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ARCTIC WARRIOR

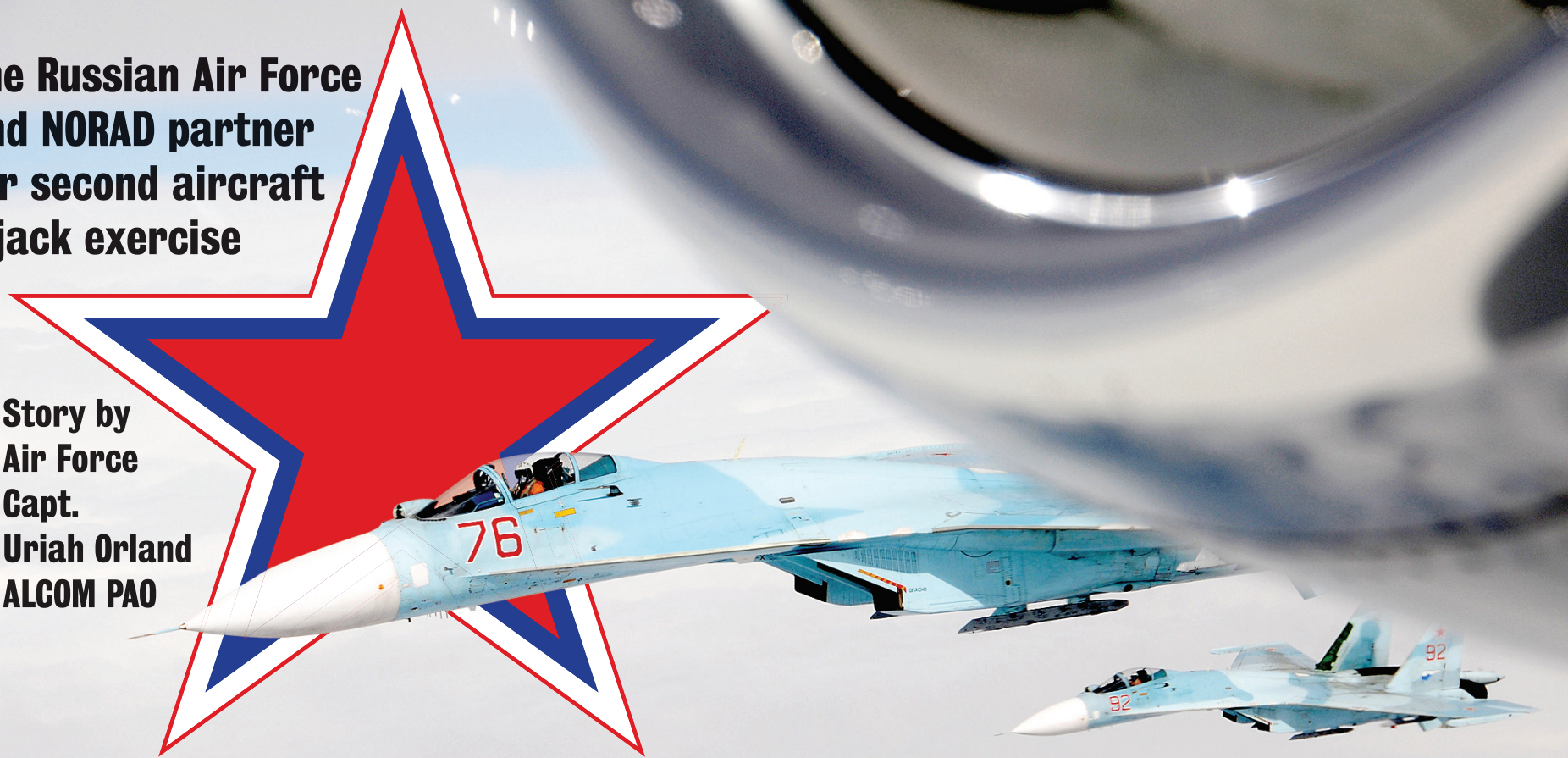
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Joint Base Elmendorf-Richardson

August 12, 2011

The Russian Air Force and NORAD partner for second aircraft hijack exercise

Story by
Air Force
Capt.
Uriah Orland
ALCOM PAO



VIGILANT EAGLE

Two Russian SU-27 Flankers, flying from Petropavlovsk-Kamchatski, intercepts Fencing 1220, a suspected hijacked aircraft during Exercise Vigilant Eagle, Sunday. Fighters and Airborne Warning and Control aircraft from the United States and Russia participated in Vigilant Eagle 2011. The exercise marks the second year of cooperation between the Russian Federation and NORAD to counter possible threats of air terrorism crossing international boundaries. (U.S. Air Force photo/Capt. Uriah Orland)

Within minutes after takeoff the first fighter aircraft were visible off the left wing and Exercise Vigilant Eagle 2011 was well underway.

The Russian Federation Air Force and the North American Aerospace Defense Command conducted the second Vigilant Eagle cooperative exercise from Aug 5 through Tuesday, further strengthening the communication channels between Russia and NORAD in the event of a hijacked aircraft transiting across the Bering Sea.

"This exercise provides the opportunity for Russia, Canada and the United States to

enhance our coordination and partnership to cooperatively identify, intercept and follow a suspect aircraft as it proceeds across international boundaries, thus reducing the threat of air terrorism," said Canadian Air Force Col. Todd Balfe, deputy commander, Alaskan NORAD Region. "Vigilant Eagle 2011 builds upon the remarkable success of last year's exercise, when we conducted the first live-flying event between Russia and the United States since the second world war."

The exercise simulated a U.S. flagged carrier, under the call sign of Fencing 1220, on an international flight which had been seized by terrorists. The aircraft did not

respond to communications and the Federal Aviation Administration and Transportation Security Agency notified NORAD, who diverted Airborne Warning and Control and fighter aircraft to monitor and intercept Fencing 1220.

As the aircraft continued east, the FAA notified the Russian Federal Air Navigational Service, and the Russian Federation Air Force launched an Airborne Warning and Control aircraft and fighters to intercept as well.

A key component of the exercise was the communication link between the U.S. E-3 AWACS and the Russian A-50 Mainstay,

as well as between the air operation centers at Joint Base Elmendorf-Richardson and Petropavlovsk-Kamchatski. As in the previous exercise, Russia and NORAD exchanged controllers and liaison officers to facilitate the exercise.

"The ability for the tactical and operational units to effectively communicate in this time sensitive scenario ensures the cooperative hand-off of Fencing 1220," Balfe said. "This is critical to passing warning indications between our countries so the other side can posture their forces and close

See Hijack exercise, Page A-3

Former POW passes proven resilience techniques to troops

By Luke Waack
JBER Public Affairs

One of the military's leading resilience experts spoke to an audience of Soldiers, Airmen and civilians at the Joint Base Elmendorf-Richardson Education Center lecture hall, Monday about how to build mentally stronger troops and families.

Army Brig. Gen. (Dr.) Rhonda Cornum, Comprehensive Soldier Fitness director, and former prisoner of war, was a captive of Iraqi forces for eight days in 1991, after the Black Hawk helicopter she served on as a flight surgeon was shot down.

Of the eight-person crew, five died in the crash.

Cornum talked to her audience

about what went through her mind while she was held prisoner and how her thought processes then apply to what troops in combat and families at home are going through now.

Techniques she used to survive her imprisonment and thrive after her ordeal are part of the training her team will teach to selected unit representatives.

Instructors will teach a program which was developed by Cornum and others at the Walter Reed Army Institute of Research, in conjunction with the University of Pennsylvania and the Army Center for Enhanced Performance.

"Academically, I believe that this is really important," Cornum said. "There have been 17 published studies that show that this program works, in terms of improving peoples outcomes. Personally, I know it works because I apply those skills to my life."

Cornum survived being shot down, breaking both arms and being threatened with death by Iraqi forces.

"I got shot down, broke a bunch of bones, got shot," Cornum said. "I had the mock execution with the Iraqi guy with the gun to the back of my head - you don't know it's a mock execution of course until you're still alive at the end of it."

Cornum said she has always tried to turn a disadvantage into an advantage, even when she was faced point-blank with the end of her life.

"I was racking my brain looking for an advantage to this," Cornum said. "The only thing I could come up with at the time was 'At least it won't hurt.'"

This technique is called cognitive reframing, she said, and MRT class members will learn

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Duty, honor, America bikes across Alaska

Story by Army Staff Sgt. Patricia McMurphy
USARAK Public Affairs

FORT WAINRIGHT — With more than 15,500 miles logged, and 48 states covered in more than 300 days, retired Army Lt. Col. Douglas Adams and his wife, retired Army Col. Debra Lewis, continue their Duty, Honor, America Tour in the 49th state of their journey starting here making their way down to Joint Base Elmendorf-Richardson.

Adams said "The tour was to) raise awareness throughout the country by cycling 50 states in one year for America's veterans, military and their families. To make sure our country remembers that we still have (service members) that are still serving, sacrificing and have committed their lives to the defense of this nation on a daily basis."

Adams and Lewis explain how the tour is their way of continuing to serve their country and how it is designed to educate and inspire Americans to pay attention to what really helps our veterans, military members and their families.

"Both my wife and I are veterans," Adams said.

After retiring in 2000, Adams

See Cyclists, Page A-3



Army Brig. Gen. (Dr.) Rhonda Cornum, Comprehensive Soldier Fitness director, and former prisoner of war gives an introduction to the two-week Master Resilience Trainer program at the Education Center, Monday. Seventy-three Soldiers, Airmen and civilians will spend 80 class hours learning how to teach resilience techniques to their respective units. (U.S. Air Force photo/Luke Waack)

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Ready for anything

Alaska Army National Guard Soldiers of 1st Battalion, 143rd Infantry Regiment (Airborne), sharpen skills in preparation for deployment to Afghanistan, A-4



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Airmen Article 15 results released

673d Air Base Wing
Staff Judge Advocate

The following Airmen assigned to Joint Base Elmendorf-Richardson received nonjudicial punishment under Article 15 of the Uniform Code of Military Justice during July:

A senior airman from the 673d Civil Engineer Squadron received a vacation action for failure to go to unit formation. The punishment consisted of reduction to the grade of airman first class.

An airman first class from the 673d Civil Engineer Squadron received an Article 15 for drunk driving. The punishment consisted of reduction to the grade of airman basic, 30 days extra duty and a reprimand.

