

THE VOICE OF THE VICTIMS

Special victim counselor is independent attorney, advocate for victims of sexual crime



Story by Airman 1st Class Kyle Johnson
Photography by Justin Connaher
JBER Public Affairs

POWER: THE STRENGTH TO make a decision. Control: the means to carry it out. These things are the currency of freedom, and it is these things sexual assault robs from victims. “A lot of people think sexual assault is about sex,” said Air Force Capt. Jonathan Henley, Special Victims’ Counsel stationed at JBER. “But it’s not; it’s about power and control.” So what can a victim do when power and control of their own body has been taken away, when their voice has been silenced?

There’s a plethora of resources they can turn to, each with their own unique role. One such resource is the Special Victims’ Counsel. In January 2013, the Air Force became the first United States military service to institute an SVC program. The driving force behind the program was Lt. Gen. Richard Harding, then-judge advocate general of the Air Force. “Before the SVC program was created, two of the main players in the court process had an attorney representing them, the accused had an attorney or two representing them, and the government had an attorney or two representing the government’s interests,” said Air Force Capt. Jennifer Lake,

area defense counsel at Eglin Air Force Base, Florida, and first SVC at JBER. “But, then you had this other person who was going through this process, who had no idea what’s going on in the legal world and has rights, but had not been provided with an attorney to defend those rights or to advocate for them and what they want.” While support for the victim was there, many felt that support could be fortified. “So Lieutenant General Harding came up with the idea of appointing an attorney to represent the victim and what the victim wants,” Lake said. “This way, the victim’s voice can be heard throughout the process.” So what does an SVC actually do? As it turns out, the answer is not nearly

as simple as the question. The SVC does a lot of things, and their role largely depends on the unique needs of the particular client. “I have an attorney-client relationship with the victim,” Henley said. “If they’re telling me what they would like to see out of it; then my marching orders are to advocate for those desires and their rights.” Sometimes that even means not seeking a conviction. When reporting sexual assault, there are two paths one can take. They can choose to file a restricted report or an unrestricted report. The SVC can help with either case, however, the capacity they serve in depends

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CATCHING THE PIGSKIN FOR TOUCHDOWN GLORY

Jamel Jones, Team 3rd Battalion (Airborne), 509th Infantry Regiment, catches the ball for a touchdown during the base football championship game Oct. 7. Paratroopers of 3-509th Infantry took on fellow paratroopers of B Company, 725th Brigade Support Battalion (Airborne) in a vie for championship laurels. For more photos and the result of the athletic contest, see Page B-1. (U.S. Air Force photo/David Bedard)

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An HC-130 King of the 211th Rescue Squadron drops signal flares in Homer’s inner bay as part of rescue water training Sept. 30. The 210th, 211th, and 212th Rescue Squadrons of the Alaska Air Guard’s 176th Wing trained on water rescue tactics Sept. 30 to Oct. 1. The wing’s “rescue triad” performed both day and night missions including personnel jumps and cargo drops on a moving target, flying night water operations, visual search for casualties, and drop zone control for safety and situation management. (U.S. Air National Guard photo/Tech. Sgt. N. Alicia Halla)

Alaska Air Guard rescue trains in Homer waters

By Tech. Sgt. N. Alicia Halla
176th Wing Public Affairs

HOMER — The 210th, 211th, and 212th Rescue Squadrons of the Alaska Air Guard’s 176th Wing trained on water rescue tactics here Sept. 30 to Oct. 1, along with a boat crew as support personnel.

Continuous rescue scenario training ensures solidified expertise in both peacetime

and wartime search-and-rescue missions. In Alaska, water rescues are one of the many complex scenarios rescue personnel must contend with.

“Our commitment to rescue is 24/7, 365, non-stop,” said Maj. Jay Casello, the on-scene commander and combat rescue officer with the 212th RQS. “We have to train hard in very challenging environments to be ready to save lives.”

The wing’s “rescue triad” performed both day and night missions, including personnel jumps and cargo drops on a moving target, flying night water operations, visual search for casualties, and drop zone control for safety and situation management.

Teamwork is a significant piece of smooth operations.

“It takes a lot of hard work from Airmen all through the wing to make these rescue

missions and training successful,” Casello said. “After over 20 years in personnel recovery, I believe the guardian angel, HC-130 (King) and HH-60 (Pave Hawk) rescue squadrons work better together here in Alaska than anywhere else in the Air Force.”

The Alaska rescue squadrons average six water training scenarios a year in a range of weather conditions.



A SHOT IN THE ARM

Spc. Jose Mendoza, Medical Department Activity-Alaska healthcare specialist, administers a flu shot Oct. 2 to Maj. Gen. Bryan Owens, U.S. Army Alaska commanding general, at Joint Base Elmendorf-Richardson. According to the Centers for Disease Control, flu activity usually peaks in the United States between December and February. For most service members, flu inoculations will be announced and administered at the unit level. For family members and retirees, the 673d Medical Group Immunizations/Allergies Clinic is accepting walk-ins. The clinic is open 7:30 a.m. to 4:15 p.m. Monday through Friday, breaking for lunch from 11 a.m. to 12:30 p.m. (U.S. Army photo/Sachel Harris)

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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.

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U.S. Army helping in fight against ISIL

By Staff Sgt. Bryan Dominique
Army News Service

The Islamic State of Iraq and the Levant, or Daesh, swept through Iraq and Syria like a plague, casting a dark shadow of destruction across the region.

On Dec. 8, 2014, Central Command released a statement to the world: “A Combined Joint Task Force made up of multinational military forces is being established by U.S. Central Command to counter the Islamic State of Iraq and the Levant.”

U.S. Army Central (ARCENT) seemed the logical choice for Operation Inherent Resolve – given its presence in the region and that members were already forward deployed to regionally align with partner nations in the area – but ARCENT’s mission was distinctly different from that of the counter ISIL fight.

“They have absolutely no respect for humanity, and I think it personally has driven me to move this coalition forward,” said Lt. Gen. James Terry of ARCENT.

At the time the CENTCOM announcement came, the Yazidi people who inhabit the northern region of Iraq were facing an all-out assault from ISIL.

Peshmerga forces, the military arm of the autonomous Kurdistan region in Iraq, came to the aid of the Yazidis, but the human toll had already been paid.

Perhaps worst of all is ISIL’s horrendous sex slave trade, where ISIL sold and traded hundreds of Yazidi women and children captured during that time into sex slavery. It is an industry that still exists today in areas

controlled by the terror group. Operation Inherent Resolve aimed to enable indigenous forces like the Peshmerga to take ISIL head-on and prevent further suffering by building partner capacity and leveraging coalition nation air power to halt the group’s momentum.

The CJTF, under U.S. Army Central, carried out more than 6,900 airstrikes in both Iraq and Syria. In addition, the coalition worked with the Kurdish militia in Syria by providing precision airstrikes and intelligence, surveillance and reconnaissance capabilities, resulting in ISIL ceding more than 1,500 kilometers of territory in the war-torn country. And finally, longtime ally and NATO partner, Turkey, joined the coalition, launching its first airstrikes as part of the CJTF, Aug. 28.

