting force in the world. Together, we will work to ensure that it always remains the finest fighting force in the world.”

Secretary of the Army John McHugh greeted Odierno as he takes his post as Army chief.

“Ray Odierno brings to this job impressive, even impeccable, credentials as a Soldier and leader, commanding units at every level during a career that spans some three-and-a-half decades,” McHugh said.

The Army secretary said he was more than familiar with Odierno, having visited Iraq 14 times during Odierno’s various commands.

“As a testament to his leadership and acumen on the battlefield, General Odierno is only the second officer since Vietnam to command at division, corps and Army level during the same conflict,” McHugh said.

Dempsey shared two highlights from his five-month tour as the Army’s senior leader.

“My time as chief was framed by two events – a visit to the civil war battlefield Antietam early in my tour, and the fact that we’re approaching the tenth anniversary of the terrorist attacks of 9/11 here at the end of it,” he said.

“My brief tenure as chief has produced a lifetime of memories,” Dempsey added. “It’s been my great honor to serve as the



Secretary of the Army John McHugh administers the oath of office to Gen. Raymond Odierno, the 38th Army chief of staff, accompanied by his wife, Linda, during a ceremony at Joint Base Myer-Henderson Hall, Va. Odierno succeeded Gen. Martin Dempsey. (DoD photo/Tech. Sgt. Jacob Bailey)

37th chief of staff of the United States Army. Thank you.”

Odierno expressed his gratitude for being nominated as the 38th Army chief.

“I appreciate the confidence of President Obama, and all the leaders of the Army and the joint force, in allowing me the honor of assuming duties as the 38th chief of staff of the Army,” he said.

“Over the last 10 years, our Army has proven itself in arguably the most difficult environment this nation has ever faced,” Odierno said. “Our leaders at every level have displayed unparalleled ingenuity, flex-

ibility and adaptability.”

“Our Soldiers have displayed mental and physical toughness, but most importantly, courage under fire,” Odierno added. Today’s Army, he said, is the most versatile, rapidly deployable, sustainable, strategic land force the world has ever known.

“I’m proud to be a part of that Army,” Odierno said.

“I’m proud to have the opportunity to continue to serve with these great men and women, the next great generation,” he added, “and I’m humbled and honored to serve as the 38th chief of staff of the Army.”

Guard unit conducts final training before mobilization

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

FORT GREELY — Alaska Army National Guardsmen from across the state consolidated here Sept. 9 to 27 to participate in their final pre-deployment training in Alaska before mobilizing in November for a deployment to Afghanistan.

Soldiers from B Company, 1st Battalion, 143rd Infantry Regiment (Airborne), met at Camp Denali and drove a convoy of up-armed Humvees and military ambulances more than 320 miles north to Fort Greely, Sept. 9, for training at the Donnelly Training Area.

While deployed, the company will handle the security forces mission for the provincial reconstruction teams which is helping the Afghan nation rebuild. The PRT operates in potentially dangerous areas of Afghanistan to rebuild infrastructure, assist with agriculture, build wells and provide healthcare.

“The mission we have been tasked with in Afghanistan is security forces for the Provincial Reconstruction Team,” said Army 1st Lt. Ronald Snyder, B/1-143rd Inf., executive officer. “Our mission will consist of conducting route reconnaissance, route clearances and providing security for the PRT to and from the sites, as well as setting up defensive perimeters to

ensure they are safe while they are working.”

During training, B/1-143rd Inf. Soldiers completed the crawl, walk, run portions of their training, as well as any warrior tasks that needed to be accomplished.

In addition to the basic warrior tasks, the Soldiers continued with training they touched on during their first consolidation training on Joint Base Elmendorf-Richardson in July. Soldiers honed their skills on how to react to near and far ambushes, troop leading procedures, convoy operations, quick reaction force operations and PRT Security Forces operations.

“What I wanted to see during the final culminating exercise was a complete roll-up of all our training,” said Army Capt. Jason Caldwell, B/1-143rd Inf., commander. “They needed to go through the entire troop leading process, do their pre-combat checks, their pre-combat inspections, give their convoy order, execute a successful convoy to the site, complete the mission once on site, and react to some other scenarios we threw in the mix. My Soldiers have been motivated and we’ve accomplished everything we’ve needed to so far.”

Training up to 18 hours a day, the Soldiers stayed on task, knowing what they were learning could save their lives, or someone else’s.

“Part of the training we worked



Sgt. Robert Somerville a resident of Sitka and teamleader for 3rd Platoon, B Company, 1st Battalion 143rd Infantry Regiment (Airborne), provides security after a simulated attack on his platoon while practicing security forces operations in support of a Provincial Reconstruction Team at Donnelly Training Area on Fort Greely during the company’s final pre-deployment training in Alaska. (U.S. Army Photo/Staff Sgt. Karima Turner)

on at Fort Greely was provincial reconstruction team security forces exercises,” Snyder said. “During these exercises, one platoon acted as a quick reaction force within a combat outpost, while another platoon practiced the actual PRT mission and the third platoon acted as opposing forces. Basically it’s a rehearsal for what we’ll do while we’re overseas. When it comes down to it, practice does make you a little bit better, and our Soldiers

will know what to do and what to expect.”

