

ALASKA POST

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The Interior Military News Connection

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Fort Wainwright, Alaska

November 24, 2017

Fort Wainwright observes and celebrates National American Indian Heritage Month

Brady Gross
Fort Wainwright Public Affairs

On November 17, Fort Wainwright's Equal Opportunity Office in concert with the 70th Brigade Engineer Battalion of the 1st Stryker Brigade Combat Team hosted a ceremony held at Northern Lights Chapel, highlighting and celebrating the many historic and contemporary contributions of National American Indian

Heritage to society.

The ceremony featured proclamation statements from U.S. President Donald Trump and Alaska Governor Bill Walker, an interpretative dance performance from the local Pavva Inupiq Dancers, and remarks from distinguished guest speaker, Sergeant Village Public Safety Officer, Jody Potts.

Over 75 Fort Wainwright Soldiers,

See HERITAGE on page 4



A Solider from the 1st Stryker Brigade Combat Team passes out program guides for the observance ceremony at the Northern Lights Chapel on Fort Wainwright. (Photo by Brady Gross, Fort Wainwright Public Affairs)

Under threat of invasion 75 years ago, Alaskan natives joined the Army to defend homeland



Retired Sgt. 1st Class Sam Jackson, who served in the Alaska Territorial Guard during World War II, poses for a photo inside his home in Kwethluk, Alaska, Sept. 23, 2017. Jackson and more than 6,300 native Alaskans voluntarily joined the territorial guard to defend their homeland against a potential invasion from Japanese forces. (Photo by Sean Kimmons, Army News Service)

Sean Kimmons
Army News Service

When the Japanese raided and occupied parts of Alaska during World War II, the Army called on native Alaskans to defend the northern territory.

Given no pay, more than 6,300 Alaskans -- aged from just 12 to 80 years old -- signed on to be sentries for the newly-created Alaska Territorial Guard.

Retired Sgt. 1st Class Sam Jackson, who still lives in Kwethluk, a small village in southwestern Alaska, was one of them. Now 93, the veteran recalled when Maj. Marvin Marston, an Army officer who formed the first units of the ATG reserve component, asked him and others to join the cause.

"They called us the ears for the Army and eyes for the Army," said Jackson,

who served in the Alaska National Guard after the territorial guard disbanded in 1947.

When Japanese forces invaded some of the Aleutian Islands in June 1942, Marston was tasked to travel to Alaska and recruit members for the new Army mission.

Marston trekked across the tundra, often by dog sled in the winter, to spread the word and round up troops for the ATG, who were known as Eskimo Scouts.

Once enlisted, the Alaskan natives trained on Army tactics so they could defend the territory from an attack, if needed. They even made decoys using barrels and logs to resemble cannons to Japanese aircraft flying overhead.

At night, a blackout was practiced throughout the villages to deter an enemy

See GUARD on page 2

Christmas Tree cutting permits

Shawn Osborn
Fort Wainwright Natural Resource Specialist, Department of Public Works, Environmental

Members of the Fort Wainwright and greater Fairbanks communities may obtain a permit to cut Christmas trees on Fort Wainwright lands from Nov. 17 thru Dec. 25 this year. Permits can be obtained online at <https://usartrak.isportsman.net/> free of charge (one tree per household).

All individuals and family members over the age of 16 who participate in Christmas tree harvest must be in possession of a Recreation Access Permit, available online at <https://usartrak.isportsman.net/> or through kiosks at the Department of Public Works Environmental Division office and the Fort Wainwright Visitor Center. As with other recreational land use, tree cutting permit holders must check in using the USARTRAK/isportsman system prior to going out on the land. Christmas Tree Cutting should be selected as the permit holder's desired activity during the check in process.

After cutting your tree, proper care will allow it to be enjoyed safely through

the holidays. Prior to placing the tree in a stand, the trunk should be re-cut approximately 1 inch above the old cut and placed immediately in water. Check water levels frequently and ensure your tree has an ample, constant supply of water to remain fresh and safe. Depending upon the size, species and location of the tree, it may absorb a gallon of water in the first day. Trees that are allowed to dry out before being re-watered will not be able to absorb moisture and will shed their needles prematurely.