“[Turkey] is key. It’s integral,” said Marine Col. Brian Roberts, chief of operations for CJTF-OIR. “Daesh needs the access into Turkey to support the flow of fighters and cash. I think looking back, this will be

one of the key turning points in the conflict against Daesh.”

Roberts led all operations throughout the night in the Combined Joint Operations Center, a bustling auditorium-sized room of activities ranging from intelligence collection and sharing to social media monitoring and air strike approval.

Roberts oversaw more than 3,000 of the 6,900 airstrikes the coalition launched under the command of ARCENT.

“In May [or] June it started bubbling up,” Roberts said. “When Mosul fell [in the summer], we knew something had to be done. Back then the concern was just holding Daesh back to keep Baghdad from falling. The concern was ‘could Baghdad fall?’ We had to stop that immediate bleeding.”

The CJTF originally started as a combined forces land component command to protect personnel and equipment in Baghdad in the summer of 2014. As the situation evolved, so did the mission.

From there, it transitioned to a combined

joint land component command and finally, in the fall of 2014, the CJTF was fully operational, waging an air campaign against ISIL as indigenous forces brought the fight to ISIL.

“There are a lot of processes ... it’s more than just ‘those are individuals put there,’ we can strike them,” Roberts said.

In stark contrast to ISIL, the coalition has aimed to minimize its impact to civilian populations and regional infrastructure and heritage with a rigorous approval process.

“[I’m] very conscious of any collateral damage or civilian casualties that are out there, so we have to ensure that we have a clearly identified hostile force that’s out there,” Terry said. “Our rules of engagement are exactly what we need to prosecute those fires.”

U.S. ARCENT will still provide support to OIR as the Coalition Forces Land Component Command, but it will continue its mission of conflict prevention in the region by partnering with military forces in the CENTCOM theater of operations.

III Corps and the coalition will be charged with putting more pressure on ISIL and further enabling indigenous forces on the ground to deliver a lasting defeat against the terror group.

“III Corps is a tremendous headquarters with a history of lineage of doing these kinds of things in the most complex environments out there,” Terry said. “I look forward to watching them taking this operational approach that we have and moving forward with the defeat of Daesh.”

From SVC • A-1

on the type of case the victim has filed.

The main difference between the two is that an unrestricted report may spark a legal investigation process, whereas a restricted report does not.

In both cases, privacy and confidentiality are given a high priority.

“The victims have a right to privacy,” Henley said. “That is paramount to any discussion regardless of the type of report being used.”

If one wanted to file a restricted report with the Sexual Assault Prevention and Response office, they have the option to request legal advice from an SVC, even before filing the report.

“If a victim comes to me and says ‘I want to make a restricted report,’” Henley said. “I will go with them to the SAPR office to make that report and be by their side the

entire time.”

By doing so, the SVC is giving the reporter the power to make a well-informed decision when deciding whether or not to go unrestricted with their report.

“My role as an SVC [in a restricted report], is to answer questions for that person, clarify any concerns they may have, and help them understand what the legal process is, should they choose to go unrestricted,” Lake said. “When someone goes restricted and they want an SVC, it’s typically because they want to know what happens if they go unrestricted.”

In an unrestricted report, the SVC serves as the victim’s attorney throughout the military justice process. This relationship is completely voluntary; a reporter of sexual assault can choose not to be represented by an SVC or decide they want an SVC at any time during the reporting process, Lake said.

“At any point in time throughout the

process, even two days before trial, someone could say ‘I’m getting a little nervous; I think I actually do want a lawyer, get me an SVC,’” Lake said, “Then they’ll go through that process to get an SVC.”

Throughout the entire reporting process, the victim should be informed of the benefits an SVC can provide them and advised on how to procure an SVC’s assistance. However, SVCs cannot solicit cases, so they will not come to the victim, the victim must reach out to them.

“One big concern for victims is a loss of control,” Henley said. “Coming forward is the first step to taking that control back – I can’t help but be proud of them.”

Protecting everyone’s rights with the truth is key to a successful justice system. The SVC is simply one way the Air Force continues to refine itself so every Airman, civilian employee and family member is equipped by their inalienable rights for the

pursuit of happiness.

“I think it’s important for everyone to understand the SVC program; and giving victims a voice doesn’t mean the victim’s voice is what should control everything that goes on,” Lake said. “It just means they get their say too.

“It’s important that everybody’s rights are protected and everybody is represented. Everyone should get to be heard, and then we make a decision.”

Talking to an SVC very well may be a victim’s first step toward taking back their power.

“They do have a voice, they have the power to make decisions and take back the control that was taken from them,” Henley said. “My goal is, that through me, their voice can be heard.”

Victims can request an SVC through the SARC, Victim Advocate, trial counsel, law enforcement, supervision, or by contacting the SVC office directly at 552-9933

JAG law school programs

The Office of The Judge Advocate General is accepting applications for the Army's Funded Legal Education Program. Up to 25 active-duty officers will be selected to attend law school while on active duty and at government expense beginning in 2016.

The program is open to lieutenants and captains. For information and eligibility requirements, visit www.jagcnet.army.mil/sites/jaro.nsf or call 384-2434.

Pharmacy renovations

The JBER hospital pharmacy in the main building is undergoing renovations through November.

There will be three functioning windows and a slight reduction in waiting area; wait times will increase slightly, especially during lunchtime and other peak hours.

When renovations are complete, there will be six windows, 100 percent more waiting area, and an expanded inpatient pharmacy.

JBER recreational access

The Joint Base Elmendorf-Richardson recreational permit fee costs \$10 for active duty, military-affiliated and civilian personnel. Senior citizens 60 years of age and older, and those disabled 50 percent or more as documented by the Department of Veterans Affairs, will see a \$5 rate per year. Users must sign in and sign out using the iSportsman system, using computers, kiosks at the visitors centers, or by phone.

For information, visit the website or call 552-2439 or 384-6224.

Home buying seminar

Volunteer realtors and mortgage lenders present an hour-long home buying seminar every Wednesday at either the JBER-Elmendorf or JBER-Richardson Housing Management Offices from 1 to 2 p.m.

These seminars are intended to support those interested in purchasing a home by explaining the buying and selling process in the Anchorage and Mat-Su areas.

The seminar covers loan pre-qualifications, offers and acceptance, inspections, title searches, types of loans, and the closure process to prospective home owners.

For information or to sign up, contact the management office. For the JBER-Elmendorf HMO, call 552-4312, or visit Bldg. 6346

Arctic Warrior Drive.

For the JBER-Richardson office, call 552-3088, or visit Bldg. 600, Room 104.

Special victim counselor

Victims of sexual assault are entitled to legal assistance services.

Communication is protected by attorney-client privilege. The SVC ensures the victim's rights, as outlined in the Crimes Victim Act, are protected.

