

BREAKING THROUGH THE WALL



Air Force Capt. Caitlin Oviatt, 673d Air Base Wing executive officer, demonstrates the posture she assumes before a foot race, which allows her to size up her competition. During the 25-mile Frosty Bottom foot race, Oviatt's nutrition and water froze, forcing her to improvise in order to finish the race. Not only did the officer finish the race, she beat the course record for women by 15 minutes. (U.S. Air Force photo/David Bedard)

JBER executive officer is more than a survivor

By David Bedard
JBER Public Affairs

Marathon runners call it “hitting the wall.” It usually happens around mile 20, when a runner’s body runs out of energy, starving muscles of the fuel they need to carry the distance.

Air Force Capt. Caitlin Oviatt, 673d Air Base Wing executive officer, said she hit a wall of sorts Jan. 3 during the Frosty Bottom 25-mile race in Anchorage.

Oviatt doesn’t usually hit the wall encountered by other racers. She prepares by packing plenty of water and “chews” – small energy snacks designed to quickly replenish muscles.

The wall Oviatt hit during Frosty Bottom involved the perils of running a race in subarctic Alaska. An unseasonably warm December gave way to a cold first week in January. Oviatt’s water and snacks froze, depriving her of the refreshment and energy she needed to go the distance. She hit the wall full on.

Oviatt has had to break through several walls during the course of her life in order to find her way to the front office at JBER, even before her Air Force career began.

The first hurdle

Oviatt was raised in a military family. Her father, retired Sgt. 1st Class Brian Lynch, was an Army Special Forces operator. Her oldest brother, Army. Maj. Tim Lynch, was the soccer team captain at West Point before he earned a field artillery commission. Her other brother, Army 1st. Lt. Dan Lynch, is an infantry officer and Army Ranger.

Even if a path to a military career seemed

assured, the youngest Oviatt had to surmount obstacles if she wanted to earn an Air Force commission through the U.S. Air Force Academy at Colorado Springs. Though she was recruited for her soccer skills, her grades weren’t good enough for a direct appointment. She would have to attend the USAFA Preparatory School for a year to compete for admission.

“I struggled a lot with academics,” she said, before explaining how she weathered the tough academy curriculum. “I really think what got me through was work ethic. My dad and mom instilled that ethic in all of their kids. The academy is a tough educational experience, but anything is possible if you put your nose to the grindstone. If you have the passion and the determination to get where you want to go, you’ll eventually get there even if you have to jump over some hurdles.”

Finding her stride

Despite being soccer rookie of the year as a freshman, Oviatt would find a new passion her junior year: running. Though she didn’t run competitively in high school, the cadet found her stride quickly enough to become captain of the academy cross-country running team her senior year. Soccer, the athletic pursuit of choice for her family, would give way to endurance runs over cresting hills and winding trails.

The captain took a year off of running in 2013, making it all the more difficult to become a competitive runner in 2014. Despite the challenge, Oviatt would finish second for women runners in Interior Alaska’s Equinox Marathon, a race listed in the Weather Channel’s top 15 toughest marathons.

The marathon sees a total elevation change of 3,285 feet and is often inundated with cold September rains that can cause hypothermia for participants.

Though the hilly conditions would pose a challenge to most runners, Oviatt said it played to her strengths.

“That is what I love to do,” she said. “Mountain climbing – with my short steps – really suits me. It got me fired up.”

The last three miles of the course, however, would prove more difficult to the officer. As if the bone-chilling rain wasn’t enough, Oviatt’s hills would give way to a level-plateau finale – forcing her to run flat out.

“It was tough,” she said. “You have to dig deeper into your mind. All these thoughts pop in your head like ‘This hurts.’ You tell yourself ‘You can do this.’ You don’t want to just survive; you want to thrive.”

Oviatt finished the race second – the winner, Christy Marvin, having beaten the marathon record by nearly a minute. The accomplishment proved to Oviatt she could overcome limitations with the resolve and hard work ethos her parents taught her.

“A lot of times, it’s your mind holding you back,” she said. “Your body is capable of so many things, it just depends on your belief in yourself.”

Frosty Bottom

At mile 17, her water and energy snacks frozen, Oviatt had hit the wall. Frosty Bottom is actually a 50-mile bicycle race that runs concurrently with a 25-mile foot race.

Oviatt was in need of hydration if she was going to post a competitive time, so she did what logistics readiness officers do best: she improvised.

As she passed bike riders, she asked them for the water she needed to carry the race. Fortunately, the riders obliged, giving her the refreshment and kindness that would see her through to the end.

“No matter how hard the wall hits during a race, you’ll push through,” Oviatt

said. “Running has taught me that. Waking up everyday and just running is a blessing.”

In much the same way Oviatt surmounted her wall at Frosty Bottom, the executive officer overcame her early academic limitations, earning a bachelor’s degree in behavioral science. She has since earned a master’s degree in health psychology and will soon complete another master’s degree in logistics.

The officer spent her first year of commissioned service as a soccer coach at the USAFA Preparatory School, coming full circle and allowing her to give back to the process that saw her through the academy.

“I thought it was the coolest thing,” she said. “Being able to directly impact and influence [cadets] is what leadership is all about.”

Her first assignment at Joint Base Elmendorf-Richardson was flight commander of the base’s central issue facility – an organization responsible for issuing Army newcomers with the equipment they need for arctic training.

Oviatt then moved to the base’s joint mobility complex, an air terminal primarily built to accommodate Army airborne operations.

Throughout her military service, Oviatt said she viewed athletics as a way to set the example for the Airmen she serves with.

“Running for me is a way to communicate,” she elaborated. “It’s a way to motivate. It’s a way to inspire. Even if it motivates just one Airman to train for and run a race – that is good enough for me.”

Her efforts were not in vain. For Michael Boy, the JBER installation deployment officer at the JMC, Oviatt would serve as the inspiration for him to begin running as a way to improve his health.

“The best compliment I ever got was ‘You helped save my life’,” Oviatt said in reference to a conversation with Boy. “I run for selfish reasons – because I like it – but being able to truly affect people through the art of running, that’s what I enjoy the most.”

Culture shift: SAPR advisory task force seeks to improve training

By Airman 1st Class Kyle Johnson
JBER Public Affairs

According to www.sapr.mil, sexual assault reports in the military are on the rise, and have been for years.

This is a good sign.

An increase in reports testifies to a culture shift in the force structure. Victims of sexual assaults are proving more likely to report it, which allows commanders to weed out perpetrators and create a safer environment for everyone.

However, one sexual assault is too many, said Air Force Col. Brian Bruckbauer, commander of the 673d Air Base Wing.

There are computer-based training programs and PowerPoints galore, but leaders at Joint Base Elmendorf-Richardson have been looking to approach this issue from a fundamentally new angle to continue the forward progress and spark a cultural change.

Statistics from www.sapr.mil indicate 61 percent of sexual assault completed investigations

happen to persons under the age of 25, and 19 percent do not have an age documented. This means potentially 80 percent of completed investigations are in that demographic.

With this in mind, JBER assembled a team of volunteers to provide firsthand insight into what this target age group thinks of the current Sexual Assault Prevention Response training and what they think can be done differently to create results.

What was originally designed

as a short-term feedback session to provide new information on preventing sexual assaults to senior leadership has evolved into a permanent advisory initiative made up of volunteers with a unique perspective on sexual assault prevention.

Members volunteered October 26, and, after consultation with their chain of command, were accepted when the Joint Base Elmendorf-Richardson Sexual Assault Prevention Response Task Force, (JBER SAPR Task Force-JSTF)

formed on November 6.

Darmaly Williams, the sexual assault prevention and response program manager for the 673d Air Base Wing, explained the JSTF is composed entirely of Airmen in the target population that reports the most sexual assaults. Their task is to give leadership a peek inside the mind of the younger service members.

Some questions need to be

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Do you even lift?

Soldiers compete in annual Push/Pull weightlifting competition at Buckner Physical Fitness Center, Story, B-6

Have you really joined the Air Force yet?

Commentary by Chief Master Sgt. David Wolfe
JBER-E PME Center Commandant

For those of us in uniform, particularly enlisted members, memories of how we came to be in the military are fairly easy to call to mind – whether the process was more than 20 years ago, or closer to 20 months ago.

As I recall the experience, that trip to the Military Entrance Processing Station was a time of many emotions. Fear of the unknown?

Yes. Apprehension and confusion about the process? Sure.

But also, there was hope for a new and better life; a life with meaning and a life as part of something greater.

A critical part of that experience was the oath of enlistment, where each of us swore to support and defend our Constitution, to do what we were told, and defend our country against all enemies – with our lives, if need be.

At the moment we each repeated that oath, we willingly committed to a larger purpose.

Knowingly or unknowingly, each of us made a conscious decision to place the needs of others above the desire for self-service.

But regardless of how long ago we first took that oath and made that commitment verbally, and therefore enlisted, that was not the moment we truly joined the Air Force.

Let me explain.

Joining the Air Force is different than simply raising your right hand and repeating an oath to a complete stranger.

At some point, after deciphering countless acronyms, working longer (or tougher) hours than many civilian counterparts, and educated by right and wrong examples of doing things, each Airman comes to a decision point: Do I join the Air Force, or not?

Joining the Air Force is a moment – some might call it an

“a-ha!” moment – when things start to come together in a clearer picture.

This can happen literally in a moment, or for some, it may build over time. But when the Air Force becomes a lifestyle – rather than just a job – that’s when a person truly has joined.

So what does a “joined” Airman look like, specifically?

It’s not something you can put into a checklist.

It’s an attitude ... a way of carrying yourself that translates into observable positive traits.

When work needs to be done and the normal duty day is over, a joined Airman is found at his desk, at his aircraft, or in the supply room, for example – getting it done.

When there is a tough job that no one wants, that Airman makes eye contact, unafraid, and raises his hand.

When the time comes to discuss a controversial change or

something “they” want us to do, the joined Airman executes regardless of his personal opinion.

But that’s not where he stops.

He has built a reputation and enjoys the respect of his leaders. So after the task is done, he provides constructive feedback and a solution to help his leaders see the blind spots and make a better decision the next time. A joined Airman knows all the answers to the PT test, and studies for it often.

