Training

Helicopter slingload

Arctic Sappers train on procedures to move cargo with the help of Alaska National Guard UH-60 Black Hawks

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Deployment

Raptors over Guam

F-22 Raptor fighters of 3rd Wing deploy to Andersen Air Force Base, train with 36th Wing

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www.jber.af.mil/news

ARCTIC WARRIOR

Volume 3, No. 39 | Joint Base Elmendorf-Richardson | September 28, 2012

RISEN WARBIRD

The world's only existing P-38G Lightning fighter sits on vigilant watch over JBER as a subarctic dawn rapidly approaches, Wednesday. The World War II fighter was recovered in 1998 from Attu Island. (U.S. Air Force photo/Justin Connaher)

JBER HOME TO UNIQUE P-38 *Lightning*

By Air Force Staff Sgt. Robert Barnett
JBER Public Affairs

Flying through a January sky in 1945, U.S. Army Air Forces 2nd Lt. Robert Nesmith was piloting a P-38G Lightning – one of the Air Force's best aircraft during World War II. The plane, equipped with two engines and relatively long wings, was a beautiful sight, and Nesmith worked hard to be in a position to get to fly it across the Pacific.

The U.S. Army Air Forces accepted the P-38G from the manufacturer, paying $98,441.00 for it. The plane arrived at Elmendorf Field, Alaska, and was assigned to the 54th Fighter Squadron.

"It was one of the most significant aircraft in World War II," said Joe Orr, 673d Air Base Wing senior historian, 67 years later. "The Germans hated it; the Luftwaffe called it the 'fork-tailed devil,' and the Japanese called it 'two planes, one pilot.' It was small enough to be very agile. It had two engines so it had the power to go really fast, and once they put turbochargers on the engines, they could go higher and faster than most enemy aircraft."

That isn't the only advantage possessed by the P-38.

"They had long range as well because the wingspan was big enough to put drop tanks with more fuel on there and get some distance," he explained. "They were used all over the Pacific, from island to island, because of their reach. Some of the other planes were not as reliable in going over longer distances. That made the P-38 desirable for Air Force operations, and especially here in the Aleutians where a 1,200 mile mission was the norm. They got them up here in the summer of 1942 and by September of 1945, they were planning to begin using them to escort the bombers to Japan."

After the Japanese left Attu Island and

See **Lightning**, Page A-3

Chris Gargus, Discovery Channel freelance cameraman, films the Alaska landscape from the cockpit of a C-17 Globemaster III cargo plane Sept. 21. The network will feature the C-17 on a future episode of "Mighty Planes." (U.S. Air Force photo/Staff Sgt. Zachary Wolf)

Discovery Channel documents "Mighty Plane" C-17 Globemaster III

By Air Force Staff Sgt. Zachary Wolf
JBER Public Affairs

The show "Mighty Planes" took aim at a new plane in the C-17 Globemaster III, and the Discovery Channel was here to film the versatile cargo plane from Sept. 20 to Wednesday.

"The whole show Mighty Planes is exactly what it is, it's planes that are 'mighty;' that are big," said Stephen Grant, Director of the Mighty Planes feature on the C-17. "We have done planes that chase hurricanes, planes that supply medical aid, but the C-17, much like the C-5 Galaxy, is larger than life and people don't get to see those every day."

Grant said the maneuverability of the Globemaster III impressed him.

"The thing that blew me away is a plane that big can be that nimble in the air, we went

See **Globemaster**, Page A-3

Coast Guard response training keeps Alaska safe

By Petty Officer 1st Class
David Mosley
17th Coast Guard District

During early December of 2004, a storm drove the floundering M/V Selendang Ayu onto the rocky shoals on the west side of Unalaska Island in the Aleutian Islands, releasing more than 337,000 gallons of petroleum products. Recently, Coast Guard Sector Anchorage participated in an industry-led oil spill response training exercise. (U.S. Coast Guard file photo)

Members of Coast Guard Sector Anchorage participated in an industry-led oil spill response training exercise to practice implementing response plans for maritime pollution incidents Sept. 18.

The exercise, which took place in Anchorage, involved a member of the oil industry activating and implementing their Alaska Department of Environmental Conservation Contingency Plan. This plan requires notification to the Coast Guard and other federal, state and local agencies, who then organized at a central location in Anchorage and formed a unified command to respond to the developing situation.

By law, the Coast Guard has 11 statutory mission areas that are a constant focus of its members. These 11 areas are: ports, waterways, and coastal security; drug interdiction; aids to navigation; search and rescue; living marine resources; marine safety; defense readiness; migrant interdiction; marine environmental protection; ice operations; and other law enforcement.

Not all missions directly affect every unit across the Coast Guard. This holds true for Sector Anchorage, where – along with search and rescue, ports, waterways and costal security and living marine resources – the marine environmental protection mission is a constant focus for the command.

The commanding officer of Sector Anchorage, Coast Guard Capt. Paul Mehler, is the designated initial-response federal on scene coordinator in any marine environmental response to an incident. As part of this responsibility, designated personnel are given the responsibility to work with federal, state and local partners and with industry to help ensure all parties are ready to respond correctly to a maritime incident.

For this planned response, drill Senior Chief Petty Officer Jeffrey Estes and Petty Officer 3rd Class Nicholas Greene, both marine science technicians at Sector Anchorage, participated in the exercise and assumed the integral rolls of federal on scene coordinator and deputy federal on scene coordinator, respectively.

"We are not there to grade the response, but to help them be better prepared for an actual incident," Greene said.

During a unified command response, Coast Guard personnel provide operational expertise to the situation and ensuring a proper response is carried out.

"I was able to provide information, giving practical real world knowledge to the hypothetical situation," Green said. "Together, senior chief and I were able to help with the realism of the training and provide onsite feedback to help refine the response process."

Sector Anchorage maintains working relationships with industry organizations across Western Alaska, and through these relationships they constantly participate in these types of training exercises.

Industry organizations are often required to hold this type of training. With all of these organizations needing to fulfill their training requirements, we are often participating in two or more exercises a month throughout the year, Greene said.

By continually providing real world knowledge and expertise, Sector Anchorage personnel aggressively maintain their focus on the mission of marine environmental protection.

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Community

Check out the Arctic Warrior community section for the latest sports, family and recreation news for JBER and the Anchorage Bowl area.

Command Emphasis

The courage to do what's right

Editorial by Command Sgt. Maj. Bernie Knight
U.S. Army Alaska command sergeant major

Courtesy graphic

No matter where I am or who I am with, if I see a piece of trash on the ground, I stop and pick it up. I pick up soda cans, plastic forks, cigarette packs and whatever else is in my path. Sometimes I even go back to pick up something that someone else just stepped over. Needless to say, that can be uncomfortable for the other person, but I have a personal standard that I will not compromise.