Those rights include being treated with fairness and respect; being reasonably protected from the accused offender; being notified of court proceedings; being present at all public court proceedings related to the offense; being able to confer with the prosecutor; receiving available restitution; and receiving information about the conviction, sentencing, imprisonment, and release of the offender.

Eligible clients include all active duty military of all branches of service, mobilized Reserve Component members, retirees (and the dependents of these sponsors) who make a restricted or unrestricted report for sexual assault.

For more information, call 353-6507.

Rental Partnership Program

The Rental Partnership Program provides active-duty personnel with affordable off-base housing and consists of two options.

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

The other option, RPP Below Market, saves the member four to five percent off the rental fee that other tenants pay however utilities are paid for by the tenant.

Both options are available with no deposits or fees with the exclusion of pet fees as may apply. An allotment must be executed through a Housing Management Office under either option of the RPP for the rental payments.

Visit the JBER-Elmendorf HMO, Bldg. 6346, or call 552-4328. Or visit the JBER-Richardson HMO in Bldg. 600, Room 104 or call 384-3088.

DLA Document Services

Defense Logistics Agency Document Services duplicates and prints documents.

Document Services provides

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

They also handle the design, printing and distribution of business cards, letterhead, invitations and programs.

The Equipment Management Solutions Program provides multifunctional devices that print, scan, copy and fax.

Facilities offer scanning and conversion services for all types of documents. They also offer Document Automation and Content Services, a service for building digital libraries of content with online access.

It is open 7 a.m. to 3:30 p.m. Monday through Friday.

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

U-Fix-It Store

The JBER U-Fix-it Stores are open to all Aurora Military Housing tenants. Assorted items for maintaining your home may be issued from the U-Fix-It Store.

Availability is subject to change and limits; some may have a cost.

There are American flag kits and fire extinguishers available.

U-Fix-It work includes all home maintenance activities, allowing occupants to make minor improvements and repairs to their home and cut down on the number of service orders. There are two stores on base.

The JBER-Elmendorf location is 6350 Arctic Warrior Drive and is open 8:30 a.m. to 5 p.m., Tuesday through Friday, closed from 1 to 1:30 p.m. for lunch, 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 at 338 Hoonah Ave., open from 8:30 a.m. to 5 p.m., Monday through Friday, and closed from 1 to 1:30 p.m. for lunch.

A blind-cleaning machine is available at the JBER-E location. A "reservation required to use" policy is in place with the priority going to military members PCSing. For more information, call 375-5540.

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.

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; enrollment specialists in primary care clinics will assist with sign-up.

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.

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 be considered for jobs offered internally. Spouses are matched with positions based on their qualifications and preferences.

The spouse is eligible for a maximum of two years from the date of the PCS orders and is in the program for one year. Spouses who have never filled a federal position can now register.

Register at the Civilian Personnel Office at JBER-Elmendorf or the personnel office at JBER-Richardson.

For more information, call 552-9203.

Richardson Thrift Shop

The JBER-Richardson Thrift Shop, in building 724 on 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 information, call 384-7000.

JBER Bargain Shop

The JBER-Elmendorf Bargain Shop, located in Building 8515 Saville across from the log cabin, is open Tuesday, Wednesday and Friday from 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. Volunteers are always welcome.

For information, visit jberspousesclub.com or call 753-6134.

Giant Voice testing

Giant Voice mass notification system testing occurs every Wednesday at noon.

If the announcement is difficult to hear or understand, please call 552-3000.

If the announcement is difficult to hear or understand in any base housing area, please contact JBER at [Facebook.com/JBERAK](https://www.facebook.com/JBERAK).

JBER MyBaseGuide

Stay informed on where to find schools, places of worship, places to live, local services, day-care providers, auto mechanics, veterinarians and more.

Browse a wide range of area services, get phone numbers, and download the mobile application for iOS or Android at <http://tinyurl.com/ltsywzr>.

Quartermaster Laundry

The Quartermaster Laundry, located at 726 Quartermaster Road, cleans TA-50 gear for free and is open Monday through Friday 7:30 a.m. to 4:30 p.m.

Mortgage relief

Policies are in effect to provide significant housing relief to thousands of service members and veterans who have faced wrongful foreclosure or been denied a lower interest rate on their mortgages.

Service members and their dependents who believe their Service Member Civil Relief Act rights have been violated should contact their servicing legal assistance office. On JBER, call 552-3048 for the JBER-Elmendorf office, and 384-0371 for the JBER-Richardson office.

Coalition operations in Syria unchanged despite Russian airstrikes

By Cheryl Pellerin
DoD News Service

WASHINGTON — Since Russia began carrying out airstrikes in Syria, the coalition has not and will not change its operations in Syria to accommodate new players on the battlefield, the Operation Inherent Resolve spokesman said today.

Army Col. Steve Warren spoke with press here via live video conference from Baghdad, noting the Russians were very clear publicly that their independent airstrikes, uncoordinated with coalition operations, would target the Islamic State of Iraq and the Levant in Syria.

“I’m not going to get into exactly who [the Russians] hit,” Warren said, “but we don’t believe that they struck ISIL targets. ... The Russians have said that they’re going to do one thing, and here they are doing something different.”

Warren added, “Secretary [Ashton] Carter talked about this a little bit yesterday [during a Pentagon press conference], in that if there’s going to be other participation, it needs to be against ISIL. That’s what’s important here.”

Coalition airstrikes

Warren said the coalition conducted several sorties last week and executed an airstrike that destroyed two enemy excavators in northwestern Syria.

“Our average has only been eight strikes per day,” he said. “So it was lower than our average but that’s only because these are dynamic targeting processes and there weren’t any targets.”

The presence of the Russians in the skies over Syria, Warren said, “have nothing to do with our pace, our tempo, or on the focus of our airstrikes.”

The potential always exists for miscalculation and accidents, he added, but there are many square miles of Syrian air space.

“Most of these strikes are two or four aircraft, [and] they fly in, they strike, they depart. And ... there is no set of pilots on Earth who are as good as our [coalition pilots].”

Warren said steps are being taken here in Washington to help deconflict the airstrikes.

Operational update

In an update of troop numbers and coalition operations, the Operation Inherent Resolve spokesman said total coalition troops in Iraq are 5,451 – 3,359 of them are U.S. troops, and 2,092 are coalition troops.

Warren said the coalition is fighting ISIL



Two HC-130J Combat King II cargo aircraft sit on the flight line in preparation for cargo unload at Diyarbakir Air Base, Turkey, Sept. 28. The aircraft are deployed to Diyarbakir in an effort to enhance coalition capabilities and support personnel recovery operations in Syria and Iraq. (U.S. Air Force photo/Airman 1st Class Cory W. Bush)

in four complementary areas: airstrikes, training and equipping, advising and assisting in Iraq, and training and equipping the moderate Syrian opposition.

On airstrikes, as of Oct. 1, the coalition has executed 7,184 airstrikes, 4,604 in Iraq and 2,580 in Syria, he said.