In your home, be sure to locate your Christmas tree in a safe place, preferably near a wall or corner and away from heat sources such as baseboard heaters, space heaters, hot air ducts, wood stoves and fireplaces that can dry the tree out and present a fire danger. Ensure that light cords and connections used to decorate the tree are in good working condition. Lights should always be turned off at bedtime or when leaving for an extended period of time.

For questions regarding Christmas tree cutting permits please contact the Environmental Division at 361-9686 or stop by our office located in building 3023, Monday through Friday, 8 a.m. to 4:30 p.m. - Happy Holidays.

Wilson, Goldfein emphasize need for FY18 budget in State of the Air Force

Staff Sgt. Alyssa C. Gibson
Secretary of the Air Force Public Affairs

The Air Force must have a higher and more stable budget to provide security for the nation, said Secretary of the Air Force Heather Wilson and Air Force Chief of Staff Gen. David L. Goldfein during the State of the Air Force address Nov. 9, 2017, at the Pentagon.

"The fiscal 2018 continuing resolution is actually delaying our efforts to increase the readiness of the force, and risk accumulates over time," Wilson said. "We are stretching



the force to the limit, and we need to start turning the corner on readiness." If the Air Force goes through sequestration again, people will walk.

See BUDGET on page 6

WEEKEND WEATHER

OPENING OF BIRCH HILL SKI AND SNOWBOARD AREA

Friday Partly cloudy, highs near -10. Lows near -20s.
Saturday Sunny, highs and lows near -16.
Sunday Sunny, highs and lows near -9.



This is opening weekend of the Fort Wainwright's Birch Hill Ski and Snowboard Area. First day opening is Friday, Nov. 24, where the ski lift and lodge will be open from 1 to 9 p.m. Saturday and Sunday, hours of operation are 11 a.m. to 7 p.m. With snow-making capabilities, Birch Hill is the first ski hill in Alaska's interior to open and boasts the only night-skiing venue in the Fairbanks area. For more information, call 353-1998 or visit their website, at <https://wainwright.armymwr.com/programs/ski-snowboard>.

Nutrition Corner: late eating causes weight gain

Brandy Ostanik
Medical Department Activity –
Alaska, Public Affairs

“Eating late eating will cause weight gain” - Myth.

It does not matter what time you eat; calories are calories. For some, it is help-ful to create a cut off time to prevent overeating at night but this is not neces-sary.

If you do set a cut off time, be sure it is reasonable and fits within your

schedule; do not set it too early. For those with an unpredictable schedule, an early cut off time may result in you skipping dinner on days you come home late. This is never advised. Additionally, you don’t want to go to bed hungry.

Going to bed too hungry can cause you to wake up in the middle of the night or make it difficult to fall asleep. Not only can this disrupt your sleep cycle but it can cause to get up in the middle of the night and overeat.

If you do get the evening munchies, try to choose something that is low in calo-ries but contains fiber and protein to help keep you satisfied.

Try going for fruit and yogurt or peanut butter and whole crackers instead of cookies and milk or ice cream.

It is alright to treat yourself occasionally, but your regular night time snack should be a small meal that provides nutrition for your body but also helps keep you satisfied.

RECIPE SPOTLIGHT:
Turkey roll up with whole grain crackers

INGREDIENTS:
Turkey breast
Reduced fat cream cheese
Cucumber
Whole grain crackers

Spread cream cheese on turkey slices. Place sliced (thin) cucumbers on cream cheese. Enjoy with whole grain crackers.

Weekly Financial Tips: Holiday shopping safety

Ryki Carlson
Survivor Outreach Services Support
Coordinator

With Black Friday and Cyber Monday fast approaching, it’s imperative that you take a few prevention measures. The holiday season is a time when people get preoccupied and vulnerable to theft and other holiday crimes. Taking a few prevention measures can save you lots of time, money and frustration.

1. Do NOT carry a purse or wallet, if possible. If you do, take steps to protect your wallet.

a. Don’t take out your wallet until you actually need it. Don’t take your hand off your wallet when you do take it out, this will prevent you from forgetting someplace.

b. Don’t carry your bank account numbers, personal identification numbers (PINs), passport, birth certificate or social security card in your wallet. These items can increase your risk of identity if stolen.

c. Only carry the bank cards you plan to use while shopping along with identification.

d. Ensure that you have copies of all items in your wallet safely stored at home, prior to your shopping excursion.

e. Avoid carrying large amounts of cash. Keep cash in your front pocket while shopping.