One of the reasons I clean up trash is because if I do it, then others will start doing it too. If the command sergeant major can pick up a candy wrapper, then everybody else in the command can as well. If enough of us do the right thing and refuse to walk past trash, then there will be nothing left for me to pick up. Alaska would have the cleanest installations in the Army. That would be a wonderful achievement that I expect us to collectively strive to attain.

The philosophy doesn't just apply to litter on the ground.

I look for opportunities everywhere I go to fix what is broken and correct deficiencies. I do this because I believe we, at the lowest level, can make a difference. We can change the Army from one foxhole.

PT, weight control, preparing and conducting training, and our daily duties must be done with a mindset that we will change the Army by personal example and great leadership. If our team has high standards in all the above areas, then other teams, companies, battalions, and brigades will take notice and want the same success. This will create a chain of events that is unstoppable and nothing but success will follow. We must create a favorable impression in our carriage, appearance, personal conduct and military bearing at all times.

Too often when I make corrections, the response from the Soldier being corrected is "I didn't know." They didn't know that smoking in unit areas and unit level sports are not permitted during PT hours, or that it is wrong to address their subordinates as "brother," "buddy," "guy," etc. In most cases I believe the Soldier when they say this, but I still correct them and I do it in no uncertain terms.

I believe them because when I ask their supervisors, they often didn't know either. So how was the Soldier supposed to know if their squad leader didn't know to tell them? This is something that must be addressed by our senior leaders and pushed from the top down. Leaders must know the standard and be the ones to set the example.

NCOs: how often do your troops go to parade rest when you are speaking to them? If the answer isn't every time, then why is that? It's because that is the standard you have chosen to enforce. It's because Soldiers not going to parade rest for NCOs is your standard, sergeant.

I hope that all of you will embrace my philosophy of cleaning up trash. I look forward to the day when each of us is dedicated to picking up litter, enforcing grooming and uniform standards, and absolutely refuses to accept anything but excellence in ourselves or any other Arctic Warrior.

We all know what the right answer is. We must decide as professionals to do the things we know we should. We owe our best to our Soldiers, our Army, and to everyone who has fought and died wearing this uniform.

I give you my very best every day and expect nothing less from each of you. I take great joy in leading you and am extremely proud to be your command sergeant major. I know how hard you work and am grateful for your contributions to the success of our team. Together, we can make U.S. Army Alaska the best command in the U.S. Army, and we'll do it one squad, one platoon and one company at a time.

Arctic Warriors! Arctic Tough!

ABOVE: Army Staff Sgt. Adam Hipwell, Forward Support Company, 6th Engineer Battalion, of San Jose, Calif., goes over the slingload checklist with Sgt. 1st Class Thomas Stokesberry, B Company, 1st Battalion, 207th Aviation Regiment, of Wasilla, Alaska, as the unit prepares to conduct operations at Landing Zone Ranger, September 20. (U.S. Air Force photo/Percy G. Jones)
TOP: FSC, 6th Eng. Soldiers sling load a water buffalo to a UH-60 Black Hawk. (U.S. Air Force photo/Airman Ty-Rico Lea)
RIGHT: Pfc. Natalie Mehring, FSC, 6th Eng., of Phoenix, secures a cable prior to conducting slingload operations. (U.S. Air Force photo/Percy G. Jones)

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11th Air Force
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U.S. Army Alaska
Commanding General
Maj. Gen. Michael X. Garrett (USA)

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Airman 1st Class Jordan Morin, 90th Expeditionary Aircraft Maintenance Unit crew chief stands ready for engine start, Sept. 17. Morin is a crew chief on an F-22 Raptor from the 90th Fighter Squadron, 3rd Wing. (U.S. Air Force photo/Senior Airman Carlin Leslie)

ABOVE: A 3rd Wing F-22 taxis Sept. 17 at Andersen Air Force Base, Guam. The F-22 is deployed to Andersen as part of the Theater Security Package and while be participating in various training while on Guam. (U.S. Air Force photo/Staff Sgt. Alexandre Montes)
RIGHT: Morin stands ready to marshal out an F-22, Sept. 17. The F-22 is the world's only operational fifth-generation fighter. (U.S. Air Force photo/Senior Airman Carlin Leslie)

Lightning

From Page A-1

U.S. forces recovered the islands, the land was used to fly missions into northern Japan. Nesmith was returning from a training mission, crossing over Attu Island, when something went wrong. The aircraft's left propeller fluctuated while flying low in Temnac Valley.

"I was getting – not serious – but a little fluctuation," Nesmith said. "I had really pushed things down and it was real low."

Both propellers contacted the ground.

"It was coming down and there was no way to make it to the base," Orr said. "He had to put it down."

The plane bounced back up approximately 100 feet before Nesmith managed a successful wheels-up landing on the snow-covered valley.

Thankfully unharmed, the pilot surveyed the damage. It was well beyond repair.

"It was not in an accessible area," The historian said. "In order to get to it, you had to hike to it. They didn't have heavy-lift helicopters that could pick it up and bring it back.

"So maintenance crews just stripped it of what wasn't damaged and left the rest there," he said. "They essentially just abandoned it in place; it sat there for more than 50 years."

Due to the circumstances, the Air Force was required to work with the U.S. Fish and Wildlife Service to get the P-38.

"It was abandoned in the Aleutians, and the Aleutians belong, property wise, to the U.S. Fish and Wildlife Service," Orr explained. "It's the federal agency that administers property out there. We had to get permission from them to go get it, even though it was an Air Force plane, because anything that's been abandoned out there belongs to the Wildlife Service. In the 1990's a group of people here, under the direction of Air Force Lt. Gen. David McCloud, who was the 11th Air Force commander, went out and got permission to restore it."

Orr said the process of getting permission to have the last P-38G Lightning on JBER was almost as difficult as restoring the one-of-a-kind aircraft's outside appearance.

Air Force Capt. Steve Morrisette, a 54th Fighter Squadron pilot in 1998, contacted Don Delk and Ed Lamm, 3rd Wing civilian employees with a combined experience of 70 years, to head the team that actually went to the island and brought the plane back. Lamm – considered the expert on structural repair – was responsible for restoring all the base static displays. Delk had the expertise of management and recovery of aircraft, and resources as the maintenance squadron officer. He'd previously been part of recovery projects for crashed F-15 Eagles and the E-3 Sentry that crashed on Elmendorf Air Force Base in September of 1995.

"[The P-38] was in sad shape," Delk said. "But for the number of years, it wasn't in bad shape. Even though it had been beaten up pretty severely by the salvage crew and chopped up with crash axes to remove

A P-38G Lightning lays to rest after a crash on Attu Island. The P-38 was recovered in 1998 and is on static display at 3rd Wing Headquarters. (Photo courtesy of 673d Air Base Wing History Office)

components and such; it had a good bit of corrosion, but not as much corrosion was we would expect being this close to the ocean as it was. So for the number of years it laid out there we thought it was in pretty fair shape."