A senior airman from the 673d Medical Support Squadron received an Article 15 for two counts of dereliction of duty and one count of signing a false official statement. The punishment consisted of reduction to airman first class, suspended forfeiture of \$919.00 pay per month for two months and a reprimand.

A technical sergeant from

the 703rd Aircraft Maintenance Squadron received an Article 15 for a false official statement and assault of a child. The punishment consisted of reduction to staff sergeant, suspended forfeiture of \$1,473.00 pay per month for two months, 45 days extra duty with 30 of those days suspended and a reprimand.

An airman first class from the 962nd Airborne Air Control Squadron received an Article 15 for drunk driving, drunkenness – incapacitation for performance of duties, and refusal to submit to a chemical test. The punishment consisted of reduction to airman, a suspended reduction to airman basic and a reprimand.

The military justice system is a commander's program designed to support good order and discipline in the unit and to ensure mission accomplishment. One important aspect of the military justice system is non-judicial punishment under Article 15 of the Uniform Code of Military Justice. When commanders decide to impose non-judicial punishment, they can choose from a variety of punishments.

Retroactive coverage closing for TRICARE Young Adult Program

Air Force News Service

The opportunity to purchase retroactive TRICARE Young Adult, or TYA, coverage expires Sept. 30. Retroactive TYA provides coverage for young adults back to Jan. 1, or the day they became eligible if that was after Jan. 1.

TYA allows eligible adult children to purchase TRICARE coverage after their eligibility for regular TRICARE coverage ends at age 21, or 23 if enrolled in a full course of study at an approved institution of higher learning.

TYA-eligible beneficiaries may choose to purchase retroactive coverage if they've had significant health care expenses that weren't covered by other insurance.

Once enrolled in TYA, beneficiaries may file a claim for reimbursement of costs for covered care. Additionally, young adults in the Continued Health Care Benefit Program may elect to purchase retroactive TYA coverage and receive a refund for their CHCPB fees.

Those interested in purchasing retroactive TYA coverage must ensure their application form is received by the regional or overseas health care contrac-

tor by Sept. 30. All premiums, both retroactive and the initial three-month payment, must be submitted with the application. The application and payment can be dropped off at a TRICARE service center, or mailed or faxed to the regional or overseas health care contractor.

To be reimbursed for covered services, receipts for care must be included when a claim is filed.

TYA launched in May, and has shown a steady increase in enrollment numbers. As of July 31, almost 6,600 young adults have purchased TYA, which currently offers TRICARE Standard coverage for \$186 a month. To qualify for TYA, uniformed services dependents must be under 26, unmarried and not eligible for their own employer-sponsored health care coverage.

A premium-based TRICARE Prime benefit is scheduled to be available later in 2011.

Before choosing to purchase TYA, beneficiaries should carefully consider all of their health care coverage options and balance all the costs. Complete information and application forms are available at www.tricare.mil/tya.

Editorial & Opinion



Emily Guillermo (foreground), wife of Air Force Maj. Louis Guillermo, 673d Surgical Operations Squadron, and Corrie Schulze, wife of Air Force 2nd Lt. Joshua Schulze, 611th Air Operations Center, cross a foot bridge, March 11, at Eagle Glen Golf Course. Winter activities abound for Joint Base Elmendorf-Richardson residents who want to stave off cabin fever. (U.S. Air Force photo/David Bedard)

Winterphobia

Learn to embrace the onset of the cool season

Commentary by David Bedard
JBER Public Affairs

Stocks of fireweed reach high above the soil, ducks and geese gather for their journeys south and snow has already dusted the Chugach Mountain Range overlooking the Anchorage Bowl. Many indications point to an early winter, eliciting groans from residents who were just beginning to settle into their summer routines.

It's an all too common response to the onset of the world's most unpopular season. After all, we have to bid farewell to the midnight sun, open-water fishing, dry roads and grilling with friends to name a few.

We anticipate months of holing up in our homes, sliding around on ice, dressing in layers as well as enduring short days and long nights. It's part and parcel of our mindset in late summer and fall.

I would challenge readers to adopt a more positive outlook. Why do we convince ourselves to be unhappy about the changing of the seasons? We choose to feel miserable about something over which we have no control.

When I was growing up, snowboarding was my favorite activity. For several years, I lived in a sort of Twilight Zone when I couldn't bear the summer for want of snow-dusted slopes.

After I hung up my snowboard, I regressed to dreading first frosts and snowfalls. Truth be told, winterphobia is an entirely unnecessary neurosis.

I understand many of Joint Base Elmendorf-Richardson's service members hail from states which get little or no snow. For these sunbelt natives, it can be difficult to adapt to long winters characterized by cold temperatures and darkness.

It can be difficult to pick up winter activities which are entirely alien, but that is precisely what I'm suggesting JBER residents do.

In the fall, we are forced to consign our boats, four wheelers, grills and skateboards to the garage for winter storage. If we don't have winter toys to take out of storage, we are probably right to dread a long eight-plus month season.

There are plenty of opportunities to enjoy the unique activities which can be enjoyed during the winter months.

Anchorage is host to some of the best skiing and snowboarding opportunities in Alaska, both on and off the installation. Lessons and rentals for both sports can be purchased at reasonable prices at JBER's Hillberg Ski Area and Dyea Ski Center.

Cross-country skiing makes for an effective winter cardiovascular

routine which affords athletes the opportunity to see the Alaska countryside through the area's wide network of ski trails. Again, lessons and rentals are offered on JBER.

Snowmachining, snowshoeing, ice fishing and ice skating are just a few of the activities offered on base at low prices.

In addition to outdoor activities, winter in the Anchorage area also offers much in the way of music and theater.

Because local residents flock to lakes and rivers during the summer and cannot be bothered to sit still indoors, auditorium performances take somewhat of a break during the warm season.

During the winter season however, area theaters and exhibition halls are rife with plays and concerts representing a wide range of genres from around the nation and the wider world.

Area museums become host to special exhibits which serve both to educate and entertain.

A calendar of events for most area venues can be found at www.anchorage.net/events.

So, there really is little reason to dread the inevitable changing of the seasons. It simply requires a little imagination and an adventure-some spirit to try something new in order to cope with the winter months.

ARCTIC WARRIOR

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JBER Public Affairs Officer
Maj. Joseph Coslett (USAF)

JBER Deputy Public Affairs Officer
Bob Hall

Internal Information Chief
John Pennell

Arctic Warrior staff

Luke Waack - managing editor
David Bedard - news editor
Chris McCann - community editor
Ed Cunningham - webmaster
Air Force 1st Lt. Matthew Chism - contributing writer

The humble leader

Air Force colonel challenges leaders to practice humility

Commentary by Air Force Lt. Col. Arlene Collazo
21st Space Operations Squadron

Throughout my career, I've kept a mental list of characteristics I've admired from other officers and noncommissioned officers with whom I've worked: subject matter expertise, assertiveness, cool under pressure, quick thinker, grounded, etc.

There is one leadership characteristic that I think is the most important of all, and that is humility.

We often equate humility with low self-worth, hesitation and shyness. That is not humility. According to the Merriam-Webster dictionary, humility or the act of being humble means "not arrogant, nor proud."

Most leaders do not set out to be arrogant leaders; however, the fine line between subject-matter expert and arrogance can be blurry. Arrogant leaders are "know-it-alls"; they know what is best and do not need the advice of others.

On the other hand, humble leaders acknowledge their own

strengths and weaknesses and are open to seek the advice and counsel of others. This openness to others' ideas also helps leaders to learn and grow by transforming their weakness into strength.

Humility allows leaders to value the contributions of others to their success. By welcoming input from subordinates, leaders can build a stronger unit.

Subordinates feel important to the success of the mission and that they are valued members of the unit. This, in-turn, gives subordinates the confidence to approach their leaders with honest opinions and without the fear of rejection.

Merriam-Webster offers another meaning of humble: "in a spirit of deference and submission." This definition reminds me of the Air Force core value, "service before self."

As leaders, we are servants to the Air Force mission. Its goals are our goals. Humble leaders make sure their actions support the mission and the goals of the Air Force.

Humble leaders are also servants to their fellow Airmen –

the Airmen who accomplish the mission. In order to be effective, leaders must earn the loyalty, dedication and respect of the people through compassion and empathy. A leader should never forget the people.

As Eugene B. Habecker said in "The Other Side of Leadership," "The true leader serves. Serves people. Serves their best interests, and in doing so will not always be popular, may not always impress. But because true leaders are motivated more by loving concern than a desire for personal glory, they are willing to pay the price."

Leaders know no matter how high their position, they need a strong foundation. This solid foundation is humility.

I urge leaders to be humble. When we are humble, we allow others to participate and seek their advice. When we are humble, we grow as individuals and leaders, and our organization grows as well. When we are humble, we value our people and have empathy and compassion toward them.

For, if we are humble, our great Air Force will remain strong.

Hijack exercise

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any gaps or vulnerabilities air terrorists may try to exploit.”

“This exercise clearly allowed us to refine the processes and procedures to use in the event of a real-world, cross-border, air-terrorism scenario,” he added.

With the 10th anniversary of the terrorist attacks from Sept. 11, 2001, a little more than a month away, the significance of this exercise cannot be overlooked. Since Sept. 11, 2001, NORAD has responded to more than 3,400 possible air threats in the United States and has flown more than 59,000 sorties with the support of Airborne Warning and Control System and air-to-air-refueling aircraft. However, air terrorism is not bound to North America airspace and the Russian Federation is also prepared to counter any threats to their homeland.

“This combined exercise continues to moves us forward in the development of cooperation between our countries in mitigating the threat of air terrorism. It is a relevant issue in the defense of U.S. and Russian citizens from possible threats of air terrorism,” said Russian Air Force Col. Alexander Tikhonov, Chief of Department (Coverage of Military Readiness and MWR of Troops) – member of the editorial team of “Krasnaya Zvezda” newspaper.

Onboard Fencing 1220, the exercise observers captured a view not seen by many. F-15C Eagles, based at Joint Base Elmendorf-Richardson, diverted from a training mission to respond to Fencing 1220.

“It’s a little exhilarating,” said Brian Morris, pilot, Global Aviation. “As a civilian to fly ‘in formation’ with F-15s and four Russian SU-27s was a once-in-a-lifetime opportunity.”