For units, like B/1-143rd Inf., whose Soldiers hail from cities and villages across the state, distance can present a challenge to ensure the Guardsmen spend enough time together to become a cohesive unit. However, according to Caldwell, B Company has developed a strong bond over the last few months.

“One of the things I’m really happy with since our training in

July is how much this company has come together,” Caldwell, a resident of Bethel, said. “There is a sense of pride and a sense of purpose when we’re out training. Our Soldiers are happy to be here, this is the unit and company they want to be in and they want to go on this deployment and be successful.”

Caldwell said he has witnessed the bond and camaraderie his Soldiers are forging during training.

“What I’ve started to see with the Soldiers and the platoons is they are coming together and they’re starting to work together as teams to be successful,” Caldwell said. “It’s a slow process, this is our second major consolidation where they’ve been able to function as teams, squads and platoons and they’ve made some great strides in a very short amount of time.

“When we leave Alaska in November, we are going to go into another pre-mobilization training at Camp Atterbury, Ind., and that’s where the last of the melding process for the teams, squads and platoons is going to take place.”

Throughout the training and through the deployment the safety of B/1-143rd Inf. has been a critical focus for every Soldier.

“My expectations for my Soldiers is they conduct themselves in a professional manner and complete all their missions in a timely manner, to the best of their ability,” Caldwell said.

Flag football

56th Engineers, 95th Chemical spend Sunday on the gridiron, Page B-4



Domestic Violence Awareness

A survivor's story of escaping an abusive relationship and joining the military, Page B-2



www.jber.af.mil/news

COMMUNITY

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Joint Base Elmendorf-Richardson

October 7, 2011

GET IN

FOCUS

U.S. Air Force photo illustration/Chris McCann

Warfighter Eye Surgery Center opens for business

By Air Force Tech. Sgt. Jeremy Larlee
JBER Public Affairs

A new capability at the JBER Medical clinic will help many Arctic Warriors see things in a much clearer focus.

The Ophthalmology Clinic held the grand opening Sept. 29, for its Warfighter Eye Surgery Center. Medical personnel at center will specialize in performing refractive eye surgeries on Joint Base Elmendorf-Richardson patients.

Patients who needed those procedures in the past had to be sent to another medical facility, said Lt. Col. Patrick Kelley, element leader of the ophthalmology department.

"It is a really great opportunity to be able to offer this service to our patients," he said. "It expands our practice and allows us to do things we are trained to do."

Refractive surgery is used to correct common eye disorders such as nearsightedness, farsightedness, and astigmatism. Refractive surgery is designed to alter the shape of the cornea in order to improve the patient's vision.

Lasik and PRK are common types of refractive eye surgeries. While the procedures are new to JBER, Kelley has extensive experience in performing them from previous assignments. He said that there have been numerous advancements in the procedures in recent years.

In the past one of the major complaints about the procedures were that they caused errors in vision like glare and halos around objects. New advances in the field minimize these side effects.

"We have new technology now that will allow us to correct for those problems," he said. "It's mainly software upgrades and formulas that predict what the treatment should be and are great at correcting higher order aberrations."

Kelley said the actual treatment of the eye by the laser is done in seconds.

"We spend the majority of the time during the procedure ensuring that we are doing the proper procedure in the correct eye," he said. "The laser is faster and more efficient. The cornea is not exposed as much and the treatment by the laser is much more focused."

For now, the procedures are only available to military patients. One of the first patients was Tech. Sgt. Richard Gagnon from the 703rd Aircraft Maintenance Squadron.

The sergeant said he has wanted the procedure done on his eyes from the first moment he heard about it and he added that he is thankful to not have to travel to get it.

"It is definitely easier to have the procedure done here instead of having to travel somewhere else to get it done," he said. "I would have



Army Spc. Matthew Mausser gets PRK eye surgery at the new Refractive Surgery Center on Joint Base Elmendorf-Richardson, Sept. 27. Mausser is assigned to the 84th Engineer Support Company (Airborne). (U.S. Air Force photo/Staff Sgt. Brian Ferguson)

had to spend two weeks away from home recovering instead of being able to use the support system of my family here."

Gagnon said the procedure will have a dramatic effect on his quality of life.

"The biggest problem for me was wearing glasses, they were

very annoying to me," he said "It will also be nice to not have to wear the inserts for the gas mask."

Kelley said that extensive work is done in researching patients, and some people are not good candidates for the procedure. He warned that even patients with a low risk of adverse reaction may have compli-

cations after the procedure.

"As with any surgical there is risk," he said. "The crew we have here does a great job in working up the patients."

For more information about the procedure call the Ophthalmology Clinic at 580-1150 and select option two.

BOSS: Not just for Soldiers anymore

Better Opportunities for Single Service Members takes flight

By Luke Waack
JBER Public Affairs

The Joint Base Elmendorf-Richardson Better Opportunities for Single Soldiers program has officially changed its name to show its inclusion of all services.

The new name replaces Soldiers with service members and the program will extend its invitations and benefits to many more people, according to BOSS leadership.

"We have officially renamed our program the JBER Better Opportunities for Single Service-members," said Command Sgt. Maj. Thomas Kimball, 673d Air Base Wing command sergeant major and BOSS senior enlisted advisor.

Any single service member, to include single parents and geographical bachelors, is eligible to participate in BOSS events, Kimball said.

