

# ARCTIC WARRIOR

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Spc. William Colton Millay

## JBER Soldier sentenced for attempted espionage

U.S. Army Alaska news release

An eight-Soldier panel made up of officers and senior noncommissioned officers decided punishment Tuesday for a JBER military policeman after a daylong sentencing hearing for a series of crimes including attempted espionage.

Spc. William Colton Millay, 24, a military policeman assigned to the 164th Military Police Company, 793rd Military Police Battalion, 2nd Engineer Brigade, was sentenced to reduction to private (E-1), forfeiture of all pay and allowances, and a dishonorable discharge.

The panel also sentenced Millay to con-

► See **MILLAY**, A-3



Katie Heath (Courtesy photo)

## F-22 pilot's wife finishes Boston Marathon

By Air Force Capt. Ashley Conner  
477th Fighter Group PAO

Katie Heath, wife of 90th Fighter Squadron F-22 pilot Air Force Capt. Kevin Heath, finished the Boston marathon in three hours and 48 minutes, approximately 20 minutes before the explosions that killed and injured runners and spectators Tuesday.

Heath was in the family area about two blocks from the finish line where the first explosion occurred.

"This has been a very emotional day for me," Heath said. "Running a marathon is very taxing and then to have such a horrific event occur – I have been in shock most of the day. I have nothing but great things to say about the race coordinators and volunteers. Up until the explosion this was such an amazing experience. And even after everything happened everyone was so willing

► See **HEATH**, A-3



## JOINT METTLE

JBER riggers support Marine Corps training



Sgt. Jerica Ogel, 4th Quartermaster Detachment jumpmaster and rigger, looks at paratroopers ready to jump after performing a safety check of Malamute Drop Zone, April 10, aboard a Marine Aerial Refueler Transport Squadron 152 KC-130J Super Hercules. VMGR-152 is stationed at Marine Corps Air Station Futenma, Japan. (U.S. Air Force photos/Airman 1st Class Omari Bernard)

## Soldiers, Marines, JBER airfield operations join forces for training

By Airman 1st Class Omari Bernard  
JBER Public Affairs

**T**HIRTY-SIX MARINES FLEW from the warm tropical climate of Okinawa, Japan, to the frosty sub-arctic climate of Alaska to train. Marines with the Marine Aerial Refueler Transport Squadron 152 (VMGR-152) at Marine Corps Air Station Futenma, flew more than 7,482 miles to Joint Base Elmendorf-Richardson, Alaska, to work alongside Soldiers from the 4th Quartermaster Detachment (Airborne) to perform personnel and heavy cargo drops.

"The terrain and the ranges here are nothing like we get over in Japan," said Marine Corps Maj. William Smith Jr., the assistant operations officer at VMGR 152 and the detachment officer in charge. "We submitted the request to come up to Alaska because of the vast ranges and the opportunities up here. Also for the opportunity to work with the 4th QM for the airdrops."

While here, the Marines performed airdrops, threat levels, low-level maneuvers and low-altitude tactics over mountains and through the valleys of Alaska. Low-hanging clouds burdened with sudden flurries of snow limited visibility and delayed flight times. They seemingly could not have come at a more inopportune time. However, the Marines soldiered on because the training was necessary for both the Marines and the Soldiers.

"We came up from Okinawa to get some good quality cold weather training," said Marine Corps Master Sgt. Sam Wayne, a KC-130J Super Hercules crew chief with the VMGR-152. The Marines made the tropical to sub-arctic shift with the help of a lot of clothes, he said.

The routine was simple. Two Marine KC-130s would taxi over to the Joint Mobility Center on JBER-Elmendorf and pick up simulated heavy equipment made up of dirt and rocks that weighed a total of 8,800 pounds as well as 80 to 100 Soldiers to drop at the Malamute Drop Zone eight miles away.

The pilots performed the airdrops on a circuit course.

"It takes about 10 minutes," Smith explained. "We dump out 10 to 20 jumpers every pass."

A Soldier described the process for a static-line jump. When the plane came close and the designated landing zone was sighted, the Army jumpmaster gave a hand signal for the next round of jumpers to prepare. Twenty jumpers stood up and clipped their main parachute to the static line. Next, the back of the aircraft opened and a blinding flood of white light filled the cargo bay of the aircraft.

As their eyes adjusted to the light, they relayed hand signals counting down the time. Five fingers for five minutes, one for one minute. Then, standing at the edge of the

► See **TRAINING**, A-3



Paratroopers of 4th QM board a VMGR-152 KC-130 for an airdrop operation.



### VMGR-152

Marine Aerial Refueler Transport Squadron 152 operates the KC-130J Super Hercules. In addition to having a cargo capacity of nearly 48,000 pounds, the KC-130 is unique insofar it can refuel two aircraft simultaneously ranging from helicopters to jet fighters. With external tanks fitted, the KC-130 can carry more than 61,000 pounds of fuel. With the Hercules Airborne Weapons Kit fitted, the KC-130 can fire Hellfire air-to-ground missiles, Griffin GPS-guided missiles and precision-guided bombs for area-denial missions.



### 4th Quartermaster Detachment

The 4th Quartermaster Detachment (Airborne) is an element of 17th Combat Sustainment Support Battalion and provides rigging and airdrop support primarily for U.S. Army Alaska units. The unit was originally constituted as the 4th Quartermaster Battalion Aug. 12, 1943. Military Occupational Specialty 92R - parachute riggers, attend 13-week MOS training at Fort Lee, Va., where they become experts in rigging supplies, equipment and supplies for airdrop in addition to packing parachutes and other logistics-related duties.

### Inside JBER justice proceedings released: A-2

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## ‘We own it, we’ll solve it, together’ Preventing sexual assault and harassment in our ranks

Editorial by Maj. Gen. Michael Garrett  
U.S. Army Alaska Commanding General

April is National Sexual Assault Awareness Month. The Army’s theme for this observance is “We own it, we’ll solve it, together.”

The Army has published some disturbing trends and statistics I want everyone to recognize. We won’t be capable of owning or solving this problem together until we each acknowledge how serious these crimes are and collectively dedicate ourselves to preventing them.

There were 1,695 reported cases of sexual assault throughout the Army in 2011. Nearly half of these reported attacks happened on weekends. More than half of them were reported as Soldier-on-Soldier attacks. Eight four percent of the victims and 59 percent of the alleged offenders were specialist/corporal and below.

Despite the severity of these numbers, they likely don’t tell the whole story. Sexual assault is the most under reported crime in the nation. We must assume there are victimized Soldiers who have yet to file a report. I encourage any victims in our ranks to come forward and at least file a restricted report with the installation Sexual Harassment and Assault Response Program advocate.

The SHARP advocate, a specially trained civilian, can help you cope with what happened and offer confidential advice on finding solutions. Filing a restricted report affords victims access to healthcare, coun-

seling and advocacy without initiating an investigation.

When these offenses are committed within our ranks, they are among the worst transgressions we as an organization can fail to prevent. These crimes are Soldiers hurting Soldiers. In addition to the numbers above, a disturbing number of sexual assaults are committed by male noncommissioned officers against young female Soldiers arriving at their first duty station. That’s a terrible betrayal, which goes against our Army Values and the NCO Creed.

Just last month here in U.S. Army Alaska, a master sergeant was found guilty by an enlisted panel of failure to obey an order prohibiting an inappropriate relationship, obstructing justice and cruelty and maltreatment through sexual harassment. This senior NCO was reduced three grades to the rank of sergeant. Serious crimes carry serious consequences.

In my experience evaluating sexual assault and sexual harassment cases, it’s generally not hard to identify ways the crime could have been prevented. In most instances, there was a coworker or Soldier who had seen previous inappropriate behavior and failed to speak up before it escalated to a crime.

We’ve all been trained to recognize the warning signs and know where we can go for help. If you see a dangerous situation or suspect someone may be in danger, it’s your duty to intervene. Leaders who witness sexual harassment must immediately take appropriate actions to correct the ha-

rassing behavior. As far as I’m concerned, leaders who fail to correct such misconduct have become participants and are effectively committing sexual harassment themselves. Any such leaders will be dealt with accordingly.

Each of us is entitled to work and live in an environment free from fear of sexual assault and harassment. Hostile work environments undermine mission performance, productivity and impair unit morale. Leaders must take allegations of sexual assault and harassment seriously. As a commander, my business is readiness. We must not tolerate anything within our control which reduces the readiness of our units.

