

ARCTIC WARRIOR

October 18, 2013

www.jber.af.mil

Volume 4, No. 40



Air Force Maj. Blake Johnson, 517th Airlift Squadron C-12F Huron pilot, inspects the propeller blades on the C-12 before takeoff, Sept. 19, 2013. The C-12 was taking took members of the 611th Air Support Squadron to a remote long-range radar site called Tin City. (U.S. Air Force photos/Staff Sgt. Zachary Wolf)



Fly softly and carry a big mission

Firebird C-12s support ALCOM missions, provide experience for young pilots

By Air Force Staff Sgt. Zachary Wolf
JBER Public Affairs

At just under 44 feet long and 15 feet high, a C-12F Huron pales in comparison to the much larger C-17 Globemaster III. What it lacks in size, it makes up for in a dynamic mission here.

“The C-12 mission is to keep our long range radar sites up and running, constantly scanning the skies for the first threats to America,” said Air Force Maj. Christopher Paulhamus, 3rd Operations Group chief of standards and evaluations. “Those sites are not only scanning the skies for threats, but they’re also watching things in space as well. Alaska is the watchman for the Lower 48, and it’s a thrill to get to be a part of it.”

The C-12 mission is divided into three categories.

“First, our primary mission is supporting the remote long-range radar sites scattered throughout Alaska,” Paulhamus said. “Second, the C-12 mission supports the transportation needs of any of Alaska’s permanent-party senior leadership. And lastly, the C-12 is an excellent pilot-seasoning platform for our first-assignment pilots.”

Given the remote nature of many of the radar sites, the C-12 is well suited to combat the unique challenges of operating in Alaska’s airspace, said Air Force Lt. Col. Daniel Dobbels, 517th Airlift Squadron commander.

The aircraft’s small frame and twin-propeller engines provide increased maneuverability to get people working at the sites and some cargo in and out of the area.

“Our mission is important, because we help keep these sites operational – since many of them can only be reached by air,” Dobbels said.

It’s not just the radar sites that these C-12s travel to. Another aspect of the C-12 mission is military travel. This helps personnel visiting Alaska on official business travel cheaper than larger aircraft like the C-130

Hercules or C-17.

While travel is an important part of the C-12 mission, Dobbels said a bigger-picture benefit from it is the experience it provides the pilots.

“This is as close to bush flying as you can get in the U.S. Air Force with the various places we go,” Paulhamus said. “Several of our radar sites are what we call ‘one-way sites,’ meaning there’s only one way to get in and one way to get out. In order to fly a mission into one of these sites, which is often on the side of a mountain or down in a valley surrounded by mountains, you have to be properly trained and specially certified.”

Paulhamus explained one of the challenges flying to these areas is that it requires pilots to make critical, calculated decisions, which are irreversible.

“Once you get to a certain point close to the runway, you have no other choice but to land,” Paulhamus said. “You can’t execute a ‘go around’ and try it again because the plane doesn’t have the climb performance to avoid the surrounding terrain. In other words, you will end up smacking the side

of a mountain. So, you know that going into these sites and you just have to put it out of your mind and concentrate on getting the plane on the runway and keeping it there.”

Some of the C-12 pilots come to JBER as their first assignment out of flight school and may find it different from what they expect, but many said they feel it is priceless training.

“It has been nothing like what I expected when I first got the assignment,” said Air Force Capt. John Smyrski, 517th Airlift Squadron C-12 pilot. “When first arriving, as part of our mission qualification, we must observe a mission. Riding along to one of the radar sites was a huge eye-opener for me. After two years flying to paved runways with no obstructions nearby, flying into a short, gravel runway sitting at the base of a mountain was a far reach from my normal comfort zone.”

Smyrski said the lessons he’s learned are invaluable.

“Overall, I have learned a lot flying in Alaska as a first-assignment pilot that I will be able to take with me to my future air frame,” Smyrski said.



The long-range radar sits atop a mountain. A group from the 611th Air Support Squadron traveled to Tin City on a C-12 Huron and did their quality checks at the site.



Tech. Sgt. Patrick W. Van Winkle, 673 Communications Squadron, practices pushups Thursday. (U.S. Air Force photo/Tech. Sgt. Raymond Mills)

Air Force fitness policy changes take effect Monday

By Air Force Staff Sgt. David Salinitri
Secretary of the Air Force Public Affairs

Air Force senior leadership announced enhancements to the Air Force’s Physical Fitness Assessment program, to be implemented Monday.

In an Aug. 20 letter to Airmen, Air Force Chief of Staff Gen. Mark Welsh explained the results of the comprehensive review, highlighting the strength of the program and the need for slight improvements.

“We have a tremendous program that has fundamentally changed the Air Force’s overall fitness level over the past few years,” Welsh said. “The PFT itself is not going to change. But even the best program can be improved upon, so we are making changes in four different areas to enhance the overall program.”

Of the changes coming, the most significant is to the abdominal circumference portion of the test. The AC assesses an Airman’s body composition.

Since the Air Force implemented the newest fitness program guidelines in October 2010, only .03 percent of Airmen have failed the AC portion of the test and passed the other three components with a composite score of 75 or higher.

“In the future, if an Airman fails the AC portion of the test, and passes each of the other three components, we’ll measure that Airman using the Body Mass Index taping guidance in [Department of Defense] instructions,” Welsh said. “If the Airman meets the DoD BMI standard, they pass the PFT.”

Because AC measurement is integrated into the testing procedure, the Air Force is currently the only branch of service not required to have a separate weight management program.

The other program modifications include realigning the fitness appeal process back to wing commanders, adjusting passing standards for Airmen who can only test on one component of assessment, and changing and simplifying the walk test.

In addition to these efforts, senior leaders are reviewing how fitness performance is documented on performance reports as part of a larger effort to examine the performance report itself. Those results are expected in the near future.

Though senior leaders are looking to improve the current fitness program, Welsh said he is proud of the Air Force program, and the physically fit culture it has helped to cultivate.

“I believe we have DoD’s best designed, best run fitness program, and as a result, we have a force ready for any mission our nation asks us to execute,” he said. “I’m extremely proud of how far we’ve come with our fitness culture.”

Editor’s note: The Arctic Warrior will report about policy-change specifics after the Air Force instruction is published Monday.

PERMIT NO. 220
ANCHORAGE, AK
PAID
U.S. POSTAGE
PRESORTED STANDARD

Inside	Hope in the darkest hour: A-2	3rd Wing Airmen redeploy
JBER chaplain assistant recalls Afghanistan	A-2	Airmen of 3rd Wing’s 90th and 525th fighter squadrons return from deployment to Southwest Asia.
Hagel talks end of government shutdown.....	A-3	Page A-3
Engineers build playground for Fisher House	B-1	
Spartans, UAA students fight domestic violence	B-1	
Be safe, protect dental health during Halloween	B-4	



Hope in the darkest hour



By Chief Master Sgt. Steve McDonald
Pacific Air Forces command chief

I recently heard a story of a young man who woke up every day and asked himself what he had to live for. Most would think that was a fairly common question. For this young man however, the difference was the number of reasons he could come up with to live for determined the number of bullets he would put into the clip of his handgun. If he could think of 15 reasons to live, no bullets would make it into the clip. This was his way of deciding if life was worth living.

When I was 16 years old, my older brother was faced with that thought and, however he looked at it, he decided life wasn't worth it.

My brother hanged himself and took his life. He took away his future. He took away the possibility of growing up and meeting his wife and having a wonderful family.

He took away my older brother, and I have often asked why.

I could probably think of a few things that contributed to him getting to that point in his life. There were some life experiences that probably left him a little confused. Unfortunately, I wasn't there with him so I will only say what I know to be true; that my 18-year-old brother had a moment on a Sunday morning in Columbus, Ga., when he made the decision that life wasn't worth living.

I have often thought about what my darkest hour would look like. Would it be when I couldn't think of a single reason to continue living? Would it be when all that I hold dear is snatched away or if there was a tragic accident and I lost my family? What if something happened to me, and I was unable to provide for my family? What if I messed up very badly and was faced with legal problems? What if I did something that

would cause extreme public humiliation for me and my family?