BOSS has three pillars – quality of life, recreation and leisure, and community service, and service members have a lot to gain by participating in BOSS events and getting to know people in the program, Kimball said.

Troops can work with BOSS to improve some of the little problems that come up in everyday life.

"The quality of life pillar of BOSS is an avenue for Soldiers and Airmen to raise awareness of issues that affect (them)," Kimball said. "Issues brought up at the BOSS meetings are brought straight to me by the BOSS president. Examples are ... issues with the number of inoperable washers and dryers in the barracks, or the need for peep-

holes to be installed in the barracks room doors to improve security."

Recreation and leisure is probably what most people think of when they hear of BOSS, Kimball said.

"Our BOSS program plans and executes several events each month," Kimball said. "Everything from white water rafting and fishing in the summer, to skiing and snowmobiling in the winter."

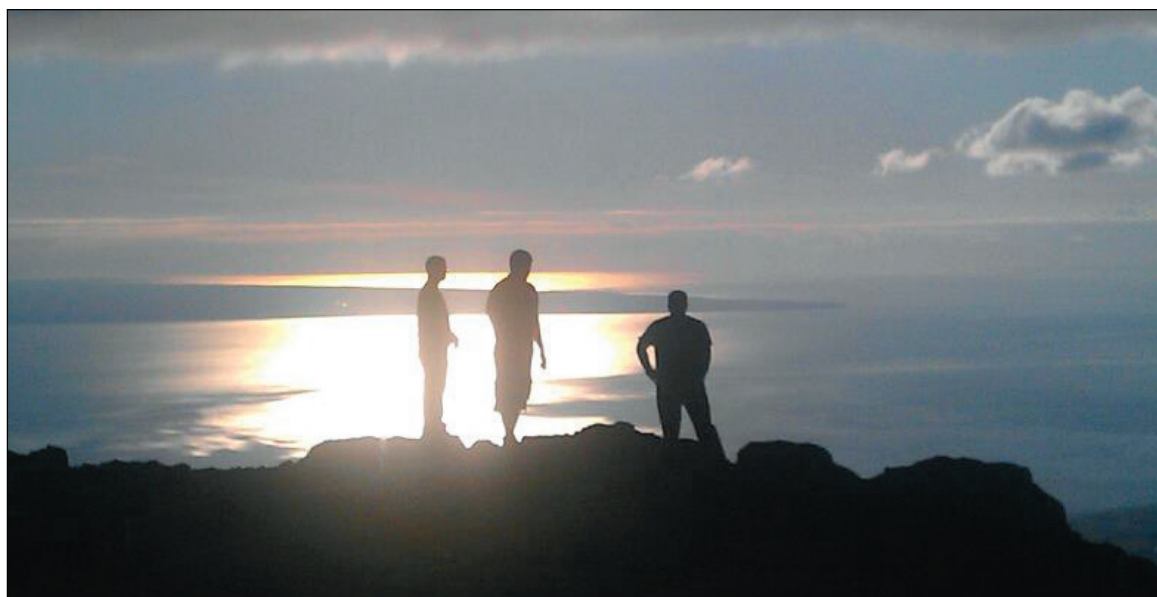
BOSS' next events are a free Murder Mystery Saturday, 7 p.m. at The Arctic Chill, a pumpkin carving contest Oct. 14 at the Kashim Club and two nights of Halloween, Oct. 28 and 29 at 9 p.m. at The Arctic Chill. The third BOSS pillar is community service.

BOSS offers single service-members a chance to come together and give back to the community.

"Each month, BOSS members take clothing donations to the Brother St. Francis homeless shelter and they help cook and serve lunch," Kimball said. "BOSS also works with the JBER-Richardson community mayors to collect winter coats for kids. BOSS works very close with the American Red Cross, Big Brothers and Big Sisters, and many other organizations on and off base."

BOSS also runs the Soldiers Against Drunk Driving program, providing free rides from downtown back to base on Friday and Saturday nights.

BOSS can make a tour in Alaska a lot more fun and service members are missing



JBER service members climbed Flat Top on Sept. 11 as one of their many activities. (Courtesy photo)

out if they don't take advantage, Kimball said.

"We want our Soldiers and Airmen to get out of the barracks and dorms and enjoy their time here at JBER," Kimball said. "BOSS is a great way to meet and socialize with other service-members, as well as a conduit to get their issues to the installation leadership and a way to do something good for our community."

It's important for leaders to get the word out about what BOSS offers, Kimball said.

"Those of us in the Army have known about BOSS since 1989," Kimball said. "Now we need to spread the word to our Air Force brothers and sisters. We now have an Airman as the JBER BOSS vice president, Tech. Sgt. Carina Rodgers, who is also a dorm manager. So she is spreading the word to our Airmen. We potentially could double the size of our program. But the key to success is leadership buy-in and service-

member participation. Without participation, there is no program."

BOSS leaders work with program participants to generally help out wherever they can, according to Rodgers.

"Some of us are seasoned, so we can help the younger troops," Rodgers said. "We meet every other Thursday at 2 p.m. in the Arctic Chill. We're going to start hosting one meeting over there and one on the Elmendorf side."

BOSS provided transportation for service members to take part in a Sept. 11 memorial hike up Flat Top mountain.

Kimball encourages everyone who is eligible to take part in BOSS events.