Training and equipping

On training, Warren said the coalition is working very closely with the Iraqis.

“We’ve trained almost 15,000 Iraqi personnel, [including] the Kurdish Peshmerga, the Sunni tribal fighters, the [Iraqi Counterterrorism Service] and the [Iraqi security forces], all of whom work with the government of Iraq,” he said.

Coalition members have trained more than 5,000 Sunni tribal fighters, and the training continues, Warren added.

“We find them a very key and critical part of operations here. The tribal fighters have immediately [gone] back into the fight in many cases, particularly around Ramadi,” he said.

On equipping in Iraq, about \$2.3 billion has been allocated, he said. Of that, \$1.6 billion is from the United States. The funds have bought almost 400 mine-resistant, ambush-protected vehicles and armored Humvees, 2,000 AT-4 anti-armor weapons, 10,000 M-16s, 5,000 sets of body armor, 450 metal detectors to use in the counter roadside bomb fight, and other equipment.

Ramadi fight

On the ground fight in Iraq, Warren focused on what he characterized as “a hard fight” for control of the city of Ramadi.

Over the course of the summer, he said,

several things converged to cause what essentially has been an operational pause in the fight for Ramadi. These include environmental conditions – the hottest summer on record, for example – the Islamic holidays of Ramadan and Eid, and what Warren called “the enemy’s way of war.”

“What ISIL has done ... is defended Ramadi almost in an early 20th-century style, with belts of defenses [around the city],” Warren said.

This includes the use of IEDs not as individual explosives but as landmines, creating minefields that ISIL covers with fire.

“This is not what we trained the Iraqi army ... to fight against. We trained and built a counterinsurgency [force], and this is much more of a conventional fight,” Warren explained, adding that the Iraqis are now being trained to deal with such defenses.

Gladiators of the gridiron



Russell Bopst Jr., Team B Company, 725th Brigade Support Battalion, throws a pass during the intramural football championship game on Joint Base Elmendorf-Richardson Oct. 7, between 3rd Battalion (Airborne), 509th Infantry Regiment, and B/725th BSB. (U.S. Air Force photos/Justin Connaher)



The winning team from 3rd Battalion (Airborne), 509th Infantry Regiment celebrates after the intramural football championship game on Joint Base Elmendorf-Richardson Oct. 7. They faced the B Company, 725th Brigade Support Battalion team with a final score of 29 to 26 to clinch the title.



Garrett Crow, B Company, 725th Brigade Support Battalion, left, runs the ball against a player from Team 3rd Battalion (Airborne), 509th Infantry Regiment, during the intramural football championship game Oct. 7.

Energy Action Month campaign kicks off

By Griffith Turpin
JBER Energy Flight Chief

October is Energy Action Month with the theme “I am JBER Energy.” This will provide an opportunity to learn more about the impact of energy to our mission as part of a national campaign led by the Department of Energy.

The theme, “I am JBER Energy,” will put all of us at the center of the campaign. The goal is to inspire us to be more efficient, so we can provide an assured energy advantage in support of the mission, and reflects the idea energy conservation is in your hands.

You control how much or how little energy your facilities consume every day.

During Energy Action Month, the JBER Energy Team will highlight specific steps everyone can take in their jobs to conserve energy. Although we highlight energy action in October, our objective is to get into and maintain an energy state of mind every day.

In fiscal year 2014, JBER spent \$12.0 million on natural gas and \$13.8 million on electricity. Facility energy made up 16 percent of the Air Force’s total energy consumption.

Every dollar we don’t spend on energy allows us to invest that dollar into you, your family and your mission.

At JBER, we have reduced facility energy intensity by more than 20 percent since 2006 by replacing inefficient interior and exterior lighting, upgrading un-insulated windows and doors, installing lighting oc-



An easy way you can save energy is by replacing incandescent lightbulbs with compact fluorescent or light emitting diode bulbs. According to energy.gov, CFLs and LEDs use twenty-five to eighty percent less energy than traditional incandescents and can last three to twenty-five times longer. (U.S. Air Force photo illustration/Justin Connaher)

cupancy sensors, controlling inside temperature set-points, upgrading heating equipment and energy efficient new construction.

With the current budget environment, we must continually add to the progress made through capital investments by taking individual actions that reduce the energy

consumption, such as:

- Turn off lights in unoccupied areas.
- Reduce individual office lights and use task lighting.
- Appropriately reduce exterior lighting in unutilized parking and storage areas.
- Turn off your computer monitor at the

end of the day or when it is not in use for more than 20 minutes so that it can properly enter energy-saving sleep mode.

- Consolidate personal appliances like coffee makers, refrigerators or microwaves in break rooms.

- Call civil engineer customer service if your building is too warm in the winter. They can adjust the temperature set point of the building heating system and save energy.

Looking at the job you do every day – each individual can personally impact JBER’s energy posture. Keep evaluating how you use energy, and then find ways to do it smarter.

We should also carry this over to our consumption of motor vehicle fuels:

- Reduce vehicle warm-up times.
- Car pool to interoffice meetings.
- Maintain proper tire pressure.
- Follow maintenance schedules.

During Energy Action Month, the JBER Energy Team will be providing tips and information via the Arctic Warrior, social media and other public forums. It is important that we maintain this momentum as an operational imperative.

Smarter energy use means greater energy security and that serves our national interest. JBER leadership is serious about this commitment and together we can successfully execute awareness every day.

To learn more about how you can be more energy efficient, contact the JBER Energy Flight Chief at 384-2763.

Times change, must personal beliefs change as well?

Commentary by Air Force Staff Sgt.
Jesse Underhile
673d Air Base Wing Chaplain Assistant

Controversy seems to be at the forefront of our society right now.

Whether people are fighting over abortion, homosexuality, transgender, marijuana, foreigners entering the country, or a litany of other issues, we are surrounded by controversy.

The prevailing issue seems to be who’s right, who’s wrong and who has the right to decide. All this, I believe, goes back to what this section of the paper is titled, “Matters of Faith.”

Everyone has their own personal faith and belief about what is right and wrong. When someone’s vocalized belief contradicts someone else’s beliefs, it can threaten that person’s core view of the world and themselves, and create hurt feelings and controversy.

The underlying question is, “Does everyone have the right to vocalize their belief what they want, or are we forced to believe the way somebody else might believe in the name of accommodation?”

There seems to be so many outside forces telling us what we should or shouldn’t believe, and the deeper our beliefs are, the more hurt we can be when our beliefs are threatened.

There are beliefs many of us can agree on, such as murder and stealing are wrong, but when we get to other categories, problems arise.

Some people have the belief that homo-



The First Amendment of the U.S. Constitution guarantees the free exercise of religion. (Courtesy graphic)

sexuality is just as wrong as murder.

For them, the current climate of acceptance for homosexuality and gay marriage in our country and our military is incredibly offensive.

Others have just as strong a belief in the value of gay marriage. They are offended by the beliefs of those in opposition, and so controversy continues.