A joined Airman walks in the door with a purpose, asks how she can help, and what she can do to make the lives of others better.

A joined Airman realizes, as she climbs the ladder of promotion, that one of her tasks has become replacing herself – so she strives to make others better and more knowledgeable by providing regular mentorship.

This Airman completes the mission but still makes time to volunteer and seek further education.

She feeds on positive energy

and surrounds herself with positive people, building resilience against tougher times.

Because there will always be speed bumps, ditches, and roadblocks along the journey.

But joined Airmen have already built, and continuously maintain, a support network.

And they are a part of the support network for others.

Joining the Air Force involves action, as well as a deeper commitment to the profession of arms. It means taking those words in our Core Values seriously by following through on obligations to others.

Looking back on my 21-year career, I now realize my first enlistment was just a step on the way to joining the Air Force.

So my question remains: have you joined the Air Force yet? If you have, what can you do to recruit more joined Airmen?

What have you decided? I hope you’ll join.

The Air Force needs you.

Area Defense Counsel provides legal advocacy for Airmen

By Airman 1st Class Tammie Ramsouer
JBER Public Affairs

There are many terms Airmen don’t like to hear – such as “counseling”, “reprimand” or “Article 15.” These are some of the administrative actions undertaken when Airmen commit crimes like driving under the influence of alcohol, abusing drugs or committing a sexual assault. These are just a few examples of what the Area Defense Counsel helps Airmen with five days a week.

The defense counselors assigned to the office of the ADC on Joint Base Elmendorf-Richardson ensure legal defense is available for Airmen, regardless of rank, facing any type of adverse administrative action.

ADC offices are on every Air Force installation to provide Airmen with the counsel they need.

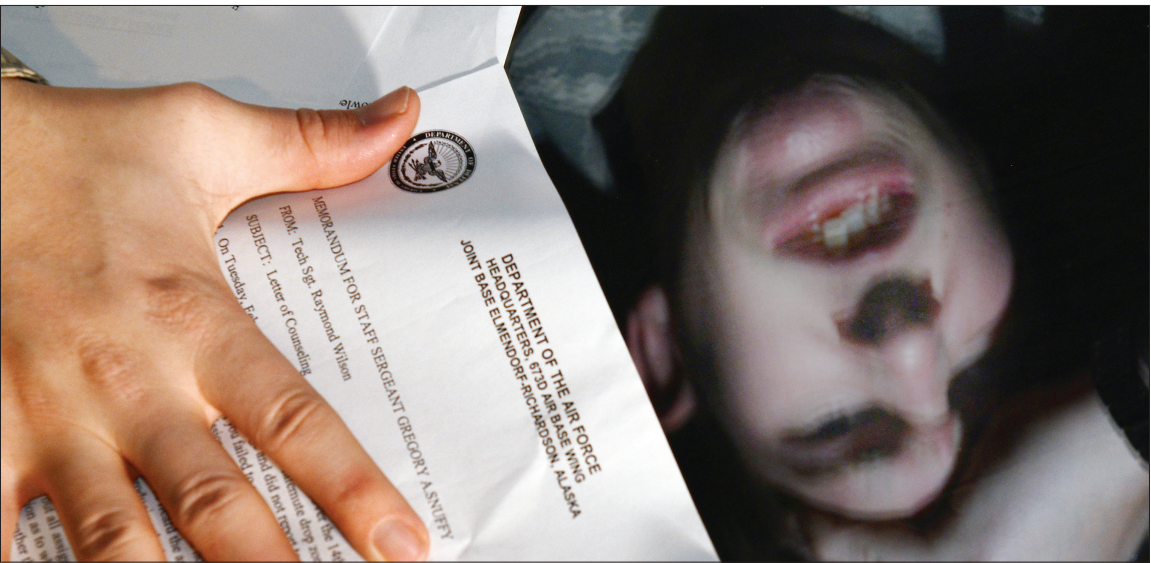
“The office of the ADC was set up by the Air Force in the 70s in order to provide Airmen with independent legal counseling,” said Air Force Capt. Steven Braunlich, ADC. “We are separate from the [Staff Judge Advocate], although everyone who works in the ADC has at one time been placed in a legal office at some prior assignment.”

In the military justice system, the JA office is the prosecuting agency and the ADC is the defense agency, unless an Airman decides to hire a private civilian attorney at his own expense. While the ADC cannot defend an Airman in a civilian court, the counselors can still provide advice.

The ADC can help Airmen with a variety of legal defense concerns, such as courts-martial, Article 15 actions and many more.

“We can [also] assist them with administrative actions, such as letters of counseling, letters of reprimand or any other adverse actions in which counsel for an individual is required or authorized,” Braunlich said.

Airmen have three days to respond to different administrative actions, Braunlich said.



Area Defense Counsel personnel can help Airmen with adverse actions like letters of counseling. (U.S. Air Force photo/Justin Connaehr)

Within that time, the counselors can determine if the individual needs an extension of time to respond due to any errors or unlawful treatment present in the document.

For one Airman, a meeting with the ADC was mandatory due to the administrative action he received.

That meeting may have saved his career.

“In September of 2004, while stationed at Charleston Air Force Base, South Carolina, I was apprehended by security forces due to being spotted ‘stumbling in a drunken manner’,” said Air Force Master Sgt. Michael Ferrandino, 3rd Maintenance Squadron aircraft hydraulic systems section chief. “Unfortunately, at the time, I was an Airman 1st Class and was not of the legal drinking age.”

After being read his rights, he was immediately escorted to the Security Forces Squadron building.

“One of the [security forces] personnel had to remind me that I had a right to remain silent and that I should maintain that right,” Ferrandino said. “I was not saying nice things to them.”

A few stressful days after his ordeal, he had to report to his commander with the first sergeant and his supervisor.

Ferrandino received an Article 15, non-judicial punishment for drinking under the legal age limit

while in public.

“As I stood there, the commander proceeded to read the official language in the Uniform Code of Military Justice, but his words were falling on deaf ears,” Ferrandino said. “I couldn’t help but repeat the words ‘Article 15, what is that?’ to myself.”

Soon after the meeting with his commander, a one-on-one with the first sergeant was next on the agenda. This meeting gave Ferrandino a way to get help.

“The first sergeant notified me of my mandatory appointment with the ADC,” he said. “I asked my first sergeant, ‘ADC? You mean like lawyers or something?’ and he nodded his head yes. I thought to myself, ‘What’s the point? I’m done for. There’s nothing that can be done.’”

The first sergeant explained to him that the ADC was an agency that helps Airmen, not the commander.

“I grudgingly decided to attend my mandatory appointment,” Ferrandino said. “As I walked into the ADC, I immediately noticed that the captain sitting at his desk was not wearing the same patches as I was, meaning he didn’t belong to the wing or have the same chain of command I had.”

This immediately put Ferrandino at ease; there was no conflict

of interest regarding his case.

“The captain sat me down and went over the specific details of my case,” he said. “For the first time since my apprehension, I actually felt comforted and, in a way, relieved. I had people who were 100-percent committed to assisting me with my legal issues.”

During the meeting, Ferrandino was advised by the ADC counsel to write a memorandum for record to possibly reduce his punishment.

“The captain helped me write my letter, to make it as formal and concise as possible for the commander,” Ferrandino said. “The miracle that the ADC performed was evident to me upon returning to my commander’s office.”

The commander read the statement, said it was a well-written product, and decided to have leniency, Ferrandino said.

The punishments were a reduction in base pay for a few months, 15 days’ restriction to base and 15 days’ extra duty.

“Although it seems like a harsh punishment, I did not lose a stripe, but instead [received] a suspended reduction in rank to airman for six months,” Ferrandino said. “I am not certain if the memorandum for record the ADC helped me write convinced my commander to go easy on me, but I am certain about the positive effect that the ADC

had on me at that time.”

“Sometimes we are simply the conduit that speaks to the commanders on behalf of our clients,” Braunlich said.

As the ADC’s defense paralegal, Air Force Staff Sgt. Vanity Barr-Little is responsible for handling the administration side of the office. Barr-Little screens clients before they meet with the ADC, assists with witnessing interviews and conducts legal research.

“She is an excellent interviewer and helps throughout the process of getting to trial if someone is heading that way,” Braunlich said.

The unique chain of command allows them to counsel without the appearance of partiality.

“Our chain is completely separated from all the other offices on base,” Braunlich said.

Their chain of command begins in the ADC office at Joint Base Lewis-McChord in Tacoma, Washington, with the Senior Defense Counsel, then goes to the Deputy Chief Trial Defense Division at Travis Air Force Base, California, and ends at the Air Force Legal Operations Agency in Washington, D.C.

No other agency can rate, review, give guidance or control how the ADC advocates for Airmen.

“We focus solely on getting the best results for our clients,” Braunlich said.

The ADC is the one place in the Air Force where an Airman can talk to an attorney with complete confidentiality, Barr-Little said.

Barr-Little recommends Airmen know their rights and remain silent if they are suspected of a criminal offense according to Article 31 of the UCMJ.

“You have the right to a military lawyer free of charge,” she added.

“I encourage all of my Airmen to seek out advice from the ADC when they have any type of legal or administrative action issues,” Ferrandino said. “I know from personal experience the ADC is here for us Airmen.”

For information or to make an appointment, call 552-3887.

It’s 1700 hours somewhere – stop and render honors to flag

Commentary by Capt. David Liapis
92nd Air Refueling Wing Public Affairs

Its side effects can range from confusion to induced sprinting for cover, to feelings of pride.

It has the power to stop people in their tracks and cause self-induced paralysis for nearly two minutes at a time.

Reveille and retreat ceremonies occur on most military installations across the U.S. at the beginning and end of the duty day, typically at 7 a.m. and 5 p.m.

Some include playing the ceremonial music over the installation public address system.

While it’s easy to follow commands given while in the vicinity of the flag pole, what about while across base at the run-

ning track or while driving down the road on base? The general rule is to cease all activities and render honors when the music is played (unless you’re taking an Air Force fitness assessment or it would otherwise cause a safety hazard).

While some reading this might be thinking, “well, duh,” there is a reason for this commentary.