"Fort Richardson and Elmendorf Air Force Base have been neighbors for decades, but most (never) dared to cross to the other side," Kimball said. "We work and fight together when deployed, why not work and play together at home station?"

People are what make JBER joint missions work

Commentary by Army Chaplain (Maj.) Dwight Croy

“But we request of you, brethren, that you appreciate those who diligently labor among you...and that you esteem them very highly in love because of their work. Live in peace with one another.” (1 Thessalonians 5:12-13).

Has it been a year already? Little did we know the hurdles that awaited us as we did “the joint basing thing.”

As we do every day in the military, we adapt and overcome. Only a little over a year ago we as chaplains and assistants, Soldiers and Airmen, masters of communication and language skills, looked at each other and strained to understand, “What in the world are they talking about?” Even with God almighty on our side, we struggled against the “us

and them” language; we strove to understand each other’s culture; we sought diligently to blend our operating systems and keep best practices.

It was a challenging time for all of us. Strain on our person is good, just as exercise is good for us.

Just as tension in the sails of a ship show that it is going somewhere, we as religious support teams are definitely going somewhere.

We all are joining forces under the installation commander’s mission: to provide and support mission-ready Arctic Warriors; serving them, their families and the community while achieving joint base excellence.

This is only one perspective, but after one year at this, I have to say that joint basing can only happen with people.

Systems by themselves do

not have passion, emotion, drive, energy, creativity, determination, or decision making capability. People do.

In my observation, those who wait for the system to “even out” on its own don’t really go anywhere and “joint” does not happen.

But those who weather the storm, roll their sleeves up and walk it through, accomplish much. A general early in my military life once said to me, “Make a plan, work a plan.” In other words do not get distracted, do not turn to the left or the right, stay on course.

Vacation Bible School, national prayer breakfasts, spiritual renewal conferences, joint worship services, multiple faith group services, holy day gatherings, the largest religious volunteer data base in the history of this base, and so on.

These are the visible “splashes” as I like to call them.

The more they are consistent the more strength they give to the infrastructure of Joint Base Elmendorf-Richardson.

As ministry teams, the command counts on us to do a lot more than the visible projects that we enjoy from time to time.

A mistake would be to “rest” on what has been accomplished thus far.

We have a long way to go. As leaders, we work in the present for the military generations that follow.

The JBER religious support teams value the shepherding skills of relationship building, compassion, continuity, tradition, approachability, accessibility, and accountability in all the ministry areas we steward for the command.

The religious support teams often run silent and run deep.

Unseen, effective and yes, we

can be efficient.

The Air Force and Army effectively man a 24/7 roster so a chaplain is always on duty.

We write weekly articles in this publication for the spiritual welfare of the community.

We have fine tuned our meetings to reduce redundancy.

We have put together a joint training program that meets both our training needs.

The most important ingredient is that we do this together. How? Together.

We respect each other and acknowledge each other’s work as much as possible.

Organizations, systems, obstacles, challenges, people, change are often put into our path, not just for this lifetime, but to build our character, give glory to God, and prove out God’s will to live in peace with all mankind.

Domestic violence victim: ‘I made a successful escape’

Commentary by Alison Stewart
Air Force News Service

I’m not ashamed to admit that I am a survivor of domestic violence.

It’s been eight years since I broke away from my ex-husband/abuser, but I never take for granted how blessed I am to be alive.

Shortly after I escaped my abuser, one of the first life-changing things I did was walk into the recruiter’s office to join the Hawaii Air National Guard.

Being part of the Guard rejuvenated my sense of independence and opened up new professional opportunities.

Words cannot describe how good it feels to be able to get into the car and go wherever I want to without the fear of having a fist raised at me when I get back home.

One in four women are victims of domestic violence, and it’s a problem that is difficult to profile since it cuts across all socio-economic groups. Whether it’s physical or emotional abuse, the abuser almost always starts small, graduating to increasingly harsh behavior over time.

After a severe episode of abuse where my ex-husband unleashed a head blow that caused partial hearing loss in my left ear, I realized that I’d rather die a free woman rather than die as his prisoner.

The solution to the problem seems so simple, and is the source of the biggest question that arises: “Why don’t you just leave?”

From personal experience, I can testify that it’s not easy.

In addition to the mental preparation, you need to have a survival plan and support system in place.

Fortunately for me, I made a successful escape with the help of my family and

wonderful friends.

If you are stationed in Hawaii and away from family, you may not have that network of personal support that I did, but know that if you do need the help, there is a wealth of resources here for you.

Restricted reporting gives victim of domestic abuse the option to make a restricted report to a victim advocate, health care provider and family advocacy without starting a law enforcement investigation or having the victim’s or alleged offender’s commander notified.

Restricted reporting is intended to give victims access to services and support. Family Advocacy will work with the victims to help them understand all of their options.

Healthcare providers will initiate the appropriate care and treatment, and will refer the domestic abuse only to Family Advocacy Program and/or a victim advocate.