The Army has programs, hotlines and professional counselors all dedicated to preventing sexual assault and harassment. Familiarize yourself with these resources and know where to turn if you or someone else is in danger. Anyone who is subject to acts of sexual harassment by leaders or their fellow Soldiers should make it clear such behavior is offensively unwelcome and immediately report the incident to the chain of command. If those being harassed tolerate the inappropriate behavior, they risk emboldening the offender to further harassment that could lead to sexual assault.

We all have the right to present complaints to our leaders without fear of intimidation, reprisal, or further harassment. Commanders must know what steps to take instantly upon receiving a report and take the appropriate actions. A Soldier shouldn’t have

to watch you stumble through the process for the first time when they are counting on you to lead and protect them. Every echelon of leadership must make certain anyone who reports a case of sexual assault or harassment is protected from reprisal or retaliation.

This is a hard conversation to have because it requires us to face difficult truths about some of those with whom we serve. Nevertheless, it is a conversation we must have if we are to own the problem of Soldiers hurting Soldiers through sexual assault and harassment. We owe it to the parents who entrusted us with the safety of their sons and daughters to face hard truths, make resolute decisions and to ultimately defend their trust in the honor of our profession.

We have a sacred obligation to the American people to do all in our power to protect the Soldiers in our formations, even if it means we protect them from each other. I know we will solve this problem together by empowering individual Soldiers with the confidence to stand up for themselves and those they lead against the few who choose to violate the nobility of our profession of arms.

Having served with you this past year, I can testify our Arctic Warriors are some of the finest Soldiers in the Army. I am very proud of you for choosing to serve our nation at a time when many others would not. You are the reason I wake up every day fired-up to give my best to this command and the Army. All I ask is that each of you does the same. Arctic Warrior! Arctic Tough!

## Hagel discusses 2014 defense budget

By Jim Garamone  
American Forces Press Service

WASHINGTON — President Barack Obama’s fiscal 2014 budget request for the Department of Defense is the best effort to match ends, ways and means, Defense Secretary Chuck Hagel told the House Appropriations Committee’s defense subcommittee today.

This is a time of fiscal uncertainty, Hagel told the representatives, and Congress and the administration must work together to ensure the United States is safe.

But “significant changes to the department’s topline spending would require changes to this budget plan,” the secretary added.

The president’s request of \$526.6 billion for the department’s

base budget will allow DoD to implement the defense strategic guidance, Hagel said. However, the old statement, “The president proposes, the Congress disposes,” is key to the budget process, and the budget may not pass in its current form.

If the budget is significantly reduced, the secretary told the lawmakers, there may not be enough money to implement the strategic guidance.

Hagel explained that is why he tasked Army Gen. Martin Dempsey, the chairman of the Joint

Chiefs of Staff, and Deputy Defense Secretary Ashton Carter to lead a strategic choices and management review.

“I asked for that review in order to assess the potential impact of further reductions up to the level of full sequester,” he said. “The purpose of this review is to reassess the basic assumptions that drive the department’s investment and force structure decisions.”

The review is designed to help understand the challenges, articulate the risks, and look for opportunities for reform and efficiencies

presented by resource constraints, the secretary said.

“Everything will be on the table during this review – roles and missions, planning, business practices, force structure, personnel and compensation, acquisition and modernization investments, how we operate, and how we measure and maintain readiness,” Hagel added.

The results – due at the end of May – will be used to build the fiscal 2015 budget request and will be the foundation for the Quadrennial Defense Review due to Congress in February.

“It is already clear to me that achieving significant additional budget savings, without unacceptable risk to national security, will require not just tweaking or chip-

ping away at existing structures and practices, but if necessary, fashioning entirely new ones that better reflect 21st century realities,” the secretary said, noting Congress has a role to play in this.

In the past, modest reforms to personnel and benefits – and moves to reduce infrastructure and restructure defense acquisitions – met “fierce political resistance and were not implemented,” Hagel said.

“We are now in a different fiscal environment,” he added, “dealing with new realities that will force us to more fully confront these tough and painful choices and to make the reforms we need to make to put this department on a path to sustain our military strength for the 21st century.”



## JBER justice proceedings released for month of March

### Courts-martial

On March 1 and 2, a general court-martial convened at JBER. An Army **master sergeant** was charged with two specifications under Uniform Code of Military Justice Article 80 (attempted abusive sexual contact), one specification under Article 92 (failure to obey order or regulation), two specifications under Article 93 (cruelty and maltreatment), three specifications under Article 120 (abusive sexual contact), two specifications under Article 128 (assault), and one specification under Article 134 (general article-obstructing justice).

The master sergeant was found guilty of failure to obey an order or regulation prohibiting an inappropriate relationship, one count of cruelty and maltreatment through sexual harassment, and one count of obstructing justice. He was acquitted of all other charges.

The case was tried before an enlisted panel, who sentenced the master sergeant to reduction to the grade of sergeant.

### Articles 15

A **technical sergeant** received nonjudicial punishment for signing a false official statement, violation of Article 107. He received a reduction to staff sergeant, 45 days’ extra duty with 30 days suspended, and a reprimand.

A **staff sergeant** received nonjudicial punishment for der-

eliction of duty, violation of Article 92. He received a suspended reduction to senior airman and a reprimand.

A **staff sergeant** received nonjudicial punishment for dereliction of duty, violation of Article 92. He received a suspended reduction to senior airman, 30 days’ extra duty and a reprimand.

A **staff sergeant** received nonjudicial punishment for dereliction of duty, violation of Article 92. He received a suspended reduction to senior airman, 30 days extra duty, forfeiture of \$562 pay, and a reprimand.

A **senior airman** received nonjudicial punishment for dereliction of duty, violation of Article 92; and damaging military property, violation of Article 108. He received a suspended reduction to airman first class, suspended forfeiture of \$1,007 pay and a reprimand.

A **senior airman** received nonjudicial punishment for signing a false official statement, violation of Article 107. He received a suspended reduction to airman first class and a reprimand.

A **senior airman** received nonjudicial punishment for failing to obey a lawful order, violation of Article 92. He received a suspended reduction to airman first

class, 30 days extra duty, forfeiture of \$500 pay and a reprimand.

A **senior airman** received nonjudicial punishment for wrongful use of a schedule IV or V controlled substance, violation of Article 112a. He received a reduction to airman first class and a reprimand.

A **senior airman** received nonjudicial punishment for signing a false official statement, violation of Article 107. He received a reduction to airman first class, 45 days extra duty with 30 days suspended, and a reprimand.

A **senior airman** received nonjudicial punishment for three specifications of dereliction of duty, violation of Article 92. He received a reduction to airman first class, 14 days’ extra duty and a reprimand.

A **senior airman** received nonjudicial punishment for signing a false official statement, violation of Article 107. He received a suspended reduction to airman first class and a reprimand.

An **airman first class** received nonjudicial punishment for signing a false official statement, violation of Article 107. He received a reduction to airman, 45 days’ extra duty with 30 days suspended and a reprimand.

An **airman first class** received nonjudicial punishment for absent without leave, violation of Article 86; and making a false official statement, violation of Article 107. He received a reduction to airman with a suspended reduction to airman basic, 45 days’ restriction, 27 days’ extra duty, suspended forfeitures of \$758 pay per month for two months, and a reprimand.

An **airman first class** received nonjudicial punishment for violating a general order, violation of Article 92. He received a suspended reduction to airman, 30 days’ extra duty, forfeiture of \$500 pay and a reprimand. reprimand.

An **airman first class** received nonjudicial punishment for failing to obey a lawful order, violation of Article 92. He received a suspended reduction to airman, 30 days’ extra duty with 15 days suspended and a reprimand.

An **airman first class** received nonjudicial punishment for failing to obey a lawful order, violation of Article 92. He received a suspended reduction to airman, 20 days extra duty with 10 days suspended, 20 days restriction with 10 days suspended and a reprimand.

An **airman first class** received nonjudicial punishment for assault consummated by a battery,

violation of Article 128; and disorderly conduct, violation of Article 134. He received a suspended reduction to airman basic, and a reprimand.

An **airman** received nonjudicial punishment for violating a general order, violation of Article 92. He received a reduction to airman basic, 30 days extra duty, suspended forfeiture of \$758 pay per month for two months and a reprimand.

An **airman** received vacation action for signing a false official statement, violation of Article 107. His suspended reduction to airman basic was vacated.

An **airman basic** received nonjudicial punishment for dereliction of duty, violation of Article 92; and larceny of military property of a value of less than \$500, violation of Article 121. He received a reprimand.

### Drunk driving

On March 15, a **sergeant** was found guilty in state court of driving under the influence in Anchorage, with a breath alcohol content of .165 percent.