The honest truth is I don't know what my darkest hour will be, but I do know I had better be prepared for and ready to deal with it. Therein lies the dilemma. How do I prepare for something when I don't know what it is?

My answer is "Hope." I am not talking about wishing your life will never have serious, life-altering issues. I am talking about having a hope.

Ask yourself the question "What in life is worth living for no matter what else happens?" What can you believe in that can't be taken away by circumstances? What purpose can you hold on to no matter life's circumstances?

This is definitely an individual question with an individual answer. I can't answer the question for you. I can only answer it for me. I have a hope. Even though I don't know

what my darkest hour would be, I know I have a hope in life that there is something worth living for.

The Air Force has made great strides in the area of resiliency and expressing the importance of being able to deal with life's stressors and setbacks. Being emotionally, physically, socially and spiritually fit are essential to a healthy and stable life. Air Force resiliency can even help you identify the good things you have in life.

I thought my brother had a lot going for him in life. From all outward appearances, he seemed like a pretty resilient young man. But in his darkest hour, he ran out of reasons for living. He did not have a purpose. He did not have a source of hope.

Hope is generally not a good strategy but at our darkest times, it might be the only strategy. Please think about what your hope is before your darkest hour. Think about it today.

Got wisdom? – learning by experience

Commentary by Air Force Col.
Daniel Smith
Air Force News Service

I remember a story about two friends deer hunting in the woods and as fortune would have it, they acquired their prey with one swift and timely shot. It was a large and heavy six-point buck that would fill the freezer and keep their families fed through the winter months.

They dressed the deer and made ready for the long and arduous task of dragging the deer back to camp. Each man grabbed a hind leg and began tugging the deer over the ground toward camp. After several minutes, one of the deer hunters said to his friend, "Ya know, if we drag this deer from his front legs, then we'll be pulling with the grain of the hair instead of against it and it might drag more smoothly across the ground."

The companion thought about it for a minute and said, "Yer right! Let's give it a try." So they dropped the hind legs and picked up the fore legs and began walking. After several minutes the first hunter smiled smugly and proclaimed proudly, "You see, isn't this so much easier? He just kind of glides right over the ground." The second hunter scratched his head with his free hand and with a concerned look on his face replied, "Well yes, but we're getting further and further away from camp."

A few of you will have to read that last line a couple times to get the point of the story. The first hunter introduced a gem of knowledge to the situation. Dragging the deer with the grain of hair would make the effort easier than dragging against the grain of hair. But they failed to apply wisdom, or the correct use of that knowledge.

The bottom line is knowledge is different than wisdom. You and I know people who seem to know a lot. They can recite events, dates, places, equations, recipes, etc. In fact, in this electronic age, access to data stores, databases, Google searches, and online academia allows one almost instantaneous access to an infinite amount of facts, research and learning that would promote knowledge on just about any theme or topic.

But from where and how does wisdom come? As Isaac Asimov stated, "The saddest aspect of life right now is that science gathers knowledge faster than society gathers wisdom."

A quick Internet search of The Free Dictionary defines wisdom as "1. The ability to discern or judge what is true, right or lasting. 2. Common sense; good judgment. 3a. The sum of learning through the ages; knowledge. 3b. Wise teachings of the ancient sages. 4. A wise outlook, plan or course of action. 5. Bible; Wisdom of Solomon. The quality of having experience,

knowledge and good judgment."

In most of the definitions I looked up, a common theme seemed to emerge. Wisdom typically, not always, requires time and experience. Confucius stated wisdom is typically gained: "By three methods we may learn wisdom: First, by reflection, which is noblest; second, by imitation, which is easiest; and third by experience, which is the bitterest."

As a fourth year medical student at our nation's military medical school, we were to receive training not only in the arts and science of medicine, but also in its application in military scenarios. One such scenario took place over a two-day exercise where we were deployed with a forward troop movement where some of the troops came in contact with a dead camel harboring Crimean Congo Hemorrhagic Fever, a serious and contagious illness that instantly spread to those troops. As the medical officer, I was to brief the commanding officer on this medical situation, how it would affect the mission and offer my counsel as to what should be done.

As I studied the situation, pieced my notes together and increased my knowledge about CCHF, I was certain I would astound the commander and save the day. Two minutes into my briefing I quickly realized I was floundering horribly. I discussed details that

didn't matter and explored rabbit holes that were irrelevant to the situation. By the time I was done, (actually I think he just finally cut me off in his and my confusion), I was frustrated and embarrassed. I later learned what a commander really wants to know (it wasn't the pathophysiology of CCHF), and what courses of action are, and how to use butcher paper to keep things simple and direct. Although frustrated, angry and sheepish, I quickly realized I had nobody to blame but myself. It was a hard-knock experience, but I like to think I gained a little wisdom. I started to understand the quote by Socrates, "The only true wisdom is in knowing you know nothing."

Perhaps here is a bit of wisdom I can pass along, which has helped me on my path.

- Own your mistakes. So many attributes interplay with this concept; pride, insecurity, delusions of grandeur, etc.; did I mention pride? Granted, some mistakes are bigger than others and have larger ramifications, but owning your mistakes is the quickest path to gaining wisdom and getting back on course.
- Learn from your mistakes. In school, one of the quickest ways to gain knowledge and apply wisdom is to look up the answers you got wrong on a test and think about them. With respect to my failed briefing, I took a harder look at the commanding offi-

cer's perspective. What did he really want to know? What decisions did he have to make? How does this event affect his responsibility to command and complete the mission? What facts and details are most important and which can be left out entirely? What an opportunity for me to get some wisdom.

- Grow from your mistakes. After I owned my mistake and began learning from it, I then had the opportunity to focus on developing this skill. I would like to say I am a master briefer, but undoubtedly that just isn't true. I still have work to do, but I have enjoyed opportunities to brief commanders, attending physicians, residents, large audiences and have gained ground in that skill.

I am well aware that making mistakes is not the only way to gain wisdom. As Confucius reminded us, it is probably the least desired way. Retired Chief Master Sgt. Robert Gaylor reminded us the higher a leader climbs up the pole, the more his rear end is flapping in the breeze as a target at which everyone can gawk or take pot shots. In spite of that, and as painful as that can sometimes be, owning our mistakes, learning from them and taking opportunity to grow from them will allow us to stay on the track of integrity and rebound quicker, continuing our leadership journey with a little more wisdom.

JBER chaplain assistant recalls experience traveling Afghanistan

By Air Force Staff Sgt.
Robert Barnett
376th AEW Public Affairs

TRANSIT CENTER AT MANAS, Kyrgyzstan — The hour was dusk, and Air Force Master Sgt. Russell Dietz, 466th Air Expeditionary Group chaplain assistant, was off duty and watching a movie at a forward operating base in Afghanistan when he heard "incoming, incoming!"

He threw on his helmet and dove for cover. The explosion shook the building and rattled the windows; it had been so close.

When "all clear" was finally announced, Dietz went to see the damage. There were several people injured and two Soldiers were badly injured. Self-aid and buddy care was being performed and one of the injured Soldiers was transferred to the hardened medical facility for a blood transfusion.

As a chaplain assistant assigned 466 AEG here, it wasn't the first attack Dietz witnessed. The 466 AEG is responsible for joint expeditionary tasks and for the administrative needs of Airmen helping Army missions in theater.

"That's where the chaplain and I come in," said Dietz, who is deployed out of Joint Base Elmendorf-Richardson. "Our positions have been uniquely created to integrate into the unit and



Air Force Master Sgt. Russell Dietz is a chaplain's assistant serving with the 466th Air Expeditionary Group at Transit Center at Manas, Kyrgyzstan. He is deployed out of Joint Base Elmendorf-Richardson, and is a native of Anchorage. (U.S. Air Force photo/Staff Sgt. Robert Barnett)

meet Airmen who may, at times, require a chaplain's assistance to assist with personal, professional or spiritual matters."