(Left to Right) Royal Canadian Air Force Col. Todd Balfe, deputy director, Alaskan NORAD Region; Air Force Staff Sgt. Yevgeniy Maksimov, interpreter, Defense Threat Reduction Agency; Russian Col. Alexander Tikhonov, Editor Star; and Russian Col. Alexander Vasilyev, Russian Air Force Academy, discuss mission details on board the “Track of Interest” during Exercise Vigilant Eagle, Sunday. The exercise provided the opportunity for Russia, Canada and the United States to enhance their interagency partnership to cooperatively identify, intercept and follow a suspected hijacked aircraft as it proceeded across international boundaries. (U.S. Air Force photo/Capt. Uriah Orland)

Techniques

From Page A-1

to teach this method and others to members of their units and organizations.

Cornum said after she got back and continued her career people often asked her how she handled being a POW.

These questions led her to conduct research in the methods with which people overcome adversity, she said.

The MRT course draws on scientifically-proven research to identify techniques for overcoming stress and strain, according to the course’s primary civilian instructor.

“The last 20 years of research, of studying this has enabled a lot of answers to those questions so now we have a pretty good sense of what the component parts are to resilience,” said Bob Szybist, Master Resilient Trainer Course, primary instructor. “We’re going to define that, we’re going to break it down and then we’re going to learn the skills that enable those things to happen.”

Szybist, Cornum and Army Maj. Gen. Raymond Palumbo, U.S. Army Alaska, commanding general gave opening remarks to kick off the two weeks of resilience training.

Approximately 73 unit representatives from JBER, Fort Wainwright, Fort Greely, Fort Shafter and Schofield Barracks, Hawaii, including Airmen, as well as Army and Air Force civilians were present on day one.

Class instructors teach five modules: defining resilience, mental toughness, character strengths, building strong relationships and sustainment.

Palumbo encouraged the students to take the training seriously, so they could learn and pass the benefits along to others.

“Every one of you is so important to Comprehensive Soldier Fitness,” Army Maj. Gen. Raymond Palumbo said. “Here in USARAK, I call it Comprehensive Soldier and Family Fitness, because you can’t have a strong, ready Soldier without a strong, ready family. The tools you’re going to learn here in this next 10 days in the curriculum are going to be so important.”

The key to training, is sharing and teaching once class is done, Palumbo said.

“You’re not learning just for you – although I think it’s going to help you and your families, no doubt about it,” Palumbo said. “You are going to get better – but it’s about the team.”

Palumbo challenged the group to spread the training once they finish.

After completing the course,

trainers will be able to provide small-group, pre- and post-deployment resilience education to their units, with a quarterly requirement of two hours minimum.

In USARAK, each Soldier will receive 20 hours of resilience training, Palumbo said.

The program started out as a resource for Soldiers, but the rest of the military and families can now access the Global Assessment Tool, which can help identify potential problems.

Online resilience training is also available to promote resilience awareness, education and improvement.

“For families, we’ve made it much easier now to access the GAT and the online training,” Cornum said.

Families can use a Common Access Card or register once online to gain access to resilience resources.

Soldiers and families can visit www.us.army.mil and look for the Self Service and My Medical pages for access to the GAT and online resilience training.

At www.my.af.mil, on the Life & Career and Health pages, Airmen can complete pre- and post-deployment resilience training, as well as the post-deployment health reassessment.

Visit www.resilience.army.mil for more information about the MRT program.



Army Sgt. Frank Bateman, U.S. Army Alaska, listens to an introduction to the two-week Master Resilience Trainer program at the Joint Base Elmendorf-Richardson Education Center, Aug. 8, 2011. Seventy-three Soldiers, Airmen and civilians will spend 80 class hours learning how to teach resilience techniques to their respective units. (U.S. Air Force photo/Luke Waack)

Cyclists

From Page A-1

worked a lot with the Washington State Veterans Affairs office.

“We saw what (veterans) were going through, and it was important that what they’re going through was something that we as a country did not forget about,” Adams said.

“The idea of cycling was a latecomer to the entire concept,” Adams said. “I had just got the bike in 2009, I hadn’t been riding, not a professional cyclist and two weeks later said, ‘I need to cycle all 50 states for our veterans and military families.’”

“It’s really about serving, whether serving your country in uniform or serving your country in your community, that’s where the fulfillment comes from,” Adams said.

Adams and Lewis continue to serve their country by raising awareness for veterans and their needs via a cross country bike ride.

Adams said the military has a negative stigmatism about asking for help and because of this, many veterans, military and family members suffer needlessly and Adams wants to change that.

“It doesn’t mean that you are weak when you seek help,” Adams said. “And if (troops) are seeking help, it is incumbent upon us to have our arms open to them.”

“(During this tour) we have also found out that sometimes Americans don’t know how to help,” Adams said. “We have been able to say there are a variety of ways, often times it is just a matter of taking the time.”

We know that troops are busy,” Adams said. “So when we have the chance to at least say ‘thank you’,

that’s not just from us, that’s from the folks we have had the chance to meet with.”

Nearly 20 children rode along side Adams from Fort Wainwright’s Youth Center to the main gate while six Soldiers from Fort Wainwright and JBER will ride with him throughout his entire 6-day trek between the two bases.

Among those riding from Fort Wainwright to JBER were Army Lt. Col. Marc Hoffmeister, the 6th Engineer Battalion commander; Army 2nd Lt. Daniel Frederick and Army 2nd Lt. Justin Smith from the 23rd Engineer Company, 6th Engineer Battalion; 1st Sgt. Kelly Smith, the Medical Activities Command-Alaska first sergeant; Lt. Col. Melissa Hoffman, the assistant deputy commander for Nursing with MEDDAC-Alaska; Sgt. 1st Class Marquis Turner from MEDDAC-Alaska; and Sgt. Michael Globoke, an unmanned aircraft systems repairer with the 5th Squadron, 1st Cavalry Regiment.

“It’s so much easier for me when I have company on the ride,” Adams said. “This is going to be a terrific experience for me and hopefully they will enjoy it as well.”

Smith recalled how he had met Lewis at his graduation from West Point last year.

“(Lewis) was telling me about this tour at my graduation,” Smith said. “I just couldn’t believe how much they cared about soldiers and their families, to ride over 16,000 miles in order to promote (the tour) and try to build some awareness.”

“I just happened to get an e-mail from my battalion commander saying basically ‘the Duty, Honor America Tour is here in Alaska; does anyone want to ride?’ and I said I would definitely love to,” Smith said.

“Having talked to thousands



Retired Army Lt. Col. Doug Adams, speaks to military children at the Fort Wainwright Youth Center as part of his Duty, Honor, America Tour, Aug. 4. Alaska is the 49th state in the bike trek Adams is making across America in one year to promote awareness for veterans, military and their families, and he stops at Two Rivers Youth Center at 3 p.m. (U.S. Army photo/Staff Sgt. Patricia McMurphy)

of people, between my wife and I, we can say that this country is firmly behind our troops, is firmly behind our veterans, wants to make sure that they’re taken care of and that they know America cares for them,” Adams said.

“Anybody can help another

individual,” Lewis said. “And usually when you help another individual who benefits, both benefit, and that is what we hope to accomplish here.”

At the conclusion of the tour, Adams will have cycled over 18,000 miles to honor and raise

awareness for the veterans and military families of the United States military. Their message they repeat in every state and at every military installation along the way, “it is ok to ask for help, it is ok to offer help and it is what veterans really need.”

Alaska Army National Guard regiment gears up for fall deployment to Afghanistan

By Army Staff Sgt. Karima Turner
Alaska National Guard Public Affairs

CAMP DENALI — Alaska Army National Guardsmen from B Company, 1st Battalion, 143rd Infantry Regiment (Airborne) recently gathered Soldiers here from across Alaska for three weeks of training and validation for an upcoming deployment to Afghanistan.

The consolidation was in preparation for a year-long deployment where the Soldiers of the 1-143rd will provide security operations for provincial reconstruction teams. The PRT operates in potentially dangerous areas to rebuild infrastructure, assist with agriculture, build wells and provide healthcare. “Our number one goal of this training was making sure the Soldiers were current with their medical and dental requirements,” said Army Capt. Jason Caldwell, B/1-143rd commander. “Probably the next most important goal was the 100-percent validation of our Soldiers on driving — they had to learn how to operate and receive certification to drive the Mine Resistant Ambush Protected All-Terrain Vehicle and Humvee. These two requirements are critical to building our baseline from here on forward.”

For many of the 117 Soldiers participating in the pre-deployment validation and training, the deployment to Afghanistan scheduled for this fall will be their first.

“The instructors grading us on the tasks we had to complete were very knowledgeable and shared their deployment experiences with us so we could learn from that as well,” said Pfc. James Karels, B/1-143rd, machine gunner. “It really helped to put our upcoming deployment into perspective, especially for us lower enlisted Soldiers and those who haven’t deployed before.”

Working 16-hour days, the Soldiers were diligent to complete all their necessary training.

“The instructors threw a lot of twists into the training and made it really exciting for everybody, and everyone had a lot of fun with it,” Karels said. “They kept us really busy and we had some long days, but it was worth it. They kept telling us that ‘knowledge is power.’

“So, obviously, the more we know, the better we’ll be. Even though we might not



Soldiers from B Company, 1st Battalion-143rd Infantry Regiment (Airborne), load Spc. Coleman Wenke, rifleman, into a Humvee after he was ‘wounded’ during a simulated near-ambush attack while Spc. David Tunutmoak, machine gunner, provides suppressive fire. The unit conducted a three-week pre-deployment training and validation exercise in preparation for their deployment to Afghanistan this fall. Wenke is from Anchorage and Tunutmoak is from Scammon Bay. (U.S. Army photos/Staff Sgt. Karima Turner)

use all the tactics they are teaching us, the more we know, the more prepared we’ll be, and we’ll be able to put into play what works best for us.”

In addition to the main goals of medical, dental and driving validation, the Soldiers were also certified on warrior training tasks ranging from combat lifesaving techniques to donning personal protective gear, as well as reacting to near and far ambushes and improvised explosive devices.