Both sides of the coin feel they are being discriminated against, so whose discrimination is more valid? Who makes that decision?

Many people want those who don’t

believe the same way they do to change their beliefs.

We are convinced this change will help them live happily ever after, but it will never happen unless one person takes that leap of faith and leaves all their other beliefs behind.

It all boils down to who or what determines right and wrong and what beliefs are acceptable.

Do right and wrong or acceptable beliefs change with time? If something that was “right” in the 50’s is “wrong” today, do belief systems need to change as well? Am

I still allowed to choose what I believe even if everyone around me disagrees?

Convictions about these matters often go directly back to a person’s faith and overall belief system. Who has authority to challenge what one person believes or to negate their way of viewing their world? How can I as an individual know what should be right and wrong and how should that effect my life?

The First Amendment of the Constitution gives everyone the freedom to freely exercise their religion.

In Reynolds v. United States (1878), the court decided, “Freedom of religion means freedom to hold an opinion or belief, but not to take action in violation of social duties or subversive to good order.”

One of the reasons the Chaplain Corps exists is to ensure military members and their families have the freedom to exercise their religion in accordance with the First Amendment.

As our country and society grows and changes, it seems many people’s morals and belief systems change as well. Is anything constant? Is anything stable in an unstable world? I suggest to you there are still constants.

Our religious beliefs can remain constant even in a changing world – that is the beauty of the First Amendment.

My constant is my trust in Jesus Christ as my Lord and Savior. He is my rock that does not change.

If you have questions or want help thinking through your beliefs, call the JBER Religious Operations Center at 552-5762.



FRIDAY
Van Gogh Alive

The Anchorage Museum transforms the traditional museum experience with Van Gogh Alive, The Experience, a multi-sensory exhibition event viewable Oct. 9 through Jan. 10, 2016.

Through this exhibit visitors are surrounded by a powerful and vibrant symphony of light, color and sound immersing them in Van Gogh's masterpieces.

For information, visit anchorage-museum.org.

BOSS rock climbing

Single service members and geo-bachelors, join the BOSS program at the Alaska Rock Gym from 2 to 4 p.m. for some climbing fun

For information, call 384-9023.

SATURDAY
Wolf Day at the zoo

Join the Alaska Zoo for a howling good time celebrating wolves. Zoo guests will enjoy a wolf fact scavenger hunt, canine touch table, wolf-themed storytime and kid's craft and coloring station and much more.

For information, visit alaska-zoo.org.

Disney in Concert

The Anchorage Symphony presents the "Disney in Concert, Magical Music from the Movies," highlighting music from Disney films. Performances begin at 2 p.m. and 7:30 p.m.

For information, visit centertix.net.

WEDNESDAY
Wildlife Wednesday

Stay warm and scientifically enriched this winter with the this free science lecture series on the second Wednesday of each month at the Alaska Zoo Gateway Lecture Hall. Each lecture begins at 7 p.m. and covers a different topic focused on wildlife research in Alaska.

For information, visit alaska-zoo.org.

THURSDAY
Hispanic Heritage Month

Celebrate Hispanic Heritage Month with featured guest speaker Angelina Estrada-Burney, from the staff of Sen. Lisa Murkowski from 1 to 2 p.m. in the Frontier Theater.

All JBER personnel are encouraged to attend.

For information, call 552-5910.

THROUGH OCT. 17
Alaska Federation of Natives convention

Alaska Native and Native American artisans from around the U.S. gather to showcase art, crafts and dances at the Dena'ina Convention Center.

For information, visit native-federation.org.

OCT. 23
Hospital Trick or Treat

The JBER hospital hosts the much anticipated annual trick-or-treat event starting at 1:30 p.m. at the Bear Entrance.

All Department of Defense cardholders and dependents up to age 12 are welcome.

For information, call 580-2908.

OCT. 28 AND 29
JFAP Conference

The JBER Joint Family Action Plan Conference provides a way for the JBER community to bring ideas such as quality of life improvements to installation leadership for consideration and action.

The council is currently soliciting items of interest to be considered for this year's conference.

During the conference, JFAP delegates will discuss ideas and present finalized items of interest to JBER leadership on Oct. 29 at 2 p.m. in the Community Education Center on JBER-Richardson.

Installation residents are welcome to attend this presentation.

To submit items for consideration by the council or for more information, call 384-1517.

Nov. 1
Annual Country Fair

The Richardson Spouses' Club hosts the 36th Annual Country Fair from 10 a.m. to 5 p.m. at the Buckner Physical Fitness Center.

This craft extravaganza features works by many Alaskan artists, and is open to the public.

For information, visit richardsonspousesclub.com or email rscountryfair@gmail.com.

ONGOING
Halloween wood shop

Throughout the month of October the Polar Express Arts and Crafts Center takes on a Halloween theme.

Create your own tombstones and scary signs to enhance your holiday decor.

For information, call 384-3717.

Football on NFL Ticket

Looking for a place to watch your favorite NFL football team? Join the staff at the Warrior Zone or Polar Bowl and never miss a game.

For information, call 384-9622 or 753-7467.

Kids in the Kitchen

The Two Rivers Youth Center hosts this event Tuesdays from 4:30 p.m. to 6 p.m.; learn to help out by preparing meals.

For information, call 384-1508.

Sunday bowling bingo

Every Sunday enjoy discounted bowling at the Polar Bowl and receive a bowling bingo card. Bowlers will attempt to cover the pattern of the day on their bingo card for a chance to win prizes.

For information, call 753-7467.

Adult Writing Society

The Loussac Library hosts this multi-genre group the second Thursday of each month from 6 to 7 p.m. for writers 18 and up. Share your work and get constructive criticism and feedback.

For information, call 343-2909.

Keystone meeting for teens

Keystone Club is a leadership development experience providing community service opportunities for young people ages 13 to 18. Meetings take place every Wednesday at 5 p.m. at the Two Rivers Youth Center.

For information, call 384-1508.

Single Airman Program

Single service members, are you interested in getting out and enjoying all that Alaska has to offer? Take a trip with the JBER Single Airman Program.

Many outings are offered at deep discounts such as guided halibut and river fishing charters, mountain biking, white-water rafting, and rock climbing.

For more information, call 552-8529 or stop by the Arctic Oasis.

Financial counseling

Does more than 25 percent of your pay go to bills? Are you making only minimum payments, or taking out new loans to pay off old ones? Are you arguing over money? Do you really need that new TV, watch or cup of fancy coffee?

Financial counseling is available through Army Communi-

ty Service or Army Emergency Relief, at 384-7478.

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 552-5762.

Model railroading

The Military Society of Model Railroad Engineers meets at 7 p.m. Tuesday and 1 p.m. Saturday in the basement of Matanuska Hall, Room 35.

Anyone interested in model railroading is invited.

For information, call 552-4353, or visit trainweb.org/msmrre.