It seems that many people have forgotten their customs and courtesies, or simply choose to ignore what to do when the music is played.

In spite of some vehicles stopping and people standing still and saluting, some people don’t clue in to the fact something is happening that requires their attention.

This ignorance, willful or not, bothers me and many other military members.

I spent two years in Turkey, where the only U.S. flags I saw were either the one in front of the wing headquarters building on base, the one at the U.S. embassy, or the ones being burned by protesters.

The sweet sound of the Star-Spangled Banner rang through the air only once a year at this base.

I can tell you this – that once-a-year treat sent chills down my spine and brought tears to my eyes.

To quote an old song, “you don’t know what you’ve got ‘til it’s gone.”

Our flag is special and deserves our respect. It flies all over our great land reminding us of the freedoms we love.

It’s carried into battle to inspire those willing to fight for it.

It drapes over the caskets of our fallen

heroes who gave their all for it.

Remember the above reasons next time the music starts and you’re tempted to keep driving, run into the nearest building or duck into your vehicle.

Take advantage of that minute or two while standing and showing honor to the flag and think about those who have defended it – and those who still defend it.

Rather than turning up the radio and pretending to ignore the music so you don’t get two minutes behind schedule, stop and roll down your window ... and think of how privileged you are to live in this great nation.

So, since I’m already quoting song lyrics, how about “it’s time we stop, hey, what’s that sound” next time you realize “it’s five o’clock somewhere.”

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answered – such as: How can we more effectively train our Airmen on this topic?

Why do victims decline to report and how can we encourage more reporting?

By consulting with the JSTF, senior leaders are able to get an idea of the needs of this audience and tailor SAPR training specifically for them, Williams said.

“We are trying to establish communication, instead of one-way direction,” she said. “If you don’t listen to your customer, how can you improve your service?”

When the JSTF met with 3rd Wing and 673d Air Base Wing commanders and command chiefs Dec. 12, they suggested the JSTF continue to provide information to leaders as a force multiplier of the installation’s SAPR office.

Williams said after everything was put on the table, senior leaders decided to continue engaging with the JSTF long-term, as it became apparent there was a lot more coming from this effort than was originally expected.



(From left) Airman 1st Class Aaron Treadway, a maintenance crewmember with the 3rd Munitions Squadron, from Clarkston, Wash., Air Force Staff Sgt. Crystal Wanton, a family health technician for the 673d Medical Operations Squadron, from Cleveland, and Senior Airman Alexander Silva, a mental health technician with the 673d Inpatient Squadron, from Walnut Creek, Calif., represent the JBER SAPR Task Force. The team is composed of volunteers whose mission is to provide unique information to commanders on how young service members are receiving SAPR training and what can be done to increase receptiveness. (U.S. Air Force photo/Airman 1st Class Kyle Johnson)

“They don’t just want to see change, they want to be part of the change,” Williams explained.

“It’s inspiring.”
“JSTF members have direct access to commanders and command

chiefs through quarterly meetings,” said 3rd Wing Chief Master Sgt. J. J. Little. “During these meetings,

Protect the environment by protecting runoff and storm water

By Tech. Sgt. Robert Barnett
JBER Public Affairs

Every day, more than two million gallons of waste water go through Joint Base Elmendorf-Richardson’s sewer system for treatment prior to release into public outlets, said Dan Haas, 673d Civil Engineer Squadron water program manager. The water comes from toilets, sinks, bathtubs, washing machines and floor drains, and is directed to a sewage treatment plant.

But more than double the amount of storm water and runoff ends up going untreated down storm drains.

Last June, JBER was issued a new permit, called a Municipal Separate Storm Sewer System, regarding storm water.

If the base does not meet the requirements of the permit, the installation could be fined \$37,000 per day, per violation.

“We’ll end up diverting resources we don’t have away from places that really need them,” Haas said.

Storm water is mostly rain or melted snow. It seeps into the ground or runs down streets and into a storm sewer system – then into lakes, rivers, wetlands or coastal water, without treatment.

“[The permit] treats JBER as a small community, with all the responsibilities that go with that,” Haas said. “It is critical

people understand that all the storm water that falls on JBER, that goes down a drain, is not treated – not here and not in the municipality.”

Haas inspects construction areas and normal operations regularly. “Those places have to be regulated to make sure they are in compliance,” he said. “Now take it a bit further; there are still more than 80,000 acres the base is responsible for.”

“Think about some of the basic things that happen in your community,” he said. “Pet waste has bacteria that can make local lakes, creeks and oceans unsafe for humans and aquatic animals.

If you don’t pick up after your dog, it washes into the ground and eventually that fecal material can end up going into Ship Creek, which is actually listed as having too much fecal material right now, for what the state considers to be healthy. We have to get word out that you have to clean up after your pet.”

Pet waste is just one pollutant that can end up harming the environment. When it rains or the snow melts, oil, antifreeze, detergents, pesticides and other pollutants get washed from driveways, backyards, parking lots and streets into storm drains or ditches.

Those direct storm water to Ship Creek or to Cook Inlet through underground piping.

Chemicals like oil that leak and soak into the ground can also end up in the creek.

“As soon as that water has a little sheen on it, my phone rings. I’ll get a call from the municipality or Fish and Wildlife Services asking what the base is doing,” Haas said. “One drop of oil can put a sheen on the water and cover the space of a room. It will kill or deform fish.”

The pollutants also harm the inlet, Haas said; they are bad for aquatic animals and other life.

“You have beluga whales, an endangered species,” he said. “According to this permit, if there’s any sheen on the water, that’s a finable offense.”

“We have to tell people not to put stuff in the storm sewers,” said Dr. Mark Prieksat, 673d Civil Engineer Squadron environmental compliance chief. “The stuff you’d put on your lawn like fertilizer, all of those things have an impact you might not immediately see, but can impact not only wildlife and fisheries, but also health.

“Officials are finding [pollutants] in Wasilla Creek out in the valley. People using that creek, whether fishing or whatever else, could be exposed to pathogens, which could be dangerous.”

Common residential contributors include oil, gas and antifreeze from leaking vehicles, detergent from vehicle washing, and litter.

JSTF members provide feedback on current initiatives, report concerns they experience or that have been brought to their attention, and offer solutions they feel will best resonate with our Airmen.”

Little, along with Chief Master Sgt. Garry Berry, 673dABW command chief, helped advance the idea of empowering young Airmen to help make progress on this very important issue.

“Computer-based training and the occasional SAPR down days highlighted a problem, but did not encourage a different kind of culture,” Berry said.

“We are resolved to inspire a change in behavior, and are striving to shape an audience that is receptive and responsive rather than discouraged and potentially apathetic,” Berry continued.

“It’s important to us that the community understands we are open to listen; we want them to speak up, to let us know how they feel, and to let us know what they need,” Williams said. “We’re trying to change a culture, so we need all the help we can get.”

Others are excess fertilizer and pesticide from lawns and gardens, yard waste like leaves and grass clippings, spills, leaks and improper disposal of hazardous materials, and runoff from dumpsters.

To help prevent these pollutants, keep vehicles free of leaks. Get oil changes and other maintenance done at a dedicated facility instead of at home. Use a car wash – there are two on JBER – instead of washing a car at home.

Household hazardous materials and waste can be brought to one of the two area hazardous waste collection centers: the Anchorage Regional Landfill or the Central Transfer Station.

Drop-off service is free for items totaling less than 40 pounds.

Both facilities accept aerosol cans, automotive fluids, arts and hobby supplies, batteries – automotive or otherwise – cleaners, corrosives, fluorescent lamps, fuels, lamp ballasts, paints, solvents and preservatives, and more.

In the future, the base will be seeing more events such as Earth Day, Arbor Day and other events, Haas said. The goal is to help raise awareness and help people remember what shouldn’t get poured onto the ground or down a storm drain, he said.

For more information on how to help protect the environment, call 384-2440.

Spartan paratrooper completes Airman Leadership School

By Army Staff Sgt. Daniel Love
4-25 IBCT Public Affairs

The Airman Leadership School on Joint Base Elmendorf-Richardson graduated a class as normal Dec. 18, but this class had some graduating members who were out of the ordinary.

In addition to the normal class of Airmen who lined up for handshakes, salutes and graduation certificates, there were a few Sailors, a few Coast Guardsmen and one paratrooper from the 4th Infantry Brigade Combat Team (Airborne), 25th Infantry Division.

Corporal Janay Nutter, a radio retransmission squad leader in 2nd Platoon, C Company, 6th Brigade Engineer Battalion (Airborne), became the first 4th IBCT paratrooper to graduate the six-week course during the ceremony at the Talkeetna Theater.

The course features classroom time, uniform inspections, physical training, drill and ceremony, and leadership lessons.

“I wanted to do this since I was in [Warrior Leaders Course] and I saw Airmen in our class,” Nutter said. “I always wondered, ‘how did they get there?’ One of the Airmen I was working with was really cool and down to earth, so I wanted to be that person for the Army.”

Nutter was selected for the course due to her graduating from the Warrior Leaders Course, the Army sergeant’s school, on the

commandant’s list.

The Air Force has been sending Airmen to the Army course since early 2014.

Technical Sgt. Krystal Nichols, Nutter’s instructor in the Airman Leadership School, said she enjoyed sharing Air Force culture with the paratrooper.

“[Soldiers] always bring enthusiasm and energy,” Nichols said. “Of course they have a lot of different experiences with things the Airmen don’t get to see all the time.

“In the Air Force you do your job and that’s pretty much all you do,” she continued. “In the Army, they do all kinds of things in addition to their jobs, with more field experience and deployments.”

Airman Leadership School cadre reached out to find members of other services to participate in leading in addition to finding members to be students in the course.

Sergeant 1st Class Rhett Goodrich, Nutter’s platoon sergeant, was invited to help with uniform inspections.

“Since [Nutter] is my Soldier they asked if I could come over here and help with inspections,” Goodrich said. “I did the dress uniform inspection one week and also another one. They’re a little bit more relaxed here than the Army course, but they clearly have a lot of pride in their uniforms.

“It’s definitely different than what we do but in a lot of ways it’s the same, just tailored for their mission.”