While he is deployed to the transit center, the chaplain assistant takes regular trips to Afghanistan for weeks at a time to seek out the Airmen serving in Army units and raise their morale.

The job isn't without risks, he said.

"Bagram Air Field [Afghanistan] had a few attacks," Dietz said. "They had an attack when we first got there, and two other attacks happened that same night. I heard the boom, but it was quite a ways off. They were aiming for the flight lines. At Kandahar Airfield [Afghanistan], our very first trip

out, they were hit."

One base they visited had seen enough action that they were asked to check on the Airmen on night shift.

"They'd witnessed a live battle with the Afghanistan National Army and the Taliban, and the ANA lost and got dragged off," the chaplain assistant, from Anchorage, said. "The ANA has taken a lot of it. Attacks are still happening."

Most of the FOBs they visited had full flight lines. Others were smaller and required ground transportation to reach.

"We visited a FOB in September that was under Taliban attack for hours," Dietz said. "They haven't had a visit from us since the attack, so they were surprised to see us. They were grateful and shared their experience. There're a handful of Airmen out there and they saw battle for hours."

The danger is real, but the Airmen are worth it, he said.

"It feels good to be part of a team that cares about Air Force members, and I think they feel good that the Air Force cares about them," he said. "They think it's neat that we go out there just for them, and we are happy to. It's worth it; these Airmen are each valued a lot."

Editor's note: The author is deployed from JBER.

**Joint Base Elmendorf-Richardson/
673d Air Base Wing Commander**
Col. Brian P. Duffy (USAF)

**Joint Base Elmendorf-Richardson/
673d Air Base Wing Vice Commander**
Col. William P. Huber (USA)

**Joint Base Elmendorf-Richardson/
673d Air Base Wing Command Chief**
Chief Master Sgt. Kevin L. Call

**Joint Base Elmendorf-Richardson/
673d Air Base Wing**
Public Affairs Officer
Capt. Angela M. Webb (USAF)

ARCTIC WARRIOR

The *Arctic Warrior* is published by Wick Communications, a private firm in no way connected with the Department of Defense, the Department of the Air Force or the Department of the Army, under exclusive written contract with the Joint Base Elmendorf-Richardson Public Affairs Office.

This civilian enterprise newspaper is an authorized publication for members of the U.S. military services. Contents of the *Arctic Warrior* are not necessarily the official views of, or endorsed by, the U.S. government, Department of Defense, the Department of the Air Force or the Department of the Army.

The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by U.S. government, the Department of Defense, the Department of the Air Force, the Department of the Army, or Wick Communications of the products or services advertised.

Everything advertised in this publication shall be made

available for purchase, use or patronage without regard to race, color, religion, gender, national origin, age, marital status, physical handicap, political affiliation or any other non-merit factor of the purchaser, user or patron.

To advertise in the *Arctic Warrior*, please call (907) 561-7737. Editorial content is edited, prepared and provided by the *Arctic Warrior* staff.

Editorial office and mailing address: JBER Public Affairs, 10480 Sijan Ave., Suite 123, Joint Base Elmendorf-Richardson, AK 99506; telephone (907) 552-8918.

Send emails about news stories and story submissions to david.bedard.1@us.af.mil.

Deadline for article and photos is 4:30 p.m., Monday, for the week of publication. Articles and photos will be published on a space-available basis and are subject to editing by the *Arctic Warrior* staff. Submission does not guarantee publication.

Deputy Public Affairs Director
Bob Hall

Public Affairs superintendent
Senior Master Sgt. Michael Hammond

Command Information Chief
Jim Hart

Public Affairs webmaster
Ed Cunningham

Arctic Warrior staff
David Bedard - editor
Chris McCann - community editor
Staff Sgt. Blake Mize (USAF) - staff writer

3rd Wing redeploys from Southwest Asia

By Air Force 1st Lt. Matthew Chism
JBER Public Affairs

The 3rd Wing’s 525th Fighter Squadron deployed to the Central Command area of responsibility to relieve its sister squadron, the 90th Fighter Squadron, also located at Joint Base Elmendorf-Richardson. The swap-out of fifth generation aircraft took place after five months of supporting combat operations in Southwest Asia.

Air Force Lt. Col. Nicholas Reed, 90th FS Commander, said though a unit replacing itself is uncommon, 3rd Wing units are well prepared to do so.

“We train for this,” Reed said. “Part of our capability is to be able to move at a moment’s notice into not necessarily a robust environment and immediately start performing our mission. A lot of times, it makes it easier if you are working with a sister squadron.”

Flying is readily associated with providing air dominance for good reason. But the work of maintenance crews is just as crucial to deployed success.

While deployed, the maintainers averaged a 96 percent pass rate in the Expeditionary Maintenance Group’s Quality Assurance Program. The QA program tracks maintenance performance against metrics to improve efficiency, production and reliability. The unit’s “Outstanding” effort, as rated by the expeditionary group, culminated with the 90th Aircraft Maintenance Unit winning 12 expeditionary maintenance awards.



Airmen from the 90th Fighter Squadron and other 3rd Wing units are welcomed by family and friends at the 525th Fighter Squadron's hangar Oct. 7. The Airmen were deployed for five months providing support for operations in Southwest Asia. (U.S. Air Force photo/Staff Sgt. Zachary Wolf)

“The maintainers did an amazing job,” said Air Force Capt. Ron Poe, 3rd Aircraft Maintenance Squadron Operations Officer. “They demonstrated through execution; now they can bring that level of competency back to the unit.”

Maintenance units focus on the readiness of the aircraft to fly – the health of the fleet – Poe said, adding that the awards are excellent indicator the unit is accomplishing

its core function.

“By performing outstanding maintenance, we’re providing a better product to our operators so they can do their mission,” Poe added. “It’s a daily focus of keeping the mission in mind. Through effective scheduling and a strong focus on operator safety, you’re able to improve the health of the fleet.”

More than 150 Airmen and civilians from

JBER deployed to Southwest Asia with the 525th and the 90th fighter squadrons. This included members from the 3rd Maintenance Group, 3rd Munitions Squadron, 673d Logistics Readiness Squadron, 673d Security Forces Squadron and 477th Fighter Wing.

“Regardless of capability, a 3rd Wing squadron cannot deploy on its own,” said Air Force Col. David Nahom, 3rd Wing commander. “The technical expertise and dedicated support of our Total Force Integration and JBER partners are critical to our mission success.”

This marks the third time in a year an F-22 Raptor unit with maintenance and support personnel from the 3rd Wing has left in support of a Theater Security Package deployment. TSP deployments demonstrate the wing’s continued commitment to security and regional stability, while allowing units to train with international partners. The F-22s compiled more than 90 combat flying hours and 430 combat training missions during the deployment.

“They are very respectful of what the F-22 can do and what it symbolizes,” Reed said. “It symbolizes a huge U.S. presence and care for what is going on in that region.”

“I am extremely proud of the phenomenal job the 3rd Wing team, along with our partners, did while deployed and we are thrilled to have them back home,” Nahom added. “Their hard work and dedicated delivery of combat airpower was essential to the strategic battle space and was highly praised by the CENTCOM commander.”

JBER checkpoints deter drunk driving

By Airman 1st Class
Tammie Ramsouer
JBER Public Affairs

The 673d Security Forces Squadron conducted a driving under the influence checkpoint Oct. 12 to deter military members from driving drunk.

Officers used the checkpoint to make sure anyone who drove on base was sober.

Military members operating a vehicle were automatically given a preliminary breath test upon arriving to the Boniface or JBER-Richardson gates.

The 673d SFS sets up checkpoints at random times each year to help detect drivers under the influence of alcohol and keep Joint Base Elmendorf-Richardson safe for members and their families.

Despite numerous safer alternatives, some on base have made the wrong choice.

“We have had more than 139 individuals drive under the influence of alcohol so far this year on JBER,” said Officer Edwin Hernandez Jr., JBER police officer.

Designated drivers, taxis and Joint Base Against Drunk Driving offer JBER members options to get home safely.