They worked in 'The P-38 Shop' in Hangar Four in 1998. McCloud died that year, leaving many concerned that the project would die with him. Air Force Brig. Gen. Scott Gration, 3rd Wing commander at the time, picked up the direction and supported the work.

"I estimate between the trip to Attu and the whole works, the recovery and restoration, we probably spent on the order of a couple hundred thousand dollars," the restoration expert explained. "That is cheap, dirt cheap for this type of restoration; downtown probably would have taken me at least $500,000 and two or three years."

In March of 2000, the 3rd Wing awarded a $223,256.70 contract to build the McCloud Memorial site where the P-38 was to be mounted. In July, the plane was put in its current resting place.

"Yeah, there was a lot of work to restore the exterior," the 673d and 3rd Wing history expert continued, "but a much larger amount of work went into getting an agreement with them that basically states that we are using it here. We have a memorandum of agreement here signed by General McCloud, the Alaska State Historic Preservation Officer, and the regional director of the U.S. Fish and Wildlife Service. According to the agreement, any movement to another location requires a renegotiation of the agreement, so it essentially cannot go anywhere else."

"A P-38 was the first airplane in Alaska to score an aerial victory over a Japanese plane in World War II," he said proudly.

After the war, thousands of aircraft were melted down and recycled. Because it had been left on the island, the plane that Nesmith flew avoided that fate.

The world's last example of a P-38G Lightning, though incapable of ever flying again, rests by the 3rd Wing headquarters as a reminder of the power it and other P-38Gs were able to wield during World War II.

Globemaster

From Page A-1

up there and we had 75 paratroopers, and it seemed it could turn on a dime," Grant said. "When that thing accelerated over the mountains, you could feel it and it was awesome."

The Discovery Channel crew worked with many different personnel from all throughout the 3rd Wing, but worked especially close with members of the 517th Airlift Squadron.

"The guys here were fantastic," Grant said. "The access was incredible, everybody bent over backwards, everyone was super friendly, everybody went out of their way to help us, they respected the fact we had a job we had to do and they gave us such incredible access and that was awesome and that's what we need in a show like this because we need to show people what it is like behind the scenes."

It seemed unanimous that the Discovery crew enjoyed the air-to-air refueling of the C-17 Globemaster III.

"The most interesting and exciting I have ever shot, and I have been all over the world shooting things like this, was the mid-air refueling," Grant said. "The fact that you have two large airplanes within 15 feet of each other just blew me away."

"One of the highlights for me on the C-17 was to witness the air-to-air refueling, to be able to be so close to the other aircraft and to get that kind of access to shoot through the cockpit windows was absolutely incredible," said Chris Gargus, freelance cameraman from Exploration Production Incorporated, Discovery Channel.

Although there isn't a definite time when this episode will air, Grant's best guess would be in the spring.

Gargus is confident fans of the discovery channel will love the finished product when it finally airs.

"I think that there are a lot of options when you watch television, but the people who are interested in this type of broadcast, the Discovery fans, are going to eat this stuff up," Gargus said.

The story behind the C-17 is what hooks people, he said.

"For me, standing on the back of the door when they open up the gate and seeing the land just displayed before you; that is pretty exhilarating and that energy and excitement comes right through the lens and right through to your living room," Gargus said. "I know I felt it and I am sure the viewer will."

A 517th Airlift Squadron C-17 Globemaster III cargo plane sets off flares during the 3rd Wing "war day," Sept. 21. The Discovery Channel will feature the C-17 on a future episode of "Mighty Planes." (U.S. Air Force photo/Staff Sgt. Zachary Wolf)

Briefs and Announcements

Firewood available

Following the recent storms, acquisition of firewood has become liberalized to clear excessive deadfall. A cord of wood can be cleared at no charge to the user. However, permits are required so the installation can track natural resources leaving the base. People acquiring wood without a permit will be cited.

Obtaining permits for cutting and gathering firewood is done through iSportsman access, or by contacting Sarah Jones at the Wildlife Education Center at 552-0310.

As new woodcutting areas are approved and opened, new maps will be generated and placed on the iSportsman website on the Forestry page, at *www.jber.isportsman.net/forestry*.

It generally takes two to three days to coordinate map updates after new information becomes available. The Facebook page for the WEC is updated as information becomes available also.

Volunteer opportunity

The U.S. Army Alaska commanding general invites Soldiers to participate in a new partnership between the Alaska Military Youth Academy and U.S. Army Alaska.

This partnership involves voluntary mentorship of AMYA cadets, and is intended to support and enhance AMYA's mission to intervene in and reclaim the lives of Alaska's at-risk youth.

USARAK and AMYA seek to fill 25 to 30 mentor slots with competent and caring Soldiers by Oct. 1.

For more information, call 384-6120 or email *Deborah.morton@alaska.gov*.

Hand carry gym shoes

Beginning Monday, JBER-Elmendorf gymnasium patrons are required to hand carry their shoes into the building.

Koats for Kids

Army Community Service and the Military Family Support Center is hosting Koats for Kids, a program asking units, families and individuals to bring in gently used winter clothing such as coats, snow pants, snowsuits, boots, hats, gloves and mittens to help military families during a busy PCS season before the winter.

For more information on where to turn in equipment or how to set up a unit program, call 384-1517 or 552-4943.

Voting assistance

To register, request a ballot, and vote absentee, visit *www.fvap.gov* to complete the Federal Post Card Application. The process requires less than 10 minutes to complete using the online registration and absentee ballot assistant.

Lunch with a Lawyer

Judge Advocate General lawyers will meet with troops every Tuesday from 11 a.m. to 1 p.m. at the Iditarod Dining Facility to answer general legal questions.

Road closures

Richardson Drive and 1st Street are closed – Richardson is closed from Quartermaster Drive to First Street; and First Street is closed from Richardson Drive to A Street – through Oct. 4 for the installation of a new storm sewer. Access will be maintained to the gas station and credit union parking areas.

Gulkana Avenue is closed west of Sixth Street for housing construction, opening again time to be determined.

Dyea Avenue is closed from Fifth to Sixth streets until December for housing construction.

Juneau Avenue is closed near Fifth Street until March 15, 2013, for housing construction.

Alpine Avenue and Birch Hill Drive near Alpine Avenue will be closed until February for housing construction.

Seventh Avenue is closed between Beluga and Dyea avenues until April 15, 2013.

USARAK survey

The U.S. Army Alaska Inspector General is sponsoring a command environment survey.

The survey takes about five minutes to complete and is for USARAK Soldiers, Department of the Army civilians and family members.

The survey ends Oct. 21 and can be taken at *http://www.usarak.army.mil/main/survey-ca.cfm*.

For more information, call 384-3933.