“At first it was a rocky start, but once we got the ball rolling, the Soldiers stepped up and did what they had to do to have a successful training,” said Army 1st Lt. Ronald Snyder, B/1-143rd executive officer. “It was really important that they had these training opportunities because everything they learn here will help them on the battlefield.”

“The Soldiers did outstanding, and so far, we’ve accomplished all of our goals,” Caldwell said. “We’ve been very successful. We’ve validated all of our battle drills and warrior training tasks. I think they’re feeling like they’ve come together as a close, tight-knit unit, and they’re walking away feeling a lot of pride about being a part of B Company.”



Alaska Army National Guard Spc. David Smart, team leader, and Pvt. Dakota Rajala, rifleman, both of 3rd Platoon, B/1-143rd, lead the way during a simulated near-ambush attack. The unit spent three weeks conducting pre-deployment training and validation to prepare for their deployment to Afghanistan scheduled this fall. Smart is a resident of Hooper Bay and Rajala is from Fairbanks.

BAY STATE **EAGLES** SOAR OVER JBER



ABOVE: Air Force Lieutenant Colonel Chris Bigelow watches as an F-15D Eagle from the 104th Fighter Wing, Massachusetts Air National Guard, taxis down the flight line, Aug. 5, prior to take-off while deployed to Joint Base Elmendorf-Richardson. (U.S. Air Force photos/Technical Sgt. Anthony M. Mutti)

LEFT: Senior Airman Lauren Wundt of the 104th Fighter Wing Engine Shop replaces a switch on a F-15D, Aug. 3. **BELOW:** A 104th Fighter Wing F-15D is refueled, Aug. 3, at Joint Base Elmendorf-Richardson.



New civilian aide to the secretary of the Army invested

USARAK news release

The newest civilian aide to the secretary of the Army was invested during a ceremony conducted July 20 at the Pentagon in Washington, D.C.

Sharon E Anderson was selected by Secretary of the Army John McHugh to represent the state of Alaska, Southern Region.

“It is truly my great honor to be appointed as CASA of Alaska-South, and continue to serve our great men, women and families of Alaska’s Army,” Anderson said following the ceremony.

CASAs, who were formally recognized in 1922, have become a vital part of the Army, promoting good relations between the Army and the public and advising the secretary about regional issues.

“It is my distinct honor to welcome this great American to the Army team, as she has chosen to serve in a critically important role as a CASA during this time of persistent conflict,” Under Secretary of the Army Joseph Westphal said during the investiture ceremony, in which he administered the oath of office to Anderson.

Each state, the District of Columbia and the five U.S. territories have one or more CASAs appointed to provide a vital link between the Army and the communities for which they serve. CASAs are usually business or civic leaders who possess a keen interest in the welfare of the Army and their communities.

Anderson received a Bachelor of Arts degree in Business Organizational Management from Alaska Pacific University and Master’s Studies, Government Contracting at George Washington University. She is the Manager of Anderson Business Consulting.

Anderson has long served the military of Alaska through her involvement with the Alaskan Command Civilian Advisory Board and the Fallen Heroes Project.

She also is a former board member of the Anchorage Armed Services YMCA.

Among her other achievements, Anderson was named Chamber of Commerce Woman of the Year for initiating U.S. Navy vessel annual port calls.

“I look forward to working with the Secretary of the Army, John McHugh,” Anderson said.

CASAs serve a two-year term without compensation. Terms may be extended to a total of 10 years of service, followed by possible appointment as a CASA emeritus. To date, more than 500 individuals have served the Army and the nation as a CASA.

Briefs and Announcements

Summary court officer notice

Anyone having claims against or who is indebted to the estate of Spc. Christopher Crosby, Company A, 1st Battalion (Airborne), 501st Infantry Regiment, may contact Army 2nd Lt. Ryan Stull at HHC, 1-501st In. Bn., Joint Base Elmendorf-Richardson, Alaska 99505, phone 384-2393.

Officer mentorship session

The Joint Base Elmendorf-Richardson Company Grade Officer’s Council will be hosting Colonel Robert D. Evans, 673d Air Base Wing commander, for an officer mentorship session Aug. 19, noon–1 p.m., in the basement of the Arctic Warrior Event Center.

Evans will provide insight on development for lieutenants and captains and he will host a question and answer period.

Lunch will be provided. Please RSVP to steven.massara@elmendorf.af.mil by close of business Friday.

Trespass notice

Trespassing on JBER-Elmendorf’s two Combat Arms firing ranges for any reason is both illegal and dangerous. Firing on each range is based on Joint Base Elmendorf-Richardson requirements and can occur at any time.

The outdoor range is located one mile north of Sixmile Lake and the indoor range is located in Building 4309 Kenny Ave. For more information concerning this notice call Combat Arms at 552-1846.

Lost and found

Found: three male rings, including wedding band, across from Buckner Physical Fitness Center. Call (509) 339-5999 to identify and claim.

Fairchild Avenue closures

Fairchild Avenue will be closed to traffic for road repaving from north of the 381st Intelligence Squadron to Green Lake, until Aug. 22.

All traffic will have to use the alternate road with the exception of personnel belonging the 381st IS, Hillberg Lodge, the horse stables and the Air Support Operations Center. Call 552-2374 for more information.

Housing Referral Network

Visit the Automated Housing Referral Network at www.ahrn.com to find housing before packing up.

Sponsored by the Department of Defense, the website listings include available community rentals, military housing, shared rentals, temporary lodging and military for sale by owner listings. Listings include property descriptions, pictures, maps, links to local schools and contact information.

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

Dining facility closures

The Gold Rush Inn, Building 655, will be closed until Aug. 31 for renovations. The Wilderness Inn, Building 647, between C and 2nd streets is the recommended alternative to the Gold Rush Inn.

The Iditarod Dining Facility is scheduled to close Aug. 22 for renovations. Food service operations will shift to Kenai Dining Hall for three months.

Volunteers needed

The 2011 Hispanic Heritage Month Committee is seeking volunteers. This year’s theme: “Many Backgrounds, Many Stories, One American Spirit.” Open to all active duty service members, Reserve, Guardsmen, civilians and dependents.

To volunteer email JBER.NOC@elmendorf.af.mil.

U-Fix-It opens Monday

The U-Fix-it Store, previously known as the Self Help Store on JBER-Richardson, reopens in Building 706, Monday, 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.

The U-Fix-It Store also provides equipment checkout items, such as carpet cleaners, wheel barrows, yard sale signs, and more.

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 amount of service orders at maintenance.

This allows tenants to do work in their homes themselves, thus improving the appearance of the interior as well as the exterior of the home.

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., Monday 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 a.m. to 5 p.m., Monday to Friday; Saturday usage will require using the JBER-Elmendorf location.

For U-Fix-It information call 743-9070. A window blind cleaning machine is currently located at the JBER-Elmendorf location.

There will also be window blind cleaner installed at the JBER-Richardson within one or two months. A “reservation required to use” policy is in place with the priority going to military members PCSing. For more information, call 552-4439.

FTAC NCOIC needed

Joint Base Elmendorf-Richardson Force Support Squadron First Term Airmen Center is seeking a highly motivated staff sergeant or technical sergeant to fill the FTAC NCOIC position.

The First Term Airmen Center is an Air-Force level program mandatory for all first duty station Airmen.

First Term Airmen Center NCOICs are assigned for two years with a reporting identifier of 9F000.

The application deadline is Aug. 31.

Per AFI36-2624, candidates must be a volunteer and have commander’s recommendation; must be at least a staff sergeant with 12 months time in grade with a minimum of five years time in service or a technical sergeant and be a graduate of Airman Leadership School.

Candidates must also be outstanding in appearance, military bearing and conduct both on and off duty; meet Air Force fitness standards with a passing score of 75 or higher; have a rating of no less than 5 on the last three EPRs; have the ability to speak distinctly and communicate well with others and meet all Air Force standards and other quality factors. Master sergeant selects will not be considered for FTAC duties.

The Report No Later Than Date is Jan. 3, 2012. For a full application with requirements and job description email brent.johnson1@elmendorf.af.mil or kisha.richardson@elmendorf.af.mil.

Furnishings management

The Furnishings Management Office offers 90-day loaner furniture for Airmen arriving at or leaving JBER-Elmendorf.

The FMO also has appliances for Airmen residing off base, for longterm use. Delivery and pick-up is provided for 90-day loaner furniture and appliances. The FMO also has longterm furniture for ranks E-1 through E-5.

These items are available on a first-come, first-served basis. The service member is responsible for transporting these furnishings. Airmen should take a copy of PCS orders to the Government Housing Office at 6346 Arctic Warrior Drive to schedule delivery.

Call 552-2740 for any questions regarding the FMO program. Hours of operation are Monday through Friday, 8 a.m. to 4:30 p.m.

Soldiers can call 384-0092 for the JBER-Richardson FMO.



**A Midsummer Knight's
Read at the library,
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**381st helps make
picnic a success
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www.jber.af.mil/news

ARCTIC WARRIOR

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COMMUNITY

August 12, 2011



Resilience

in the face of

Adversity

(Air Force photo illustration/Justin Connaher)

By Chris McCann
JBER Public Affairs

If you're a part of the Joint Base Elmendorf-Richardson community, you've probably heard about 'resiliency' – the word has been used often for the last few years, by the Army and the Air Force alike. Resiliency is critical – but how do you go about building it?

The Mental Health Flight on JBER is equipped to help anyone with base access to become more resilient in the face of adversity and challenges in life, whether it's another deployment or a colicky baby.

The resiliency group is a new element of the unit which has been operating since March, said Verna Loosli, an outreach manager with the team.

Air Force Staff Sgt. Robert Szymczak, a mental health technician with the resiliency element, said outreach has always been important for the mental health flight, but the new resiliency organization helps synchronize the flight's different elements to offer the best care possible.

"Our mental health capabilities have become much more robust recently," Szymczak said, with their staff nearly doubled.

Jennifer Frysz, also an outreach

manager with the element, said after 10 years at war, there has been more need for treatment – but there has also been decreasing stigma for seeking help, and the strength mechanisms that people use are becoming clearer.

"When people are faced with adversity, some people don't tap into the strength that they have," said Frysz. "We try to help them realize what they have and tap into it, and we try to make it consistent – before and after deployment, to ensure we're really helping people out. Resiliency is about the overall bounce-back ability – we remind them of their core strengths and how to use them."