“There is no excuse for anyone to drink and drive,” said Army Master Sgt. Salvatore Urzi, 673d Security



Edwin Hernandez Jr., Joint Base Elmendorf-Richardson civilian police officer, talks with a driver during Operation Nighthawk on JBER, Oct. 12. Hernandez checked the driver for signs of intoxication, such as bloodshot eyes and slurred words. (U.S. Air Force photo/Airman 1st Class Tammie Ramsouer)

Forces Squadron operations superintendent.

SFS members were on the lookout for the odor of alcohol,

bloodshot eyes and any swerving when individuals drove up to the gate. Officers administered a breath test to all military members

and those suspected of driving under the influence. If their test numbers were high enough to be at the legal limit, the SFS administered

a field sobriety test. Individuals who pass the breath test or field sobriety test can

proceed through the gate. If an individual does not pass the tests, the officer transports them to the SFS station for follow-on processing.

“Anytime we suspect somebody of drinking and driving, we cannot allow them to proceed farther or we are violating the law,” Urzi said.

“Our whole mission is not to hammer people and punish them,” said Hernandez. “It’s more of a deterrent to maintain the utmost professionalism for a professional standard that is required from a military member.”

Officers present two options to an intoxicated individual about their vehicle.

“If we do apprehend them and bring them back to the station, we first ask them if we can move their car. Most of the time they say yes,” Urzi said. “If they refuse, we have it towed and the individual incurs the expense of towing and storage of their vehicle.”

An individual’s first sergeant is often notified of the members status. The first sergeant then determines what action to take, which could include non-judicial punishment, depending on the circumstances.

“We’re after good behavior and being safe,” said Air Force Col. Brian Duffy, 673d Air Base Wing commander. “This is just another step in that journey.”

Hagel: Shutdown over, but effects on DoD continue

By Jim Garamone
American Forces Press Service

WASHINGTON — The government shutdown is over, but it will take a while for the effects to fade, Defense Secretary Chuck Hagel said here Thursday.

At the shutdown’s height, more than 400,000 Defense Department civilian employees were furloughed because of the lapse of appropriations for the new fiscal year, which began Oct. 1. The Pay Our Military Act allowed the department to bring most back to work Oct. 7. The rest – about 5,000 – came back to work today.

“While all of us across the department welcome the fact that the shutdown is now behind us, I know that its impact will continue to be felt by all of our people,” Hagel said at a Pentagon news conference. “All of them, in different ways, had their lives affected and disrupted during this period of tremendous uncertainty.”

All DoD leaders will work to repair the damage from the shutdown, the secretary vowed.

“I want all of our civilian personnel to know that the work they do is critically important to this department and this country,” Hagel said. “It matters to this department, and it matters for the country. The military simply cannot succeed without our civilian employees, and the president and I appreciate their professionalism and their patience throughout this very trying period.”



Secretary of Defense Chuck Hagel delivers remarks concerning the government shutdown at a press conference at the Pentagon Thursday. (DoD photo/Marine Sgt. Aaron Hostutler)

While the DoD must refocus on critical work, Hagel noted, Congress did not remove the shadow of uncertainty cast over the department.

“DoD is now operating on a short-term continuing resolution, which limits our ability to start new programs, and the damaging cuts of sequestration remain the law of the land,” the secretary said.

The continuing resolution passed last night gives Congress the chance to craft a balanced long-term spending bill, Hagel said.

“If this fiscal uncertainty continues, it will have an impact on our economy, our national security, and America’s standing in the world,” he added. “If the sequester level continues, there will also be consequences.”

The cuts could be devastating to training and to maintaining and equipping the force, he said.

“DoD has a responsibility to give America’s elected leaders and the American people a clear-eyed assessment of what our military can and cannot do after years of sequester-level cuts,” Hagel said. “In the months ahead, we will continue to provide our best and most hon-

est assessment as Congress works to establish the nation’s long-term spending priorities.”

The secretary said he is concerned about civilian morale.

“I don’t think anyone questions that the uncertainty that shutting down the government and closing down people’s jobs has brought a great amount of not only disruption to our government, to our country, but to their lives, to the civilian personnel whose lives have been disrupted by this particular shutdown,” he said.

Combined with no authorization, no appropriation, continuing sequestration and the uncertainty of planning, this creates a perfect stew for bad morale, Hagel said.

“People have to have some confidence that they have a job that they can rely on,” he explained. “I know there are no guarantees in life, but we can’t continue to do this to our people – having them live under this cloud of uncertainty.”

If this continues, he added, DoD will not be able to recruit good people.

The government shutdown and the nation’s debt limit problem are making American allies nervous as well, the secretary said.

“Our allies are asking questions: Can we rely on our partnership with America? Will America fulfill its commitments and its promises?” he said. “These are huge issues for all of us, and they do impact our national security and our relationships and our standing in the world.”

Shutdown mail service

Due to the lack of appropriation of funds, many service contracts have been interrupted, including the PSC mail-delivery service, which affects the Air Force dormitory residents, temporary-duty personnel, and general-delivery mail. At this time, services are being reestablished by military personnel.

The Postal Service Center has moved to 10437 Lindberg Ave. and will be open Monday through Friday from 7 a.m. to 5:30 p.m.

Riding season almost over

Winter season is right around the corner. As the weather changes, the riders are reminded to be cognizant of their surroundings.

Due to the unpredictable weather, there is no set date when the riding season will end. The base safety office advises riders to monitor the road condition advisory and know base procedures for riding during inclement weather.

Road conditions will be posted at all gates, and will be displayed on the JBER website, Facebook and Twitter. The base-installed electronic road condition signs at various locations will keep on-base drivers aware of road conditions.

Road conditions advisories for JBER are:

GREEN: Roads are clear from snow and ice, and are dry. Drivers will comply with normal operating procedures and posted speed limits.

AMBER: It has been determined roads may be slippery due to snow, ice, or reduced visibility. Drivers will exercise caution. Motorcycles cannot be operated on JBER for this or lower advisories.

RED: It has been determined roads may be hazardous due to snow, ice, or reduced visibility. Drivers will exercise caution and reduce speeds by 10 miles per hour below the posted speed limit.

BLACK: It has been determined road conditions are extremely hazardous due to ice, snow, or reduced visibility. Vehicle dispatching is prohibited unless directed by command authority. Only operate mission-essential and emergency-response vehicles. Drivers will exercise extreme caution and reduce speeds by 10 miles per hour below the posted speed limit.

Lodging rate increases

New lodging rates are:

- Visiting quarters: \$56.00
- Visiting Airman quarters: \$42.25
- Temporary lodging facilities: \$60.50
- Large temporary lodging facilities: \$63.75

- Business suites: \$58.75 to \$61.50

JBER's Attic

Joint Base Elmendorf-Richardson's Attic, located in building 8515 off of 20th Street, is open on Tuesdays for paygrades E-1 to E-4 from 10 a.m. to 2 p.m. and 6 p.m. to 8 p.m.; Wednesdays for paygrades E-1 to E-6 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.

Legal education program

The Army Judge Advocate General's Corps is accepting applications for the Army Funded Legal Education Program, which sends active-duty commissioned officers to law school at government expense.

Officers remain on active duty while attending school.

Officers second lieutenant to captain are eligible for FLEP, and further eligibility requirements are outlined in Army Regulation 27-1.

Applicants must submit their application through the chain of command to their basic branch at Army Human Resources Command, with a suspense to AHRC by Nov. 1.

Interested officers should immediately contact the U.S. Army Alaska Office of the Staff Judge Advocate at 384-0420 or 384-0313 for further information and to schedule an interview.

Priority placement

The Priority Placement Program and Executive Order 13473 provide non-competitive appointment for spouses of active duty service members, including full-time National Guard and Reservists, who are relocating to accompany their service member during a permanent change of station.

The program allows spouses to register for Department of Defense positions and to be considered for jobs offered internally. Spouses are matched against potential positions, which meet their qualifications and preferences.

Job placement will vary with each individual. The spouse remains eligible for a maximum of two years from the date of the PCS orders and are in the program for one year.

Military spouses who have never filled a federal position can now register for PPP. This program had previously been limited to spouses on a current federal appointment or had a former federal position in the past.