Nutter and Goodrich have both worked with Air Force personnel while deployed.



Corporal Janay Nutter, a radio retransmission squad leader with C Company, 6th Brigade Engineer Battalion, 4th Infantry Brigade Combat Team (Airborne), 25th Infantry Division, salutes Air Force Col. Brian Bruckbauer, commander of JBER and the 673rd Air Base Wing, during the Airman Leadership School graduation at Talkeetna Theater at Joint Base Elmendorf-Richardson Dec. 18. (U.S. Army photo/Staff Sgt. Daniel Love)

Nutter said her first step toward working with her aviation-inclined brethren in the course was breaking their stereotypes of Soldiers.

“They thought we were all drill sergeants: in your face and intense and unreasonable and yelling,” Nutter said. “We’re

normal people too if you get to know us.

“It was good for me to see that with them, too. I thought they were lazy, sitting in their chairs chilling, but no, they’re just like us, just a different uniform.

“Even though we come from different cultures, we’re all the same team.”

Top Coast Guard petty officer visits 17th District installations

By PA2 Grant DeVuyst
17th CGD Public Affairs

Flying into Juneau, nearly 3,000 miles from his office in Washington, D.C., Master Chief Petty Officer of the Coast Guard Steven Cantrell got a first-hand taste of Alaska’s winter weather.

Buffeted by fierce mountain winds and driving snow, Cantrell’s plane from Sitka was denied a chance to land on the frozen runway, and had to boost off for a second attempt.

Fortunately, the next attempt went off without a hitch and the passengers stepped off the plane at the airport in Alaska’s capital city, one of five stops for Cantrell on his tour of the Coast Guard’s 17th District.

It’s a significant trip for the senior enlisted member of the

Coast Guard.

“I’ve never been here in my entire career – I’ve never been to Alaska once,” Cantrell said. “I wanted to experience the weather challenges and the other challenges that the folks who are stationed up here have to deal with.”

Challenges aside, Cantrell made his way to many of the biggest Coast Guard installations in the state, including Ketchikan, Sitka, Juneau, Anchorage and Kodiak.

He greeted members wherever he went, and made time to listen to their concerns and take questions regarding Coast Guard headquarters.

“It’s been an aggressive schedule; we’ve seen an awful lot of units and talked to an awful lot of Coast Guard men and women,” he remarked. “I want to make

sure that we’re staying engaged with things that are going on out here.”

The hundreds of active duty, Reserve, and civilian Coast Guard personnel in attendance had the chance to bring their concerns to Cantrell.

The questions led to open discussion about the direction of the Coast Guard and needs of personnel located in isolated regions like Alaska, as well as one-on-one conversations with local personnel.

“It was the first time I got to meet a Master Chief Petty Officer of the Coast Guard,” said Petty Officer 2nd Class Ryan Gauger, a health services technician at the Coast Guard clinic in Juneau.

“He recognized us for our recent work with patient care. It was an honor.”

“It was great that he took such a long trek to visit us out here and to have the opportunity to speak to him in an open forum to discuss the differences between the Coast Guard in the Lower 48 and in Alaska,” said Petty Officer 1st Class Lindsay Jones, a yeoman at Coast Guard Air Station Kodiak.

Cantrell also took the time to speak on upcoming leadership programs within the service.

“I believe the next generation of Coast Guard leaders, the ones that are coming in today, we have to be able to provide them better leadership tools as they move up into their careers, or we’re going to lose them,” Cantrell said.

“There are some talented, educated young men and women that are serving our country. I’m a firm believer that it’s long overdue:

we don’t need to be learning leadership by trial and error,” he said.

“We have the ability to start early in peoples’ careers, and provide [leadership skills] all the way through a 20- or 30-year career, to give them leadership skills to manage the people behind them.”

Cantrell’s trip came to a close in Kodiak, one of the largest, most remote Coast Guard bases.

He will return to Washington with a better understanding of the challenges and environment Coast Guard personnel in the Last Frontier face every day.

“Walking around last night before it got dark and just seeing the absolute beauty of this part of the country astonished me,” he remarked. “Anybody that hasn’t been to Alaska needs to make [this] trip.”

Disposition of effects

Air Force 1st Lt. Jason Fontenot, 8th Operations Support Squadron, is authorized to make disposition of personal effects of Senior Airman Stephen C. Talley, formerly of the 3rd Operations Support Squadron.

Any person or persons having claims for or against the estate of the deceased should contact Fontenot at (315) 782-4501.

Exchange rewards grades

Students in first through 12th grades can bring report cards to the Exchange to receive a coupon booklet of free offers and discounts.

Students can also enter the You Made the Grade sweepstakes to win \$500 to \$2000 gift cards.

For information, call 552-4222.

BAH rates rise in 2015

Basic allowance for housing rates for service members in 2015 will increase around \$17 per month, or 0.5 percent. Individual rate protection still applies; this means even if the BAH rates decline, service members with uninterrupted eligibility in a given location will not see a rate decrease.

This ensures those who have made long-term commitments in the form of a lease or contract are not penalized if local housing costs decrease.

Provider Drive closure

Civil Engineers are repaving Provider Drive between the Exchange and JBER Hospital through Aug. 15. Local housing will have one-lane access to Wilkins Ave.

The detour uses Westover Avenue/Grady Highway/Zeamer Avenue.

Utilities upgrades

As part of Doyon Utilities’ continuing effort to improve and modernize the utility infrastructure, the organization is engaged in a multi-year project to upgrade the JBER-Richardson electrical distribution system to improve system efficiency, reduce service interruptions, and improve personnel safety.

Unfortunately, this work has recently resulted in a series of short power outages. Doyon Utili-

ties regrets any inconvenience this may have caused and is working to avoid unnecessary service interruptions.

Work on this system is expected to continue through 2016. This summer’s work is to improve Spartan substation, which controls and regulates the distribution of electricity throughout the installation and in the past has been a single point of failure in the electrical network. To minimize impacts, Doyon is working closely with installation officials to schedule work that could potentially result in an outage for completion during off-peak periods.

If another outage does occur, utilities electrical crews will act quickly to restore service.

When work is completed on the substation this summer, the installation will see an improvement in overall system redundancy and reliability.

DLA Document Services

Defense Logistics Agency Document Services duplicates and prints documents.

Document Services documents including black and white, color, large format, photographic prints, engineering drawings, sensitive materials, technical manuals and training materials.

The shop is able to handle the design, printing and distribution of business cards, letterhead, invitations and programs.

Document Services’ Equipment Management Solutions Program provides networked multi-functional devices that print, scan, copy and fax.

Production facilities offer scanning and conversion services for all types of documents.

Document Services also offers Document Automation and Content Services, a service for building digital libraries of content with online access.

Hours of operation are 7 a.m. to 3:30 p.m. Monday through Friday.

For more information visit www.documentservices.dla.mil, visit the office at 984 Warehouse Street, or call 384-2901.

U-Fix-It Store

The U-Fix-it Store is located in Building 706 and is open to all

Aurora Military Housing tenants.

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

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

There are also American flag kits and fire extinguishers available. U-Fix-It work includes all home maintenance activities.

Its purpose is to allow the occupant to make minor improvements and repairs to their home and cut down on the number of service orders. There are two stores located on base.

The JBER-Elmendorf location is 6350 Arctic Warrior Drive and it is open 8:30 a.m. to 5:30 p.m., Tuesday through Friday and Saturday, 9 a.m. to noon and 1 to 4 p.m. (closed for lunch noon to 1 p.m.).

The JBER-Richardson location is Building 706 1st St., open from 8:30 a.m. to 5:30 p.m., Monday through Friday.

A window blind cleaning machine is currently located at the JBER-Elmendorf location.

A “reservation required to use” policy is in place with the priority going to military members PCS-ing. For more information, call 375-5540.

JBER Bargain Shop

The JBER-Elmendorf Bargain Shop, located in building 8515 Saville off of 20th Street, is open Tuesday and Wednesday 10 a.m. to 2 p.m. and the first Saturday of the month 10 a.m. to 2 p.m. Consignments are accepted Wednesdays 10 a.m. to 12:30 p.m.

For more information, please call 753-6134.

Richardson Thrift Shop

The JBER-Richardson Thrift Shop, located in building 724, Quartermaster Drive, is open Monday through Thursday from 10 a.m. to 2 p.m., and first and third Saturdays from 11 a.m. to 2 p.m.

Consignments are accepted Tuesdays and Thursdays.

For more information, call the Thrift Shop at 384-7000.

Priority placement

The Priority Placement Program and Executive Order 13473 provide non-competitive appoint-

ment 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 was previously limited to spouses on a current federal appointment or those who formerly had a federal position.

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.

Furnishing Management

The Furnishings Management Office offers 90-day loaner furniture. Appliances may be issued for the duration of the service member’s tour. FMO typically delivers items as far as Peters Creek or Rabbit Creek. Service members must make special arrangements beyond these areas.

When requesting furniture, service members must provide a copy of their reporting orders.

For JBER-Elmendorf, visit the Capital Asset Management Office at Building 6436, Monday through Friday, 8 a.m. to 4:30 p.m., or call 552-2740.

For JBER-Richardson, visit the Housing Management Office at Building 600, Monday through Friday, 8 a.m. to 4:30 p.m., or call 384-2576.

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; and
- 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 Air Force 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.

the PUCK DROPS HERE

By Air Force Staff Sgt.
William Banton
JBER Public Affairs



Joint Base Elmendorf-Richardson service members face-off during the 2015 Army vs. Air Force hockey game at the Sullivan Arena in Anchorage Jan. 9. The goal of the game was to promote esprit de corps and enhance the relationship between JBER and the Anchorage community. (U.S. Air Force photo/Staff Sgt. Sheila deVera)

Air Force goalie Thomas Nguyen looked exhausted, consternation and sweat easing off his face. He had just survived the onslaught of a five-on-three power play, facing an Army team determined at all cost to obtain glory in the inter-service rivalry this year.

Thanks in part to Nguyen's efforts, the Air Force came out victorious in the second annual Joint Base Elmendorf-Richardson Army vs. Air Force hockey game with a 7-5 win. The two-point difference hardly reflected the close struggle throughout three periods of furious competition.