The Soldier was sentenced to a \$3,000 fine, five days confinement, a driver’s license suspension for 90 days, use of an ignition interlock device for six months, and three years’ probation.

<b>Joint Base Elmendorf-Richardson/ 673d Air Base Wing Commander</b> Col. Brian P. Duffy (USAF)
<b>Joint Base Elmendorf-Richardson/ 673d Air Base Wing Vice Commander</b> Col. William P. Huber (USA)
<b>Joint Base Elmendorf-Richardson/ 673d Air Base Wing Chief Master Sergeant</b> Chief Master Sgt. Kevin L. Call
<b>Joint Base Elmendorf-Richardson/ 673d Air Base Wing Sergeant Major</b> Sgt. Maj. Jesse R. Pratt

## ARCTIC WARRIOR

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# Aircraft structural maintenance shop keeps 3rd Wing in the fight

By Airman Ty-Rico Lea  
JBER Public Affairs

With the Air Force’s current sequestration and budget cuts, everyone has their role to play to save the Air Force money. One organization doing their part to limit Air Force operational costs while still maintaining the highest possible quality standards is the 3rd Maintenance Squadron’s Aircraft Structural Maintenance Shop.

Aircraft structural maintenance personnel are tasked with restoring the structural integrity of aircraft. This duty requires the use of materials such as titanium, aluminum, steel, carbon-fiber or any other materiel that provides aircraft with refurbished environmental or structural protection.

“Our job is important, because it repairs the structural grade of the aircraft and keeps the aircraft in the air,” said Senior Airman Jeremy Robinson, an aircraft structural maintenance journeyman with the 3rd MXS. “Our job could vary from removing screws to rebuilding doors.”

Robinson’s job starts by first assessing damage on an aircraft to determine what type of repair is needed; he then transports the aircraft to a hanger where the repair crews work night and day to return the plane to the skies above JBER and throughout the world.

According to Robinson, this line of work is considered by most a way of “going green” when it comes to manufacturing materials for aircraft, since the shop puts an emphasis on using recycled metals. Not only does this process save the Air Force a considerable amount of money, but it also encourages other shops to do the same when it comes to utilizing resources.

“Our technicians here are trained to fix aircraft at the field level so as not to cost



**Janny Dunlavey, aircraft structural maintenance craftsman with the 3rd Maintenance Squadron uses a tube bender to manufacture hydraulic lines for an aircraft at the Aircraft Structural Maintenance shop March 25. A critical aspect of the Aircraft Structural Maintenance Shop is to take damaged aircraft materials and refurbish them to thier original hull integrity. (U.S. Air Force photo/Airman Ty-Rico Lea)**

the Air Force too much money to have the material sent to another base,” said Janny Dunlavey, a 3rd MXS aircraft structural maintenance craftsman civilian. “We’re lucky enough to have the people we do here to share their knowledge and ideas on better ways to tackle refurbishing jobs.”

Personnel also repaint the aircraft’s exterior as to avoid further damage being done to exposed sheet metal. Rather than contracting with a private organization, members simply

gather the necessary materials and handle the job themselves.

“When people think of sheet metal, they normally think of nut-plates, rivets and any other material associated with an aircraft’s outer hull,” Dunlavey said. “We as aircraft structural maintenance personnel are charged with the tasks of restoring the body of an aircraft to its original state.”

Due to the unpredictability of damage to an aircraft, the sheet metal repair shop



## ▼From TRAINING, A-1

platform, one of the jump masters held out their arm and gave the jumpers the go-ahead. Twenty Soldiers flew out the back of the plane in a matter of seconds and their parachutes would open seconds after departing the aircraft. The bay door closed and the pilots circled around for the next drop.

Once all Soldiers exit the aircraft and parachute to the drop zone, they pack up their chutes and march through three feet of snow to buses waiting to take them back to the JMC.

“For normal airborne operations, we jump out of the doors at the sides,” said Army Capt. Sean Walstrom, commander of the 4th QM. “This is a special jump, we do not normally do these.”

Walstrom said the 4th QM supports drops for any and every military jump unit that asks in the Pacific Region and have had no malfunctions in years.

“Every parachute we’ve packed and has gone out a plane has opened,” Walstrom explained. “We are the best riggers in the Pacific.”

When the Marines of VMGR 152 requested heavy equipment drops for training, the 4th QM answered the call.

“Training with the Army provides us good some good opportunities,” Smith said. “They’re willing to work with us. It’s hard sometimes to find units that are willing to do jumps. It’s a plus for both of us, we get a lot of training out of the heavy equipment drops while they get a lot out of the personnel drops.”

The Marines owned the planes and the Army had the personnel and cargo to drop out of them. Both had common training interests and used them to effectively accomplish their goals and meet their standards.

“We got a lot of good training out of here,” Smith said. “Any time we can work jointly it’s a bonus for everyone.”



**A palletized container, rigged by Soldiers of 4th Quartermaster Detachment, exits a Marine Aerial Refueler Transport Squadron 152 KC-130J Super Hercules, April 11 over Malamute Drop Zone April 11. (U.S. Air Force photo/Airman 1st Class Omari Bernard)**

## ▼From MILLAY, A-1

finement for 19 years, but due to Millay’s pre-trial agreement, this was dropped to 16 years confinement with credit for 535 days of pre-trial incarceration.

Millay pled guilty before a military judge here March 19 in the U.S. Army Alaska courtroom to attempted espionage, failing to obey regulations, issuing a false official statement, soliciting another to commit espionage, and communicating national defense information.

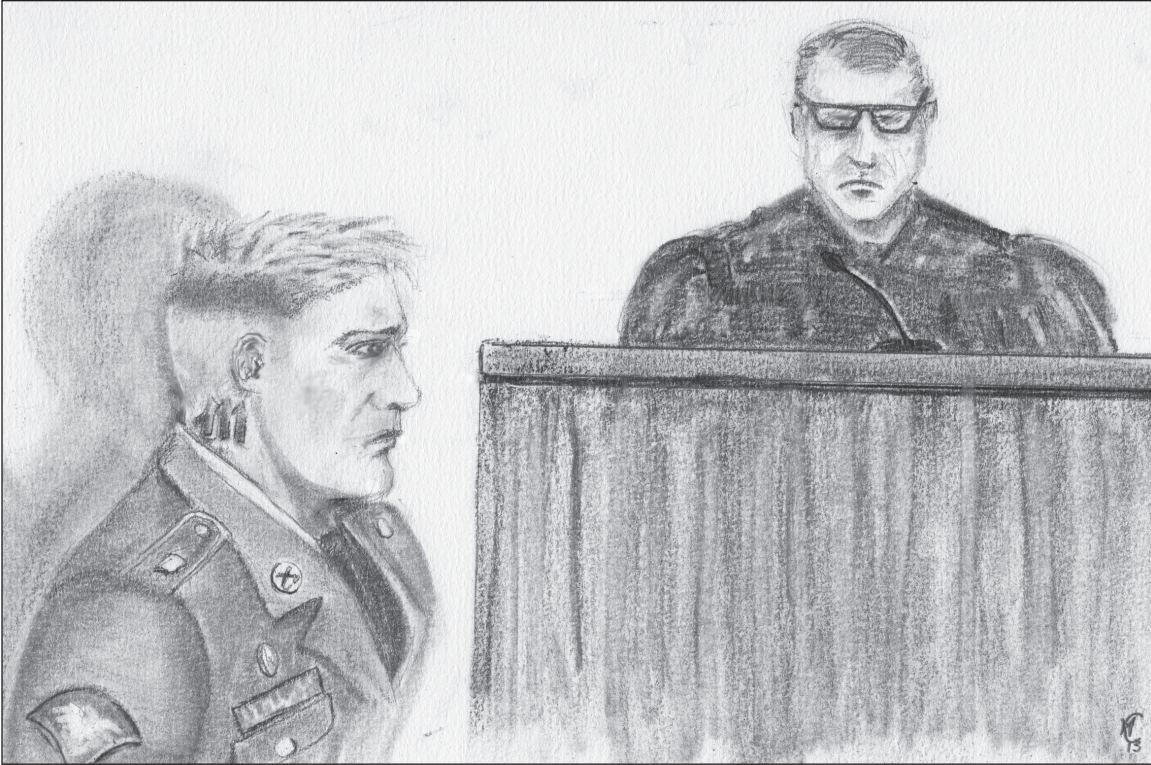
Millay, of Owensboro, Ky., was apprehended Oct. 28, 2011 on JBER by Army Counterintelligence Special Agents and Army Criminal Investigation Command agents for suspicion of attempted espionage.