Military spouses can register

at the Civilian Personnel Office at JBER-Elmendorf or the personnel office at JBER-Richardson. The JBER point of contact is Brenda Yaw at 552-9203.

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.

Hazard communication

All workplace supervisors should be aware of the new, base-wide, changes to the hazard communication program for hazardous materials, which is effective immediately. These changes have been introduced through various multimedia presentations sent out by both the 673d Aeromedical Squadron Public Health, and bio-environmental engineering flights.

Each industrial work area, Army or Air Force, is required to have an individual HAZMAT/HAZCOM program established per Air Force Instruction 90-821, Hazard Communication and Occupational Safety.

Training presentations have been emailed to all shop/flight supervision; which detail the numerous changes to be made. Compliance with these changes is mandated at a federal level by

29 Code of Federal Regulations 1910.1200, Occupational Safety and Health Standards.

For an additional copy of the mentioned training, or for a more detailed explanation of all changes, call the Bio-environmental Flight at 384-0482.

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 accidents;
- 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.

Rental Partnership

The Rental Partnership Program at JBER is available to all eligible active-duty members and consists of two options.

The first option, RPP Plus, includes utilities and sometimes cable costs providing an easier budget with a set rental payment year round.

The other option, RPP 5 Percent below market, saves the member five percent off the rental fee that other tenants pay however utilities are paid for by the tenant.

Both options are made available with no deposits or fees to the member with the exclusion of pet fees as applicable.

This program is designed to provide active-duty military personnel, enlisted and officers, accompanied and unaccompanied with affordable off-base housing.

An allotment must be executed under either option of the RPP for the rental payments which is made directly to the landlord resulting in a more trouble free transactions.

JBER-Elmendorf can see RPP officials at the Capital Asset Management Office, Building 6346, Arctic Warrior Drive, or call at 552-4328 or 552-4374 for further information and assistance regarding this program.

At JBER-Richardson, visit the Housing Management Office, Building 600, Richardson Drive, or call at 384-3088 or 384-7632.

AER policy change

Army Emergency Relief announced a change in policy allowing sergeants first class and above direct access to assistance.

The change enables senior non-commissioned officers to go directly to AER for assistance.

Home buyer's seminar

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

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

Please contact the JBER-Elmendorf office at 552-4439 or the JBER-Richardson office at 384-3088 for specific times to be included in the sign-up roster.

a playground for the FISHER HOUSE

Airmen step in to help assemble equipment

By Air Force Staff Sgt. Sheila deVera
JBER Public Affairs

The Fisher House of Alaska has been a “home away from home” to service members, veterans and their families while they receive medical care at the hospital on Joint Base Elmendorf-Richardson.

Since 1990, the Fisher House world-wide has saved the military, veterans and their families an estimated \$200 million in out-of-pocket costs for lodging and transportation.

In April, the Fisher House of Alaska wanted to add a playground for children to play and exercise during their stay.

“Every time we have children here, we look at any opportunity for them to do things and not just stay in the house or the hospital,” said Jennifer Hall, Fisher House of Alaska manager. “This playground is well needed.”

Before ordering the equipment, Fisher House employees had the playground custom-made to fit in the limited space in the back yard. It was then shipped from the Lower 48.

Once the equipment arrived, the most complicated portion was assembling it.

That’s where JBER Airmen stepped in to help.

Rain or shine, members from the 611th Air Communications Squadron, 611th Air Support Squadron and the 611th Civil Engineer Squadron dedicated more than 13 hours over two days to assemble the new playground.

There are two purposes for the 611th answering the call to assist the Fisher House and Eclipse Playground to build the facility, said Senior Master Sgt. Devlin Huffman, 611th ACS superintendent.

“This is a team-building exercise to help us communicate. In our day-to-day job, we are in charge of maintaining a remote site in Alaska, so this helps us with our networking and communications to do our job,” Huffman said. “The second purpose is to give back to the community and military members.”

Huffman said this playground would help family members distract themselves by coming to the playground to see the children laughing and having a good time.



ABOVE: Airmen from the 611th Air Communications Squadron, 611th Air Support Squadron and the 611th Civil Engineer Squadron work to assemble new playground equipment at the Fisher House of Alaska. While the house is state-of-the-art, it lacked a play area for children living there. Airmen spent 13 hours assembling the equipment. (U.S. Air Force photos/Staff Sgt. Sheila deVera)



The construction of the new playground was the latest investment in the 23-year partnership between the foundation and



ABOVE: Tech. Sgt. Jason Jenkins of the 611th Civil Engineer Squadron helps another Airman assemble a prefabricated playground in the back yard of the Fisher House on JBER recently.

LEFT: An Airman secures a bolt on playground equipment donated by the Fisher House for children staying at the house. The playground is a much-needed way for children to get outside, said Jennifer Hall, manager of the Fisher House of Alaska.

the military.

Playgrounds, as with the rest of the house and furnishings, are donated by the Fisher

House Foundation, which has provided temporary housing to families of wounded service members for more than two decades.

Spartans, UAA students team up to fight domestic violence

By Army Staff Sgt. Jeffrey Smith
4-25 IBCT Public Affairs

A group of nursing students with the University of Alaska Anchorage delivered instructional training on domestic violence awareness and prevention to command teams with the 4th Infantry Brigade Combat Team (Airborne), 25th Infantry Division, Oct. 2 at the Soldiers’ Chapel at Joint Base Elmendorf-Richardson.

The eight-student team, led by Dr. Angelia Trujillo, with UAA’s school of nursing, conducted extensive research into the issue of domestic violence, and presented their findings to the command teams as a capstone project to assist military leaders with the issue of domestic violence.

The students’ instruction explained that domestic violence happens across a broad spectrum of society. Incidents occur among many socio-economic backgrounds, education levels, races, and cultures.

The abuse affects not only the abusers and victims, but also family members, friends, and, ultimately, the community as a whole.

According to their research, domestic violence occurs from intimidation abuses including neglect, where basic needs such as food, shelter, and clothing are not provided; verbal abuse, words, body language, or anything that criticizes another person, to include put-downs or name calling. It can also include physical abuse, any threat or actual use of physical harm; sexual abuse, any unwanted sexual contact; economic abuse, using money or having access to money in order to control a person; and psychological abuse, systematic perpetration of explicit non-physical acts where strong manipulative content is used in order to force the victim to comply with an abuser’s wishes.

Army Col. Matthew McFarlane, the 4-25 IBCT’s commanding officer, said he was thankful for the training the students provided to the brigade’s command teams because it further emphasized how important it is to eliminate domestic violence in the Army’s community through awareness, prevention, and response efforts.

“I can’t tell you how important it is that we continue to try to engage our families, and our paratroopers, and the Soldiers around post about what domestic violence is,” McFarlane said.

McFarlane said in October, which is nationally recognized as Domestic Violence



Army Maj. James Lee, the chaplain for the 4th Infantry Brigade Combat Team (Airborne), 25th Infantry Division, addresses command teams from across the brigade on the issue of domestic violence as a group of student-instructors from the University of Alaska Anchorage’s Nursing School look on Oct. 2 at the Soldiers’ Chapel at Joint Base Elmendorf-Richardson. The students were there to give instruction to 4-25 IBCT Soldiers on domestic violence awareness, prevention and response. (U.S. Army photo/Sgt. Eric-James Estrada)

Awareness Month, the training given by the nursing students from UAA, coupled with the JBER Family Advocacy Program’s Bystander Campaign, are tools leaders can use to curb domestic violence in the community.

“We have the Bystander Campaign that is happening parallel to this [UAA Student Training]. It’s another construct that we have to test ourselves to see if we are seeing some signs, anybody in the formation, seeing signs that may indicate domestic violence is occurring, and to see if bystanders are intervening, or at least asking about it,” McFarlane said.

McFarlane credited senior leadership at JBER for recognizing, enforcing, and training the force on the issue of domes-

tic violence.

The 4-25’s chaplain, Army Maj. James Lee, echoed McFarlane’s thoughts on leadership acknowledgement of domestic violence and the active measures in training employed to help eliminate it.