2. Shop during daylight hours if possible. If you shop in the evening, take a friend or family member with you.

3. Park as close as possible to the entrance of the store, in a well-lighted area. If you come out to your car to place packages in the trunk, consider moving your car.

4. Remember where you are parked. Although this may sound elementary, many shopping areas are spread out. Being able to locate your car can cause you undue confusion and stress that may present you as a better target to a criminal.

Consider sending yourself a text with the location of your car or write it down to get there quickly.

5. Don’t leave phones, purses or any item of value in your parked car where it can be seen. Always conceal these items, preferably in the trunk.

6. Stay alert to your surroundings, especially strangers approaching you for any reason. Thieves will try to distract you with the intention of taking your money and packages.

7. Avoid overloading yourself with packages. It is imperative to have clear visibility and freedom of motion to avoid mishaps.

8. If you are shopping online:
a. Shop trusted names. Stick with familiar retailers. Beware of misspellings or domain names using “.net” instead of “.com:” as that is one of the most common ways scammers trick consumers.

b. Look for the lock symbol. Secure sites will have a small lock icon in the lower right hand corner of the screen. A secure website starts with “https://” instead of “http://”. Never email your credit card number either.

c. Don’t share too much personal information. No store needs your social security number or your birthday. This information in conjunction with your credit card number enables someone to cause you serious financial damage.

d. Check your billing statements for your credit and bank cards regularly. Make sure all the charges are ones you recognize, if not, address the error immediately.

e. Use strong passwords, whether you are using a laptop, mobile device or PC, it’s important to create strong passwords to keep others out.

9. If a crime does occur, ensure you call the police as well as your bank and credit card companies as soon possible to cancel your cards and prevent further liability.

MEDDAC Minute

Brandy Ostanik
Medical Department Activity –
Alaska, Public Affairs

IMPORTANT PHONE NUMBERS

Emergency: 911
24 Hour Nurse Advice Line:
1-800-874-2273 Opt. 1
Appointment Line: 361-4000
Behavioral Health: 361-6059
Benefits Advisor: 361-5656
Immunizations: 361-5456
Information Desk: 361-5172
Patient Advocate: 361-5291
Pharmacy Refills: 361-5803
Substance Abuse/Clinical
Counseling: 361-4054
Tricare On-Line:
www.tricareonline.com
United Health Care:
uhcmilitarywest.com,
877-988-9378

PERFORMANCE TRIAD TIP

Go to the grocery store together as a family and plan the meals for next week. Get the kids involved and they will benefit from learning how to make their own healthy food when they are grown.

WALK-IN CLINIC

Beneficiaries can utilize the Walk-in Clinic Nurse option when needing to be seen for strep throat screening, urinary tract infection screening, pregnancy testing, blood pressure monitoring, suture removal, wart removal and sexually transmitted disease checks. The clinic is open 7:30 to 11:30 a.m. and 1 to 3:30 p.m., Monday through Friday. For more information call 361-5833.

ARMY MEDICINE’S AMBASSADOR PROGRAM

Subject matter experts from Medical Activity Department - Alaska are available to speak to Family Readiness Groups, units,

organizations or clubs. To schedule a speaker on health care topics or programs offered through MEDDAC-AK, call 361-5091.

A GREAT PLACE TO WORK

MEDDAC-AK has job openings for both clinical and non-clinical positions here at Fort Wainwright. To view job openings go to www.usajobs.gov.

TOBACCO FREE CAMPUS

Beginning Dec. 1, all MEDDAC-AK facilities to include Bassett Army Community Hospital, Preventive Medicine, Behavioral Health, DENTAC/ASAP, Veterinary Clinic and Kamish will become tobacco free facilities.

Tobacco products include cigarettes, cigars, pipes, electronic nicotine delivery devices (e.g. e-cigarettes, e-pipes, e-cigars, etc.) stem pipes, water pipes, hookahs and smoke free products that are chewed, dipped or sniffed.

Stay tuned to our Facebook page and the Alaska Post for more information and exact campus boundaries.