The inter-service game at the Sullivan Arena in Anchorage was conceived by Army Maj. Gen. Michael Shields, U.S. Army Alaska commanding general, as a way to foster esprit de corps between the two primary JBER military

branches. The teams this year also featured members of the Marine Corps Reserve and Alaska National Guard playing for the Army and members of the Royal Canadian Air Force and Air National Guard playing for the Air Force.

"I knew going into this game that the teams were evenly matched and that it would probably come down to goalies, and I think that played out," said Air Force coach Steven Calvin. "Our goalie had an outstanding game. He stood on his head a couple of times and made some outstanding saves."

The Air Force came out strong and ended the first period with a score of 3-1 – a lead it would hold until the third period.

"Getting that buffer was kind of nice, but we lit a fire underneath them and they came out hard the second and third period; it was a

great game," Nguyen said.

According to Army forward Taylor Francis, the Army's strategy was to take advantage of their speed to outmaneuver the Air Force.

"They (Air Force) are definitely all skilled. They have good hands, so it's hard to get the puck away from them when they have it," said Francis. "They can move the puck a lot; they have good crisp passes across the ice and they play well as a team."

In the third period, the Army scored twice, tying the game at 5-5. The tying goal came during an Army power play when Army forward Matthew Hickey, moving down the right boards and catching the Air Force during a line change, passed the puck to forward Theodore Haras, who capitalized on the mismatch and netted the puck.

Despite the Army's momentum, which had been building since the second period, the Air Force scored two go-ahead goals to clinch the win.

"Our defense, for the most part, controlled the puck," Calvin said. "The Army was definitely younger and faster."

When we could control the puck we had the momentum, but when we gave the puck away, for whatever reason, we were scrambling a lot of times. It was a stressful game, but it was fun too."

Calvin pointed out the game was played for more than just a year of bragging rights for the winning team and wouldn't have happened without the community's support.

"What we were trying to do is show the community that we are here and part of them and try to put

on something that they can enjoy," Calvin said. "The fact that we had a couple of members of the military have a chance to win a new vehicle, to have the community to bring that to the table, say 'We appreciate you'... that's outstanding."

Attendance for this year's game quadrupled over the inaugural game in 2014, with a crowd of more than 2,000 people packing the stands.

The University of Alaska-Anchorage donated the use of the facilities for the game, which was played prior to UAA's military appreciation game later that evening.

"Events like this just show what's already happening on JBER," Calvin said. "It's just amazing what can happen when people put aside their differences and want to work towards a common goal."



ABOVE: David Kellums (center), Air Force team forward, celebrates a goal that contributed to the Air Force team's hard-fought win during the second annual Army vs. Air Force hockey game Jan. 9. The Air Force team won 7-5 after a second-period power play that seemed to have the Army team set for a victory. (U.S. Air Force photo/Staff Sgt. Sheila deVera)

RIGHT: Players battle for the puck during the Joint Base Elmendorf-Richardson Army vs Air Force Hockey Game at the Sullivan Arena. The game is an opportunity for friendly athletic competition, a way to foster esprit de corps between JBER military branches, and a way to reach the local community. (U.S. Air Force photo/Staff Sgt. William Banton)

LOWER RIGHT: Members of the Air Force team watch the clock count down Jan. 9 in anticipation of clinching their win at the Sullivan Arena in Anchorage. "It was a stressful game, but it was fun too," said Air Force coach Steven Calvin. (U.S. Air Force photo/Staff Sgt. Sheila deVera)

BELOW: The Army hockey team prepares to start the third period. The Air Force defeated the Army 7-5, netting goals as well as bragging rights for another year. "Our goalie had an outstanding game. He stood on his head a couple of times and made some outstanding saves," said Air Force coach Steven Calvin. This was the second year that Army and Air Force teams have faced off. (U.S. Air Force photo/Staff Sgt. William Banton)



Test your words, T.H.I.N.K. before you speak

Commentary by Air Force Chaplain (Capt.) Gary Lewis
673d Air Base Wing Chaplain

The Irish legend of “kissing the stone” is so well known that Blarney Castle receives an annual 300,000 visitors – many of whom seek the gift of gab. The Stone of Eloquence, which is precariously placed on the underside of the tower’s parapet, is said to magically grant the kisser the Irish ability to flatter with both subtle humor and wit.

To actually kiss the stone requires much courage and some acrobatics as the kisser must lie on his back and trust a partner to hold his legs while his upper torso is exposed to a ninety foot abyss. “Kiss the stone,” it is said, “and you’ll never be lost for words.”

Is such a risk worth it? (I mean, if it weren’t just a legend.) Would I chance a fatal fall to gain mastery over words?

You bet I would.

Many times every day, I find myself wishing I had just the right words for the moment, and yet



“Look at the ships also: though they are so large and are driven by strong winds, they are guided by a very small rudder wherever the will of the pilot directs. So also the tongue is a small member, yet it boasts of great things. How great a forest is set ablaze by such a small fire! – James 3:4-5. (Courtesy image)

I am fearful that my words will be mistaken and misunderstood. There are other times when I think back on what I have said during the day and find that it was lacking – lacking graciousness, not seasoned with the salt of the gospel (Colossians 4:6), and not conducive to

building relationships.

So yes, I would kiss the stone, but unfortunately it is only a legend and I do not possess an airline ticket to Ireland.

What I do possess is a memory of words my pastor would often repeat “Before we speak we need

to think... T.H.I.N.K. We need to ask ourselves five questions.”

And then my pastor would lay out for us the five questions that could test our speech, and which he knew would radically reduce the number of conflicts and drama in our lives and lead to better and

more fulfilling relationships.

The “T” stands for “true.” The first thing I need to ask myself is: is what I am saying true?

So much of what we are tempted to say consists of half-truths or gossip that is really camouflage for-and misdirection away from -our own insecurities. The Bible says “For lack of wood the fire goes out, and where there is no whisperer, quarreling ceases” (Proverbs 26:20).

The “H” stands for “helpful.” Is what I am saying helpful?

Unfortunately, the content of speech is often weighed solely on the basis of truth. But it is not always helpful to verbalize truth.

That is why the Bible says, “A person’s wisdom yields patience; it is to one’s glory to overlook an offense” (Proverbs 19:11). When I desire to flare back with truth against the bearer of my snub, the Lord reminds me that truth needs to be chaperoned by what is helpful.

The “I” stands for “inspirational.” Will my words encourage my listeners?

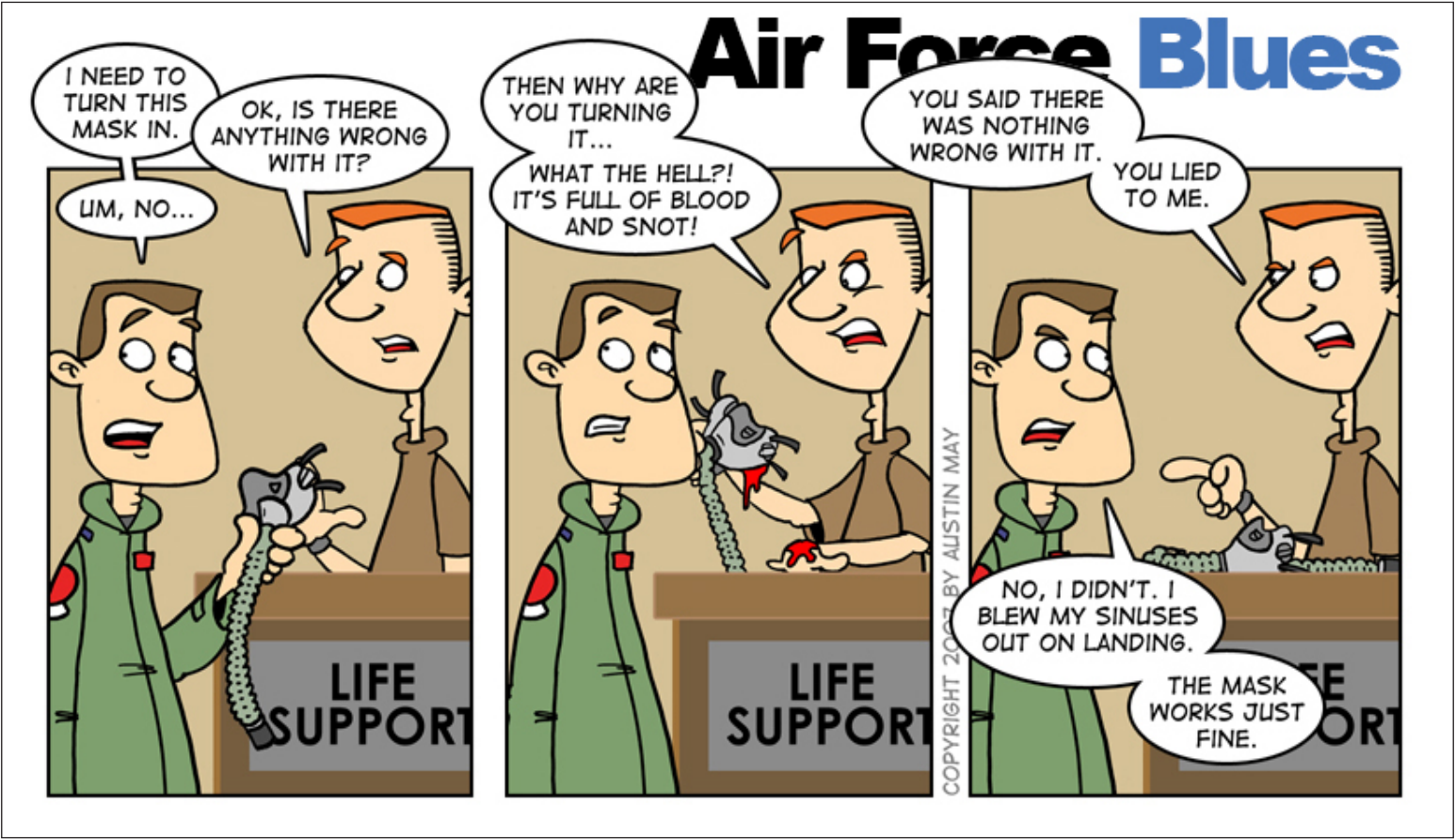
I heard a college professor once say, “The highest form of speech is talking about ideas; the lowest is speaking about people.” His point is that gossip will make us feel like we’ve been HAZMAT diving, but the discussion of ideas engages the pre-frontal cortex and awakens positive emotions within us. Ideas focus us on what could be. These types of conversations leave everybody feeling good.