“The support we have had from our command in focusing on this kind of training I think is representative of an attitude at the highest echelon of our command, from our brigade down,” Lee said.

“When our Soldiers and our families see how our leadership at the lowest levels respond, it might have a positive impact,” Lee said.

One of the student instructors, Halena Rae White, from Big Lake, Alaska said, “I

hope this will inspire leaders in the military to just be more aware of domestic violence and its effects on Soldiers and families of the Soldiers. I just want them to be aware of the signs to look for, and once they do see the signs, to get help for those people.”

The nursing group suggested resources for people in the local area who are in need of help. One primary safe haven for victims and their children in the Anchorage area is an organization called Abused Women’s Aid in Crisis.

The center is located on the corner of West 13th Avenue and A Street in Anchorage. The center offers help and a safe living environment for victims for a period of up to one month.

Words matter; use yours to build up, not tear down

Commentary by Army Chaplain (1st Lt.) Angie Erickson
Army Reserve chaplain

Words. They can bring you joy and they can bring you pain. Do you use your words wisely? When you speak do you bring honor and glory to God? Do you speak in love and truth to your spouse, children and fellow service members?

These are questions I want you to ponder as we look at what God has to say about his word and yours.

Words educate us. Words tell us a story and they set a mood. Words evoke emotions. We use our words to give testimonies to encourage and bring awareness of our lives.

We use words to build relationships. We crank up the stereo so we can hear the words to our favorite song.

Words can build up and words can tear down. As a former Army journalist, I used to use my words to highlight the Army in a positive light. What a privilege it was to go around and visit with Soldiers and get their stories.

As an Army chaplain, I am excited to be back into the “word” business.

However, this time I am not using man’s word to tell a story, but God’s word that comes from the 66 books of the Bible.

The apostle Paul tells us in Romans 15:4 the Scriptures were written to teach us.

Therefore, let us seek God’s word together so we can gain a better understanding of what God desires for us.

The Bible is God’s written word, and when we apply it to our lives, it allows us be transformed into the men and women God created us to be.

Ephesians 4:29 states: “Don’t use foul

or abusive language. Let everything you say be good and helpful, so that your words will be an encouragement to those who hear them.”

Do you sometimes say things you regret? I know I do. In Ephesians, Paul is addressing the church of Ephesus and giving them some sound teaching.

He is telling them it is the duty of Christians to live differently from the world. He tells us on two separate occasions we are Christ’s ambassadors.

If we represent Christ, then how is it we can speak wrongly?

The answer, I am sad to say, is many of us are not reading and heeding the word of God, and as a result it is reflected in every area of our lives, especially in our relationships.

With each church Paul visited, he reminded the Christians of their behavior, like in Colossians where he told the church to get rid of anger, rage, malicious behavior, slander and dirty language.

If we read the word for ourselves, we too can be reminded our words can get us into a lot of trouble.

In the Old Testament, the book of Proverbs is classified as wisdom literature.

Notice I said “wisdom” because it’s written to give us precise instruction.

God knows we wrestle with the tongue. That’s why he gives us the book of Proverbs – which he expects us to study and



Words can heal – or they can hurt. Be sure to use them for good. (Courtesy photo)

meditate on.

Credited to King Solomon, the wisest man to ever live, Proverbs addresses the mouth 52 times, the lips 42 times, use of words 40 times and the tongue 19 times.

That’s more than 150 references to using your words in 31 chapters which equates to about five times per chapter, and when you consider how short each chapter is, that’s a clue we need to pay attention to what God has to say about our speech.

Let’s take a look at a couple of these verses.

Proverbs 10:11 tells us, “The words of the godly are a life-giving fountain; the words of the wicked conceal violent intentions.”

Moreover, Proverbs 10:20 says, “The words of the godly are like sterling silver” and Proverbs 10:21 states, “The words of the godly encourage many, but fools are destroyed by their lack of common sense.”

Are we starting to see the value that comes with speaking wisdom?

In the book of James, God’s word says, “Do not just be a listener of the word, but a doer of the word.”

After all, Jesus told us to “pick up” our cross and follow him.

We know as service members what it means to follow, to pack our gear and move out, but today I am asking you to lead by example as soldiers in the Lord’s Army.

We have an opportunity to bless our fellow Soldiers and Airmen every day.

God tells us in Proverbs 27:17 that iron sharpens iron. That’s what we need to be doing to each other.

Using our words to build up and encourage one another – making for better service men and women, better husbands and wives, better parents and neighbors.

There are 31 proverbs, and it would benefit us to read one a day. It’s better than taking your vitamin.

Have you ever seen a red-letter Bible? The words Jesus spoke are written in the color red because they are life-giving.

In Matthew 12:37 Jesus said, “For by your words you will be acquitted, and by your words you will be condemned.”

What does a police officer say right before he arrests someone? “You have the right to remain _____?” I think everyone would agree sometimes it is better to remain silent.

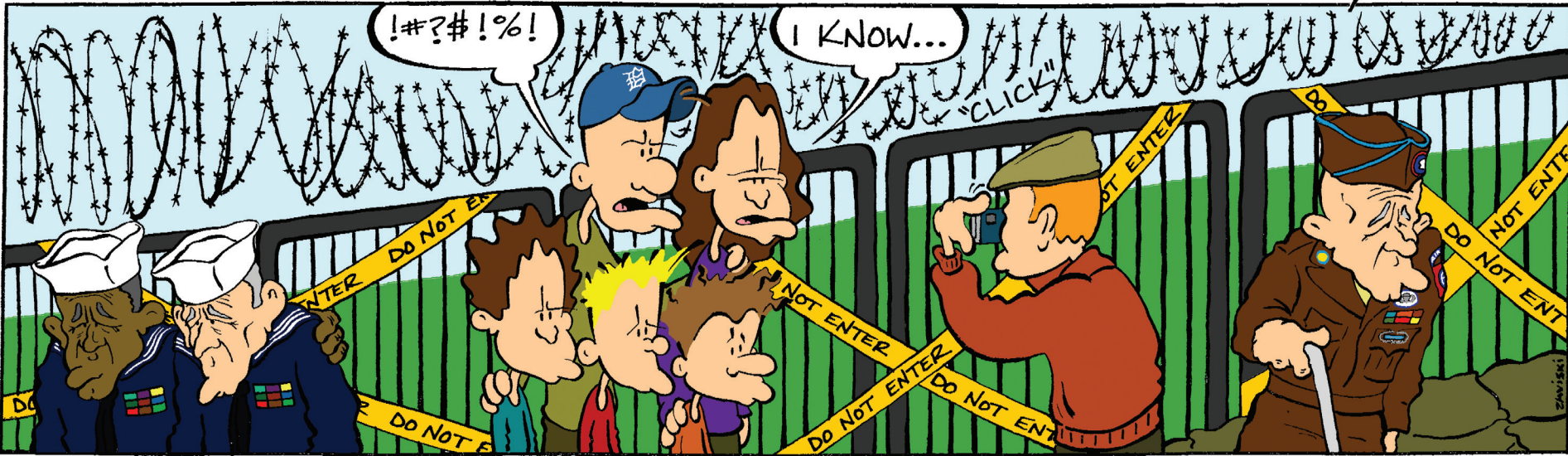
Are you having trouble with your words? Then seek the words that matter.

Learn how to communicate using God’s teaching. His instructions have everlasting dividends.

GUNSTON st.

gunstonstreet.com or gunstonstreet@yahoo.com

by ZAVISKI



FORCE
SUPPORT
SQUADRON

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



Did you know.....

You can view the JBER673FSS facebook page even if you don't have a facebook account? Stop by and see us! www.facebook.com/JBER673FSS

ALL NFL GAMES SHOWN!

IT'S FOOTBALL SEASON!

OCTOBER 20
FIRST KICK OFF - 9 A.M.

OCTOBER 21
MINNESOTA AT NY GIANTS
KICK OFF - 4:30 P.M.

OCTOBER 24
CAROLINA AT TAMPA BAY
KICK OFF - 4:25 P.M.