Troops to Teachers

Troops to Teachers is a Department of Defense program, whichhelps eligible military personnel begin a new career as teachers in public schools where their skills, knowledge and experience are needed.

An information briefing will be hosted at the JBER Richardson Education Center Oct. 16 at 11:30 p.m.

Public Health closures

Public Health closes the first Thursday of the month from 1 to 4:30 p.m. and the third Thursday of the month from noon to 4:30 p.m. every month. For more information, call 580-4014.

Spartan history book

The 4th Brigade Combat Team (Airborne), 25th Infantry Division Brigade History Book, chronicling the Spartan's 2011 to 2012 deployment to Afghanistan, is available.

For more information, email *charles.spears@afghan.swa.army.mil*.

Arctic Watch

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

Home buyer's seminar

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

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

If interested in becoming a home owner and wish to attend, please call 552-4439 to be included on the sign-up sheet.

Find housing

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.

For more information, call 552-4439.

Rental Partnership

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

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

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

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

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

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

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

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

Mortgage relief

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

Service members and their dependents who believe that their Service Member Civil Relief Act rights have been violated should contact their servicing legal assistance office – 552-3046 at JBER-Elmendorf office, and 384-0371 for the JBER-Richardson office.

Additionally, information and referral services regarding the mortgage relief plan can be obtained at the JBER Military and Family Readiness Center, 552-4943.

Dining facility survey

ARAMARK is conducting a survey to evaluate how the contractor can better offer dining service to Joint Base Elmendorf-Richardson.

The 17-question survey can be accessed at *http://tinyurl.com/bm5koz6*.

Quartermaster Laundry

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

Giant Voice testing

Giant Voice mass notification system testing occurs every Wednesday at noon. If the announcement is difficult to hear or understand, please call 552-3000.

If the announcement is difficult to hear or understand in any base housing area, please contact JBER at *Facebook.com/JBERAK*.

Finances

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Honor

POW/MIA ceremony

JBER hosts joint memorial for the fallen, missing, Page B-6

www.jber.af.mil/news

COMMUNITY

Volume 3, No. 39 Joint Base Elmendorf-Richardson Sept. 28, 2012

PLAYING IT SAFE

Healthy relationship skills can prevent domestic violence

By Chris McCann
JBER Public Affairs

Learning healthy ways of solving conflict can go a long way in maintaing a happy relationship free of violence. (Courtesy photo)

The 2011 Alaska Victimization Survey results for Anchorage showed that more than 50 percent of adult women in the Municipality of Anchorage have experienced intimate partner violence, sexual violence or both, in their lifetime.

More than 8 percent have experienced intimate partner violence, sexual violence or both, in the past year.

Three out of every 10 adult women in the Municipality of Anchorage have experienced sexual violence in their lifetime; and four out of every 10 have experienced intimate partner violence in their lifetime.

Domestic violence is unfortunately a problem in the military just as much as in the rest of society, but the military has more ability to combat the problem.

Preventing violence before it occurs is clearly preferable to intervening after the fact, and across the military, installations have implemented initiatives to provide information and skills to service members.

"They say in snowboarding, it takes three tries to 'get' it," said Diann Richardson, an outreach manager with JBER's Family Advocacy Program. "The more you do it, the easier it gets."

Much like no one is born knowing how to snowboard, no one is born knowing how to have healthy relationships.

Those skills are learned – and if you're doing unhealthy things, you can learn to do the right things.

"A lot of people believe that domestic violence is about anger issues," said Jennifer Frysz, also an outreach manager.

"But no one wakes up thinking 'I'm going to beat up my spouse today," Frysz said. "They're not bad people – they just haven't learned ways to deal with things in a healthy way."

"People need to get out of the mindset that just because there are problems, that makes them dysfucntional," Frysz said. "People can acknowledge there's conflict, and the important thing is how we solve it."

Behaviors that are healthy during deployment – like avoiding or repressing a problem – can be unhelpful when a service member returns home, said Verna Loosli, who is also an ourtreach manager.

A deployed Soldier often must ignore things he knows are going on at home, because executing a mission in Afghanistan takes precedence. But at home, avoiding issues can make a person much more likely to lash out when things reach critical mass.

"When, on deployment, (avoiding things) keeps you alive, that's a strong reinforcement," Loosli said.

"A lot of people don't want to talk about (relationship issues); they're apt to turn the other cheek, Frysz said. "But it can have long-term repercussions."

Technology, for as helpful as it is, can also cause issues.

"If it's an important or stressful subject, that's not the time for technology," Frysz said. "That requires face-to-face talking. People tend to hide behind technology to say things they wouldn't normally say. Technology is no place for arguments, problems, or reprimands – whether it's personal, business, or anything else." People can easily misinterpret messages on Facebook or email or texts, because there is no tone of voice or facial expressions.

"Use it for positive – practice the habit of increasing resilience instead of breeding negativity," Frysz said. "Look for the positives in the other person and focus on those."

Children as young as two years old can show symptoms of post-traumatic stress disorder due to violence between parents, Loosli said. And abuse can effect unborn children as well, due to stress on the mother that can lead to pre-term delivery, fetal fractures and low birth weight. Children can display irritability, bed-wetting, digestive and sleep problems, and failure to thrive. Ultimately, many go on to be abusers or abused themselves.

Chronic stress when children realize that home is not a safe place literally changes a child's brain, Loosli said.

JBER's Family Advocacy Program hosts numerous classes on subjects like couples' communication, marriage preparation, and help in choosing a dating partner.

"All relationships have problems, because we're all human," Richardson said. "People think talking about problems is a problem, and it isn't. There's nothing wrong with getting help, and reaching out is okay. Even in great relationships, people need help sometimes. We're not judgmental here."

If you see a problem – if an argument devolves into one-upping each other and is escalating, that's a sign to stop and re-evaluate, Frysz said.

"Is it really about the toilet paper or the toothpaste tube, or is there something underlying that? 'I feel' statements can be very strong."

Simply switching from "you always leave the cap off the toothpaste" to "I feel like you don't respect how hard I work to keep the bathroom clean" can change the situation from a confrontation to a discussion.

Often, changing your expectations can keep things from getting out of control.

"If there's more than one person, there's going to be conflict," Richardson said. "So respect the differences, and don't expect mind-reading.

"Respect your partner's needs – if your spouse needs downtime after work, respect that.Every relationship is different; my husband and I have conflicts, but we manage our emotions and everyone is safe."

Family maltreatment is an issue that everyone needs to combat, Frysz said.

Anyone who suspects an abusive situation can contact Family Advocacy and help people get they assistance they need.

"Everyone in the community needs to be proactive and be a support system," Loosli said. "There are some risk factors – especially people with limited support and life skills. Everyone's a reporter of abuse, and everyone has a responsibility to say something."

While most people aren't police officers or social workers, they can still provide support.

"No one wants a bad relationship," Loosli said. "We can offer them a way out."