The charges against Millay were in connection with a joint investigation conducted by the Federal Bureau of Investigation, Army Counterintelligence and the Air Force Office of Special Investigations.

General nature of charges: Attempted Espionage (Art. 106a, Uniform Code of Military Justice):

Spc. William C. Millay communicated and transmitted national defense information to an undercover FBI agent whom he believed was a foreign intelligence agent. Millay had access to the information through the course of his normal duties both stateside and on a previous deployment, and believed it could be used to the detriment of the United States or the advantage of a foreign nation.

Failure to Obey General Regulations (Art. 92, UCMJ):



**Spc. Colton William Millay, who was assigned to the 164th Military Police Company at JBER, is sentenced (Monday/April 15) to 19 years confinement, reduction to E-1, forfeiture of all pay and allowances and dishonorable discharge, for crimes including attempting espionage and communicating national defense information. Army Col. Timothy Grammel presided over the sentencing, which was decided by an eight-member panel of senior enlisted Soldiers and officers. (Air Force sketch/Chris McCann)**

1. Spc. William C. Millay failed to report multiple contacts with someone he believed to be a foreign intelligence agent as required by Army Regulation 380-12, paragraph 3-1(d).

2. Spc. William C. Millay violated U.S. Army Alaska Regulation 190-1, paragraph W-4a, by wrongfully storing two firearms in his assigned barracks room.

False Official Statements (Art. 107, UCMJ):

Spc. William C. Millay knowingly issued a false official statement to Army Counterintelligence

officials regarding the full scope of his contacts with an individual he believed to be a foreign intelligence agent. This charge was dismissed as part of Millay’s pre-trial agreement.

Solicitation (Art. 134, UCMJ):

Spc. William C. Millay wrongfully solicited a fellow servicemember to obtain classified information for the purpose of delivering the materials to an undercover FBI agent, whom Millay believed to be a foreign intelligence agent.

Communicating Defense Information (18 USC 793(d)):

Spc. William C. Millay, having been entrusted with national defense information that could be used to the detriment of the United States or advantage of a foreign nation, willfully communicated the information to persons not entitled to receive it.

Millay joined the Army in November 2007, graduated from Basic Training and Advanced Individual Training at Fort Leonard Wood, Mo., and served in Korea and Fort Stewart, Ga., before being assigned to JBER in May 2011.

Millay had one combat tour of duty in Iraq from December 2009 to July 2010 in support of Operation Iraqi Freedom.

Upon his initial arrest he was held at the nearest holding facility, which was the Anchorage Correctional Complex. After he was charged by the military, he was moved to the nearest Army Regional Confinement Facility, which is located at Joint Base Lewis-McChord, Wash. Millay has remained in confinement at the Regional Confinement Facility since that time.

“Millay betrayed his nation’s trust by attempting to sell classified national defense information for profit to a foreign nation. Today, he is being held accountable for his actions,” said Deirdre Fike, Special Agent in Charge of the Anchorage FBI Division. “We continue to remain vigilant in protecting America’s secrets from those entrusted with their safekeeping who seek to sell them for profit. I want to personally thank U.S. Army, Trial Counsel Assistance Program, Fort Belvoir, Va.; U.S. Army Military Intelligence, Special Investigations Detachment, Fort Meade, Md.; U.S. Army Military Intelligence, Alaska Resident Office; JBER, Alaska, U.S. Air Force Office of Special Investigations, Detachment 631; JBER, Alaska, U.S. Army CID at JBER; and the U.S. Army Alaska Office of the Staff Judge Advocate, JBER, Alaska, for their efforts in this investigation.”

Millay faced a maximum punishment of reduction to private (E-1), forfeiture of all pay and allowances, dishonorable discharge and confinement for up to life without the possibility of parole.

## ▼From HEATH, A-1

to help. We have been welcome in basically all over Boston.”

Heath qualified for the Boston marathon after completing the Anchorage Mooses Tooth marathon August 19 in 3 hours and 29 minutes.

Heath, who grew up in South Bend Ind., swam competitively and always cross trained by running. She began running again after the birth of her second child.

“Running for me is the one thing physically where I can put it all on the table and push my body to the limit whether it’s a 3 mile or 26.2 mile run. It was the only way for me to shed my baby weight after having two babies close together and I feel cleansed and refreshed after every run,” she said.

Training for a marathon during the winter in Alaska proved to be challenging and meant that all of her long runs would be on the

treadmill at her local gym.

“Running has helped me re-focus on Katie as an individual again and not just the label as mommy, wife and military spouse. Running is something of my very own and all the accomplishments that come with it. However, there is no way in the world I would be able to accomplish my goals without the enormous amount of support from my family.”

Heath met her husband during a swim meet when her college,

Texas Christian University, was competing against his college, the United States Air Force Academy, in 2002. Prior to arriving in Alaska in 2010 the Heath family was stationed at Kadena Air Base, Japan, where Captain Heath flew the F-15 Eagle.

“When Katie runs it gives me an opportunity to return some of the support she gives me every day,” he said. “During the summers, the kids and I follow her around on her long runs along the

Glenn Highway trail. We are her mobile support vehicle – offering her food water, Gatorade and encouragement on her 10-plus mile runs. It helps her out and the kids love chasing her around.”

Heath hopes to continue to run at her current pace and qualify for another Boston marathon.

“I absolutely intend on running this race again,” she said. “Running it in honor of those who were affected has motivated me even more.”



## JBER's Attic

Joint Base Elmendorf-Richardson's Attic (formerly known as the Airman's Attic) located in building 8515 off of 20th Street is open on Tuesdays for paygrades E1 to E4 from 10 a.m. to 2 p.m. and 6 p.m. to 8 p.m.; Wednesdays for paygrades E1 to E6 from 10 a.m. to 2 p.m., and the first Saturday of the month for all paygrades from 11 a.m. to 2 p.m.

For more information, call the Attic at 552-5878.

## Volunteers needed

JBER's Attic is looking for permanent volunteers to perform duties as assistant manager of the Attic. Please contact Senior Master Sgt. Jens Rueckert at 580-6820 or Susan Hoversten at 854-5959 if interested in the position.

## School physicals

The 673d Medical Group recommends children receive their well child examinations, school physicals and sports physicals from their assigned clinic team at the 673d MDG Pediatric Clinic or Family Health Clinic.

A child's primary care provider is most familiar with the child and can most efficiently complete the physical.

With high demand for physicals June through August, now is the time to beat the rush.

Call 580-2778 to schedule an appointment.

## Arctic Valley Gate closure

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

## Studded tire changeover

In the Southcentral Alaska region, motorists have until April 30 to remove studded tires.

Motorists caught on JBER between May 1 and 7 will be issued a warning citation. Beginning May 8, motorists caught with studded tires will receive a U.S. District Court Central Violations Bureau citation of \$50, correctable within five days if the motorist brings the vehicle and citation to a JBER Law Enforcement desk and verifies the

removal of the studded tires. Motorists who fail to correct the ticket or pay the fine will receive a notice to appear in Anchorage's U.S. Magistrate District Federal Court.

Off base, local law-enforcement officials may or may not issue warning citations, and fines range between \$160 and \$200 per offense.

## Find housing

Visit the Automated Housing Referral Network at [www.ahrn.com](http://www.ahrn.com), or [www.ahrn.org/mobile](http://www.ahrn.org/mobile) if using a mobile device, to find housing before packing up.

Sponsored by the Department of Defense, the website listings include available community rentals, military housing, shared rentals, temporary lodging and military for sale by owner listings.

Listings include property descriptions, pictures, maps, links to local schools, and contact information.

Service members who would like to rent their homes, sell their homes, or are looking for another service member as a roommate in their current homes, may post an ad free of charge on the site.

For more information, call the 673d Civil Engineer Squadron Capital Asset Management Office at either 552-4439 for JBER-Elmendorf or 384-3088 for JBER-Richardson.

## Brain injury classes

Every Tuesday from 5:15 to 6:15 p.m., the JBER hospital Traumatic Brain Injury Clinic will host education and peer-coping strategies classes for spouses and partners of service members affected by TBI.

For more information, call 580-0014.

## Utility allowance changes

Starting last month, the utility allowance will be adjusted for all Phase I (Sunflower- those units on Fairchild Avenue, Dallas, Silver Run and Chugach housing areas) and Phase II (Moose Crossing, Denver, Houston, general officer housing and Dayton housing areas) metered housing units to reflect decreases or increases in electric-

ity and natural gas rates Aurora pays to the government and a local provider, respectively.