TRICARE

Starting Jan. 1, 2018 there may be changes to your TRICARE benefits. It is important that you Take Command of Your Health by educating yourself on the changes. Information can be found at <https://tricare.mil/About/Changes/General-TRICARE-Changes>

Antibiotics are not the answer for colds

Brandy Ostanik
Medical Department Activity – Alaska
Public Affairs

Coughing, runny noses and sore throats are common this time of year and many people want to begin antibiotics as soon as symptoms of a cold appear. Unfortunately, antibiotics do not help kill viruses that cause the flu, colds, many sore throats or bronchitis, and in fact, can do more harm than good when taken unnecessarily.

The majority of infections are caused by either bacteria or viruses. Bacteria are organisms that can be found almost everywhere throughout the human body while viruses are organisms that cause disease by invading healthy cells in the body.

Antibiotics should only be used to treat bacterial infections, not viral infections as they will not work against upper

respiratory illnesses caused by viruses. Taking antibiotics for illnesses such as colds, flu, runny noses or most coughs will not make you feel better, cure the infection, nor keep others from catching the infection.

In fact, taking antibiotics for viral infections will increase the risk of antibiotic resistance later.

When someone takes antibiotics, weaker bacteria are killed, but stronger germs may be left to grow and multiply. The repeated, improper use of antibiotics are a major cause of an increase in drug-resistant bacteria.

The problem with this resistance is that when antibiotics don’t work, the consequences can include longer-lasting illnesses, more doctor visits, extended hospital stays and the need for more expensive medications.

Some resistant infections can even cause death.

In order to prevent antibiotic resistance there are some best practices to keep in mind:

- Do not take an antibiotic for a viral infection like a cold or the flu.
- Take necessary antibiotics exactly as the doctor directs and do not skip any doses.
- Never take someone else’s prescription.
- Talk to your healthcare provider about antibiotic resistance. Ask whether an antibiotic will be effective in treating your illness.
- Do not demand antibiotics for your children if their healthcare provider has determined they are not needed.

Be smart when using antibiotics. Remember that colds and flu are caused by viral infections that cannot be treated by antibiotics. Children and adults with viral infections will recover when the illness has run its course. The spread of viral infections can be reduced through frequent hand-washing and by avoiding close contact with others. Since viral infections can sometimes lead to bacterial infections, healthcare providers need to know if an illness gets worse or lasts a long time.

For more information on antibiotics and how they work, visit the CDC website at <https://www.cdc.gov/narms/faq.html>.

Trapping on Army lands in Alaska: Look out for traps

Shawn Osborn
Fort Wainwright Natural Resource
Specialist, Department of Public
Works, Environmental

Did you know that the majority of trails on Fort Wainwright training lands are used by trappers in the winter? Trapping is defined as the capture of fur bearing animals by use of a spring trap or snare. Fur bearers are animals that have a high quality fur coat, frequently considered to have a monetary value

in the fur market. The most popular fur bearers that are trapped in Alaska include beaver, coyote, fox, lynx, marten, mink, weasel, muskrat, river otter, wolf and wolverine.

As most trapping is done in winter when animal coats are at their prime, it is important to remember that winter trails in interior Alaska may also be someone’s trapline.

Trapping season in Game Management Unit 20 Fairbanks Area

See TRAPPING on page 7

ALASKA POST

The Interior Military News Connection

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The ALASKA POST – The Interior Military News Connection

History Snapshot: Squadron party at the NCO club, 1947

L. Amber Phillippe
Fort Wainwright Landscape Historian

Leisure activities were an important part of life at Ladd Field and both the installation and the Fairbanks community made great efforts to entertain servicemen and civilians alike. In addition to the USO club built in downtown Fairbanks, other local civic organizations sponsored dances, socials, and tea parties. As Josephine Johnson recalled, "Just about all the young girls in Fairbanks were recruited to come to the USO to dance and talk with the young men. The older women in Fairbanks would preside over that and they would see that there was food and everything was on the up and up!"

On Ladd Field itself, the NCO Club hosted monthly dances with buffet food, dancing, and live music. Other organizations on the installation sponsored team sports, movie screenings, performances of various kinds, and well-loved annual events such as the Halloween Carnival; an event where, "the spirit of Halloween and Mardi Gras will reign for a night."

Like Historic Photos? Check out our Pinterest page for more, visit www.pinterest.com/fwacultural/. If you have any stories or photographs to share with the Cultural Resources Management program please call, (907) 361-9329 or email laurel.a.phillippe.ctr@mail.mil.