"When you go through adversity, it's like an inoculation," said Loosli. "Just like a vaccine strengthens your immune system, overcoming difficulties makes you stronger."

"When you have resiliency, then when you're having increased feelings of helplessness, you tend to realize what adjustments you can make to help yourself and your family.

"After multiple deployments for example, you remember from last time what skills worked, and what strengths you have, and how to enhance areas you're not sure of. Then, next time, you have those stronger points."

While many people think of a bouncing ball as the image of resiliency, Frysz said she thinks of a buoy in the ocean. "You have your ups and downs, but you continue to float."

The idea is to not just be treading water, however – but to be confident in the ability to float.

Szymczak stressed that while people have coping mechanisms, not all of them are healthy.

"Some people self-medicate with drugs or alcohol," he said. "Some take out their stress on a wife or their children. The resiliency programs are about healthy ways to cope."

The mental health flight offers a number of classes geared toward different aspects of life, from stress management and sleep hygiene to relationship skills, parenting and support groups for those with traumatic brain injuries and post-traumatic stress disorder.

"We know that there are relationship struggles and family

things going on," said Frysz, noting those problems often play into people having difficulty coping.

"There are single people out there just trying to keep a support system, people having suicidal thoughts – these classes are designed to help remind people that they have the ability to deal with these things," she said.

The classes are not just briefings with slides, the team stressed.

"They're non-judgmental groups where people can express and learn," Frysz said. "People realize that what they're feeling is normal – there are a lot of people nodding in agreement, usually, there's a sense of acknowledgment and camaraderie."

"We're an all-volunteer force," said Szymczak. "It's not really a surprise to anyone to be on back-to-back deployments. The military knows that (the operational tempo) is hard on people and they want to support their people and help. But people must avail themselves of that help."

“The resiliency programs are about healthy ways to cope.”

–Air Force Staff Sgt. Robert Szymczak

JBER resiliency classes help service members learn life skills

Front Line Supervisor Training: This is for supervisors to learn ways to manage personnel in distress and suicide prevention through the PRESS process: Prepare, Recognize, Engage, Send and Sustain.

A one-session class, it's usually held on the third Thursday of the month from 8 to 11 a.m.

Pick a Partner: Keep your head and heart in balance.

Come and learn relationship skills that will lead to satisfying relationships. This two-session class is for singles and people in dating relationships.

Teen Talk: Improve your relationships with your friends, peers, and parents, develop a healthier lifestyle and learn how to thrive in your home and social life. No parents are allowed in this one-session class.

Anger and Stress Management: Learn basic strat-

egies to reduce both the emotional and physical responses that anger and stress can cause.

Improve the quality of your health and your life and reduce negative effects of stress and anger through behavioral change and relaxation techniques.

This is a one-session, one-hour class. There is also a four-session, more in-depth class available. The Army Behavioral Health Clinic also offers separate anger and stress classes for Soldiers only; call 384-0405.

Sleep Management: This class provides basic education about insomnia and the latest in clinically-developed behavioral techniques to assist in normal, quality nighttime sleep and full daytime alertness.

This one-session class is also available at the Army Behavioral Health Center with a referral.

1, 2, 3 Magic: Learn how to handle difficult be-

havior and encourage good behavior in a manner that is fair and clear in this three-session class.

This technique works well for all children, including learning disabled, attention deficit and emotionally disturbed children, as well as children who have visual and hearing impairment and other special needs.

Active Parenting of Teens: Learn how to increase cooperation, provide clear guidance, and increase your insight into teen/tween issues, to include improving their confidence, school grades and self esteem and reduce risky behaviors. This is a four-session class.

All About Babies: A class for new parents to learn about communication with your baby, promoting positive sleep patterns, comforting your crying baby and have hands-on practice for things such as bathing. This one-session class is Mondays from 1 to 4 p.m.

DADS 101: A class for new or expectant dads taught by dads. Learn more about pregnancy, labor and delivery, communication with your spouse, caring for an infant, and keeping your baby safe. This is a one- or two-session class.

Love and Logic: This four-session class provides simple and practical techniques to help parents raise responsible kids, have more fun parenting, and easily change their children's behavior. This Love and Logic method causes the child to see their parent as the "good guy" and develop an internal voice of personal responsibility.

Children who develop this internal voice become more capable of standing up to peer pressure.

Parenting Basics: Basic information on child development and discipline strategies at any stage. This one-session class may be

geared towards the needs of the group.

Scream-Free Parenting: This class will provide you "cool" tools for a calmer household which may result in more cooperation and respect. Come learn how to keep your "cool" while parenting in this four-session class.

Relationship Skills: Couples Communication Basics: This one-session class teaches the basics of communication to keep the stress out and the pleasure in because relationships should be fun.

Prevention and Relationship Enhancement Program: Enhance the skills you need to say what you need to say; get to the heart of things and increase your connection.

Don't wait for your relationship's "check engine" light to come on. Call 552-4943 to sign up for this one- or two-session class.

He noted that there are countless resources for help available, from chaplains and counselors to Military One Source, civilian clergy and veteran care centers.

"We embrace all kinds of help," Szymczak said. "We don't care where people get help, as long as they get help."

And though the military is in the longest war in American history, there has been some benefit.

"Because we have this time behind us," said Loosli, "the military has resources and there's a lot of science as far as what works. What makes people successful at dealing with things? What are the stressors? So we're not shooting in the dark with these classes – we're guided by statistics, as far as what kind of classes and what will help."

"We have lots of confidence in what we bring to the table – the question is just how to get other people to the table."

To be resilient, Frysz said, "you have to look at what you have, you see what you need, and you build on what you need more of.

"When you're aware of your weaknesses, you can ask for help and bring them to a level you can manage."

And while there is still some stigma in the military about seek-

See **Resiliency**, Page B-2

Support Groups: (580-0014)

TBI /PTSD Children's Support Group: Support for children readjusting to the return of their deployed family member. They will learn coping skills for living with a parents with PTSD or TBI. This is an ongoing group, which usually meets on Wednesdays from 4:30 to 5:30 p.m.

TBI /PTSD Service Member Support Group: Learn alongside other service members ways to positively manage life with traumatic brain injury and or post-traumatic stress disorder. This is an ongoing group, which usually meets on Mondays from 2 p.m. to 3 p.m.

TBI/PTSD Partners' Support Group: Learn alongside other spouses how to manage life as you live with someone suffering from a TBI or PTSD. This ongoing group usually meets on Tuesdays from 6 p.m. until 7.

Male military spouses cope with more challenges, expert says

By Elaine Sanchez
American Forces Press Service

Brian Campbell knew some challenges were in store for him after he left his Navy career to follow his military wife across the country.

But what he didn't count on were the additional challenges brought on not by his status as a military spouse, but by his gender.

"I was the first (nonmilitary) male spouse in that command ever," Campbell said in a podcast posted on Military OneSource.

Seeking social connections, Campbell looked for a spouses' club at their new installation, but instead, found a wives' club.

"I didn't fit into that organization very well," he said. "In a lot of instances, when you're talking about a spouses' organization, you're going to be the only male in the room."

Campbell eventually found the social interaction he craved by reaching out to men within his wife's command. These connections are vital, he said, and can "help build that social organization that can be lacking for you as a

male spouse."

As a small segment of the overall military population, it can be difficult for service members' civilian husbands to figure out where they fit in, but building strong support networks can help to ward off feelings of isolation, said Scott Stanley, a research professor from the University of Denver and a military family expert.

According to the 2010 Military Family Life Project, just five percent of active-duty service members' civilian spouses are male.

"While things have changed a lot in society and changed a lot in the military, it's still more typical for people to think of the male as the warrior," Stanley said in a Military OneSource podcast. "There's a lot to work out and a lot to figure out, and it's clear that it's difficult for some couples."

Stanley cited a study he's part of that's following Army couples over time to gauge how they're doing. Evidence shows that civilian men married to a service member are twice or a little more than twice as likely to divorce, he said.

"It's really clear even in the divorce data that this is something

that's even trickier than what the average military couple is going through," he noted.

Part of the difficulty, Stanley explained, is people don't understand the male role when it's the female service member who is deployed.

"A lot of these men are sort of swimming in a whole new part of the pool, if you will, without really knowing exactly where to go or what to do or what sort of supports to seek," he said.

Compounding this, some men may find their spouse role clashes with their sense of who they are as a male, or their perception of who they're supposed to be.

And in some cases, he said, men may be less inclined than women to seek support or to open up about their struggles.

"They may feel extra uncomfortable, at least some men might, because of the nature of this: 'Well, my wife is going off to war, and I'm here watching the kids,'" he said.

Military families have access to a vast array of support programs, Stanley noted, however, many are focused on connecting with the

service members' wives.

"You have all these support systems where it's really easy for the wife of a service member to walk in the room, immediately see a lot of other people like her, and start connecting in an environment that's been created to be female friendly," he said.

While service members' husbands may feel out of place in these settings, they still can create a strong support network and social connections. Stanley suggested they develop friendships with other couples who have the same dynamic.

That way, he said, they'll gain a friend with whom they can "blow off steam," as well as someone who can relate to their complaints and concerns.

Chaplains and counselors, he added, are other avenues of emotional support.

People can connect with a counselor through the TRICARE military health care system or through their installation's family support center.

People who live away from an installation can call Military OneSource at 1-800-342-9647 to

connect with a counselor.

Campbell advised his fellow male spouses to look into installation-sponsored trips or to find other men who share the same interests, such as bike riding or chess.

The local community also can be a great source of support, he added.

"If you can find an organization, a club, a church, a civic group, something in the local area that you can feel a part of, that's what you need to do," he said. "That's what's important: feeling like you belong in the community."

While male spouses may feel isolated at times, Stanley noted, they're not alone.

"They may or may not be talking about it with other guys, but there are a lot of men out there who are going through this and feeling it," he said.

"But you are really in this," he added, "so you have to kind of figure out what's going to work for you to cope with this in the best way you can at this time, because that's going to be the best thing for your marriage, best thing for your family and the best thing for you down the line."

Resiliency From Page B-1

ing help, the team was quick to point out that it's underserved.

"You never hear the success stories," said Szymczak. "You only hear about the rare cases when something bad happens, which is usually when someone does something (illegal) or they're separated because of something else."