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

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

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

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

Conversely, if an account reflects a debit balance in excess of \$250, residents are required to make payment to Aurora in the amount of the account balance.

In addition, each account is annually reconciled and adjusted to zero at the end of June.

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

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

## Arctic Watch

The JBER Antiterrorism Office encourages all personnel to be vigilant against threats and report suspicious activities to iWatchArmy at 384-0824 or Eagle Eyes at 552-2256.

## AER scholarships

Army Emergency Relief annually provides scholarships for Soldier family members.

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

higher education.

Applications for the 2013-2014 academic year scholarships will be available until May 1 at [www.aerhq.org](http://www.aerhq.org).

For more information, call 384-7478.

## MiCare registration

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

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

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

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

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

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

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

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

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

## Article 139 claims

A Uniform Code of Military Justice Article 139 claim is a claim against any service member for willfully damaging or wrongfully taking property while the service member is not on duty. Claimants are eligible to file an Article 139 claim whether they are civilian or

military, a business, a charity, a State or local government.

Claims covered by Article 139 are:

- Claims for damage to property inflicted intentionally, knowingly, purposefully, and without a justifiable excuse.
- Claims for property wrongfully taken. A wrongful taking in an unauthorized taking or withholding of property not involving a breach of a fiduciary or contractual relationship, with the intent to deprive the owner of the property temporarily or permanently.

Claims not covered by Article 139 are:

- Claims resulting from negligent acts such as normal "fender-benders" or other such accident;
- Claims for personal injury or death;
- Claims resulting from acts or omissions of military personnel acting within the scope of their employment (these may be payable as a Tort Claim);
- Claims resulting from the conduct of Reserve Component personnel who are not subject to the UCMJ at the time of the offense;
- Subrogation claims. That is a claim where your insurance company pays you and then seeks reimbursement;
- Claims for theft of services.

Claimants should submit claims within 90 days of the incident from which the claim arose unless there is good cause for the delay

Your claim must be presented either orally or in writing. If presented orally, the claim must be reduced to a signed writing within 10 days after oral presentation.

Claims should be filed by branch of service. For claims against Army members, contact the Army claims office in Bldg 600, Suite 313, at 384-0330. For claims against Air Force members, contact the JBER claims office in the People Center, Suite 330 at 552-3048. Claims relating to members of any other branch may be made at the Army claims office and will be forwarded to the proper service.



## HANDLE WITH CARE

By Airman Ty-Rico Lea  
JBER Public Affairs

With recent gun activity incidents involving two Air Force service members, both resulting in weapon discharges inside homes off-base and on-base, JBER leadership would like to make gun owners aware that firearm safety is no laughing matter.

People purchase guns every day, be it from those wanting for the use of protection to those buying for the purpose of big-game hunting.

However, gun accidents do happen and guns can cause serious harm or even death if not handled properly.

“Weapon safety is very important because any irresponsible gun owner could potentially take another individual’s life without even knowing it,” said Tech. Sgt. Nickolas Cordatos, a 673d Security Forces Squadron patrolman. “You could point your weapon in the wrong direction and the next thing you know you’d end up shooting somebody.”

Gun safety is a collection of rules and recommendations that can be applied when possessing, storing or handling firearms. The purpose of gun safety is to eliminate or minimize the risks of unintentional death, injury or damage caused by improper possession, storage or handling of firearms.

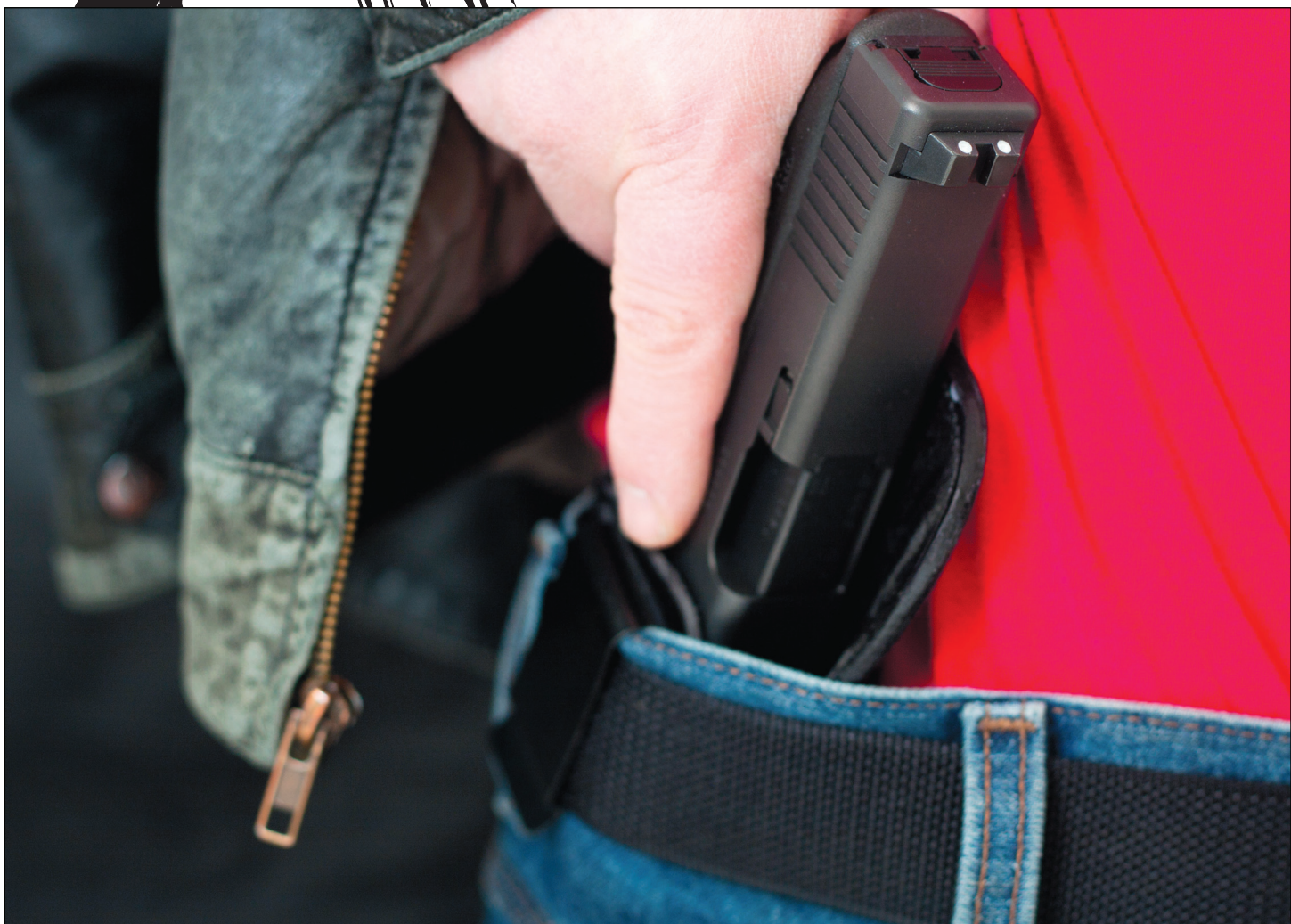
“Here at the 673d SFS, we practice exactly what the instructors at Combat Arms Training and Maintenance declare as the safest,” Cordatos said.

Security forces and JBER leaders implore those new to owning a firearm to seek out gun safety training to instill a certain mindset and appropriate habits by following specific rules.

The mindset is firearms are inherently dangerous and must always be stored and handled with care.

Handlers are taught to treat firearms with respect for their destructive capabilities, and strongly discouraged from playing or toying with firearms, a common cause of accidents.

“I have responded to situations where a



There have been several incidents of negligent discharge on JBER in recent months. Use caution with firearms and remember basic safety practices – never point a weapon at something you don’t intend to shoot, treat every gun as if it were loaded, and always store them in a safe place away from children. (Courtesy photo)

weapon was misfired, thank God no one was hurt,” Cordatos said.

Owners can take measures such as placing cable locks on their firearms to prevent any type of misfire from occurring. Owners can also research JBER Weapons Registration and Child Weapons Safety Program which provides guidance for storing and transporting privately owned weapons.

Weapons should also be secured in a carrying case, holster or suitable container.