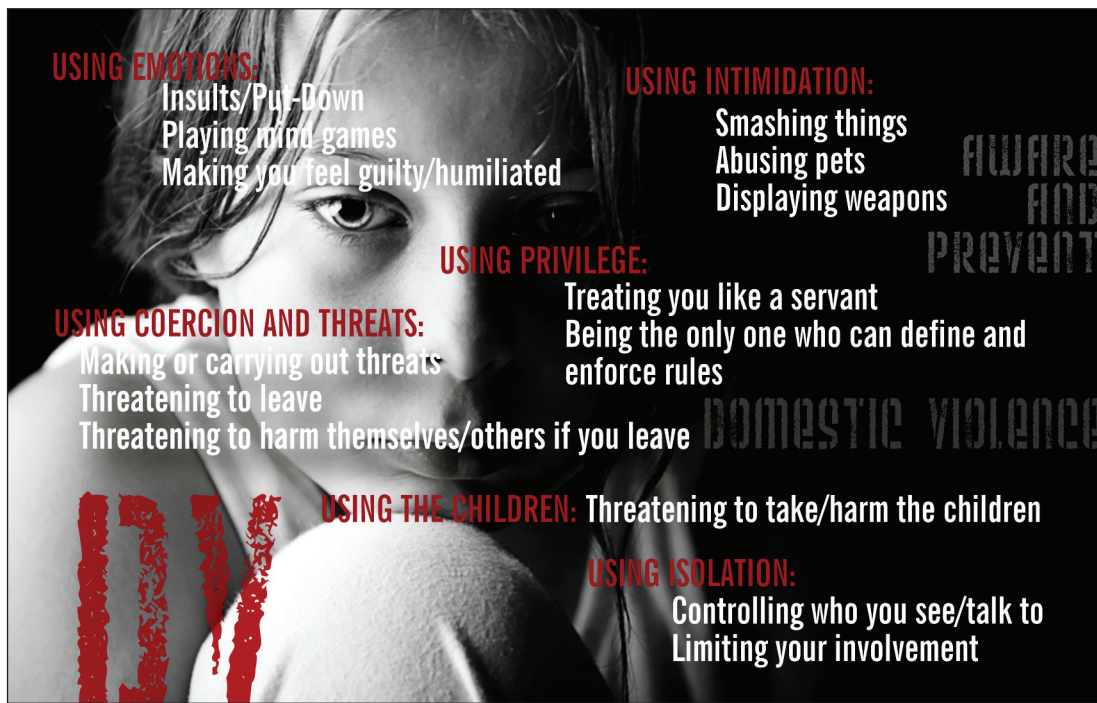
There are some exceptions and limits to the restricted reporting option.

October is Domestic Violence Awareness Month and we need to continue to raise awareness.

If you’re not sure if you or someone you know is being abused, here are some signs.

Do you:

- Feel afraid of your partner often?
- Avoid certain topics out of fear of angering your partner?
- Feel that you can’t do anything right?



Courtesy graphic

- Believe that you deserve to be hurt or mistreated?
- Feel emotionally numb or helpless?

Does your partner:

- Have a bad and unpredictable temper?
- Humiliate or yell at you, especially in public?
- Hurt you or threaten to hurt or kill you?
- Shove, slap you or hit you?
- Intimidate you with guns, knives or other weapons?
- Act excessively jealous and possessive?
- Control where you go and what you do?
- Stop you from seeing or talking to friends/family?

- Limit your access to money, the phone (and check your call logs), and the car?
 - Constantly check up on you?
 - Tell you you’re a bad parent or threaten to take away or hurt your children?
 - See you as property instead of a person?
 - Destroy your property, kill or threaten to kill your pets?
 - Blame you for all his wrong-doings?
 - Threaten to commit suicide if you leave?
- Don’t hesitate to call for help – call 911, Family Advocacy, or command. There are resources available to you.

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WEEK 5

Sunday, October 9

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

Monday, October 10

Chicago at Detroit,	4:30 p.m.
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WEEK 6

Sunday, October 16

Carolina at Atlanta,	9 a.m.
Indianapolis at Cincinnati,	9 a.m.
San Francisco at Detroit,	9 a.m.
St. Louis at Green Bay,	9 a.m.
Philadelphia at Washington,	9 a.m.
Buffalo at NY Giants,	9 a.m.
Jacksonville at Pittsburgh,	9 a.m.
Houston at Baltimore,	12:05 p.m.
Cleveland at Oakland,	12:05 p.m.
Dallas at New England,	12:15 p.m.
N. Orleans at Tampa Bay,	12:15 p.m.
Minnesota at Chicago,	4:20 p.m.

Monday, October 17

Miami at NY Jets,	4:30 p.m.
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Football Frenzy

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Top 8 Qualify for Final!
Sign up 5 p.m.

TEXAS HOLD'EM NO LIMIT

Thursdays
GAME STARTS 6 P.M.

Community happenings

FRIDAY AND SATURDAY
Rocktoberfest
 The closing weekend of Alyeska festivals features Nervix 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.

SATURDAY
Alaska Navy Ball
 Military members and the public are invited to the Sheraton Anchorage Hotel from 6 p.m. to midnight to celebrate the Navy's birthday. Wear service dress or formal attire and dance the night away.
 For information call 552-7788.

Wolf day at the Alaska Zoo
 Enjoy a howling good time all afternoon with a scavenger hunt, games, a wolf-howling contest, craft stations and encounters with wolves.
 For information call 346-2858.

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.

TUESDAY
Winter Biking 101
 Get ready to ride all winter with this presentation at REI sports shop. 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. The club will provide a basic class, Monday and Tuesday evenings beginning Nov. 7 at 6 p.m.
 For information or to register, email club@kl7air.us.