Eat and play weekdays

What goes great with lunch? A free game of bowling. Present your receipt at the front counter totaling more than \$5 from Ten Pins or Topios (located inside the Polar Bowl) between 11 a.m. and 1 p.m., Mon., Thurs., or Fri. and receive one free game.

For information, call 753-7467.

Help for homebuyers

JBER Volunteer Realtors and Mortgage Lenders present an hour-long home buying seminar every Wednesday alternating between the JBER-Elmendorf or JBER-Richardson Housing Management Offices from 1 to 2 p.m.

These seminars explain the buying and selling process in the Anchorage, Eagle River and Wasilla/Palmer areas.

For more information or to sign up, contact either HMO office; JBER-Elmendorf at 552-4312 or JBER-Richardson at 384-3088.

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.

Storytime for Toddlers

Pre-school-aged children can join zoo staff for stories about an animal, followed by meeting animals featured in the story, start-

Chapel services

Catholic Mass

Sunday
8:30 a.m. — Arctic Warrior Chapel
11:30 a.m. — Midnight Sun Chapel

Monday and Wednesday
11:40 a.m. — Arctic Warrior Chapel

Tuesday and Friday
11:30 a.m. — Midnight Sun Chapel

Thursday
12:00 p.m. — Hospital Chapel

Confession

Confessions are available anytime by appointment or after any mass. 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

Chapel Next
5 p.m. — Chaplain Family Life Center

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.

ing at 10:30 a.m. Mondays at the coffee shop.

For information, email camp@alaskazoo.org.

673d FORCE SUPPORT SQUADRON

Rock Climbing

October 9
FREE EVENT!

For more information, call 384.9023 | Bldg. 655

- 2 - 4 p.m.
- Located at Alaska Rock Gym
- 15 spots available
- For single service members & geo-bachelors

Come out and have some fun!

Sunday

Fun Day
Bowling
Bingo!

Every Sunday \$3.49 per game. Receive 1 Bowling Bingo Card. 1 card per game, per person. Bowlers will attempt to cover the pattern of the day posted at the front desk for a chance to win prizes! \$12.99 for 3 game series, 3 bingo cards per person, including shoes!

76,51



Polar Bowl, 7176 Fighter Drive, 753-7467 (PINS)

Warrior Zone Lounge & Polar Bowl have the NFL Ticket!

FOOTBALL



Watch your favorite teams battle it out with the Warrior Zone Lounge's NFL Ticket! Enjoy drinks, snacks, friends, & 24 large TVs.



Wanna see your team play while enjoying great drinks & fun times? Wear your football gear & enter to win prizes!



7176 Fighter Dr.
753-7467



October 15 • 5 p.m.

In conjunction with National Substance Abuse Prevention Month

NFL COMBINE EVENT

For more information, contact Buckner Fitness Center at 384.1308

- EVENTS**
- Bench Press for Reps •
 - Jacob's Ladder •
 - Timed Globe Hang •
 - 40 Yard Dash •
 - Vertec •
 - Broad Jump •

1st, 2nd, & 3rd place prizes for men and women!

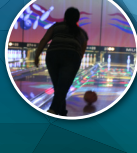
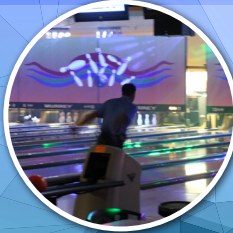
Halloween themed Wood Shop

Come over to the Polar Express Arts & Crafts Center during the month of October to make tombstones & scary signs!

Dorm DWELLERS SPECIAL

Every Friday:
11 p.m. - 1 a.m.

Show your ID card for a 10% discount for all Military Personnel E-1 through E-4. \$29.99 per lane first hour for up to 5 bowlers, \$21.99 per additional hour (shoes included) or \$4.49 games + \$3.29 shoes. Neon Bowling & Today's Top Hits Playing All Night.



Polar Bowl, 7176 Fighter Drive, 753-7467 (PINS)



Stop by and see us!

www.facebook.com/JBER673FSS

www.elmendorf-richardson.com

Birth Announcements

ARCTIC WARRIOR

October 9, 2015 **B-4**

SEPT. 1

A daughter, Savannah Taylor Sullo, was born 18.5 inches long and weighing 6 pounds, 10 ounces at 5:39 a.m. to Susie Gomes Sullo and Spc. Charles Edward Sullo of the 716th Explosive Ordnance Disposal Company.

A son, Aiden O’Brien Richerson, was born 21 inches long and weighing 7 pounds, 14 ounces at 2:45 p.m. to Perla Jazmin Richerson and Senior Airman Connor O’Brien Richerson of the 732nd Aircraft Maintenance Squadron.

SEPT. 2

A daughter, Alana Rose Evangelista Cruz, was born weighing 7 pounds, 3 ounces at 12:05 a.m. to Jazmin Marrella Gibson and Jarett Ryan Cruz.

A daughter, Blakely Reese Fountain, was born 21.5 inches long and weighing 8 pounds, 3 ounces at 2:21 p.m. to Tiffany Elaine Fountain and Sgt. Ryan Maclain Fountain of the 1st Battalion (Airborne), 501st Infantry Regiment.

A son, Bennett Oak Woodard, was born 21 inches long and weighing 8 pounds, 5 ounces at 8:57 p.m. to Lauren H. Woodard and Sgt. Andrew M. Woodard of the 716th Explosive Ordnance Disposal Company.

SEPT. 2

A daughter, Aliah Rae Moreno, was born 20 inches long and weighing 7 pounds, 15 ounces at 10:32 a.m. to Janice Rae Moreno and Spc. Angel Reyes Moreno of the 725th Brigade Support Battalion.

port Battalion.

SEPT. 9

A son, Michael James Minnich, was born 21.5 inches long and weighing 8 pounds, 9 ounces at 10:20 a.m. to Core Ann Minnich and Sgt. Robert Daniel Minnich of the 2nd Battalion, 377th Parachute Field Artillery Regiment.

SEPT. 10

A daughter, Ava Lyn LaTour, was born 22 inches long and weighing 8 pounds, 1 ounce at 8:33 a.m. to Mary Elizabeth LaTour and Spc. Ryan James LaTour of the 17th Combat Sustainment Support Battalion.

A son, Jaxon Joseph Thibodeau, was born 21 inches long and weighing 9 pounds, 4 ounces at 5:47 p.m. to Tech. Sgt. Danielle Lee Gagne-Thibodeau of the 673d Surgical Operations Squadron and Benjamin Michael Christian Thibodeau.

SEPT. 14

A daughter, Brynlie Evelyn Jorgenson, was born 20 inches long and weighing 8 pounds, 7 ounces at 7:49 a.m. to Meagan Dawn Jorgenson and Air Force Staff Sgt. Darren Michael Jorgenson of the 3rd Maintenance Squadron.

SEPT. 15

A daughter, Charlee Rose Zelek, was born 19.5 inches long and weighing 7 pounds, 10 ounces at 6:55 p.m. to Julie Lynn Zelek and Air Force Master Sgt. Terence Raymond Zelek of the 3rd Operations Support Squadron.