"At least half of the people referred to (Family Advocacy) make positive changes," Richardson said. "Couples can be restored."

Outreach personnel are always available, Loosli said. In addition to regularly scheduled classes, they also will teach at formations, command-and-staff meetings, and other events.

October is recognized by the Army as Domestic Violence Awareness Month, and this year's theme is "Choose Respect," said Richardson.

One of the month's activities will be a costume dance at the Arctic Warrior Events Center from 8 to 11 p.m. Oct. 19; it's free of charge and both couples and singles are welcome.

To get help, get involved, or get a class schedule, call 384-5858.

JBER Airman takes 'service before self' to a new level

By Senior Airman Joan King
3rd Aircraft Maintenance Squadron

There are several traits in leadership Airmen aspire to in hopes of one day becoming role models themselves.

One such trait is the ability to live by example, while living a life that reflects all the core values emphasized by the Air Force.

Not only is diligent work ethic sought after, but Airmen strive to remain well-rounded by participating in regular volunteer work. With requirements such as these, one might be amazed to find anyone who manages to fit the mold.

However, one Airman at the 3rd Aircraft Maintenance Squadron blows the rest out of the water.

After spending long hours performing physically laborious tasks in harsh Alaska weather conditions, you would think Airman 1st Class Nathaniel Apeland has a lot to complain about.

But that's where you would be wrong. Through rain or shine, he can still be seen with a smile on his face.

A weapons loader for the 525th Aircraft Maintenance Unit, 3rd Aircraft Maintenance Unit, Apeland is part of a three-man weapons team that works together in loading the F-22 Raptor with ammunition. His responsibilities include tool accountability and prepping all suspension equipment for loading.

But a sunny disposition isn't the only distinguishing factor indicative of his character. Currently Airman Apeland and his wife are sending a monthly financial contribution to a family friend committed to raising awareness of God and international human trafficking through research and humanitarian outreach in Kenya.

In cases such as these, missionaries fully depend on monetary donations such as ones from the Apelands to sustain their living expenses.

Besides assisting with finances, the Apelands provide emotional support and encouragement by remaining in close contact.

When it comes to role models, Airman Apeland has spent the majority of his childhood looking up to two.

After eight years of missionary work in County Meath, Ireland, he and his parents, Michael and Dorothy Apeland, know a thing or two about "service before self."

Living with an Irish family kind enough to take them in, the Apelands frequented the 54-acre grounds that housed Drewstown House Christian Center where most of their volunteer work took place.

Working with troubled teens, the Apelands focused on rehabilitating teens struggling with feelings of helplessness and loneliness.

Airman 1st Class Nathaniel Apeland, a weapons loader wtih tthe 525th Aircraft Maintenance Unit, has been involved with missionary and charity work almost all his life. (Courtesy photo)

"When working with people that are going through hardships such as these, you have to be a patient and gentle leader to bring them back to a place where they can fully

See **Service**, Page B-4

Don't listen to the voice saying suicide is the only option

Commnentary by Army Chaplain
(Col.) Richard Quinn
USARAK Chaplain

Driven by a sense of hopelessness and despair, shattered by failed relationships and abandoned promises, fueled by alcohol and a desire to "make the pain end," a Soldier blindly turns to suicide as a permanent solution to what may have been a temporary problem … voices.

In 31 years of military ministry, I've seen it many times. Different faces and places, but humanity is still the same … voices.

In 2007 at the Leavenworth National Cemetery, I stood beside the wife and children of my dear friend.

We wept, prayed, and I handed her a folded flag on behalf of a grateful nation … voices.

Thirty-two years ago my sister stood at the crossroads, staring at her hollow reflection in a mirror.

She had just left her son at daycare. He was hysterically screaming, "Don't leave me mommy!" She slowly drove home in tears … voices … "You're a bad mother" … "worthless" … "he hates you" … "failure" … "they'd be better off without you" … "just end it" … "make the pain and guilt go away." … voices.

She repeated the words as she broke apart a razor and proceeded to slice her skin.

The destroyer was speaking and with every deeper cut, she was listening.

Last year I called my sister the day after a Soldier in Alaska took his life. I asked for her thoughts and she told me two very simple yet profound things:

1) Recognize the value of a life lived, and the tragedy of a life lost.

2) Tell everyone if we listen, there are always two voices – the voice of the destroyer and the voice of life.

The destroyer is a negative liar of hopeless despair tearing you down; life is the voice of positive truth and encouraging hope building you up.

The destroyer is Satan; life is God.

God will never say "worthless," "failure," "they hate you," or "just end it."

God's voice of life says, "I'm here," "you're not alone," "we're gonna make it," and "I love you."

Tell them to listen to God's voice from Jeremiah 29:11.

"I know the plans I have for you," declares the Lord. "Plans to prosper you and not to harm you, plans to give you hope and a future."

A future. My sister 32 years later … Her decision to listen to the voice of life brought new life and hope to herself and to countless others.

As a mother and grandmother, she founded "New Horizons," an awesome Christian organization impacting impoverished high-risk children living in Florida.

Voices … At the memorial I listened to the final roll call, the silence was deafening – the only response was three volleys and the mournful cry of "Taps."

I saluted the static display in recognition of a life lived, then turned to the family in the front row and saw the tragedy of a life lost.

How I wish he'd listened to the other voice – the voice of life.

"I am come that they might have life, and that they might have it more abundantly" (John 10:10).

If you're feeling hopeless, down or suicidal, call the Military Crisis Hotline at (800) 273-TALK, option 1.

Company commander saves his career, marriage by seeking help

By Michael Fletcher
Army News Service

"The last night of my recruiting battalion's annual training conference I told my commander that I had issues and was drinking heavily. That night I turned to my chain of command, it turned out to be the best thing to happen to my family and my life."

Former Fresno Recruiting Company Commander Capt. Jeff T. Jones said he was drinking to suppress issues resulting from post-traumatic stress disorder and feelings of being overloaded, of not being competent.

When these feelings took over, he stopped taking prescribed medication and started self-medicating with alcohol.

"My alcoholism was a direct result of suppressing multiple things," Jones said. "[I was] drinking because I couldn't sleep, drinking to numb feelings that I had, drinking because I couldn't seek help and drinking because I wasn't handling my workload. It was a snowball effect."

Jones had been heavily drinking for more than a year before he finally turned to his chain of command for help.

During the annual training conference recruiters were briefed on the available resources, the integrated forms of care, treatment, family and organization, and how to manage recruiting workloads.

"I was sitting through training and then going back to my room and realizing that I was not implementing any of this for myself," Jones remembered. "I thought that I was there for my company, but I was not really presenting myself as a mentor or someone to look up to. I was a failure to my entire company."

Jones said he also remembered a visit by the U.S. Army Recruiting Command, or USAREC, Commanding General Maj. Gen. David L. Mann, who emphasized the importance of taking care of families and Soldiers. "Taking care of Soldiers and family also means that you have to take care of yourself first."