WEDNESDAY
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. 14 AND 15
Alaska Aces games
 The Aces take on the Las Vegas Wranglers at the Sullivan Arena at 7:15 p.m.. Bring your cowbell and get your hockey fix.
 For information visit www.alaskaaces.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," and more at the Alaska Center for the Performing Arts.
 For information, call 263-ARTS or visit www.myalaskacenter.com.

Model railroading
 The Military Society of Model Railroad Engineers presents Model Train Day from 10 a.m. to 5 p.m. in basement Room 35 of Matanuska Hall, 7153 Fighter Drive. Anyone interested in model railroading is invited.
 The club regularly meets at 7 p.m. Tuesdays with work sessions at 1 p.m. Saturdays in the same room.
 For more information, call 552-5234 or 952-4353, visit www.trainweb.org/msmrrre or email bjorgan@alaska.net.

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
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 Ave., 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 p.m. and the competition goes until 10 p.m.
 For more information, call 272-4801 or visit www.ragecityrollergirls.org.

Te Vaka Concert
 This group of musicians and dancers from around the Polynesian region brings upbeat, positive music with a rich mix of Polynesian ancient culture with the modern world. They play at the Alaska Center for the Performing Arts at 7:30 p.m.
 For information visit www.anchorageconcerts.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 by selling items at a food booth, setting up or cleaning 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 more 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 Nov. 19 or at Vagabond Blues in Palmer 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 Drive. Anyone interested in model railroading is invited.
 For more information, call 552-5234 or 952-4353, visit www.trainweb.org/msmrrre or email bjorgan@alaska.net.

Family Advocacy presents the Newlywed Game
 All couples - dating, newlywed or married for any length of time - are invited to the Military Family Readiness Center from 6 to 8 p.m. to learn about couples' communication skills to improve their relationships. Free food and prizes will be provided.
 For more information call 580-2121 or 384-6717, or call Family Advocacy at 580-5858 for information on other classes.

Planetarium shows
 Through 3-D graphics, surround sound and a dome screen, the Anchorage Museum's planetarium offers a fascinating way to learn about astronomy, the solar system and more. Be advised that the museum is now on winter hours.
 For more information call 929-

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 though Friday
 Before/after 11:40 Mass - Soldiers' Chapel

Protestant Sunday Services
Joint Liturgical Service 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

Yom Kippur Services
 7:30 p.m. Friday and 10 a.m. Saturday at the Lubavitch Jewish Center, 1117 East 35th St. Call 279-1200 for information.

9200 or visit www.anchoragemuseum.org.

Watercolor exhibit
 From Friday through Nov. 27, the Anchorage Museum hosts the Alaska Watercolor Society Juried Exhibition with a variety of styles and subjects, all by Alaskan painters.
 For information, call 929-9200 or visit www.anchoragemuseum.org.



Experience JBER Elmendorf-Richardson

Who Done It?
October 8
7 p.m.
Chill/Boss FREE
Murder Mystery
Sign up today!
384-7619
 Bldg. 655



Join JBER's Caribbean Cruise for Spring Break! Spend sunny days lounging & stary nights dancing on the 7 night cruise on the Norwegian Sun. Departs Port Canaveral March 10. Cruise to Nassau, San Juan, St. Thomas and Great Stirrup Cay, returning to Port Canaveral. Inside Stateroom \$1539⁰², Oceanview Stateroom \$1799⁰² & Balcony Staterooms \$2199⁰². Price based on double occupancy. Prices subject to change without notice.

USAF SERVICES
Information Tickets & Travel

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. For more information call the **Polar Bowl at 753-7467**

2011/20012 Ski Season - Alyeska Lift Tickets.
 Call for up to date ticket pricing! See ITT Staff for voucher details.

Anchorage Museum of History & Art	Ages 3 - 12 yrs old	\$7
	Ages 13 & up	\$8
Imaginarium & The Smithsonian Exhibit included		
Regal ULTIMATE PREMIER MOVIE PACKS		
2 premier movie tickets & \$10 Regal gift card		\$30
ACES Hockey Tickets		
Season Opener Aces vs Las Vegas Wranglers, October 15		

Special Deals

Overnight Cabin Adventure for 2 \$135
Alaska Horseman Trail Adventures
 Includes one of the following: 2 hour Trail Ride, Carriage Ride or Kenai Lake Kayaking. Amenities include a covered pavillion with grill, horseshoe pits, hiking trails and Volleyball/Badminton Nets.

Bed & Breakfast Overlooking Cook Inlet \$120 per night
*Anchor River Lodge**
 Just 15 minutes from Homer. Rate includes contential breakfast.
 *Minimum 2 night stay required.

Save On Your Favorite Alaskan Places \$45
 2011/2012 Northern Lights Coupon Book

JBER Elmendorf
 552-0297
 or 753-2378
 Bldg. 9497
 (Located in the Arctic Oasis Community Center)
 Monday - Friday
 9:30 a.m. - 5:30 p.m.
 Open 10 a.m. - 2 p.m. Family Days
 Closed Saturday, Sundays and Hoilidays

ITT will be closed October 10 for Columbus Day

Discounted Anchorage Concert Association Tickets

- Fiddler on the Roof
 October 21 - 27
- The Nutcracker
 November 26 - 28
- Beauty & The Beast
 January 12 - 21

Check out the October Alaskan Adventurer or online at www.elmendorf.richardson.com for a Polar Bowl coupon and save more!