(File photo, Fort Wainwright Environmental Division)

GUARD

Continued from page 1

invasion. As a young man, Jackson said he helped keep the windows of buildings covered so no light could be seen from the outside.

"They told us to follow your training, and it will save your life," Jackson said of his Army instructors, who supplied the scouts with a rifle, uniform, snowshoes and other gear. "That's how we trained."

Years later, Marston wrote in his book, "Men of the Tundra: Alaska Eskimos at War," that the scouts proved helpful in safeguarding terrain around the lend-lease air route, which the United States used to supply aircraft to its Russian ally.

They also secured Platinum, an Alaskan village south of Kwethluk, which was the only source of the strategic metal with the same name in the Western Hemisphere. In addition, he wrote, they stockpiled survival caches along vital transportation routes.

In 2010, the scouts were finally recognized for their efforts and given veteran status when President George W. Bush signed a bill into law, which ordered the defense secretary to issue honorable discharges to the Alaskan natives.

Alaska's Department of Military and Veterans Affairs then set up a task force to notify and assist former members, their families and dependents on how



Alaskan natives swear in to the Alaska Territorial Guard in this undated photo taken in Barrow, Alaska. (Courtesy photo from Archives, University of Alaska, Fairbanks)

to obtain the benefits entitled to them.

"Our goal is to locate 100 percent of the ATG members, begin correcting the oversight of the past, and allow future generations access to their ancestors' service records," according to the department's website.

Soon after, federal funds were allocated to ensure the actions of the thousands of Alaskans who

volunteered to protect the territory would not be forgotten.

As statues and plaques began to be unveiled across the state, a group of U.S. military veterans in nearby Bethel used the funds to build a memorial park to enshrine the ATG veterans in 2012.

"They volunteered, some of them as young as 12, to guard the people of western Alaska. There was no military presence here," said Stanley Rodgers, a former Army sergeant who served in the Vietnam War.

Born and raised in Bethel, Rodgers said he is related to probably 70 former ATG members. Those relatives, he said, would tell him stories of Japanese ships off the Bering Sea coast or of spies who had come ashore.

"Whatever they saw that was not appropriate, they would report it," Rodgers said. "Everyone was a sentry."

If the Japanese had invaded, he said, they would have faced heavy resistance in a harsh land. "They would have never made it," he said. "[The ATG] would have beaten them back."

As he stood next to a statue of an Eskimo Scout overlooking a wall of plaques inside the memorial park, Rodgers said the place is not only to honor what the scouts, like Jackson, did. It can also serve as a reminder of selfless service for generations to come.

"It will be here forever," he said. "The people may be gone, but the names will still be there."

Fourth annual Your Holiday Bill Is On Us sweepstakes

Katarayna Flatt
Army & Air Force Exchange Service
Public Affairs

The nation's military exchanges and the Defense Commissary Agency are joining forces to put some jingle back in military shoppers' pockets by picking up the tab on their MILITARY STAR cards with the Your Holiday Bill Is On Us Sweepstakes.

The Army & Air Force Exchange Service has offered the sweepstakes to its customers for the past three years. Now, in its fourth year, the Exchange is partnering with the entire military resale community to offer MILITARY STAR shoppers a chance to enter everywhere the card is accepted, including AAFES, NEX, MCX, CGX and commissaries, and online at shopmyexchange.com and mynavyexchange.com.

The sweepstakes run Nov. 1 through Dec. 31. Each transaction counts as one entry.

Five grand-prize winners will have their MILITARY STAR card bill paid in full up to \$8,200, with a minimum prize of \$2,500.

Ten second-prize winners will be awarded a \$1,000 credit on their MILITARY STAR card statement, while 25 third-place winners will receive a \$500 credit. Winners with a balance less than their prize amount will receive a credit on their account.

"Just by using your MILITARY STAR card, you could win big," said general manager, Anna Van Hoveln. "One swipe could go a long way toward paying for your holiday gifts this year."

Winners of the Your Holiday Bill Is On Us Sweepstakes will be randomly selected and announced on or about Jan. 30.

Northern portions of 1980 park additions open to snowmobiling for traditional activities

Katherine Belcher
Public Information Officer Denali
National Park and Preserve, Alaska



The superintendent of Denali National Park and Preserve has determined there is adequate snow cover for the use of snowmobiles for traditional activities in areas of the 1980 park additions that are north of the crest of the Alaska Range.