Firearms must be transported unloaded with the ammunition separated from the weapon. JBER officials have also prohibited keeping weapons in the dormitories and barracks. Also, all base housing residents must register their privately-owned firearms with their units, who in turn will pass the information on to base police. When contacted by base police for a traffic stop or random vehicle inspection, gun owners should advise them they have a firearm and disclose its

location. Do not attempt to reach for it or hand it to them unless asked to do so.

Though firearms and their ammunition are made to exacting specifications and tolerances, malfunctions of firearms and ammunition do happen.

Personnel living on JBER and anyone bringing weapons onto the base must register their weapons with base police. For more information or clarification, contact the Law Enforcement desk at 552-3421.

## JBADD: MORE THAN A FREE RIDE

### Soldiers and Airmen team up to provide free rides home, prevent DUIs

By Air Force Staff Sgt. William Banton  
JBER Public Affairs

For some service members, the difference between a memorable Saturday night out and a career changing mistake can be a free ride home.

The volunteers who support Joint Base Against Drunk Driving hope to eliminate this problem one free ride at a time.

“I think the big thing is that this program is for JBER,” said Airman 1st Class Renee Boustead, JBADD president and an air crew flight equipment specialist with the 3rd Operations Support Squadron. “We gather volunteers to help each other out and to minimize, and potentially get rid of [instances of driving under the influence] on this installation.

“I know it sounds kind of corny but we are a big family and we need to be there to support each other, and I think that this program is definitely geared towards that,” Boustead said.

The first incarnation of the JBADD Program started prior to joint basing at both Elmendorf Air Force Base and Fort Richardson.

“The Soldiers Against Drunk Driving Program began in 2008, and that was actually when I first got up here so I didn’t know what it was until I was taking it over,” said Sgt. Tim Kacillas, JBER Better Opportunity for Single Service members president.

“Essentially the Fort Richardson DUI rates were astronomical, so they worked with a lot of the local community about getting a vehicle and they set up this program for a designated driver.”

Since its inception the JBER community has started to utilize the program, it has reduced the number of DUIs, and is free to service members and fully confidential.



Airman 1st Class Renee Boustead sits in the Joint Base Against Drunk Driving vehicle, donated by Lithia of Anchorage, outside building 655 on Joint Base Elmendorf-Richardson, Alaska April 15. JBADD is an activity of the Better Opportunities for Single Service Members program, or BOSS, and helps service members get home safely after drinking, at no charge and without questions. To contact JBADD, for transportation or to volunteer, call 384-7344 or 552-4663. Boustead serves in aircrew flight equipment under 3rd Operations Support Squadron with duty at the 962nd Airborne Air Control Squadron, and is the president of JBADD. Her hometown is Elk Grove, Calif. (U.S. Air Force photo/Staff Sgt. Robert Barnett)

“We aren’t going to route it up your chain, ask you your rank or anything like that,” Boustead said.

This year alone more than 580 volunteers have donated approximately 2,500 hours helping to save more than 540 people from driving intoxicated.

“Now that it is a joint program, there are definitely a higher number of volunteers,” Boustead said. “The numbers of saves are going up also, because now that it is a combined program, we are able to advertise a lot more and get our name out there.”

In order for the programs to merge, the Air Force program had to be disbanded, allowing the BOSS designated driver program to support all the service members on JBER.

The current program is funded through BOSS; prior to the merger, the Airmen Against Drunk Driving program was supported and funded 100 percent by volunteers.

“We still have that original little minivan, but now we are joint based so it took us a couple of years to really actually get these two programs to mesh well. On the Air Force side it was a private organization but on the Army side it was run by BOSS,” Kacillas said.

The process of joining the two programs helped reduce the financial restraints the Air Force’s volunteer-run program may have been subject to due to gas prices.

“This way we can get sponsors and we can do income-generating, so we can

find ways to support the program a little bit better, rather than people having to pay out-of-pocket for gas and snacks,” Kacillas said. “We fill up the vehicles that are being utilized, we pay for the fuel there and we are working on getting a sponsor for the snacks and drinks and stuff, but the Arctic Chill gives us a discount on their food.”

The current program has a service member-run counsel to help implement new policies while running the program and organizing the volunteers.

“I just want everyone to know that we are here for every single rank,” Boustead said. “No matter who you are, your position or anything like that, we are here to save you.”



Asking for guidance on heaven’s level

Commentary by Air Force Chaplain (Capt.) Matthew Clouse  
JBER Chaplain

Very recently, JBER participated in a weeklong exercise.

Many of you readers responded to injects, processed through deployment lines, responded to attacks, worked extra hours or nights, or maybe walked through fresh snow on post attack reconnaissance sweeps.

No matter your level of involvement, your participation was paramount to the mission.

While participating myself, I frequently thought of the people of Israel, encountering unexpected challenges along their ‘missional’ journey from Egypt to the promised land.

The Israelites left Egypt with an urgency to participate in whatever circumstances awaited.

They knew the first challenges were the Red Sea and a desert. They soon realized they must remain faithful and busy for heavenly good, while enduring their ‘mission’ journey.

They encountered lack of resources (food, water, shelter), they were directed to build the ‘tent of meeting’, and had to sustain with only the items in their bags or carts and what God supernaturally provided.

In the same manner, when we exercise as military forces, we must ‘survive and operate’ with nothing more than what’s at hand. I believe there is a profound spiritual message awaiting to be discovered.



(U.S. Air Force photo/Airman 1st Class Omari Bernard)

Just like in the JBER exercise, spiritually we are sent out to participate in challenges.

Yet we must ‘survive and operate’ with limited resources in the exercises, and limited resources spiritually within ourselves. We can impact our exercise situations and spiritual situations only so much.

At some point, we come up short, and must ask heavenly leadership for guidance and support; we must ask for God’s involvement – much like when we have exhausted our exercise resources and seek resupply. Otherwise we will surely not complete his mission(s), become frustrated, and cannot proceed further.

Romans 11:32 has long been my favorite biblical scripture and many have heard me

speak of it, ‘...for God bound all men over to disobedience, so He may have mercy on them all.’

That means to me, God never intended for his children to have all necessary resources. He never intended for us to have the ability to eradicate sin either. Sin is something we must struggle with at our core, the limitation of the flesh. He intends for us to acknowledge our limitations and seek him.

It is my belief, God gives us limited resources and enduring faith to leave our proverbial Egypt for him, with the intent we are to faithfully look to him.

He wants to provide mercy, guidance, and restoration for the weary soul.

He doesn’t want us to operate solely by

sight or what resources we have.

When we come up short, he promises to sustain us with mercy that endures forever.

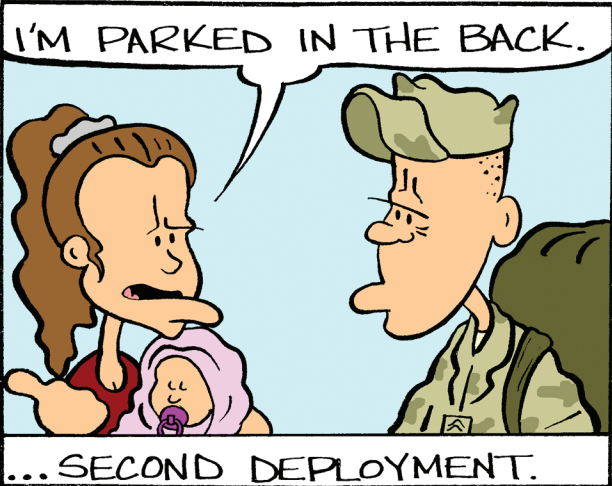
The simple message today is this: when you run out of resources, when you run out of fortitude, when you are emotionally and spiritually dried up, take heart that God didn’t intend for us to ‘have it altogether.’

He wants us to seek him in times of plenty, in times of thin, in times of busy, and while we engage his personal mission for each of our lives.

He will sustain you on the path he has placed you on.

Don’t get caught up worrying about tomorrow, he has given you today, rejoice in it and be glad.

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gunstonstreet.com or gunstonstreet@yahoo.com  
by ZAVISKI



FORCE  
SUPPORT  
SQUADRON

Speedball Tournament  
with Inflatable Course



April 20 | 2 - 6 p.m.  
@ Buckner Fitness Ctr.  
\$10 per team of 3  
Call 384-9023 to sign up



Northern Lights  
Coupon Books  
are on sale!  
Regular price is \$60,  
on sale now for \$40.  
Pick up one and start  
saving today!

Polar Express  
Arts & Crafts  
Bldg. 755

Framing  
Classes

Glass Bottle  
Melting

Wood Safety  
Certification

Call for more  
Information  
384-3717

FLAT ME Project

Kids & parents create  
a kid's mini-me.  
See centers for details.