The “N” stands for “necessary.” Is it necessary to speak about certain topics?

The Apostle Paul writes, “Let no corrupting talk come out of your mouths, but only such as is good for building up, as fits the occasion, that it may give grace to those who hear” (Ephesians 4:29). If a topic does not edify everyone involved, do I really need to bring it up?

And finally the “K” stands for kind. Are my words kind?

Short of kissing a magic stone, kindness has the most powerful effect in easing tensions and of winning people over. And as Mother Theresa observed, “Kind words can be short and easy to speak, but their echoes are truly endless.”



THROUGH JAN. 22
Indoor Triathlon
Sign-ups for the annual indoor triathlon are being accepted at the front desk of the Elmendorf Fitness Center. The triathlon begins at noon on Jan. 23.
Heats will be assigned the day of the event (run, swim and bike); farthest overall distance wins. Prizes awarded for first and second place, male and female. T-shirts will be given to the first 30 to sign up.
For information, call or visit the Elmendorf Fitness Center, 552-3622.

FRIDAY
Oldies Night
Get your groove on to the hits of the 70s and 80s from 5 to 9 p.m. at the Fire Pit. Stop in to see what's new.
For information, call 384-7619.

Youth Movie Night
Tired of staying at home fighting with parents for the remote? Hang out and watch movies with your friends at the Two Rivers Youth Center starting at 5 p.m. to 7 p.m.
For information, call 384-1508.

JBER Feud
The 907 Sports Bar & Grill hosts this Family Feud-style game from 6 to 10 p.m. The game features teams of five facing off against an opponent's team. Only five teams will compete; sign up early.
For information, call 384-7619.

Rock and Bowl
Like to bowl? Like to rock? Why not merge the two and bowl to yesterday's and today's top rock music under the neon lights during Rockin' and Bowlin' Night from 11 p.m. to 1 a.m. at the Polar Bowl.
For information, call 753-7467.

SATURDAY
Snow machine tour
Head to Willow on a guided snow machine tour from 8 a.m. to 5 p.m. Sign up at JBER-E Outdoor Recreation Center. Helmet and transportation will be provided; bring cold weather gear and lunch.
Tour will depart from JBER-R Outdoor Recreation Center.
Trips must meet minimum sign-up requirements and are subject to change due to weather conditions.

To sign up or for more information, call 552-2023 or 552-3812.

Youth Bowling Tourney
Come on out to the Polar Bowl from noon to 2 p.m. for a 9-pin-no-tap tournament for kids.
Bowl for a chance to win free games. Every participant will be entered into a drawing for a gift card to the Pro Shop for new bowling gear at the end of the season.
Winners will be drawn during the end of season party in April.
For information, call 753-7467.

Spades Tournament
Calling all card-sharks: the tourney starts at 6 p.m. at the 907 Sports Bar and Grill.
For information, call 384-7619.

Pool and Darts Tourney
Got some game in pool and darts? Showcase your skills at a combination tournament starting at 2 p.m. in the Warrior Zone.
Sign up at the front desk or call 384-9006.

Odds and Evens Tourney
This bowling tournament that is based on 9-pin-no-tap rules with a twist takes place at the Polar Bowl starting at 6:30 p.m.
If you roll an even value, your score will be recorded as a strike or a spare; if you roll an odd, your score will remain as is. Sign-ups start at 6 p.m.
For information, call 753-7467.

THROUGH JAN. 19
Dog Sledding
Ever wanted to try your hand at mushing? Come out to Hillberg Ski Area between noon and 5 p.m. for sled dog rides, a uniquely arctic experience.
For information, call 753-7467.

THROUGH JAN. 25
Anchorage Folk Festival
More than 500 performers take to stages around Anchorage during the two weeks of the festival. Now in its 25th year, this cultural staple is a hit.
For information and venues, visit anchoragefolkfestival.org.

JAN. 21
Granola Bar Day
Celebrate National Granola Bar Day at 4 p.m. at the Kennecott Youth Center.
For more information, call 552-2266.

JAN. 22
Teen Chef Mates
Learn to bake cupcakes to share with fellow teens at the Two Rivers Youth Center starting at 4 p.m.
For more information, call 384-1508.

Intro to Holistic Health
Board Certified Holistic Health Practitioner, Alexandra Roach will lead this series of health workshops about healthy eating.
Presented at the Z.J. Loussac Library in the Ann Stevens room at 7 p.m.
For information, call 343-2975.

JAN. 26 THROUGH 30
TAP Seminar
The Transition Assistance Program Goals, Plans and Success seminar takes place Mon. through Fri. from 7:30 a.m. to 4:30 p.m. at the Air Force Transition Center.
Please call 552-6619 to register.

FEB. 21
Iron Dog race start
The world's longest snowmachine race starts for the first time in Anchorage and runs through Joint Base Elmendorf-Richardson. Festivities kick off at 9:30 a.m. on Fourth Ave. with a parade, kids' events and much more.
For information, visit iron-dograce.org.

FEB. 27 THROUGH MARCH 8
Fur Rendezvous
Anchorage's largest winter festival is back for its 80th year with all the zany events and activities.
Run with the reindeer, race outhouses, shop for furs or watch the sled dog teams race downtown – or bundle up for carnival rides.
Events, dates and times vary; visit furrondy.net for information.

ONGOING
Scholarship Opportunity
Applications are being accepted for the Richardson Spouses' Club 2014-2015 Scholarship.
Applicants must be military dependents, either graduating high school seniors or currently enrolled college students pursuing full time undergraduate studies.
Visit richardsonspousesclub.com/scholarship to download full eligibility requirements along with the application.
Applications must be postmarked by February 28.

Crystal Gallery of Ice
Come see ice that has been transformed into works of art. Sculptures are on display at the Crystal Gallery of Ice in Town Square until they melt, and can be viewed anytime on Flickr.

Alaska Zoo Lights
Thurs. through Sun. until Jan. 31, Zoo Lights occurs every night from 5 to 8 p.m. Hours change in February. Check out zoo residents under a canopy of lovely lights.
For information, visit alaska-zoo.org.

AER scholarships
Army Emergency Relief is taking applications for scholarships for children, spouses and other dependents of active, retired and deceased Soldiers. Applications and instructions are available at aerhq.org.
For information, call 384-7478.

Conservator's Corner
Go behind the scenes at the Anchorage Museum and see conservators in action. Ask questions while they repair objects at a mobile conservation station, and learn how they maintain displays, from 11 a.m. to 1 p.m.
For information, call 929-9200.

Protestant Women of the Chapel meetings
Women are invited to meet with the Protestant Women of the Chapel. Bible studies are Tuesdays at 9:30 a.m. at the Arctic Warrior Chapel, JBER-Richardson.
For more information, email jber.ak.pwoc@gmail.com or call 384-1461.

Model railroading
The Military Society of Model Railroad Engineers meets at 7 p.m. Tues. and 1 p.m. Sat. in the basement of Matanuska Hall, Room 35.
Anyone interested in model railroading is invited.
For information, call 552-4353, visit trainweb.org/msmre or email bjorgan@alaska.net.

Wired Cafe for Airmen
The Wired Cafe at 7076 Fighter Drive has wireless Internet access and programs for Airmen in the dorms.
There are free meals Fridays at 6 p.m. For information, call 552-4422.

Chapel services
Catholic Mass
Sunday
8:30 a.m. – Arctic Warrior Chapel (formerly Soldiers' Chapel)
11:30 a.m. – Midnight Sun Chapel (formerly Chapel 1)
Monday and Wednesday
11:40 a.m. – Arctic Warrior Chapel
Tuesday and Friday
11:30 a.m. – Midnight Sun Chapel
Thursday
11:30 a.m. – Hospital Chapel
Confession
Confessions are available anytime by appointment. Call 552-5762.

Protestant Sunday Services
Liturgical Service
9 a.m. – Heritage Chapel
Gospel Service
9:30 a.m. – Midnight Sun Chapel
Community Service
10:30 a.m. – Heritage Chapel
Collective Service
11 a.m. – Arctic Warrior Chapel
Contemporary Service
5 p.m. – Midnight Sun Chapel

Jewish Services
Erev Shabbat Service (First Friday of each month)
5 p.m. – Heritage Chapel
Call 384-0456 or 552-5762

Religious Education
For religious education schedules, please call the Religious Operations Center at 552-5762 or 384-1461.

Storytime for Toddlers
Pre-school-aged children can join zoo staff for stories about an animal, followed by meeting animals featured in the story, starting at 10:30 a.m. Mondays at the coffee shop.
For information, email camp@alaskazoo.org.

January is

LEARN TO SKI & SNOWBOARD MONTH

January is Learn to Ski and Snowboard Month! It is never too late to start a new winter activity.

January 2 - 31, Hillberg Lesson Center is Offering a special deal on "First Time" Ski and Snowboard Lessons. Space is limited, reservations required.

Group Lessons:

3 - 4 yrs.	\$20	for 60 min.
5 - 7 yrs.	\$25	for 60 min.
8+ yrs.	\$35	for 90 min.

Prices includes Rental & Lift Ticket.

Jan. After School Ski/Snowboard Programs: "Learn to Shred"
3 Lessons - Thurs. or Fri. | 5 - 6:30 p.m.
Age Groups: 6 - 9 yrs. & 10 - 13 yrs. Cost: \$120 for three 90 min. lessons, rental equipment & lift tickets for the day. Space is limited. Small groups, fun instructors & games to develop strong skills. Call to register.

"Epic Snow Camp"
3 Days: Jan. 17, 18 & 19 | 12 - 5 p.m.
Age Groups: 6 - 9 yrs. & 10-13 yrs. Cost: \$225 for tickets & equipment. Space is limited. 3 days of fun! Ski/Snowboard Lessons, Intro to Racing, Intro to Terrain Park & Tubing. Call to Register.