Jones admitted he had to swallow his pride. There are bumps in the road. People do get wounded. The Army is going to move on and it's up to individuals to take care of themselves. Jones asked himself why he had worked so hard to help other Soldiers, yet had failed to take care of one Soldier: himself.

"I realized that I could potentially lose my family and my career; I had to make a decision," Jones said. "That hard call didn't come easy; it isn't easy for any Soldier in the Army. As a Soldier you're trained to want to stand out, you want to be that person who has control."

Jones said his battalion commander, Lt. Col. Corey Griffiths, guided and mentored him through the process.

Griffiths said he was at first apprehensive about getting Jones help because he didn't understand the process and procedures for the command-directed evaluation.

"I wanted to make sure my Soldier received the best treatment as quickly as possible and that he could return to duty and continue his Army career," Griffiths said.

He said he relied heavily on and is very appreciative of USAREC's team of psychologists, the command's subject matter experts who have experience in getting Soldiers the care they need. Griffiths admitted that going through this process with Jones was a good learning experience.

"Soldiers worry if seeking Army Substance Abuse Program assistance will affect or even end their careers," Griffiths said. "I can now better explain to other Soldiers how the process works and reassure them that there is no stigma attached to seeking mental health treatment. The process works, and the Soldier, no matter what position or rank, is treated properly and with great respect. There is no stigma. No matter the illness or injury, the Army is dedicated to providing the care and support to the Soldier, the family and the unit."

"Every Soldier gets hurt during his or her career," he continued. "Soldiers who need treatment for substance abuse or mental health issues should be given the opportunity to receive treatment and recover like Soldiers who have torn ligaments or broken arms. I use examples of physical injuries because we've all seen or had these types of injuries during our regular duties as Soldiers. We now have to pay attention to mental health issues the same way and treat them in the same manner."

Griffiths' advice to fellow leaders: Listen to the subject matter experts on behavioral health.

"They have you, your Soldier, his or her family and your unit as their Number one priority," Griffiths said. "They care, and they want a positive outcome for everyone involved. The system works, even in the remote areas."

Jones said he was relieved to find he was not "an island," others were involved in the same fight and succeeding.

"Once I came out with my true issues I was helped immediately, USAREC was there for me," Jones said. "At my change of command, four of my former NCOs came up to me and told me that they knew what I was going through and asked how to seek help for themselves."

"Three of them have now sought help," Jones said, grateful for the support of his NCOs. "These are four out of one company. Across the Army there have to be many, many more who are struggling."

Jones said he found out that this was not a career stopper. He needed help and was not the first Soldier to ask for it. He found that if you overcome something and put effort into it, you are considered a stronger Soldier.

"You have to be serious about it, and have a chain of command supporting you," said Jones. "You have to be willing to go through every step."

Most importantly, Soldiers have to be willing to ask for help. Though it took him a while to admit his problems and get the help he needed to heal himself and his family, Jones said his whole life changed as a result.

"As a sober person I see things differently," he said. "I go on vacations, I have a blast, I hang out with my son on a daily basis. Being sober is completely different as I have full attention. My family looks up to me. I'm now the father and husband I want to be."

"This will be a life-long journey for me; but I have the tools, the resources, Army and family support to continue," he said.

Jones completed his treatment, changed command in May and is now assigned as a signal officer managing all communications at the National Training Center, Fort Irwin, Calif.

Community happenings

Friday

Flogging Molly concert

The Celtic rockers play the Egan Center at 7:30 p.m. for their new album Speed of Darkness.

For information or tickets, visit *www.ticketmaster.com.*

BOSS Zombie Night

It's Zombie Night at the Warrior Zone starting at 8 p.m.

Wear your best zombie or zombie-hunter gear and play laser tag, or get in on the viewer's choice zombie movie with free popcorn and soda. Visit the BOSS Facebook page – jber.boss.ak – or call 384-9006.

Saturday

Drug Turn-in Day

Turn in your unused or expired medication at the entrance of the JBER Exchange at the Joint Military Mall from 10 a.m. to 2 p.m.

For more information, visit *www.dea.gov.*

Riders in the Sky

Sing along with "America's Favorite Cowboys," the Riders in the Sky, who have kept the torch passed on by Gene Autry and Roy Rogers. They have become modern-day icons and willl be at the Alaska Center for the Performing Arts.

For more information, visit *www.anchorageconcerts.org.*

Through Sunday

Science on McKinley

"Ascent 20,320" looks at Mount McKinley through the lens of scientific expeditions from the first successful summit in 1913 to attempts to create a high-altitude scientific camp. National Geographic treks also feature in this Anchorage Museum display. For more information, call 929-9200 or visit *www.anchoragemuseum.org.*

Oct. 5

Oktoberfest

The German Club of Anchorage hosts this Oktoberfest gala at the Egan Center, time to be determined. Celebrate your German heritage – or just the culture of the country. For information, call 263-2858.

Oct.6

World Music Festival

The Alaska Native Heritage Center hosts this eclectic gathering of musicians from around the world. Bad Haggis, H3, the Heritage Center Dancers, and many more perform.

For information, visit *www.alaskanative.net.*

Oct. 5 through 14

Shrek the Musical

A score of 19 new songs and dancing make Shrek one of the hottest new musicals on Broadway.

The swamp-dwelling ogre and his wisecracking donkey friend come to the Alaska Center for the Performing Arts this month for a limited-run show.

For schedule and information, visit *www.anchorageconcerts.org.*

Oct. 8 and 9

Alaska Aces vs. Wranglers

The Aces hit the ice against the Las Vegas Wranglers at the Sullivan Arena. Faceoff is at 7:15 p.m.

For information, visit *www.alaskaaces.com.*

Oct. 11

Night at the Fights

The Egan Center hosts boxing every Thursday night through early April in this 23-year Anchorage tradition.

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

For information, visit *thursdaynightfights.com.*

Borealis Toastmasters

Conquer your fear of public speaking with Toastmasters. This safe, friendly club helps build confidence through presentations, getting feedback and listening to others. Hosted in Room 146 of the BP bulding from 7 p.m. to 8 p.m.

For information, call 575-7470.

Oct. 12

New York Polyphony

The New York Polyphony is one of the world's finest vocal chamber ensembles and is widely acclaimed. This quartet comes to the Alaska Center for the Performing Arts at 7:30 p.m.

For information, visit *www.anchorageconcerts.org.*

Oct. 12 and 13

Kendall Hockey Classic

Get your hockey on with the two-day tournament, featuirng the hometown Seawolves, rival team the Fairbanks Nanooks, Air Force Academy Falcons and Canisius College Golden Griffins.

Games start Oct. 12 at 5 and 7 p.m. and Saturday at 4 and 7 p.m. at the Sullivan Arena.