Denali 552-8304 | Sitka 552-6463 | Katmai 552-2697 |  
Kodiak 384-1510 | Talkeetna 384-0686





# Community Happenings

April 19, 2013

ARCTIC WARRIOR

B-3

## THROUGH MAY 15 Seward Military Resort

The Seward Military Resort is offering 20 percent off gray whale tours in the Kenai Fjords.

Specials on lodging mean staying two nights gets you a night free—that's three nights in a motel room for only \$102.

For more information visit [www.sewardresort.com](http://www.sewardresort.com).

## FRIDAY THROUGH SUNDAY Alyeska Slush Cup

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

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

For information call 754-1111 or visit [www.alyeskaresort.com](http://www.alyeskaresort.com).

## FRIDAY Financial Fitness Fair

Families are invited to flex their monetary muscles at this fair at the JBER Education Center from 9 a.m. to noon or 1 p.m. to 3 p.m. Learn money skills, credit reports, housing assistance, investments and energy-saving tips.

Registration is required due to limited class size.

For information, call 384-0188 or email [stacey.m.gilbert2.civ@mail.mil](mailto:stacey.m.gilbert2.civ@mail.mil).

## Education fair

The JBER-Elmendorf Education Center hosts this Education Fair from 9 a.m. to 3 p.m. Service members, family members, retirees and civilians are invited to meet with representatives from more than 20 colleges and universities.

For more information, call 552-9647.

## SATURDAY Kids' Day at the Zoo

Celebrate spring with the Alaska Zoo.

Visitors will get special presentations, keeper talks, games and more, and the petting zoo will be open. A fun run for little tykes is planned. Good times start at 11 a.m. and last until 4 p.m.

For information, call 346-2133 or visit [alaskazoo.org](http://alaskazoo.org).

## Anchorage Symphony

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

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

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

For more information, call 263-2787.

## WEDNESDAY Love and Logic class

This six-session parenting class covers simple ways to make parenting more fun and raise responsible children. Offered by Family Advocacy, it meets from 9:30 to 11:30 a.m. at the JBER-R Education center.

For information, call 384-2932.

## APRIL 25 THROUGH 27 NYO Games

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

Events are open to the public at the Dena'ina Center, and run April 25 from 9:30 a.m. to 6 p.m., April 26 from 9 a.m. to 6:30 p.m. and Saturday from 11 a.m. to 6 p.m.

For more information, visit [citci.com](http://citci.com).

## APRIL 27 Drug Take-Back Day

Clear out the expired or unused medications in your cabinet by dropping them off at the entrance of the Exchange between 10 a.m. and 2 p.m.

For information, visit [www.dea.gov](http://www.dea.gov).

## JBER Denim Day

Show your support for the prevention of sexual assault by wearing jeans.

For information, call 384-0995.

## MAY 1 Employment symposium

The Egan Center hosts this Employment Symposium, with workshops before and after, coaches for those who need extra help with resumes and interview skills, and much more for job seekers.

Workshops start at 8 a.m.  
For information, call 269-4777.

## EFMP resource fair

The Exceptional Family Mem-

ber Program will be hosting a Resource Fair from 10 a.m. to 1 p.m. in the Lecture Hall of the Education Center.

Gather information about services and resources that are here to assist your family. Several agencies both on and off the installation conveniently located under one roof.

For information, call 384-6736.

## MAY 3 Graduation ceremony

The JBER-Richardson theater hosts this graduation ceremony for those who have earned GEDs or degrees in the last year. Those who have received credentials can register for the ceremony until April 30.

Event begins at 2 p.m. For information, call 384-0964.

## MAY 4 USS Anchorage

The commissioning ceremony for the USS Anchorage, LPD-23, is a ceremony that officially brings the ship "alive."

The Anchorage is home-ported in San Diego, but is named for the city of Anchorage.

For more information, call 552-8183.

## MAY 11 Anchorage Market

The summertime farmer's market kicks off at the 3rd and E Street parking lot downtown.

Seven acres of vendors offer produce, exotic goods, Alaska souvenirs, meat and so much more. The food, music and more is an Anchorage highlight.

For information, call 272-5634.

## ONGOING Victims' clothing drive

Donation boxes at the BX, Arctic Oasis, Soldiers' Chapel and the SAPR office are available for collecting gently-used or new sweat suits in all sizes, new men's and women's underwear, and toiletry items.

Clothing and other items will be provided to victims of sexual assault.

For information, call 384-0995.

## AER scholarships

Army Emergency Relief is taking applications for scholarships. Scholarships are available for children or spouses of active

duty, retired and deceased Soldiers. Applications and instructions are available at [aerhq.org](http://aerhq.org).

For information, call 384-7478.

## Discovery chapel classes

Soldiers' Chapel hosts classes for all ages, from elementary school through adults, Wednesday evenings.

A free meal begins at 5:45 p.m.; classes last from 6:30 to 7:30 p.m. Nursery care is provided.

For information, call 384-1461 or 552-4422.

## Protestant Women of the Chapel meetings

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

For more information, email [jber.ak.pwoc@gmail.com](mailto:jber.ak.pwoc@gmail.com) or call 384-1461.

## Wired Cafe for Airmen

The Wired Cafe is located at 7076 Fighter Dr., between Polaris and Yukla dormitories. The cafe has wireless Internet and programs throughout the week for single Airmen living in the dorms.

There are also free homestyle meals Fridays at 6 p.m. at the cafe.  
For information, call 552-4422.

## Model railroading

The Military Society of Model Railroad Engineers meets at 7 p.m. Tuesdays and 1 p.m. Saturdays in basement Room 35 of Matanuska Hall, 7153 Fighter Drive. Anyone interested in model railroading is invited.

For information about meetings, work days, and shows, call 952-4353, visit their site at [www.trainweb.org/msmrre](http://www.trainweb.org/msmrre) or email [bjorgan@alaska.net](mailto:bjorgan@alaska.net).

## Borealis Toastmasters

Conquer your fear of public speaking with Toastmasters.

This safe, friendly club helps build confidence through presentations, feedback and listening. Meetings are every Thursday in Room 146 of the BP building from 7 to 8 p.m.

For information, call 575-7470.

## Motorcycle training

Military motorcycle riders and

## Chapel services

### Catholic Mass

**Sunday**  
9 a.m. – Soldiers' Chapel  
10:30 a.m. – Elmendorf Chapel 1

**Monday through Friday**  
11:40 a.m. – Soldiers' Chapel  
**Monday, Tuesday, Wednesday and Friday**

11:30 a.m. – Elmendorf Chapel Center  
**Thursday**  
11:30 a.m. – Hospital Chapel

### Confession

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

### Protestant Sunday Services

**Joint Liturgical Service**  
9 a.m. – Elmendorf Chapel 2  
**Traditional Service**  
9 a.m. – Elmendorf Chapel 1  
**Contemporary Protestant Service**  
11 a.m. – Soldiers' Chapel  
**Gospel Service**  
Noon – Elmendorf Chapel 1  
**Contemporary Protestant Service**  
5 p.m. – Elmendorf Chapel 1

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

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

## Night at the Fights

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

Doors open at 6:30 and fights start at 7.

For information, visit [thursday-nightfights.com](http://thursday-nightfights.com).

# events & activities

## Lo-Ball Tournament

April 20

6:30 p.m. (Sign up at 6 p.m.)

Come out and try your skills!

Best Score 20!

\$15 per person

Polar Bowl • Bldg. 7176 • 753-PINS(7467)



New fees for select MWR programs will go into effect May 1!

**Visit The Auto Hobby Shop Today!**  
**Studded tires must be removed by May 1!**  
**Hours of Operation**  
**Monday - Friday : 11 a.m. - 9 p.m.**  
**Saturday - Sunday : 10 a.m. - 8 p.m.**  
**Bldg. 755 • 384-3718**

April 22  
5 p.m.

On the Bike Trail  
Across from BPFC

Sign Up at Buckner until day of event.  
Prize for dirtiest shoes before event!

Call for more information  
Buckner Physical Fitness Center, Bldg. 690 • 384-1308

Dirty Shoe  
5K Fun Run

## Kayak Training

(certification for Sea Kayak Rentals)

Elmendorf Fitness Center Pool

April 25 • 6 - 8 p.m. • \$30

Call to reserve your spot.

552-4599

Check out the April  
Alaskan Adventurer

For a coupon at Polar Bowl  
\$2 off a purchase of \$5 and more.

Coupon not valid for food purchases at Igloo Lounge.