WWW.FACEBOOK.COM/JBERFITNESS

Elmendorf Fitness Center Pool will be

CLOSED

February 1 - 28 for maintenance.

We will be open again on March 1, 2015. To accommodate your needs please use Buckner Fitness Center Pool, 384.1302.

The Buckner Fitness Center's Hot Tub is temporarily closed for maintenance.

Call 384-1308 for more info. WWW.FACEBOOK.COM/BUCKNERPHYSICALFITNESSCENTER

MWR events & activities

MARKETING TIDBITS

New "Game Time" nights made their debut this month at the 907 Sports Bar & Grill, Bldg. 655 on JBER-Richardson. Games scheduled in January included Darts, Spades, Sports Trivia, JBER Feud, & Corn Hole.

While some of these games were held earlier this month, the 907 is excited to bring you JBER Feud, a Family Feud™ style game on January 16 & 23. JBER Feud features teams of 5 facing off against an opposing team. Only 5 teams can compete so register your team early.

Spades, JBER Feud, and Corn Hole will be offered through the remainder of month. For information on these events and more, please call 384-7619.

Hillberg Ski Area is OPEN and ski and snowboard lessons are ongoing at the Hillberg Lesson Center. Call 552-4838 for conditions and 552-5026 to schedule lessons.

Polar Bowl is hosting a New Year's Odds & Evens Tournament on January 17. Sign up at 6 p.m. \$15 per person. Play will be No Tap Rules with a TWIST! Call 753-PINS (7467) for details.

Interested in receiving the 673 FSS Weekly Bulletin directly to your personal email?

Please click the link on our website: www.elmendorf-richardson.com.

We welcome your ideas and suggestions. Please send them to the Marketing Office through email to: 673FSS.Marketing@us.af.mil.

WE HAVE A SEAT FOR YOU!

Dog Sled Rides

Jan. 17, 18 & 19 Feb. 21 & 22

Hillberg Lake

Noon - 5 p.m.

\$10 for Adults
\$5 for 13 years & under
Get tickets inside Hillberg Lodge

POOL & DART COMBINATION TOURNAMENT

BLDG. 655 | 384.9006

JANUARY 17 • 2 P.M.

CALL TO SIGN UP OR SIGN UP AT THE FRONT COUNTER
CALL 384.9006 FOR MORE INFORMATION

WARRIOR ZONE

We Love Our Customers!

You could win an FSS Gift Card for submitting an I.C.E. Comment.

Please consider submitting an I.C.E. Comment if you see an FSS Facility or Staff Member that should receive special recognition.

Please include your contact information so we may reach you if your comment is selected.
~673 FSS Marketing & Publicity

ICE

www.elmendorf-richardson.com

‘Master cutterman’ marks 20 years at sea

By Petty Officer 1st Class Shawn Eggert
District 17 Public Affairs

Imagine spending twenty years at sea. At the mercy of the elements, the constellations in the night sky are your ceiling and the rocking deck of a ship is your floor for nearly a quarter of a century. Within the Coast Guard, there are a few exceptional sailors who don’t need to imagine this because they’ve experienced it, and the newest name added to that list serves in Alaska.

Master Chief Petty Officer Justin “Fitz” Fitzpatrick, a machinery technician aboard the Coast Guard Cutter Anthony Petit, was granted the title of master cutterman during a ceremony aboard the cutter Jan. 3 in Ketchikan after serving 20 of his 21 years in the Coast Guard at sea. In so doing, Fitzpatrick becomes the 41st Coast Guardsman to earn this appellation since its inception in 2007 and the sixth to bear the title while serving in Alaska.

Fitzpatrick began his career in 1993, finishing machinery technician “A” school and reporting to the Coast Guard Cutter Jarvis, a high-endurance cutter homeported in Honolulu. As an engineer, he spent most of the next 20 years holed up in the hot, noisy bowels of the Coast Guard’s fleet,

and it became his duty to keep its cutters mission-ready.

“I can remember my first chief machinery technician, Larry Ludvigson, telling me the only way I would learn my rate was to go to sea and not to be afraid of a big ship,” Fitzpatrick said. “I took his advice after graduating Machinery Technician class A school and took the Jarvis with the third pick in class and never looked back.

“Engineers made constant sacrifices for the ship and crews that I sailed with,” he continued. “Long hours, extra work days, little sleep and, more often than not, very little consideration for what we do. I consider being an engineer much like being on the offensive line of a successful football team. Credit gets thrown around to all the visible players. The [quarterback, running backs] and wide outs all get praise for wins and points scored; everyone knows who they are.

The engineers keep the ship moving, keep the lights on, keep her warm and cool, provide hotel services and are the be-all, end-all of any successful platform; but are most often forgotten about because people get used to having what they do and don’t realize it until something goes wrong.”

That isn’t to say the contributions made by Fitzpatrick and the engineers he’s worked

with went unnoticed. Over the course of his impressive career, Fitzpatrick has served aboard eight Coast Guard cutters, sailed from the North Pole to Peru and completed several traditional maritime line-crossing ceremonies earning his place among Golden Dragons, Blue Noses and a few other nautical orders.

“He (Fitzpatrick) has stood more watches, conducted more drills, made more rounds about the machinery spaces, caught more fish, stopped more leaks, fixed more smallboats, worked more buoys, weighed more anchors and told more sea stories than he can remember,” wrote Rear Adm. Dan Abel, commander of the 17th District, in a message commemorating Fitzpatrick’s accomplishments.

“He still loves pizza nights, swim calls, fish calls and mid-patrol breaks. He does all his Christmas shopping in the ship’s store, he keeps a bucket of prop wash in his stateroom, and combs his hair with main bearing grease. “He is the keeper of the keys to the sea chest and an expert marksman when the time comes to shoot Charlie Noble. We are grateful that Master Chief Fitzpatrick was always willing to go back to sail the seas in service to our nation despite the personal sacrifices it required.

I would wager several months of sea pay

that he has a higher percentage of salt in his veins than most.”

The ceremony naming Fitzpatrick as a master cutterman was appropriately held in the engine room of the Anthony Petit in the presence of the cutter’s crew – his sisters and brothers in blue.

The heart of the buoy tender was a fitting location to honor a man who has dedicated so much of his life to turning wrenches in the guts of his ship.

“Ships would not be ships without people to care for them, and I have served with some of the best,” Fitzpatrick said. “I have been lucky enough to work alongside, and for, some of the most dedicated and selfless men and women in the world.

I have bled with my shipmates, spent holidays with my crews, celebrated and cried with them through great times and miserable times, and I would not change anything about it.

They have been family for most of my grown up life. The Coast Guard provided me with more adventure and culture in 21 years than most people have in a life time. Ships and the sea were the vehicles that got me to all those places, and I’m very fortunate to have had the career I have had. The Coast Guard has been very good to me.”

Legislation changes UCMJ for victims of sexual assault

By David Vergun
Army News Service

WASHINGTON — The fiscal year 2015 National Defense Authorization Act signed into law last month, significantly changes the Uniform Code of Military Justice in cases pertaining to rape and sexual assault.

All of the UCMJ amendments contained in the FY15 NDAA pertain to investigating and prosecuting sexual assault crimes and victim care, said Army Lt. Col. John Kiel Jr., chief of policy branch, criminal law division, Office of the Judge Advocate General.

A big change involves Article 32 preliminary hearings, Kiel said.

The purpose of an Article 32 investigation was at one time “to provide discovery to the defense,” he said. Then, the FY14 NDAA directed that the purpose of an Article 32 be “to determine whether probable cause exists to believe that an offense under the UCMJ has been committed and that the accused committed it.”

Article 32 hearings are now

modeled after preliminary hearings in the federal criminal system, Kiel said. The FY15 NDAA requires that the preliminary hearing be conducted by a preliminary hearing officer who is a judge advocate and that qualifying victims, as defined in the statute, have a right not to testify at the hearing should they so choose. This right applies to both military and civilian victims.

Special victims counsel

More than a year ago, the defense secretary directed that each of the services create a special victims’ counsel program.

“By all accounts, the services and Congress are pleased with the success achieved by these programs thus far,” Kiel said.

The FY15 NDAA made three additional modifications.

First, Congress directed that the military rules of evidence be amended to reflect that wherever a victim has a right to be heard, the victim may exercise that right through his or her counsel, he said.

Second, Congress directed the service secretaries to publish pro-

cedures to ensure special victims’ counsel receive adequate notice of the scheduling of hearings, trials and other courts-martial proceedings.

Third, victims may now petition the service court of criminal appeals for a writ of mandamus in cases where the victim believes the military judge erred in a ruling pertaining to rape shield evidence under Military Rule of Evidence, known as MRE, 412 or violating the psychotherapist-patient privilege under MRE 513. Writ of mandamus is an order from a superior court to a subordinate government court to do or refrain from doing something.

Regarding MRE 513, Kiel said the NDAA requires that the existing privilege between a psychotherapist and patient be expanded to include other licensed mental health professionals. It also requires that before any protected information may be released, a military judge conduct a closed hearing.

In the FY14 NDAA, Congress required that commanders who have

the discretion to dispose of offenses committed under the UCMJ can no longer consider the general military character of the accused in doing so. In this year’s NDAA, Congress went even further by prohibiting the consideration of general military character during the findings phase of courts-martial proceedings.

Convening authority

Congress also created a system in the FY14 NDAA whereby any decision not to refer a sexual assault offense to court-martial by a convening authority will be reviewed by a superior competent authority, he said. In the case where the convening authority and his or her staff judge advocate disagree about the referral decision, the case will then be sent to the service secretary for review. In the case where both the convening authority and the staff judge advocate agree not to refer, the case will be reviewed by the next higher convening authority.

The FY15 NDAA mandates that in any case where a convening authority decides not to refer a sex assault offense, the chief prosecu-

tor of the service may request that the service secretary review it, and if such a request is made, the secretary must review it.

Care for victims

Two other changes in the FY15 NDAA apply to the treatment and care of victims of sex assault.