He mentioned that there are many cases in which even service members with high-level security clearances seek help and continue in their jobs, and stressed that getting assistance is encouraged, not punished.

The resiliency team often does "walkabouts" in which they visit units just to visit the troops and say hello, she said.

The outreach is a major part of their jobs, said Frysz.

"When we're walking around, asking how people are doing, their faces light up," she said. "There's a sense of relaxation, there's humor."

"We're not there to preach — just to say hey. You never know what people are dealing with. And it's not just for us — we encourage people to ask each other how things are going."

Frysz also stressed that commanders can have a lot of impact on their troops.

"When road conditions are bad, for example, and a commander says 'Take your time coming in, be safe' — that helps with resiliency," she said.

Often, it just takes people knowing that they're cared about. "Being a good battle buddy or wingman builds resiliency. We all have the tools," Frysz said.

USAA, BBB team up to help service members

Better Business Bureau
News release

(ARLINGTON, Va.) — BBB Military Line, a financial literacy and consumer protection initiative for military families, gained a new sustaining partner with the announcement that the FINRA Investor Education Foundation will provide additional resources to this important program.

USAA Federal Savings Bank has also made a significant commitment to BBB Military Line.

These two leading organizations join BBB and McGraw-Hill whose efforts to reach more than 40,000 military families through a full complement of online and on-site financial resources

including webinars, mobile applications, workshops and promotions were included in the First Lady and Dr. Biden's Joining Forces Initiative.

"By supporting BBB Military Line, the FINRA Foundation and U S A A Federal Savings Bank are providing resources directly addressing financial literacy and consumer problems that can overwhelm and distract our service members and their

families," said Stephen A. Cox, President and CEO of the Council of Better Business Bureaus.

"The BBB Military Line has been working with military families for over seven years and with the support of the FINRA Foundation and U S A A Federal Savings Bank, more resources will be available to expand this important mission."

"The FINRA Foundation is proud to partner with BBB

Military Line to help protect military families from scams that target the military community.

BBB Military Line reaches military service-members and their families throughout the United States and will provide the military with the tools and information they need to avoid fraud and make smart financial decisions," said Gerri Walsh, Acting President of the FINRA Foundation.

"We believe the men and women who protect our freedoms deserve financial tools and education, which is why we provided a contribution to the BBB Military Line," said David Bohne, President, USAA Federal Savings Bank. "We share a common goal and know that financial readiness equals mission readiness."



673d Force Support Squadron Richardson Events

Big Dipper RV Storage Lot must be cleared of all items by September 8, 2011. Call 384-1475 for details.

Fish On!
Make sure to get your fishing done before the season is gone.
Salmon Guided Fishing Trips on the Little Susitna River August 19 & 20
\$125 per person, per day. 4:30 a.m. - 5 p.m.
Call 384-1475/1476 for reservations
All customers need to sign up a minimum of 7 days prior to trip.
Fee includes guided trip, transportation, fishing pole and waders. Bring extra tackle, rain gear, camera, and lunch.
Meet at JBER-Richardson ODR, Building 794 to pick up equipment.
An Alaska fishing license is required for all participants.
Min sign up 6, max 12.

JBER - Richardson
Outdoor Recreation Fishing Specials!

Tuesday Nights Family Golf
Open to ages 6 to 18 years old. Play 9-holes, token for a bucket of balls, hot dog, chips and a fountain drink.
We have lots going on call, 428 - 0056 to find out about pricing this event and others going on in August.
428 - 0056 • Building 27000
Visit us at: www.mooseringolfcourse.com

OPERATION ARCTIC WARRIOR
SATURDAY, AUGUST 13
10 A.M. - 3 P.M.

A SPECIAL FAMILY EVENT!
Bring the kids & have a mock deployment experience.

Special FREE incentives includes dog tags, food and much more...

Location: (JMC) Joint Military Complex
Building 15510, 28th Street, JBER - Elmendorf, AK

WILLOW MILITARY & FAMILY READINESS CENTER
BUILDING 8535 • 552 - 4943

EAGLE ARMY COMMUNITY SERVICE
BUILDING 600 • 384 - 1517

Hill & Creek Courses at
MOOSE RUN GOLF COURSE
— ALASKA —

This August get a piece of the EDGE!

Call 384-7482 or 227 - 5052.

To find out more visit...
<http://www.elmendorf-richardson.com/YouthPrograms/index.php?page=EDGE>

Get ready for Fall **TEXAS HOLD'EM** **Chill**

The Chill is open to 18 years old and older!
GET READY FOR THURSDAY'S FALL TEXAS HOLD'EM
Weekly Prize Pool: \$180. Top 8 Qualify for Final!
Sign up at 5 p.m., Play at 6 p.m.
VISA™ gift cards given to 1st, 2nd & 3rd place winners every week.

Coming in September! **FOOTBALL FRENZY**

Building 655 • 384 - 7619 Events are subject to change so, please call ahead. (You must be 21 years old to consume alcohol).

Community happenings

SATURDAY AND SUNDAY Alyeska Resort Blueberry Mountain Arts and Music

A celebration of Alaska's blueberry season, this outdoors event features more than two dozen arts and crafts booths in the Hotel Alyeska Pond Courtyard, as well as live music and blueberry concoctions.

For more information call 754-1111 or visit www.alyeskaresort.com.

SATURDAY Operation Arctic Warrior

Children and families are invited to a special mock-deployment experience at the Joint Mobility Complex from 10 a.m. to 3 p.m. There will be static displays, I.D. tags for the kids, and much more.

For more information call 384-7687.

SUNDAY Air Force concert

The Air Force Band of the Pacific's Greatlanders Jazz Band performs a free public concert in Town Square Park, next to the Alaska Center for the Performing Arts, from 2 p.m. until 4. No tickets are necessary.

Aug. 20 Downtown Anchorage Hawaiian Festival

From 1 until 5 p.m., wear your Hawaiian shirt and lei and sit in the summer sun downtown while enjoying dancers, music and food from the 50th state.

For more information, visit www.anchoragedowntown.org or call 279-5650.

Aug. 19-21 Greek Festival

Holy Transfiguration Greek Orthodox Church hosts their 17th annual Greek Festival from 11 a.m. to 10 p.m. Aug. 19 and 20 and from noon until 8 p.m., Sunday. Parking and admission are free, with traditional Greek food and folk dancing on the menu. For information call 344-0190 or visit www.transfiguration.ak.goarch.org.

Aug. 25 - SEPT. 5 Alaska State Fair

Each fall, the fair provides a setting for Alaska's last blast of summer. Flowers, record-setting giant vegetables and almost endless food and entertainment draw peo-

ple to the Palmer Fairgrounds daily during the event. Livestock and craft shows figure prominently, as do carnival rides and other events.

For more information visit www.alaskastatefair.org.

Aug. 26 Women's Equality Day observance on JBER

The Joint Base Elmendorf-Richardson Education Center will host "The Quest For Equality" in honor of Women's Equality Day in the lecture hall from 10 until 11:30 a.m.

For information, call 384-0336 or email william.boberg@us.army.mil.

Sexual Assault Prevention

Anne Munch presents "Naming the Unnamed Conspirator" as part of the Sexual Assault Prevention and Response program at the Arctic Warrior Events Center from 8 until 9:30 a.m.

For more information, call 551-2033.

SEPT. 2-4 Girdwood Fungus Fair

The annual celebration of local mushrooms features the Fungus Formal, the Fabulous Fungus Fair at the Alyeska Hotel, as well as classes on mushroom identification, mushroom harvesting and walks, and other classes.

For more information visit www.fungusfair.com or call 754-2275.

SEPT. 9 Taste of Mardi Gras

A street party recreating Bourbon Street, featuring authentic Cajun cuisine from local celebrity chefs, live music, and street performers from 5 until 10 p.m. on 4th Avenue between G and H streets.

Enjoy the last days of summer in New Orleans style, with proceeds benefiting the Red Cross.

For more information, email tasteofmardigras@gmail.com.

SEPT. 10 Vertical Challenge Climb-a-thon at Alyeska

The 4th annual climb-a-thon is an endurance event where contestants walk, hike and run up the steep North Face Trail of Mount Alyeska and ride the tram down as many times as possible from 9 a.m.

to 7 p.m. The top competitors have climbed more than 20,000 vertical feet. This distance is the equivalent of climbing Mount McKinley - only with 10 hours to do it. For information visit www.alyeskaresort.com or call 754-2111.

SEPT. 13 Job Fair at Egan Center

Get your resume out and discover job opportunities in Anchorage and Alaska at the job fair. Time to be determined.

For information call 263-2800.

ONGOING CYSA Flag Football

Chugiak Youth Sports Association is currently taking registrations for flag football.

The season runs through mid-September.

It is open to all boys and girls ages 7 to 14. There are no weekend practices or games. To register, visit www.cysa-ak.org or call the office at 694-6559 to register by phone.

CYSA also needs volunteer coaches - no experience necessary. All coaches receive a discount on their child's registration. For more information, call 694-6559 or 223-16340 or email admin@cysa-ak.org.

Aurora: The Great Northern Lights show

There isn't much darkness in Alaska this time of year, but it's still possible to see the Northern Lights set to beautiful music.

The 40-minute program runs every day and begins every hour at the Alaska Center for the Performing Arts.

Visitors should enter on the 6th Avenue side. Discounts are available.

For information, visit www.alaskapac.centertix.net or call 263-2993.

Spenard Farmers' Market

Alaska-grown, -caught, -baked and -made items are available under the windmill in Spenard.

Everything from fresh oysters, organic bread, garden starts, kettle corn and reindeer sausage is available, including live music, every Saturday from 9 a.m. until 2 p.m.

For information, call 563-6273 or email spenardfarmersmarket@gmail.com.

Market and festival

Local farmers and artisans sell their goods Saturdays and Sundays in a festival atmosphere.

Enjoy free lively entertainment and food while browsing booths.

Market days run through Sept. 11 - Saturdays and Sundays from 10 a.m. until 6 p.m. at the Third Avenue and E Street parking lot.

For information, call 272-5634 or visit www.anchoragemarkets.com.

Model railroading

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

For more information, call 552-5234 or 952-4353, visit www.trainweb.org/msmre or email bjorgan@alaska.net.

Farmers' market

A non-profit, farmer-directed market at 15th and Cordova, offering fruits, vegetables, herbs, flowers, plants and animal products.