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





# ‘If it’s not you, it’s the person next to you’

Commentary by Senior Airman Kelly Galloway  
Air Force News Service

“Hey sexy... you single?”  
I turned to see a fellow Airman in training; standing about 5 feet 8 inches tall, dark hair and eyes.

Over the next four months, I heard this fellow classmate repeat the same line more than a couple dozen times.

It wasn’t just me he had an eye for; it was a handful of my new girlfriends as well.

We laughed it off.  
All of us had just completed basic training and were beginning another chapter in our brand-new military careers at technical school. Why make enemies at the start?

About a month in, I grew tired of the cheesy pick-up lines and over-used sexual innuendos.

I asked one of our ropes (student leader) to step in to have a chat with the guy regarding how uncomfortable he made me.

Unfortunately, that chat didn’t have much of an effect on the Airman and as “luck” would have it, I sat next to him during class.

Lucky me, right?  
I was pretty good at letting his suggestive comments flow in one ear and out the other, careful not to show it bothered me (as that only added fuel to his fire). Up to this point, his words were the only offensive thing he had been doing.

But then I dropped my pencil. As I stooped over to pick it up I heard a loud voice boom throughout the classroom.

“Are you serious, Airman?”  
Startled, I nearly smacked my head off the table trying to sit back up. With our entire class now looking back toward us, our two class leaders, Marines, shrugged them away and stated “We’ll talk about this at break – carry on.”

Unbeknownst to me, this guy had just executed one of the foul-

est and sexually suggestive hand gestures behind my head.

The class leaders luckily sat behind us and saw what he had just done.

That was the final straw. The class leaders already knew how annoyed I was by his behavior and asked if I wanted to take this latest development “up the chain.”

I had no intention of getting anyone in trouble since we were all brand-new to the military.

I’d hoped the class leaders had scared him enough by this point and decided against it – asking only to move seats to get away from him.

With my new location in the classroom, I felt a bit more at ease.

Although the Airman now had one of his male friends start to jeer me because I had gotten him in trouble.

I felt beaten and angry. I had no control over the situation, it wasn’t “my” fault he did what he did.

He was lucky I didn’t take it up the chain of command.

About a week after the hand gesture incident, I’d had it with the remarks from him and his friend.

That’s when I asked one of our former ropes in our dormitory to have a talk with these two guys.

This former rope commanded the respect of all the guys in the Airman dormitory; certainly he would be able to have an impact on this guy.

Shortly after the discussion this time, the jokes and rude remarks stopped all together. The Airman and his friend now completely avoided me – victory at last!

Three months later, two weeks before our class graduation date, a female instructor came up to me as I was on my way back from a class assignment.

“Airman Galloway, follow me, please,” she said.

I proceeded down the hallway and into a small room with a hand-

ful of computers and two girls from my class already in place.

Confusion and a spark of panic overcame me when the door was shut behind me and I realized something serious was going on.

One of the female Airmen had been crying and her eyes were still puffy and red.

“Galloway, as I understand, you had a harassment issue with a particular Airman?” my instructor asked.

I acknowledged her question and explained my experience with the group and asked why this was just coming to light as the incident happened nearly three months prior.

Her response shook me to the core as she explained the two female Airmen, fellow classmates, had just had the same type of harassment, only it had gone above what this man had done to me.

The Airman allegedly grabbed one of the girls and cornered her in an area where we kept our equipment.

He put his hand over her mouth and pushed her back against the lockers – pressing his body against hers and proceeded to kiss his hand in a suggestive way.

This was why I was being called into the room, the other girl was witness to what happened and they both wanted to open an investigation after speaking with the sexual assault response coordinator on base.

They knew I had been in a situation and wanted to know if I also wanted to open an investigation.

I realized what was thought to be simple-but-annoying joking was turning into something much more serious.

How much more would his behavior deteriorate? What if I had reported this incident when it happened to me? Would this still have happened to this girl?

The thoughts in my mind raced.

I agreed to speak to the SARC.

The concept of an entire office committed to sexual assault boggled me.

I had no idea what was in store as the three of us walked into the SARC office to again explain what had happened.

To my relief, the officer was approachable and sincere; she made every effort to ease our minds and explained what was going to happen.

All three of us had to give her our written statements separately and without prejudice.

After reviewing our statements, she concluded that there was a definite issue and asked us individually if we wanted to proceed with a restricted or unrestricted report.

A restricted report requires the member to be in status and can only report the incident to medical personnel, SARC or a victim advocate.

An unrestricted report means the member can report the incident to investigative agencies such as the Air Force Office of Special Investigation or security forces, as well as to members in their chain of command such as the first sergeant, supervisor or commander.

All three of us wanted the unrestricted report. We were sent back to the dormitory after meeting with the SARC to speak with our military training leaders.

Upon arrival, the captain was already waiting for us. As we entered her office, at attention and visibly shaken, she asked us to sit down.

Up until this point, we had not had any personal interaction with this busy officer and had grown to fear having to report to her.

“Ladies, first of all I want you to know that you are not alone,” she said. “Secondly, I want to assure you that this Airman will be dealt with and I will do everything to ensure your safety and confi-

dentiality of this situation, but you need to ensure the confidentiality on your end as well.”

“Yes, Ma’am,” we simultaneously squeaked out.

We had already signed confidentiality agreements and were ordered not to talk about the situation to any of our classmates.

After an hour of conversing with the captain, she released us to go back to our rooms to deal with what had just occurred in our own manner.

What had started as a normal day had taken such a dramatic turn of events.

Our minds were warped. We were mentally exhausted.

A team of OSI agents came to our dormitory as well as military police, who went through the Airman’s room seeking incriminating evidence.

They pulled him from class and brought him back to the dorms so he could pack his belongings.

He was being isolated from the rest of the dorm, moving onto the first floor near our MTLs’ offices.

We were only two weeks from graduating.

Because of this incident, the Airman jeopardized his marriage, his security clearance – and his military career.

Beginning in basic training, all of the advice from my military training instructor had prepared me for something like this, though I never thought I would be involved in a “SARC” case.

It was something we had joked and laughed about training.

Yet my MTI knew better.

Before we left his watchful eye he warned us that an alarming number of technical school SARC cases do happen and will happen and that we should prepare ourselves.

His words still rang in my ear like reveille in the morning.

“If it isn’t you, it’s the person next to you.”

## Resiliency is something to work on every day

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

Resilience is the ability to grow and thrive in the face of challenges and bounce back from adversity.

Resiliency, along with building mental toughness, character strengths, and strong relationships is a key component to the Army’s Comprehensive Soldier Fitness program.

Resilience is built through a set of core competencies including self-awareness, self regulation, optimism, mental agility, strengths of character, and connection.

Using these skills, Soldiers are better able to cope with stress, overcome setbacks, solve problems, remain task focused, and perform under pressure.

It also helps Soldiers increase their con-

fidence and decreases helplessness, depression, and anxiety.

Training in resiliency is being conducted locally here at JBER as a way to help Soldiers get by and cope with adversity.

Sgt. 1st Class Robert A. Wood, a health care specialist from Fairbanks, is assigned to the 4th Brigade Combat Team (Airborne), as the brigade’s medical noncommissioned officer in charge.

“Resiliency training basically gives you a lot of coping skills to help you deal with day-to-day life; not just in the military,” Wood said. “It will assist you in interactions with your spouse, your family, and civilians. It helps you with different obstacles you encounter growing up in life.”

Wood, who received his Master Resiliency Training Certification at Pennsylvania

State University, said, “To me, being resilient means you are able to bounce back from an obstacle that you have encountered. You can recover faster, and you can move on with life.”

“Some people can’t. They run into different experiences in life, and they just get hung up and can’t let it go. They just keep thinking about it and it brings them down, down, down. They go into a downward spiral.”

“I think the training can help these people if they absorb it, and start practicing the techniques that are taught in the training,” he said.

“The key, just like with anything else such as alcoholism or gambling, is recognizing you have a problem. If you don’t realize you have a problem, then you are not going to be able to help yourself.”

Wood said resiliency training should be held on a continuous basis in small groups.

Finding the good stuff in life is very important, Wood said.

“At the end of every day, just write down one good thing that happened to you that day. It will put a good positive thought process in your mind, and when you go to sleep like that you will start out better the next day.”

Utilizing the steps of the training helps people recognize the things that have a negative impact. By recognizing these triggers, they can try to avoid them the next time, Wood said.

“Go into resiliency training with an open mind and absorb as much as you can from it. Try to put it into action.”

For more about JBER Resiliency Team services or to enroll in a class, call 580-2181.