For information visit *www.goseawolves.com.*

Oct. 13

Zombie Runs

Run from Goose Lake Park to the Kincaid Park Chalet as a zombie!

Hosted by the Anchorage Running Club, this event has walkers starting at 9 a.m. and runners starting at 10 a.m.

For information, visit *www.anchoragerunningclub.com.*

Oct. 19 and 20

Alaska Aces vs. Grizzlies

Polar bears and Grizzlies get into it on the ice at Sullivan Arena starting at 7:15 p.m. both nights.

For information, visit *www.alaskaaces.com.*

Oct. 26

Veterans' Stand Down

The North Terminal at Ted Stevens International Airport hosts this program for veterans in need. Legal, education and housing assistance, medical screenings, and much more is available from 8:30 a.m. to 4:30 p.m. Shuttle service will be provided for those with VA Identification cards.

For information, call 273-4050 or 257-5490.

Oct. 26 through 28

Food and Gift Festival

Get a jump on your holiday gift needs at the Dena'ina Center with a wide variety of gifts, handmade crafts, clothing, jewelry, food and more.

From 10 a.m. to 6 p.m. Oct. 26 and 27; 11 a.m. to 5 p.m. Oct. 28.

Visit *www.anchoragemarkets.com* for information.

Ongoing

Discovery chapel classes

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

Generations of Grace, The Art of Marriage, an in-depth study of the Epistle to the Hebrews, and a Francis Schaeffer series are among the offerings.

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

For information call 384-1461 or 552-4422.

Wired Cafe for Airmen

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

The cafe has wireless Internet and programs throughout the week for single Airmen living in the dorms.

There are free homestyle meals Fridays at 6 p.m. at the cafe.

For information, call 552-4422.

Model railroading

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

For information about meetings, work days, and shows, call 952-4353, visit their site at *www.trainweb.org/msmrre* or email *bjorgan@alaska.net.*

Motorcycle training

The Basic Rider Course, Basic Rider Course 2 and Military Sport-bike Rider Course are now accepting applications.

All military personnel and those civilians who use motorcycles as a duty requirement need to be certified.

To register, visit *www.militarysafepmv.com* and select Elmendorf-Richardson, or contact the safety office at 552-5092 or 552-6850.

Experience the Aurora

It's the next best thing to the Alaska winter sky – and more comfortable than being out in a parka.

The Anchorage Museum's planetarium provides an immersive show that explains the science behind the Northern Lights.

The show projects time-lapse footage of the lights in the Arctic Circle.

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

Road Warriors running

Stay fit with a group who can help you stay motivated.

Military, family members and civilians alike are welcome to train and get involved with running, biking and swimming events.

For events and information, check the Road Warriors (Alaska) Facebook page or call 384-7733 or 552-1361.

Chapel services

Catholic Mass

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

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

Confession

Saturday
6 p.m. – Soldiers' Chapel
Monday though Friday
Before/after 11:40 Mass – Soldiers' Chapel

Protestant Sunday Services

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

Buddhist

Soka Gakkai Gosho
7 p.m., first Friday of the month – Chapel Center (10427 Kuter Ave.)

FREE Jiu Jitsu
Tuesdays & Thursdays
5:30 - 7 p.m.
Arctic Warrior
Combative Training Academy
Bldg. 802, Warehouse St., JBER Richardson
384-1305

Rifle Cartridge Reloading Class
October 5 • 5 p.m. • $5
JBER Elmendorf ORC • Bldg. 7301 • 552-2023

Eagleglen Golf Shop
End of Season Sale
Selected Golf Clubs
20-40% off
Golf Bags
20% off
Clearance table
up to 50% off
minimum 10% off everything
Bldg. 4414 • 552-3821

Youth Sports @ Kennecott
Registration for JBER Youth Volleyball
(Ages 9 - 14)
October 1 - November 15
Season Starts
November 26, 2012
through
January 27, 2013
Bldg. 6104 • 552-2266

Arctic Oasis
Community Center
Fall Fest
Join us
For our indoor trick or treating
Noon - 4 p.m.
October 27
Bldg. 9497 • 552-8529

CHECK US OUT ONLINE!
http://www.elmendorf-richardson.com

Service

From Page B-1

lead their own lives without relapsing into self-destructiveness," he said.

Explaining how his life in Ireland affected his Air Force career, Airman Apeland can attest to how his prior learned skills easily translate.

"Patience, understanding and humility, although frequently forgotten, are crucial parts of leadership," he said. "You must learn to follow before you learn to lead."

Aside from his parents, Airman Apeland said he has positive influences in all areas of his life. His wife, also a former "missionary kid," has her own story to tell.

Amanda Apeland spent her fair share of missionary work in Higashi-Kurume, Japan, with her parents, Ralph and Joan Justiniano, who have now been living in Japan for nearly 18 years.

To understand the impact of her family's work in Higashi-Kurume, one must gain insight into the culture; relationships between father and children are mostly nonexistent due to their familial roles as "salarymen," which involves long hours of employment, six days a week.

When fathers are attempting to salvage these relationships, the Justinianos reach out to aid them in reversing the damage from their absence.

Ralph Justiniano currently serves as a liaison between Samaritan's Purse relief efforts and the national Christian Relief Assistance Support Hope organization in response to Japan's earthquake and tsunami in 2011.

He also teaches seminars in central and far East Asia.

The seminars focus on leadership, cross-cultural communication and outreach with emphasis on the idea that "people won't care about what you know until they know you care."

Joan Justianiano directs dramatic productions and teaches English to ladies' groups who enjoy referencing the Bible and Reader's Digests in order to get comfortable reading English.

Looking back at the work their parents have accomplished overseas, the Apelands view it as an example they hope to set for their own child in the future.

Amanda Apeland summed up what she grew up believing.

"…Reaching out to [people] where they are, physically, emotionally, socially, spiritually and otherwise – that touch may be in the form of providing a place to stay, financial resources, investment of time, lending a shoulder or ear, or merely as simple prayer on their behalf," she said.

Airman 1st Class Nathaniel Apeland and his wife, Amanda, pose for a photo at the Air Force ball recently. The Apelands are involved in international assistance. (Courtesy photo)

Apeland's beliefs about life happen to coincide with Air Force standards in that relationships between people are equally as important as leading a life of virtue. He points out the common thread between his core beliefs and the Air Force's.

"The Bible teaches about honor, respect, integrity, selflessness, protecting those weaker than you, being all you can be and leading when needed…[These are] necessary when working with other people in a team effort," he said.

Audrey Hepburn once said, "Remember, if you ever need a helping hand, it's at the end of your arm; as you get older, remember you have another hand: the first is to help yourself, the second is to help others."

It's easy to be intimidated during times of doubt when we question our own capabilities, but with Airmen such as Apeland, it's hard not to get inspired.