Plan your trip to Fairbanks on the Alaska Railroad or take the Winter Hurricane Turn Train on the 1st Thursday of the month. ITT has awesome discounts on your winter rail trips!



FLAG FOOTBALL

Army teams square off on the gridiron



ABOVE: Andrew Gaskins of the 56th Engineer Company breaks free of attempted tackles at the intramural flag football tournament Sunday.

LEFT: Jason Moore of the 95th Chemical Company pulls away from Daryl Hurst, 56th Engineer Company, during the intramural flag football tournament on Joint Base Elmendorf-Richardson Sunday afternoon.

The championship game was played Wednesday night, and the result will be featured in next week's *Arctic Warrior*.

The JBER flag football season is over, but intramural basketball, inner-tube water polo, and other sports are just getting started. Check out water polo action every Wednesday night at the Buckner Physical Fitness Center pool at 7 p.m.

For more information or to sign a team up to play, call the BPFC sports office at 384-1308. (U.S. Air Force Photos/Steven White)



LEFT: Louie Jaramillo of the 56th Engineer Company, breaks away for a touch down during the intramural flag football tournament on Joint Base Elmendorf-Richardson Sunday afternoon. The 56th Engineers carried the day with a score of 20-15. ABOVE: John Gouridine Jr. of the 95th Chemical Company dodges during the intramural flag football tournament on JBER Sunday afternoon. Intramural sports action continues year-round on JBER.



Service members partner with Anchorage schools

JBER Public Affairs
News release

Service members in the Anchorage area now have more ways to get involved with their community.

The partnership with the Anchorage School District, initiated two years ago by U.S. Army - Alaska is being expanded this year to include participation by the 673d Air Base Wing at Joint Base Elmendorf-Richardson.

"This is a great opportunity for not only 673d but also other JBER tenant units to voluntarily participate and affirm our joint commitment to the mission," said Erin Eaton, JBER community relations chief, who coordinates the 673d ABW participation.

Representatives of the three organizations signed a new school partnership program agreement Sept. 22. The agreement was signed by Carol Comeau, superintendent, Anchorage School District, Army Maj. Gen. Raymond Palumbo, commanding general of USARAK, and Col. Robert Evans, JBER and 673d ABW commander.

During the 2011-2012 school year, 200 Soldiers and Airmen will be donating their time and talents in 17 Anchorage schools, including elementary, middle and high schools.

"The military personnel are great in the classrooms and the children really open up to them," said Brian Griggs, a school liaison specialist for JBER. "It's a great win-win situation for the schools and the military."

Working in the schools provides Soldiers and Airmen an opportunity to support the schools that have given so much to the children of military



Air Force Col. Robert Evans, Joint Base Elmendorf-Richardson and 673d Air Base Wing commander, Army Maj. Gen. Raymond Palumbo, U.S. Army Alaska commanding general, and Carol Comeau, Anchorage School District superintendent, sign a school partnership Sept. 22. The program matches service members with area schools. (U.S. Air Force photo/Tech. Sgt. Jeremy Larlee)

families, especially to those children whose parents were deployed or were adjusting to returning after a deployment.

The partnership includes unit and school partnerships, military mentorship, parental

involvement and leadership training.

"The program has worked out great for us. We are pleased to get volunteers anytime we can get them," said Gary Webb, principal for Aurora Elementary School, which was

part of the program last year. "Word of mouth has really helped build this program. When people see other folks benefitting from a program, they want to join is as well."

Program helps ease kids' stress

By Sgt. Thomas Duval
1-25th SBCT Public Affairs

KANDAHAR AIRFIELD, Afghanistan — For many children, listening to the slow, calm tone of a parent's voice reading a bedtime story is part of a nightly ritual.

Even when the parent is serving overseas, that can still be part of a child's routine, thanks to the United Through Reading program available to deployed service members.

In a building tucked in the center of the base, Soldiers can sit in a quiet room decorated with calming colors and stuffed animals and record themselves reading to their children.

Once the service member has customized his or her video, staff members finalize the disc and mail it to the family at no cost.

Recently deployed to Afghanistan, Soldiers from the 1st

Stryker Brigade Combat Team, 25th Infantry Division, based out of Fort Wainwright, have become the latest Soldiers to take advantage of the program.

Spc. Jason Harris has learned firsthand how the program helps bring his family together during their year of separation.

"It's an unbelievable feeling to sit in the room and read to my son," Harris, a cavalry scout with 5th Squadron, 1st Cavalry Regiment said. "I forget that I'm reading to a camera and instead just picture looking in my son's eyes and reading him a bedtime story."

"My wife says my son always asks to 'see Daddy,' Harris said. "It makes me happy to know that even while deployed, I can still read him and to him. It's almost like I'm there with him."

Sgt. Victor Saucedo, a personnel sergeant, is another Arctic Wolves Soldier who has benefited from the program.

"The exciting part for me is when my son opens the book and starts watching the movies," Saucedo said. "My wife records his reaction and, for me, that's a morale booster."