DOOR OPEN 30 MINUTES
PRIOR TO GAME TIME!

FREE BREAKFAST
FOR MEMBERS
ON SUNDAY MORNING!

SIGN UP
FOR THE
GRAND
PRIZE
DURING
MONDAY
NIGHT
FOOTBALL

COME
CHECK OUT
OUR NEW
MENU

SEE MONTHLY NFL FOOTBALL SCHEDULE ONLINE AT
WWW.ELMENDORF-RICHARDSON.COM/ADVENTURER

ELMENDORF-RICHARDSON
FORCE
SUPPORT SQUADRON

For more information, call The Arctic Chill at 384-7619

Clubs

U.S. ARMY vs. U.S. AIR FORCE

Karaoke Contest

October 19: Finals at
The Fire Pit, Bldg. 9384.

Prizes: 1st: \$250, 2nd: \$100, 3rd: \$50
Scoring will be based on audience/judge votes (50/50).
The winner's name will appear on a trophy.
The trophy will be kept at either
the Arctic Chill or the Fire Pit.

Thursday Night
Texas Hold'em

FREE for Members
\$5 charge for non-Members
Sign up 5 p.m.
Dealing starts 6 p.m.
Top 3 win prizes
Top 9 qualify for Finale.

Community Happenings

October 18, 2013

ARCTIC WARRIOR

B-3

FRIDAY AND SATURDAY Alaska Aces games

The Alaska Aces duke it out with the Bakersfield Condors Oct. 18 and the San Francisco Bulls Oct. 19 in ECHL action. If you missed the season's first face-off, catch up at the Sullivan Arena. Games start at 7:15 p.m. both days.

For information, visit alaskaaces.com.

SATURDAY Secure Your ID Day

The Better Business Bureau hosts this Secure Your ID Day – with free document shredding and cell phone recycling at Wells Fargo in Wasilla.

Drop off up to three bags or boxes of unwanted documents between 10 a.m. and 2 p.m.

Unwanted cell phones will be wiped and donated to a service that provides them to victims of domestic abuse. BBB representatives will be available to discuss identity theft issues and provide advice for identity theft victims.

For information, call 644-5202.

Alaska Ski Swap

West Anchorage High School hosts this winter gear swap. Bargain hunters can score great deals and sellers can recoup some money on gently-used equipment.

Need to unload some gear? Looking to get something new? Visit from noon to 5 p.m.

For information, visit ak-skiswap.com.

Archaeology Day

Visit the UAA University Center to celebrate archaeology. Dig mock artifacts, make petroglyphs, shoot bison targets with an atlatl or make a basket or arrowhead.

Demonstrations and hands-on fun is led by archaeologists from around Alaska.

For more information, call 786-6842.

SUNDAY AND MONDAY College and Career Fair

The Egan Center hosts this college and career fair.

More than 130 colleges, universities and technical institutions will be on hand to provide information, and workshops will feature topics like financial aid, scholarships, and college admissions.

For information, visit uaa.alaska.edu/eoc.

THURSDAY Friends of Nike Site Summit Open House

Friends of Nike Site Summit and the Alaska Association for Historic Preservation host their annual reception from 6 to 8 p.m. at the BP Energy Center. Displays, information and refreshments are planned, and a member will portray Gordon Lyon, the engineer of the construction of the site summit.

For information, visit nikesite-summit.net.

OCT. 25 AND 26 Trick or Treat Town

This indoor festivity is back, from 5:30 to 9 p.m. Friday and 11 a.m. to 8 p.m. Saturday at the Alaska Communications Garage at 600 Telephone Ave.

For information and tickets, visit bgcalaska.org.

OCT. 26 Trunk or Treat

Give walking in the dark a pass this Halloween and trunk-or-treat at the Arctic Oasis from noon to 3 p.m.

The theme is Disney/Pixar and volunteers are encouraged to sign up to create the best-decorated trunk to engage the approximately 4,000 children who show up. Candy is provided and the prizes for best trunk are sweet.

For information, visit mysign-up.com/arcticoasistrunkortreat.

Trick or Treat Street

This free event downtown lets families and children trick-or-treat from business to business. Other activities include face painting, cookie decorating, costume contests, horse-drawn hayrides and more.

Fun kicks off at noon. For information, visit anchorage-downtown.org.

Skinny Raven Frightening 4K race

Run this 4K starting and ending at the Hotel Captain Cook, with trick-or-treat aid stations along the way.

For more information, visit skinnyraven.com.

Owl-o-Ween at Bird TLC

Join Bird TLC and a parliament of live owls as they celebrate Halloween. Discover why owls are a witch's best friends and how ghost

stories got started.

Festivities begin at 3 p.m. and continue until 5, with a hooting contest and costume contest at 4 p.m.

For more information, visit birdtcl.net.

OCT. 31 Zoo Boo at Alaska Zoo

Visit the zoo in costume! Spooky decorations, costumed staff, and trick-or-treat stations throughout the zoo from 5 to 8 p.m.

Dress warmly and bring a flashlight as you visit the animals. For information, call 346-2133.

Rocky Horror Picture Show

The ultimate Halloween experience – bring your newspaper, toast and cards, or get the audience participation goodie bag.

The fun starts at 7 p.m. at the Alaska Experience Theatre.

For information, visit alaska-experiencetheatre.com.

NOV. 1 AND 2 Alaska Aces hockey

The Aces take on the Bakersfield Condors in ECHL hockey action starting at 7:15 p.m. both nights at the Sullivan Arena.

Get your hockey fix – for information visit alaskaaces.com.

Nov. 2 Intertribal/Dena'ina Day

The Alaska Native Heritage Center hosts this free day of Dena'ina activities with films, dancing, games, vendors, demonstrations and village site tours.

Learn about the Native history of Alaska from 10 a.m. to 5 p.m.

For information, visit alaskanative.net.

Nov. 6 Girls' Night Out

Women are invited to the JBER hospital's women's health clinic for snacks and gifts while getting annual exams out of the way.

For more information, call 580-4182.

ONGOING Anchorage Market

The farmer's market still happens weekly at the 3rd Avenue and E Street parking lot downtown Saturdays. Seven acres of vendors offer produce, exotic goods, Alaska souvenirs, local meat and so much more.

For information, call 272-5634.

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.

For information, call 384-7478.

Protestant Women of the Chapel meetings

Women are invited to meet with Protestant Women of the Chapel.

Bible study happens Tuesdays at 9:30 a.m. at Soldiers' Chapel on JBER-Richardson.

For more information, email jber.ak.pwoc@gmail.com or call 384-1461.

Night at the Fights

Boxing matches happen every Thursday night at the William A. Egan Civic Center.

Get your boxing fix; doors open at 6:30 p.m. and fights start at 7:30. For information, visit thursday-nightfights.com.

If being ringside isn't enough, email jimpatton@gci.net to fight in a "grudge match."

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 or email bjorgan@alaska.net.

Borealis Toastmasters

Conquer your fear of public speaking with Toastmasters.

This safe, friendly club helps build confidence through speeches, presentations, feedback and listening in a supportive environment.

The club meets every Thursday in Room 146 of the BP building from 7 to 8 p.m.

For information, call 575-7470.

Wired Cafe for Airmen

The Wired Cafe is located at 7076 Fighter Drive, between Polaris and Yukla dormitories.

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

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.

For information, call 552-4422.

Storytime for Toddlers

Pre-school-aged children can join zoo staff for stories about a particular animal species, followed by meeting the animal, beginning at 10:30 a.m. Mondays at the coffee shop greenhouse. New encounters and books are added all the time.

For information email camp@alaskazoo.org.

events & activities



Check out the October Alaskan Adventurer

Winter Fun!



AFTER SCHOOL PROGRAM SKI AND SNOWBOARD LESSONS

Thursdays or Fridays
December through February
Ages 6 - 12

SMALL-GROUP LESSONS WITH
INSTRUCTORS TRAINED TO
TEACH SPECIFICALLY TO
CHILDREN



\$160 includes:
Four 90-min. lessons,
rental equipment, &
lift tickets for the day.
Space is limited. Register
now by calling: **552-5026**



The PLAYPASS is accepted
for all ski or snowboard lessons!