Your 'credit score' may not be what a lender sees

CFPB News Release

WASHINGTON, D.C. — The Consumer Financial Protection Bureau released a study comparing credit scores sold to creditors and those sold to consumers.

The study found that about one out of five consumers would likely receive a meaningfully different score than would a lender.

"This study highlights the complexities consumers face in the credit scoring market," said CFPB Director Richard Cordray. "When consumers buy a credit score, they should be aware that a lender may be using a very different score in making a credit decision."

The Dodd-Frank Wall Street Reform and Consumer Protection Act directed the CFPB to compare credit scores sold to creditors and those sold to consumers by nationwide credit bureaus and to determine whether differences between those scores harm consumers.

The study analyzes credit scores from 200,000 credit files from the three credit bureaus: TransUnion, Equifax and Experian.

It is a follow up to a study the Bureau released in July 2011 that described the credit scoring industry, the types of credit scores, and the potential problems for consumers that could result from differences between the scores they purchase and the scores creditors use.

The study released today determined that when consumers purchase their score from a credit bureau, the score they receive may be meaningfully different from the score that a lender would consult in making a decision.

A meaningful difference means the consumer would be likely to qualify for different credit offers – either better or worse – than they would expect to get based on the score they purchased.

Score discrepancies may generate consumer harm. When discrepancies exist between the scores consumers purchase and the scores used for decision-making by lenders in the marketplace, consumers may take action that does not benefit them.

For example, consumers who have reviewed their own score may expect a certain price from a lender may waste time and effort applying for loans they are not qualified for, or may accept offers that are worse than they could get.

Consumers are unlikely to know about score discrepancies.

There is no way for consumers to know how the score they receive will compare to the score a creditor uses in making a lending decision.

As such, consumers cannot exclusively rely on the credit score they receive to understand how lenders will view their creditworthiness.

The Bureau recommends consumers consider the following in evaluating the credit score they receive.

Shop around for credit.

Consumers benefit by shopping for credit. Regardless of the scores different lenders use, they may offer different loan terms because they operate different risk models or face different competitive pressures.

Consumers should not rule out of seeking lower priced credit because of assumptions they make about their credit score.

While some consumers are reluctant to shop for credit out for fear they will harm their score, that impact may be overblown.

Inquiries generally do not result in a large reduction in a consumer credit score.

Check the credit report for accuracy and dispute errors. Credit scores are calculated based on information in a consumer's credit file.

Inaccurate information may be the difference between a consumer being approved or denied a loan.

Before shopping for major credit items, the Bureau recommends that consumers review their credit files for inaccuracies.

Each of the nationwide credit bureaus is required by law to provide credit reports for free to consumers who request them once every 12 months.

The bureau will begin supervising consumer reporting agencies starting Monday.

The CFPB's supervisory authority will cover an estimated 30 companies that account for about 94 percent of the market's annual receipts.

The Bureau's examiners will be looking to verify that consumer reporting companies are complying with federal consumer financial law, including that the companies are using and providing accurate information, handling consumer disputes, making disclosures available, and preventing fraud and identity theft.

Treat dry mouth early to prevent serious problems

By Millicent Cavazos
JBER Dental Hygienist

Did you know more than 400 medications, such as Motrin, Tylenol, Vicodin, Lisinopril and Lipitor, can be associated with a feeling of dry mouth or xerostomia?

It is a common problem among those undergoing radiation therapy and those with Alzheimer's disease, anxiety, depression, and those with poorly controlled diabetes.

According to experts, dry mouth affects 20 to 25 percent of adults, affecting mostly women.

Unfortunately, the decreased production of saliva has a negative effect in the mouth.

Saliva serves as the mouth's defense mechanism against tooth decay. Saliva neutralizes the acid produced by bacterial plaque and protects the mouth from other bacterial invaders, so dry mouth can lead to increased tooth decay.

With dry mouth, it becomes difficult to speak, chew and swallow. It can also cause bad breath.

Currently, there is no known cure for dry mouth. However, people experiencing xerostomia have several options that can help. Chewing on ice chips, sipping on water and using saliva substitute sprays are some of the ways that can offer temporary relief.

Over-the-counter remedies include sugarless gum and lozenges.

Those experiencing severe, chronic dry mouth can consult their dentist for prescription medications or recommend modifications to their current prescriptions.

Anyone suffering from dry mouth should be dedicated to a meticulous oral hygiene regimen.

Effective daily brushing, flossing and the use of alcohol-free fluoridated mouth rinse can help prevent tooth decay.

If you should have any concerns regarding dry mouth, ask your dentist.

Remembering the fallen, missing

Airman 1st Class Breana Quimby of the 773d Civil Engineer Squadron and a native of Manassas, Va., walks past a fallen Soldier battle cross and wreaths laid in honor of Prisoners of War and Missing in Action service members from each branch of military service after a National POW/MIA Recognition Day ceremony Sept. 21 at JBER's Hangar 1. Soldiers, Airmen, Sailors, Marines, and Coast Guard personnel of the base gathered to honor National POW/MIA Recognition Day. Service members, DoD civilians and veterans attended a ceremony for those Americans held as prisoners of war and those who remain missing in action. (U.S. Air Force photo/Justin Connaher)

Suicide prevention is key; there are many lifelines available

By Shari Lopatin
TriWest Healthcare

Before intervention.

Before support.

Even before treatment, there is prevention.

Tragically, 36,000 lives are lost to suicide each year in the U.S. Tens of thousands more attempt suicide. Every day, families, friends, coworkers and neighbors lose someone they care about. Intervention, support and treatment can help, but to get to the heart of suicide, start with prevention.

The National Suicide Prevention Lifeline is a nation-wide toll-free crisis support and prevention resource. The lifeline points out that life experience includes two types of factors: risk and protective. These are both sides of the constant struggle to "keep it together." Knowing what they are, and what to pay attention to, can help you or a loved one.

The lifeline has identified suicide risk factors. These aren't predictors; they can only be looked at as factors that increase the chance of attempting or thinking about suicide. They include trauma, physical illness, substance abuse and relationship or career problems.

Protective factors, on the other hand, are characteristics that can decrease the possibility that someone may attempt or think about suicide.

They include ongoing medical and behavioral health support, lack of access to highly lethal means of suicide, strong connections to family, community support and cultural or religious beliefs discouraging suicide.

While risk factors can be important, behaviors can point toward issues. Trust your feelings and your reactions.

You probably know more than you think you know. Everyone is different, but common warning signs include talking about wanting to die or feelings of hopelessness, talking about feeling trapped or in unbearable pain, increased use of alcohol or drugs, and withdrawal or isolation.

If you are concerned about someone, there are places to go for help and support.

The Military Crisis Line at (800) 273-TALK, (option 1) is one option. There is also self-help information and links to resources at T*riWest.com/BH,* and the TriWest Crisis Line at (866) 284-3743 for West Region TRICARE beneficiaries.