A son, Gabriel Asistio Crane, was born 21.5 inches long and weighing 8 pounds, 12 ounces at 8:32 p.m. to Melissa Asistio Crane and Air Force Master Sgt. Corey Daniel Crane of the 301st Intelligence Squadron.

SEPT. 16

A son, Vincent Lee Wooten, was born 19 inches long and weighing 7 pounds, 11 ounces at 8:50 a.m. to Candace Morgan Wooten and Pfc. Steven Lee Wooten of the 3rd Battalion (Airborne), 509th Infantry Regiment.

SEPT. 19

A son, Ryker Alexander Pugsley, was born 20.5 inches long and weighing 6 pounds, 9 ounces at 8:43 a.m. to Heather N. Pugsley and Spc. Adam H. Pugsley of the 6th Brigade Engineer Battalion.

A son, Edward Harold Rowland, was born 20.5 inches long and weighing 7 pounds, 8 ounces at 1:21 p.m. to Ciera Marie Markiewicz and Sgt. Patrick Michael Rowland of the 545th Military Police Detachment.

SEPT. 21

A daughter, Addison Elize Rodriguez, was born 20 inches long and weighing 7 pounds, 5 ounces at 5:42 p.m. to Stacy Soto-Rodriguez and Sgt. Frank L. Rodriguez of the 17th Combat Sustainment Support Battalion.

A daughter, Raylin Irene Mack, was born 20.5 inches long and weighing 6 pounds, 12 ounces at 9:55 p.m. to Breana Rey Mack and Airman 1st Class James Michael Mack of the 3rd Maintenance Squadron.

SEPT. 23

A son, Joshua Henry Lewis, was born weighing 8 pounds, 8

ounces to Air Force Capt. Heather Marie Lewis of the 673d Surgical Operations Squadron and Joshua Guy Lewis.

A daughter, Sophia Isabelle Catapia, was born weighing 7 pounds, 10 ounces to Rea Pauline Catapia and Pvt. Neil Robert Catapia of the 1st Battalion (Airborne), 501st Infantry Battalion.

SEPT. 24

A son, Jerry Lee Boomers IV, was born 21 inches long and weighing 7 pounds, 8 ounces at 1:30 p.m. to Harli Janae Boomers and Air Force Staff Sgt. Jerry Lee Boomers III of the 3rd Aircraft Maintenance Squadron.

SEPT. 25

A daughter, Cayla Evelyn Winders, was born 19.5 inches long and weighing 7 pounds, 2 ounces at 4:56 a.m. to Colleen Diana Carol Winders and Air Force Staff Sgt. Andrew Ryan Winders of the 673d Medical Operations Squadron.

SEPT. 26

A daughter, Emma Maria-Louise Chalve, was born 20 inches long and weighing 6 pounds, 13 ounces at 4:43 p.m. to Airman 1st Class Karen Sylvia Chalve of the 673d Medical Support Squadron.

SEPT. 27

A daughter, Alyna Marquez Blue, was born 16.5 inches long and weighing 4 pounds, 9 ounces at 8:18 a.m. to Air Force Capt. Raychaelle Flores Marquez Blue of the 349th Aero-

medical Staging Squadron and Air Force Capt. Rhett Alan Blue of the 673d Inpatient Squadron.

SEPT. 29

A son, Cadyn Andrés Gates, was born 20 inches long and weighing 8 pounds, 12 ounces at 3:18 a.m. to Amy Renée Gates and Air Force Staff Sgt. Corey De-Shaun Gates 773d Civil Engineer Squadron.

A son, Elliott Wayne Lebahn, was born 21 inches long and weighing 7 pounds, 14 ounces at 4:35 a.m. to Emily Amira Lebahn and Spc. Dillon Joseph Lebahn of the 3rd Operational Support Squadron.

A daughter, Abriana Chareunvong Ford, was born 21.5 inches long and weighing 8 pounds, 6 ounces at 7:52 a.m. to Linda Ford and Matthew Brian Ford.

A son, Gunnar Scott Basinger, was born 20 inches long and weighing 7 pounds, 13 ounces at 12:45 p.m. to Brittany Ann Basinger and Army 1st Lt. Dustin Scott Basinger of the 3rd Battalion (Airborne), 509th Infantry Regiment.

New to parenting? The New Parent Support Program can help

By Chris McCann
JBER Public Affairs

There’s no test required, no certification necessary, to have a child. Children don’t come with owner’s manuals either.

Raising children can be stressful and confusing, and when a new parent doesn’t have family support, it can make it even harder. Children can be neglected or even abused when a parent doesn’t know where

to turn.

The New Parent Support Program on Joint Base Elmendorf-Richardson tries to remedy this problem by assisting those new to the process, from pre-natal care through the third year of a child’s life.

The nature of the military means that people – both service members and their families – are often separated from their natural support systems.

When you’ve just changed duty stations,

it takes time to make new friends, and parents and siblings usually aren’t nearby to help with babysitting or advice.

The JBER Family Advocacy program provides child abuse prevention training to all service members.

Perhaps more importantly, they provide outreach to all military families to help parents learn what’s normal and how to focus on spending time with their children and enjoying it.

The NPSP provides plenty of assistance, with events for parents and children to spend time together.

They also provide home visits from nurses and social workers – all voluntary – to help new parents with pregnancy, post-partum care, and support and respite care.

For further information about JBER Family Advocacy programs and assistance, call 580-5858.



How to cope with Seasonal Affective Disorder

By Airman Valerie Monroy
JBER Public Affairs

With winter on its way, many unique opportunities make themselves available in the state of Alaska, from sledding and skiing, to watching the Northern Lights and going ice fishing.

Because the days will be getting shorter and colder, some individuals may be at an increased risk for developing the winter blues.

“Seasonal Affective Disorder, or SAD, is actually just major depression with a seasonal pattern to it,” said Capt. Chad Killpack, 673d Medical Operations Squadron director of psychological health and staff psychologist.

Killpack said SAD typically comes in the months when it’s darker and colder, and when people become less active.

“The biggest trap that people fall into is thinking it’s too cold or too dark to get out and do something,” Killpack said.

The symptoms of SAD are very similar to major depressive disorder, Killpack said. Not everyone with SAD will have the same symptoms.

Some symptoms include anxiety, mood changes, sleeping problems, loss of interest in activities, fatigue, social problems and increased or decreased appetite.

Although SAD does occur mostly in the darker and colder months, there are preventative steps one can take to be better



With the arrival of darker and colder months, many individuals in the area can be susceptible to seasonal affective disorder. To combat SAD, get out, enjoy the great outdoor activities; and contrary to popular belief, the winter sunshine Alaska has to offer. (U.S. Air Force photo/Justin Connaher)

prepared when winter arrives.

“Prevention-wise, the best thing people can do is plan ahead for certain activities that they’re going to do during the winter,” Killpack said. “Having a plan will

increase the chances you actually go out and do something.”