NFL Football at Polar Bowl's Igloo Lounge

Polar Bowl
Bldg 7176
753-PINS (7467)

Igloo Lounge Hours
Sunday 8:30 a.m. - 8 p.m.
Monday & Thursday 3 - 9 p.m.
Closed Tuesday & Wednesday
Friday & Saturday 5 p.m. - 1 a.m.

OCTOBER 20

First Kick Off - 9 a.m.

OCTOBER 21

Minnesota at NY Giants
Kick Off - 4:30 p.m.

OCTOBER 24

Carolina at Tampa Bay
Kick off - 4:25 p.m.
DOOR OPEN 30 MINUTES
PRIOR TO GAME TIME!

THE FIRE PIT

(Located in the basement of the
Arctic Warrior Events Center, Bldg. 9387)

OPEN:

Thursday, 4 - 9 p.m.

Friday, 4 p.m. - Midnight

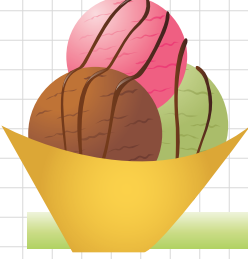
Saturday, 6 p.m. - Midnight

Call 394-7619 to reserve the club for your next
Squadron/Unit Event or Party !

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

Teen Ice Cream Social & Craft Event October 18, 3 - 5 p.m. JBER Library, Bldg. 7

Call 384 1640 for more info.



Be safe this Halloween – and protect wildlife too

JBER notes safety precautions for trick-or-treating, candy X-raying

By Airman 1st Class Tammie Ramsouer
JBER Public Affairs

Halloween is the time of year when children dress up as their favorite character in hopes of collecting as much candy as they can.

Yet, Halloween night is also the time of year when safety is extremely important. There are many precautions parents and children should follow to enjoy a safe and fun Halloween.

Children five and under must be accompanied by another child at least 12 years of age, or supervised by a parent or adult.

The speed limit is 15 mph in residential areas, and drivers should be extremely cautious for children in those areas – especially during trick-or-treating hours.

With the long hours of darkness and the cold weather during October here in Alaska, parents and children should have flashlights, hand warmers and warm clothing while individuals trick-or-treat, said Tech. Sgt. Mariko Thomas, 673d Security Forces Squadron.

Children’s costumes should allow them to see and their costumes should not drag on the ground, preventing slips and falls while trick-or-treating, said Michael Lundvall, 673d Ground Safety Office administrator.

Although children may have proper re-

flective gear on their costumes, running from house to house, walking diagonally across the road or between parked vehicles is very dangerous and children must be aware of their surroundings, Lundvall said.

“Use sidewalks and crosswalks when crossing the road or at intersections,” Thomas said.

Children and their parents can trick-or-treat Oct. 31. from 5 p.m. until 8 p.m. on Joint Base Elmendorf-Richardson.

If there are problems, such as children being bullied for candy while trick-or-treating or any safety violations, contact one of the Security Forces personnel or volunteers that will be patrolling the housing areas wearing police vests on Halloween night.

There will be between four and 11 673d SFS members and volunteers patrolling each housing area.

For residents handing out candy to the trick-or-treaters, their porch lights must be lit to let children know where to receive candy.

If parents are worried about their children’s candy, the Air Mobility Command Passenger Terminal will offer courtesy X-ray of candy between 6 and 9 p.m. Halloween night.

Base housing residents must take down holiday decorations within two weeks of Halloween.

Pumpkins and jack-o-lanterns are not allowed outside until the day of Halloween during the hours of trick-or-treating and must be removed the same night.

If residents do not remove their gourds, the wildlife will be attracted to it and leftover decorations could become a free meal, which is not safe for residents or the animals.

Alaska law prohibits the feeding of wild animals such as moose, bears, foxes or wolves.



A moose on JBER enjoys a jack-o-lantern that was left out overnight. Alaska law prohibits feeding moose and other animals, even inadvertently. If you put out pumpkins and other edible decor for Halloween, be sure to take them inside after trick-or-treating hours to avoid a potentially dangerous situation. (Courtesy photo)

Be kind to your teeth when it comes to candy, soft drinks

Commentary by Air Force
Capt. Curt Martin
673d Dental Squadron

In October, many children only have one thing on their minds: how much candy they can fit into their pillow cases or plastic jack-o-lanterns.

Halloween will be here before we know it.

That means lots of free candy and for kids to store as many sweets as possible ahead of the long and cold Alaska winter.

Parents have other things on their minds such as getting them to sleep after the sugar-rich candy infiltrates their blood stream.

While this article may not help with bed times on Halloween, here are some suggestions to help keep childrens’ teeth strong during the sugar-filled holiday.

Avoiding candy right before bed can definitely help in the long and short term.

Falling asleep with food still attached to teeth means the sugars can actively decay teeth throughout the night.

Pairing candy with meals is a good way to eliminate tartar build up, as is brushing before bed.

Stay away from hard candies that stay in your mouth for a long

time such as jawbreakers.

The longer candy is in your mouth, the longer your teeth are being attacked by acids, which will lead to tooth decay.

This also goes for same for candies that stick to the teeth.

They take longer to wash away with saliva.

Candies like these can stay in the mouth for hours and even through a night’s sleep.

Children may also drink large amounts of soda to wash the candy down.

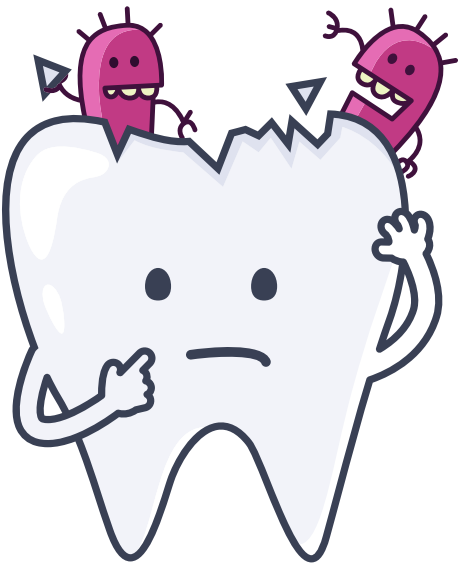
Soda carries many sugars and acids; a good alternative is fluoridated water.

Fluoride strengthens teeth by preventing demineralization and promoting healthy dental hygiene.

Avoid drinks that contain large amounts of sugar. These include soft drinks, energy drinks and fruit juices.

Drinking these beverages quickly and along with meals, if possible, decreases the chances of damaging teeth as opposed to drinking them over a longer period of time.

Keep a child’s candy out of



the bedroom; it reduces temptation.

Getting your children to chew sugar-free gum after meals increases saliva and helps wash out food and candy.

Another piece of information to keep in mind during the Halloween season is to make flossing a habit.

Most kids do not like to use the traditional floss that we grew up with.

Single-use plastic dental flossers are more popular.

These can be fun for the kids because they are different colors, easy to use and attract younger

children to use them.

A toothbrush does not clean between the teeth effectively, so flossing removes plaque that the toothbrush cannot get to and keeps your gums healthy.

Parents should always remind kids to brush their teeth twice a day with toothpaste making sure that the toothpaste contains fluoride.

The American Dental Association suggests replacing your toothbrush every three or four months.

But when you see the bristles of your toothbrush worn and frayed this may indicate it also a good time to replace your toothbrush.

Last but not least, visit your dentist for regular checkups.

If you develop a cavity, it is better to diagnose it sooner rather than later.

If you wait until your tooth begins to hurt, then you may require more invasive dental procedures.

Halloween is a time for your kids to have fun and dress up in their favorite costumes.

Following these tips will help parents and kids understand the



impact all of the candy has on their teeth.

If you want to reduce the amount of candy altogether, some dentists will “buy back” candy from children in exchange for other items or even money.

In short, encourage your children to enjoy Halloween – and their dental health.