Offerings and vendors vary seasonally; open Saturdays from 9 a.m. until 2 p.m. through Oct. 15.

For information, email info@anchoragefarmersmarket.org.

Family Advocacy support programs available

The New Parent Support Program hosts several activities for families with young children up to age 3.

Family Advocacy also offers anger management classes, classes for new fathers and nursing mothers, as well as other programs for service and family members. "Dads 101" and "Home Improvement" are also featured.

For more information, call Family Advocacy at 580-5858.

Museum unravels the 'History of Basketry'

The Anchorage Museum presents "Unraveling the History of Basketry" through the end of the year exhibiting baskets from Haida, Tlingit, Tsimshian, and Yup'ik baskets. The influence of non-native culture is addressed.

For more information, call 929-9200, or visit www.anchoragemuseum.org.

Chapel services

Catholic Mass

Sunday

9 a.m. - Soldiers' Chapel
10:30 a.m. - Elmendorf Chapel 1
5 p.m. - Soldiers' Chapel

Monday through Friday

11:40 a.m. - Soldiers' Chapel
Monday, Wednesday and Friday
11:30 a.m. - Elmendorf Chapel Center
Thursday
11:30 a.m. - Hospital Chapel

Confession

Sunday

4:30 p.m. - Soldiers' Chapel
Monday through Friday
Before/after 11:40 Mass - Soldiers' Chapel

Protestant Sunday Services

Joint Liturgical Service
9 a.m. - Elmendorf Chapel 2
Celebration Service
9 a.m. - Elmendorf Chapel 1
Collective Protestant Service
11 a.m. - Soldiers' Chapel
Gospel Service
Noon - Elmendorf Chapel 1
Contemporary Protestant Service
5 p.m. - Elmendorf Chapel 1

Planetarium shows

Through 3-D graphics, surround sound and a dome screen, the Anchorage Museum's planetarium offers a fascinating way to learn about astronomy, the solar system and more.

For more information call 929-9200 or visit www.anchoragemuseum.org.

'All That Glitters: Images from Alaska's Gold Rush'

This new exhibit uses historical photos to tell the stories of optimistic prospectors and fortune hunters who came to Alaska.

For more information, call 929-9200 or visit www.anchoragemuseum.org.



Experience JBER Elmendorf-Richardson

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Learn how one card provides so many options to your FSS activities. Visit: www.myfssgiftcard.com to learn about your card.



JBER Elmendorf Outdoor Adventure Program
552-4599

ATV Eklutna Lake Explorer Ride

August 21
9 a.m. - 5 p.m.

Cost is \$100 and \$50 for passengers (8 years old and up) This is a physical outdoor activity. You will get wet, dirty, muddy and tired. Drivers must be 16 years old or older. Bring extra clothes for the ride back and a small cooler for snacks and water. Reserve your spot today.

Eagle River Whitewater Rafting
Wednesdays, Thursdays and Saturdays
Check for dates and times.
Only \$45 per person!

Arctic Oasis Community Center Back 2 School Bash

Today
August 12

11 a.m. - 3 p.m.

Join us for a day of fun, games and entertainment. Lots to do and see. This event is **FREE**. Come see: Wildlife Management, Red Cross, Anchorage Police Department, Forsythe Transportation, JBER Military Police and *more!*

Food is available to purchase and there are pony rides too. Rain or shine, call **552-8529** for more information.

Salsa Dancing

New to the Arctic Oasis. Every Tuesday at 7 p.m. \$35 per person for a four-session class. Sign up today and get moving. A fun new way to stay active.

Win a Birthday Cake!

Drop by and enter to win a \$30 Gift certificate to Baskin Robins. One name will be drawn at the end of every month.

Arctic Oasis Community Center **552-8529**

Alaska Bike Rides

The best way to see Alaska up close is by bike. Join us on one of our trips this month. If you don't have a bike, you can rent from us for five dollars a day. Don't forget your camera.

- Indian to Girdwood Bike Ride
August 13, 10 a.m.
Cost: \$15
- Eklutna Trail Bike Ride
August 27, 10 a.m.
Cost: \$15



Get your gear and Alaskan Fishing License and Elmendorf & King stamps here!



BINGO at the Kashim every Wednesday in the Glacier Ballroom at 6 p.m.

Prizes: cash prizes from \$25 - \$100 given each game with a \$1000 jackpot possibility every week. Cost: \$25 large packets (mandatory purchase to play), 4 individual paper cards available for \$2 - \$5 each.

Must be 19 years old or older to play. For more information call **384-7619**.

Get out and enjoy summer in Alaska while it lasts!

A Midsummer Knight's Read



ABOVE: Princess Lacie Wright and Princess Hailey Newberry receive handmade flowers during the Joint Base Elmendorf-Richardson event "A Midsummer Knight's Read" on the grounds of the base library. RIGHT: Knights of the Society for Creative Anachronism's Barony of Eskolya, Anchorage, duel in front of an audience at the event. Activities included shield decorating, hat making and a marshmallow catapult contest. BELOW: Black Knight Marek Pecina enjoys a snack at the event, hosted by the library as the high point of the summer reading program, which had a renaissance theme. BELOW RIGHT: Future warrior Alexander Wright waits his turn for the marshmallow game at the event. BOTTOM: Knights of the SCA fight with swords as children look on. 531 children read thousands of minutes over the summer and celebrated their accomplishments with prizes, cupcakes, and fun. The program is an annual event on JBER. (Air Force photos/Steven White)



At the movies

For recorded show and movie times, call 428-1200 or visit the Army and Air Force Exchange Services website at www.aafes.com. Movies are subject to change without notice. Admission: Adults \$4, children \$2. Information provided courtesy of AAFES.

Now playing



CARS 2

Rated: G
Playing: Friday and Saturday at 7 p.m.
Run time: 106 minutes
Starring: Owen Wilson, Larry the Cable Guy, Eddie Izzard, Bonnie Hunt

Star race car Lightning McQueen and his pal Mater head overseas to compete in the World Grand Prix race. But the road to the championship becomes rocky as Mater gets caught up in an intriguing adventure of his own: international espionage.

Families of the fallen eligible for JBER passes

News release
 Courtesy of Survivor Outreach Services

Access to Joint Base Elmendorf-Richardson has just been made less complicated for survivor families.

Survivors now have the ability to apply for a year-long base access pass and a survivor vehicle window decal.

Those qualifying include surviving dependent family members of Active Army, Army National Guard, and the U.S. Army Reserve who died while on active duty.

The SOS program will extend authorized services to include all active-duty military service members stationed at JBER.

Other family members such as parents, siblings, fiancés and retirees are also eligible for SOS assistance.

Family members of a deceased military service member can now apply for a pass granting them access to JBER for a year.

“My intent is to implement access control procedures making it easier for survivors to enter Army garrisons,” said Army Lt. Gen. Rick D. Lynch, commander of the Army Installation Management Command and Assistant Chief of Staff for Installation Management.

“I want all security personnel manning our entrance gates to recognize these very special Army families and welcome them with special respect for their sacrifice and service,” Lynch said.

All applicants will be required to provide specific information and agreed to a security background check.

Once this process has been completed, the survivor will be notified that they can pick up their year long pass at the front gate.

SOS offers many other forms of assistance to survivors, such as monthly events and coffee groups where survivors have an opportunity to relate and support one another.

In September, the organization will host a weekend getaway for families. Find more information on the SOS Facebook page: “Joint Base Elmendorf-Richardson Survivor Outreach Services.”

For more information about JBER access passes, contact Valerie O’Hare at 384-0272 or email valerie.ohare@us.army.mil.

Diagnosed? How cancer clinical trials could help you beat the odds

By Shari Lopatin
 TriWest Healthcare Alliance

When Ellen Beare learned she had Stage 3 breast cancer, she decided not to tell people at work.

“I just didn’t want to be defined by cancer,” Beare said.

For many, that sentiment rings very common today.

Nearly 12 million Americans were diagnosed with some type of cancer in 2010, according to the National Cancer Institute.

Discovering you, or a loved one has cancer, is very difficult.

Beare – who is a care coordinator in Tacoma, Wash., for TriWest Healthcare Alliance – struggled the most with telling her son.

“It was probably harder telling him than anything else,” Beare said, pausing to keep from crying. “He is my

only child.”

For those who have received this type of news, TRICARE recently expanded its coverage for cancer clinical trials.

This makes it possible for cancer patients with TRICARE to receive more types of treatments.

Beare, who is 63 years old and cancer-free today, is a strong believer in finding a cure.

“Cancer is very real, very prevalent, but with research, there can be a cure,” she said.

What does TRICARE cover?

TRICARE covers three types of cancer clinical trials for those who are eligible. These trials test different ways to prevent, detect and treat various cancers.

Of the three phases, Phase I trials were recently added as a



TRICARE benefit:

Phase I trials: determine the highest dosage of a drug the body can handle, and the effects that drug has on the body.

Phase II trials: study the safety and effectiveness of an intervention method on a certain type of cancer,

and how that method affects the body.

Phase III trials: compare promising new treatments to the standard treatments.

How to sign up

To take part in a trial, pre-au-

thorization is needed. If you’re TRICARE-eligible, you may be able to take advantage of the cancer clinical trials.

The only exception is active duty service members, who would go through their military clinic instead.

“If clinical trials are available to someone through TRICARE, I would encourage them to get information, just as they should get information on the type of cancer they have and the current treatment options,” Beare said.

For more information about how TRICARE can assist, or to see about taking part in a trial, contact a TriWest Cancer Clinical Trial Coordinator by calling 1-866-427-6610.

Volunteers are reviving Old Glory, one stitch at a time

By Kari Hawkins
Army Materiel Command

REDSTONE ARSENAL, Ala. — Torn and tattered, stained and patched, the red-white-and-blue of the American flag never looked better or stronger or more inspiring.

Laid out across numerous tables at the Jaycees building in Huntsville’s John Hunt Park on July 27, the National 9/11 Flag – one of the largest American flags to fly above the wreckage at Ground Zero in New York City on Sept. 11, 2001 – brought back memories of that tragic day, of the resiliency of a nation in sorrow, and of the hope that its people still hold for a world where freedom reigns and terror is no longer.