The first mandates that victims of sexual assault crimes be given an opportunity to express a preference as to whether their case is tried by the military or by the local prosecutor, Kiel said. If the victim chooses the latter, the convening authority must ensure that the local prosecutor is made aware of the victim’s preference.

Second the FY15 NDAA directs that the service secretaries develop a confidential review process utilizing boards for the correction of military records to review the characterization of the discharge or separation of any individual who wants to challenge the characterization of their discharge on the grounds that it was adversely affected by the individual being the victim of a sex-related offense.

TSP and retirement planning: it’s never too late to start

By Airman Christopher R. Morales
JBER Public Affairs

The start of a new year is a good reminder to keep tabs on saving for retirement; it’s never too late to start.

The military provides the Thrift Savings Plan to help. This option should not be overlooked because never having to work again is real retirement.

The Thrift Savings Plan is a retirement plan for military members to invest their money; money intended to support you after age 60.

Once a TSP account is made, the money is automatically moved to the Government Securities Investment Fund (G Fund). This fund is less likely to grow because the interest rates are a little lower than the usual increase for inflation.

According to *tsp.gov*, the G-Fund invests in the government and is run by the Federal Retirement Thrift Investment Board.

“The G fund is already set up for being older, because it’ll never change,” said Bob Hill, financial advisor for JBER. “I call it the grandfather fund, meaning it’s for old people.”

Once you sign up for a TSP account, it’s time to choose how you want your money invested, to maximize your retirement potential.

The TSP offers many different paths of

investments to better utilize money while being held for your retirement; these paths are the various funds.

According to the TSP website, other investment fund options are available: fixed income, common stock, small cap stock, international stock and lifestyle. These funds vary in terms of economic aggressiveness.

For more information about each investment fund, visit *tiny.cc/lbt4rx*.

Any savings plan is intended to provide more money later; it does not mean putting as much money in as possible right now, but saving a little at a time for a higher sum in the end.

The main difference between the Roth TSP and traditional TSP is when taxes are paid. Roth TSP taxes your money before it goes to the fund; when you withdraw the fund there is no deduction.

Traditional TSP taxes the withdrawal at the end and offers more options for withdrawing money before the target retirement date, such as if you choose to use the money to buy a home.

“When do you want to pay taxes, today or when you’re 60? That’s it in a nutshell,” Hill said. “I would say 90 percent of the people say now.”

“The traditional TSP is delaying your taxes, [until] someday; who knows when that day will come,” Hill said.

The reason people want to pay their taxes



now, and choose a Roth TSP, is because taxes increase over time, Hill said.

Dollar amount payments in a Roth TSP are no longer available as of Jan. 1. Roth TSP will use a percentage of pay, similar to traditional TSP.

Money travels like a drop of water in the ocean of economy, and the only way to keep track of your dollar is to make a plan. A plan is all one needs to set oneself right

this year and years to come.

Make a plan for a better future; start next year debt-free by living under budget and by saving.

For individual financial advice visit the JBER-Elmendorf Military and Family Support Center in the Log Cabin, or call 552- 4943; or Army Community Service located in Building 600, room A117, or call 384-7509 to schedule an appointment.

‘Girls’ Night Out’ offers fun, education on women’s health

By Air Force Maj. Angela Webb
JBER Public Affairs

The 673d Medical Group will host the third annual ‘Girls’ Night Out’- an evening of fun and education on women’s health – at the Arctic Warrior Events Center from 5 to 8:30 p.m., Jan. 27.

The 673d Medical Group started the event in 2012 due to an alarming increase in cervical cancer in females throughout the nation. Medical providers and technicians found that many women across Joint Base Elmendorf-Richardson, especially spouses and children, were not receiving the preventive health care available, or didn’t have their records updated in the JBER system.

“Girls’ Night Out” is a way to allow those on base to learn more about statistically female health care requirements in an enjoyable and low-stress environment.

“The event has grown tremen-

dously from our first year, but the numbers are still showing the target [female patients] aren’t receiving the recommended care for cervical and breast cancer,” said Air Force Capt. Amy Spotanski, 673d Medical Group Women’s Health Services.

“The event will hopefully encourage females to come get information, make appointments and have some fun.”

The evening’s activities will feature massages, manicures, cooking demonstrations and chances to win various door prizes.

“Health care will not be provided at the event, but appointments and updates to paperwork will be made,” said Spotanski. “Even if someone has received care, they are still encouraged to come. We do encourage those who have received care off base to bring a copy of their information to update their base records though.”

The event will also highlight



other diseases that can be treated best if caught early – like breast, colorectal and throat cancer. Pap-smear and mammogram appointments can be scheduled during the event as well.

Medical group personnel will also discuss the importance of family history when it comes to various cancers.

If your family has a history of

breast or ovarian cancer, you and your family are at an elevated risk, said Cynthia Mellor, 673d Medical Group clinical nurse. There are three risk levels; general population, the lowest risk; those with a familial history of cancer; and those with a hereditary disposition.

Each risk level has specific management that is associated with it, but a provider cannot accurately assess your risk and manage you correctly without first ruling out the hereditary component.

Care providers can discuss risk and whether a genetic screening is in order.

Being worked up for hereditary breast and ovarian cancer syndrome provides lifesaving information for you and your family and can prevent these cancers, said Mellor.

Additionally, those with dependents 10 and older can get

information about the human papillomavirus vaccine, and make an appointment for dependents to get the vaccine.

HPV is a primary cause of cervical cancer and the most common sexually transmitted infection, according to the Centers for Disease Control and Prevention.

“We don’t want parents to think that they will get their child the vaccine and it will permit or encourage sexual activity,” Spotanski said.

“Statistics show that males and females between the ages of 10 and 12 have the best immune response and chance to decrease the risk of contracting cervical cancer.”

She also added that the HPV vaccination is only available to those between the ages of 10 and 26.

For more information about the event or to schedule an appointment, contact the Womens’ Health Clinic at 580-4034.



ABOVE: Sgt. Randy Cole, senior combatives instructor at the Arctic Warrior Combatives Center, deadlifts 640 pounds during the third annual Arctic Warrior Push/Pull competition at Buckner Physical Fitness Center Jan. 10. Cole had the heaviest deadlift in the competition and is the reigning Alaska Strongest Man. RIGHT: Cole chalks his hands before attempting his 640-pound deadlift. (U.S. Air Force photos/Staff Sgt. Wes Wright)

BRO, DO YOU EVEN LIFT?

By Air Force Staff Sgt. Wes Wright
JBER Public Affairs

“Light weight, baby!”

Channeling eight-time Mr. Olympia Ronnie Coleman, Army 1st Sgt. Orlando Horton, 23rd Sapper Company, lowered himself onto the bench press station and grasped a barbell loaded with 450 pounds.

Physically, he knew was strong enough. The real battle was about to happen in his mind.

With a loud grunt, powerful chalk-covered hands tightened around the bar, pupils dilated and muscles contracted as he pushed the weight off the rack. The iron lowered slowly and smoothly to his chest in total control. A judge cried, “up!” and the weight sprung back up off his chest.

Horton was one of 16 competitors vying for bragging rights during the Third Annual Arctic Warrior Push/Pull competition at Buckner Physical Fitness Center Jan. 10.

“Our main mission and purpose is to promote being strong,” said Reilly Kelleher, 673d Force Support Squadron strength and conditioning coach. “We wanted to offer something that would integrate some feats of strength, so I put together the competition so we could get some guys and gals out lifting heavy weights.”

The event was set up based off United States Powerlifting Association standards and included weight classes of: 148, 165, 181, 198, 220, 242, 275 and 275+. Each competitor received three attempts in a bench press and deadlift exercise.

Horton was the men’s overall winner, officially lifting 990 pounds between the two events.

His personal raw totals, outside of competition, are well over 1,000 pounds.

While Horton was the overall winner, another heavy hitter showed up to compete: Sgt. Randy Cole, a senior combatives instructor at the Arctic Warrior Combatives Center.

As the reigning Alaska Strongest man, having claimed the title October 11, 2014 at the Alaska Fitness Expo, expectations were high for Cole.

Although a pectoral injury kept him from aggressively competing in the bench press portion of the competition, Cole’s eyes were on the deadlift. His personal record sat at 635 pounds.

His first attempt at 605 pounds went up smooth and appeared almost “effortless,” according to members of the audience in attendance.

“After the way 605 looked, Reilly got in my ear and said I had to go for 640,” Cole



said. “So I didn’t have a choice.”

The 6-foot-2-inch, 265-pound man strapped on a lifting belt, applied chalk to his hands and approached the lifting station.

He slapped his hands down aggressively on the barbell, paused briefly to set his form properly, and with a herculean effort, ripped the weight off the floor in one fluid motion.

“Good lift!”

“That was exciting,” he said after the event. “To be able to get a new personal record is something you’re always working for as a strength competitor.”

According to Horton, strength competitions also tie directly into mission readiness for military members.

“I drive this into my Soldiers,” Horton said. “You look good and you feel good when you lift. Physical fitness is one of the pillars of wellness. It is a very important pillar because it is inextricably linked to the other three pillars.”

While the event pitted each man against the other, Horton said all the competitors understand they are competing against themselves.

“The brotherhood and camaraderie helps a lot,” Cole said. “We push each other. It’s not competition against each other. It’s competition against yourself. We all push each other to be the best that we can.”

Kelleher emphasized personal competition as key to success for people at all levels, but especially for young people looking to break into the sport.

“Compete against yourself,” Kelleher said. “Always sharpen your skill and technique so you can improve. What I would tell young guys is to be patient. It’s a journey. You’re not going climb the mountain in one day.”

In order to “climb the mountain,” Horton keyed in on hard work, nutrition and patience.

“You need proper fuel for the race car. You want high octane – clean foods that aren’t processed. Also, set realistic goals and realistic timelines. Try to be one percent better every week than you were last week. Gradually, the gains will come. Go hard or go home.”

In addition to the physical gains fitness provides, Cole pointed to powerlifting and bodybuilding as productive lifestyles that can help keep a person grounded.

“A lot of younger guys have many things going on in their lives,” Cole said. “If you’re going to do something like this, you’re going to have to be determined and stay disciplined. It’s therapeutic. It keeps me focused. Coming to the gym – that’s my rock, my zone. This is church.”