"My son is always surprised and excited, whether he's following along on the right page or not. The point is, I get to be



Spc. Jason Harris, a Cavalry scout with the 5th Squadron, 1st Cavalry Regiment, 1st Stryker Brigade Combat Team, 25th Infantry Division, based out of Fort Wainwright, reads Dr. Seuss' famous book "Green Eggs and Ham" to his son, Brayden, during a United through Reading session at Kandahar Airfield, Afghanistan. (U.S. Army photo/Sgt. Thomas Duval)

the one reading it to him and that means the world to me."

The program is such a success in the Saucedo family that he has returned to record three different reading videos, each time picking a different book from the full bookshelves that line the walls.

The program has been bridging the gap between separated families since it was created in 1989.

It was formed by military spouse, mother and teacher, Betty Mohlenbrock.

The program has touched thousands of lives of military families around the world, maintaining connections around the globe.

For information on the United Through Reading program, visit www.unitedthroughreading.org/military-program.

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



SPY KIDS: ALL THE TIME IN THE WORLD

Rated: PG
Playing: Saturday at 7 p.m.
Run time: 89 minutes
Starring: Jessica Alba, Joel McHale, Rowan Blanchard, Mason Cook

In this sequel to 2004's popular "Spy Kids," a retired spy is called back into action. To bond with her new stepchildren, she invites them along for an adventure – to stop the evil Timekeeper from taking over the world.

Don't put off mammograms

By Shari Lopatin
 TriWest Healthcare Alliance

When Mara Street turned 40, she received a call from TRICARE to recommend she go for her first yearly mammogram.

Street, who resides in Great Falls, Mont. and is the wife of a retired Air Force captain, didn't listen at first. "I deleted the message, thinking I'm a healthy young woman. I do not have a history of breast cancer," she said.

But two weeks later, TRICARE called again. This time, Street listened. And after going for her first mammogram, she discovered she had breast cancer.

"If it hadn't been for TriWest making two phone calls, we may have waited until she was 50 years of age and our opportunities and options would have been grossly limited," said her husband, Tim Street.

Many women put off mammograms for a variety of reasons.

Here are four common excuses women use to avoid getting their mammograms, and why they should stop avoiding this lifesaving screening:

1. "I'm too busy."

Having a mammogram will only take a few moments—usually three to five minutes, according to the Centers for Disease Control and Prevention. Typi-

cally, it's less than an hour from checking in to walking out the door. The risk of breast cancer rises with age, and the sooner you detect breast cancer, the better your chance of survival.

2. "It hurts."

As a general rule, having a mammogram may cause some minor discomfort. Yes, there is pressure on the breast tissue—but it is pressure, not pain.

3. "Nothing is wrong if I don't check."

Breast cancer is the most common type of cancer in American women, other than skin cancer, according to the CDC. The odds are against you if you don't check.

Some warning signs include a new lump in the breast or armpit, thickening or swelling of the breast, nipple discharge, other than breast milk, including blood, change in size or shape of the breast or pain.

4. "I don't know where to go."

Your doctor can give you some options of where you can conveniently get a mammogram. Your closest option might be at a base clinic or a local imaging or radiology center. Always call to make sure your mammography center is TRICARE-authorized.

TRICARE covers mammograms for women starting at age 40. For those at high risk, coverage begins at 35 years old.

To watch Street's story, visit www.TriWest.com/MissiontoServe. For more about breast health, visit www.TriWest.com/BreastHealth.

Artillery spouses learn to parachute, fire weapons at family day

By Spc. Philip Cooper
 2-377th PFAR

Spouses of 2nd Battalion, 377th Parachute Field Artillery Regiment Soldiers got a taste of Airborne training during the unit's G. I. Jane Day Sept. 9 at Joint Base Elmendorf-Richardson.

Just as it does for Soldiers, the spouses' day began with a formation behind the 2-377th headquarters for accountability, safety briefings and an outline of the day's events.

After formation, the spouses loaded into the back of a light medium tactical vehicle to head out to the Airborne Sustainment Training Tower to get an idea of what it's like to jump out of an aircraft.

There the spouses received instruction on the proper wear of a parachute harness.

An airborne jumpmaster inspected their gear and they were cleared to climb the jump tower, where jumpmasters prepared them for the 34-foot jump down a zip-line-like device. Next event was the simulated firing of

an M119A2 Howitzer by an artillery crew, after which the spouses had the opportunity to perform the drill themselves.

After a long morning at the jump tower and a chance to play the part of an artillery crewmember, the spouses travelled to a firing range for familiarization on the 240-B machine gun and M-4 carbine rifle, with which their spouses must qualify with every six months.

"I really have enjoyed today," spouse Nichole Sloan said. "It has been a blast since we started at the jump tower to shooting these weapons. I really have enjoyed it and I hope we can do it again."

Back at the battalion headquarters, 2-377th Commander Lt. Col. Frank Stanco and Command Sgt. Maj. Cedric

Moore presented the spouses with certificates of achievement.

"This was an outstanding event and I believe the spouses really enjoyed themselves. I hope we can do this again soon," Stanco said. "This has been an outstanding day in 2-377th PFAR."

“It has been a blast since we started at the jump tower.”



Jumpmaster Sgt. 1st Class Tony Ayaberrano helps a spouse out of the training tower on Joint Base Elmendorf-Richardson. (U.S. Army photo/Spc. Philip Cooper)