The Joint Base Elmendorf-Richardson Outdoor Adventure Program offers many opportunities to get outdoors and keep busy.

Karl Lavtar, OAP lead guide and supervisor, explained that some of the programs offered are snowmachining, fat-tire bike riding and indoor rock climbing.

The Hillberg Ski Area will also

be open in December – snow and weather dependent – for activities such as skiing, snowboarding and tubing, Lavtar said.

Additionally, having a balanced diet and exercising before winter arrives can help to keep SAD at bay.

When the days get darker earlier, people tend to sleep more than recommended. Keeping a normal sleep schedule is incredibly helpful for avoiding depression, especially during winter, Killpack said.

“People forget that during the winter the body is not absorbing as much sunlight, which could contribute to a vitamin D deficiency,” Killpack said.

Taking advantage of any available hours of sunlight can help many people, Killpack said. With lack of sunlight being one of the contributing factors of SAD, taking oral vitamin D as well as using a happy light can help to lower risk for SAD.

A happy light emits natural-spectrum light to help the body when it’s lacking real sunlight. The JBER Library offers 30-minute doses of happy light exposure sessions for those who wish to read under the spectrum light.

While all of these steps can be taken to reduce the risk of developing SAD, they might not work for everybody, Killpack said. If you feel like SAD is getting the better of you or nothing is working, contact your primary care manager for further assistance.

Fries with that? Great Alaskan Shakeout set for Oct. 15

By Airman 1st Class Christopher R. Morales
JBER Public Affairs

Imagine the devastation of a home, workplace or building as everything begins to shake, crack and break around you ... or just wait until Oct. 15.

Families, offices and organizations can sign-up with the Great Alaskan Shakeout at shakeout.org/alaska/ to practice for an earthquake.

“I think it’s an awesome and [informative] event,” said Senior Airman Nolan Payne, 773d Civil Engineer Squadron Office of Emergency Management. “If you’re

on Facebook and you see that your buddy or family member is participating in the Great Alaskan Shakeout, you’re motivated to participate too. Anyone living in Alaska is at great risk of being affected, and I’m excited to see the boost in [the] awareness level across the state.”

The Shakeout is an annual event, on the third Thursday of Oct., when participants take a minute out of their day to ‘Drop, Cover and Hold On,’ simulating the procedures people should take during an earthquake.

“The ‘Drop, Cover and Hold On’ [procedure] is the best practice when something falls,” said Michael West, director of the

Alaska Earthquake Center. “Once shaking starts, you only have a [matter] of seconds. The most important practice for an earthquake is before an earthquake.”

More than 24 million people have registered globally for the Shakeout; of that, 75,000 are from Alaska. The Shakeout is just another tool to enforce safe practices, so people are ready at a moment’s notice.

During an earthquake, most injuries are caused by falling debris. According to www.eqc.govt.nz one way to reduce the risk of falling objects is to bolt or bracket heavy objects like shelves, book cases and bunk beds.

Falling down during an earthquake can

also cause injury. Obtaining cover within a few steps could reduce the risk of injury.

A survival kit is critical for a weathering disaster. When the roads are blocked or emergency procedures are needed, a survival kit should be geared for the situation. Some common objects are a first aid kit, radio, food rations, water and any necessary medication able to last at least a week.

“This drill serves as a great team-building event within the workplace or even when you’re relaxing and watching [television] with your family at home,” Payne said. “Being prepared cannot be stressed enough, and staying informed is half the battle.”

For JBER firefighter, it all comes down to training



By Airman Valerie Monroy
JBER Public Affairs

Before jumping out of a firetruck, he has no preconceptions. He doesn't think of what the situation requires of him.

As soon as he steps into the chaos, everything clicks. Everything around him comes into focus.

He understands that every small piece of knowledge that others have shared with him now comes into play.

His mind takes over and his body simply follows. Everything comes down to training.

Airman 1st Class Jammie Garcia is a 673d Civil Engineer Squadron firefighter who relies on his training

Garcia's day starts off with checking all the equipment on the trucks. He makes sure everything

is in perfect working order before moving on to other tasks.

"Once a week we'll test everything," Garcia explained.

Classroom training follows tests. The classes are usually medical refreshers or reviews of vital firefighting information, Garcia said.

Garcia said he needs to meet monthly training requirements.

Putting out fires under varying circumstances, and search and rescue area few examples of Garcia's firefighting training.

"You know, you have those days where you're out training and it's snowing, and it sucks, but you take a step back and realize it's pretty cool stuff," Garcia said.

Apart from the firefighter's day-to-day activities, fire emergencies happen at any time.

"Usually we'll start getting calls around nine in the morning," Garcia said. "We'll manage our work around how many calls we get."

Though 673d CES firefighters have primarily been occupied with medical emergencies, winter means they will respond to more car accidents.

In order for Garcia to stay



Airman 1st Class Jammie Garcia, 673d Civil Engineer Squadron firefighter, stands on a fire truck on Joint Base Elmendorf-Richardson, Alaska, Oct. 1, 2015. Firefighters learn to build a family relationship with one another when they work 24-hour shifts every other day. (U.S. Air Force photos/Airman Valerie Monroy)

ready for his job, he must stay physically prepared for any emergency.

"Staying fit is absolutely neces-

sary," Garcia said.

Along with keeping his body in shape, mental preparedness is also expected. Studying vital information needed to perform his job and knowing the standard operating procedures is important, Garcia said.

"It's a lot of reviewing things we learned in technical school, there are many exact numbers we need to know for certain things we do," Garcia said. "One of the hardest parts is remembering everything."

Garcia said technical school involved learning basic medical-response skills like checking vitals, taking blood pressure and stopping bleeding.

Eventually, firefighters learn on-the-job skills including how to best use their tools and equipment, how to fight multiple types of fires and fire rescue, Garcia said.

While training and preparation help get the job done, it's doesn't make thing easy. That's why every firefighter has to give their best at all times.

"The feeling of helping others motivates me to perform my job to the fullest potential," said Airman 1st Class Joseph Pyun, 673d CES firefighter. "There is no greater

feeling than being thanked for doing your job."

"There is not much you can do to prepare yourself for everything you can possibly see on any emergency," Garcia said.

No matter how hard a day proves to be for 673d CES firefighters, they know they all have each other at the end of the day.

"I love how everyone in the department can come together as a family," Garcia said. "You don't get that in all jobs."

"The family aspect changes my mindset from having a job in the Air Force to having a career in the Air Force," Pyun elaborated.

"I am always looking forward to going into work because not only are they my coworkers, but they're my family and friends as well."

Garcia said he didn't know firefighting was a possibility in the Air force but as soon as he saw it, he knew it was the job for him.

Even now, a year into the job, Garcia said he still has the same feelings toward his profession.

"My favorite part after any kind of emergency is when they say thank you," Garcia said. "You're just doing your job, but it's a great feeling."



Garcia checks equipment on a fire truck on Oct. 1. Firefighters check equipment first thing every morning to ensure they are prepared for any and every emergency.