The National 9/11 Flag is on a journey across America during the year of the 10th anniversary of the terrorist attacks of 9/11. In each state, it conducts a stitching ceremony where local heroes and community residents add stitches that sew their state’s patch to the flag as it is brought back to its original 13 stripes.

Huntsville was the location for the flag’s Alabama Stitching Ceremony thanks to efforts by local defense services contractor Phoenix. Among the heroes who put in stitches was Army Maj. Johnathan Hurwitz, who is preparing for his third deployment in August.

“I am so very happy to be able to have been nominated to put a stitch in the flag,” said Hurwitz, a former Space and Missile Defense Command employee who is now completing an assignment at the Pentagon.

“For me, it represents more than 9/11,” he said. “It’s about the foundation of what this country is all about. We are still a great

nation. That’s what this flag represents to me.”

The flag, measuring 20 feet high and 30.5 feet wide, was hanging on construction scaffolding at 90 West St. just south of the World Trade Center at the time of the 9/11 terrorist attacks. Unable to be reached by recovery workers, it hung for several weeks after the attacks despite being ripped nearly to shreds by the explosion.

“It seemed to symbolize the torn and tattered American spirit,” said Denny Deters, a volunteer with The New York Says Thank You Foundation.

Eventually retrieved by a construction worker, the flag remained in a storage shed in Pennsylvania for seven years. On the 9/11 anniversary in 2008, The New York Says Thank You Foundation took the flag’s torn remains to Greensburg, Kan., as a symbol of hope, compassion and resilience of the American spirit during that community’s recovery from a devastating tornado.

As the foundation’s volunteers helped in the community, volunteer seamstresses from Greensburg’s senior center began the flag’s initial restoration, stitching flags salvaged from the town’s destruction. The flag was displayed for the first time at the New York Says Thank You Foundation closing ceremony in Greensburg.

Since then, the flag has been further repaired using pieces of fabric from American flags destined for retirement in each state, and stitched by hundreds of people all around the nation, including Soldiers and school-

children who survived the shooting at Fort Hood, Texas, and World War veterans on the deck of the USS Missouri at Pearl Harbor.

In the last three months, the flag has flown at the funeral of Christina Taylor Green, the 9-year-old girl born on 9/11 who died in the Tucson, Ariz., shooting this year, been stitched by descendants of Martin Luther King Jr., made history when a piece of the American flag that cradled Abraham Lincoln’s head when he

was shot at Ford’s Theatre was stitched into the flag, and brought together wounded warriors, first responders and

members of our nation’s space program to contribute a stitch at the Kennedy Space Center. More than 200 million Americans have experienced the National 9/11 Flag.

“The restoration of the flag provides an opportunity to restore the American spirit,” Deters said.

Alabama is the 41st state to have a National 9/11 Flag stitching ceremony. There are nine such ceremonies left between now and Sept. 7, when a final stitching ceremony for the flag will be conducted in New York City. It will then become part of the permanent collection of the National September 11 Memorial Museum being built at the World Trade Center.

“It’s a special honor to sponsor this exhibit. It’s a once-in-a-lifetime opportunity to see and honor this symbol of national hope,” Bryan Dodson, chief executive officer for Phoenix, told a standing-room-only crowd during a program preceding the Alabama Stitching Ceremony.

The flag’s visit to Alabama almost didn’t happen. One of the company’s employees – Brian Dingo – saw a program about the National 9/11 Flag on national television during the Fourth of July weekend. He told Dodson about the program and after a few phone calls it was discovered that Alabama was the only state that did not have a stitching ceremony scheduled, although attempts had been made to schedule one in Montgomery and Tuscaloosa.

“We kind of jumped on it and made it happen,” Dodson said following the ceremony. “Huntsville needed to see this. It’s a source of pride. And with our connection to flags (Phoenix manufactures U.S. flags at its plant in Huntsville) we felt this was something we needed to do for our community.”

In his comments to those gathered to stitch the flag, Dodson likened the aftermath of 9/11 to the areas in Alabama destroyed by the April 27 tornadoes.

Following the Alabama tornadoes, the affected communities “bonded by mutual hope and were made stronger. Like 9/11, we survive and move on based on our mutual hope and pride in this great nation,” Dodson said.

Huntsville Mayor Tommy Battle said the flag symbolizes a day in our nation’s history that will never be forgotten.

“It’s very fitting that we’re sitting here today looking at a flag that was torn asunder when our nation, our world, was torn asunder,” Battle said. “It’s being stitched together by heroes, the same kind of stitching we need to bring this nation back together. We need to pull back together the fabric of our nation.”

Back-to-school safety is important for students, parents alike

Commentary by David Sharrow
ASD safety specialist

It’s hard to believe that school is starting already. We’ve enjoyed having our children home for the summer but it’s time to send them off to learn.

Classes begin for students in grades two through 12 on Tuesday, while kindergarten and first-graders start on Aug. 22.

The Anchorage School District wants to remind you that just getting to-and-from school can be hazardous.

We need to work together to ensure that every student stays safe and healthy so they can get the most out of their education, recreation and life in general.

Walking to and from the bus stop, or the school itself, can

be dangerous.

Distracted drivers, lack of visibility and poor weather conditions all lead to potential safety hazards.

As a parent you can help by outfitting them in light-colored outerwear and investing in reflective tape so they will be seen as they stand or walk alongside the road.

As a driver you can help by being aware of pedestrians and remembering that children believe that you will always stop, no matter what.

You have the ultimate responsibility for keeping your speed down in neighborhoods, around bus stops and school zones.

Please watch out for children suddenly appearing in the roadway.

Also, remember to ensure that your child isn’t carrying a backpack that is too heavy.

Pediatricians recommend that a backpack or book bag should not weigh more than 10 to 20 percent of the child’s total weight.

For more safety tips, visit ASD’s website at www.asdk12.org/parents/safety.

I simply want to remind you that as the care free days of summer are coming to an end, students’ health and safety remain our top priority.

Let’s join together to make minor adjustments in our schedules and alert levels to make a safer environment for our children.

Some walking and biking tips:

Most schools are designed to allow children within one and a half miles to walk. In Alaska, children will walk to school in the dark for several months of the

school year.

- Choose a school route and practice walking it with your child.
- Have your child wear reflector tape on their coats and backpacks.
- Encourage students to travel in groups.
- Teach children to recognize traffic signals and pavement markings. A walk signal does not always mean it is safe to cross, they still need to look both ways before crossing.
- Follow instructions provided by school crossing guards.

For those who drive:

Frequently, parents unknowingly create traffic hazards as they drop off or pick up their children.

By making simple changes, the danger can be reduced. Try not to arrive at the school prior to the final

bell at the end of the day.

- Have your vehicle seats clear so your child can easily enter the vehicle.
- Make sure a car seat is installed properly before arriving at the school.
- Drop your child off as close to the school as possible so they do not have to cross streets.
- Ensure children enter and leave the vehicle on the curb side.
- Try to get out of fire lane as quickly as possible. Try to hold conversations in the parking lot or elsewhere.
- Avoid using handicapped parking spaces to pick up your child unless you have a designated permit.
- Do not double park or stop on crosswalks.
- Carpool when possible.

‘Northern Lights of Freedom’ help local charity

By Chris McCann
JBER Public Affairs

“Service before self” is one of the Air Force’s core values.

On Sunday, many Airmen of the 381st Intelligence Squadron spent the afternoon serving the Anchorage Big Brothers and Big Sisters program at the annual picnic at Hilltop Chalet, doing everything from cooking burgers to helping the “Littles” guide their “Bigs” through a blind maze.

Despite the overcast weather, members of the “Northern Lights of Freedom,” the 381st’s Big Brothers and Big Sisters group were on hand.

“The unit has been incredible with helping us plan,” said Ashley Otheim, who works with BBBS. “They’ve put together a great event for our matches.”

The day featured a grilled lunch, carnival games, competitions and door prizes as well as face painting and photos.

“It’s a way to say thanks to our matches,” said Otheim.

Airman 1st Class Jaymie Stephens has been a “Big Sister” for about six months now.

“We play cards; last week we played a new game called ‘In a Pickle,’ she said. “We talk a lot about her goals; she wants to be an English teacher,” Stephens said. “I like being a Big; it’s really rewarding, and I’ve learned a lot from (my Little).”

Senior Airman Joshua Owoc, a linguist



Air Force Staff Sgt. Michael Nevares, of the 381st Intelligence Squadron, a member of the “Northern Lights of Freedom” and a native of San Diego, Calif., paints the face of Lillian Hand, as her mother, Air Force Staff Sgt. Kerri Hand, also of the 381st, holds her at the Big Brothers and Big Sisters annual picnic. The picnic is the biggest yearly event for matches in the Big Brothers and Big Sisters in Anchorage, said Josh Brown, the statewide communications manager for the organization. “We would not have had the capability to do this on this scale without the 381st Intelligence Squadron’s help,” Brown said.

with the 381st IS, said his work schedule keeps him from getting as involved as he would like, and the picnic was a good way to serve.

“I don’t get to have much involvement – so when the squadron as a whole can do this, it’s really good,” he said. “I like volunteering my time to help – anything to get out of the house.”

Airman 1st Class Sinead Peterson and her husband Senior Airman Mark Peterson ran the cake walk event, playing music and drawing numbers.

“I’ve done this for the last two years,” she said. “It’s been great so far – it’s great to interact with kids in the local area.”



“Bigs” and “Littles” dish up lunch including hot dogs, hamburgers and salads at the Hilltop Chalet in Anchorage during the Big Brothers and Big Sisters annual picnic. FAR ABOVE: Air Force Staff Sgt. Mark Sliker, a radio maintainer with the 381st Intelligence Squadron on Joint Base Elmendorf-Richardson and a native of Tionesta, Penn., grills hamburgers Sunday at the Hilltop Chalet for the picnic. Members of the 381st Intelligence Squadron’s “Northern Lights of Freedom” group are involved with the Big Brothers and Big Sisters organization, and provided extensive support for the picnic. (Air Force photos/Chris McCann)



Airmen of the 381st Intelligence Squadron help “Littles” guide their “Bigs” through a blind maze at the picnic at Hilltop Chalet in Anchorage.



Missed an issue of the Arctic Warrior? Check us out at www.dvidshub.net where you can find the current edition, previous issues, and videos about happenings on Joint Base Elmendorf-Richardson.