Riders are reminded that all lands within the former Mount McKinley National Park on both the north and the south sides of the Alaska Range are closed to all snowmobile use by federal regulation.

Overall, riding conditions are variable. It is the rider's responsibility to avoid locations where damage to vegetation or soils could occur, or

where vegetation is taller than the protective snow cover.

Additional information and maps with GPS coordinates for the park and preserve boundary are available on the park website at www.nps.gov/denali/planyourvisit/snowmobiling.htm.

The Murie Science and Learning Center serves as the winter visitor center, and is open daily from 9 a.m. to 4:30 p.m. for visitor information and backcountry permits. Park information is available on the web at www.nps.gov/denali or by calling (907) 683-9532.

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HERITAGE

Continued from page 1

civilians and Fairbanks community members showed their support and attended the event. After an opening invocation and National Anthem, Master of Ceremonies, 2nd Lt. Danielle Ayer welcomed the guests and read a presidential proclamation from President Trump. Alaska Lt. Gov. Bryon Mallot and Alaska Native leader of the Tlingit heritage, read a heartfelt proclamation from Governor Walker, emphasizing “this month, and throughout the year, we honor and celebrate the unique heritage of Alaska’s Native peoples and the invaluable contribution they have made to our great state.”

Local Native dancing group, the Pavva Inupiq Dancers, engaged and interacted with the crowd in-between dance routines as they explained the history and interpretation of their traditional dance movements. With a little encouragement and humor, Sean Topkok, an Assistant Professor at the University of Alaska Fairbanks and local Inupiat leader, convinced the audience to join in and mimic the moves in unison with the Native dancers during their performance.

Distinguished guest speaker Sgt. Potts spoke of and honored significant Native military members and their contributions throughout history, with examples such as Lori Piestewa and Ira Hayes. Potts also spoke of her Alaska upbringing on her father’s trapline near the Yukon River about 70 miles north of Eagle, Alaska. Potts reflected on the parallels and pride Native Americans and the U.S. Armed Forces share in protecting the lands, values and diversity that make Americans who they are. Potts encouraged the audience to “(...) not let November be the only month, but let the whole year be a way to celebrate Native Americans and our generous, rich history and culture.”

Fort Wainwright’s Environmental division was present as well with tables of artifacts from the



Lt. Gov. Byron Mallot (back left), Jodi Potts (back middle), and the Pavva Inupiq Dancers hold a pose with military personnel after the ceremony. (Photo by Brady Gross, Fort Wainwright Public Affairs)

University of Alaska Fairbanks Museum of the North and information on various Alaskan Native tribes. Fort Wainwright Cultural Resources Manager and

Native Liaison Elizabeth Cook staged the displays and engaged Soldiers and the community with any questions they had after the ceremony.

Music can help to heal Traumatic Brain Injury

Airman 1st Class Caitlin Russell
Joint Base Elmendorf-Richardson Public Affairs

Past and present service members and dependents suffering from traumatic brain injury can now take part in a Creative Forces music therapy program, a partnership between the National Endowment for the Arts and the DoD, designed to help them recover and rehabilitate at Joint Base Elmendorf-Richardson, Alaska.

According to the American Music Therapy Association website, music therapy is the clinical use of music to accomplish individualized goals within a therapeutic relationship by a professional who has completed an approved music therapy program.

The music therapy program is open to members who receive a referral from the 673d Medical Group TBI clinic at the JBER hospital.

Creative Forces music therapy began in April 2017 as a resource to support and provide training to community art providers, and invest in research on the impacts of art-based interventions like the music therapy program hosted at JBER.

For people with TBI, music therapy can be instrumental to rehabilitation. Music therapists use evidence-based techniques to stimulate speech, movement and cognitive emotions in patients.

“I joined the music therapy group after finding out about it from the TBI clinic,” said Staff Sgt. Sean Young, Delta Battery, 2nd Battalion, 377th Parachute Field Artillery Regiment, training room NCO. “With TBI, I started losing memory and overall comprehension, but with music therapy I’m able to play the guitar and remember riffs without thinking about it.”

According to the United States Centers for Disease Control and Prevention website, approximately 1.5 million people in the U.S. suffer from a TBI each year; 85,000 people suffer long-term disabilities.

Music therapy is an opportunity for people suffering from TBI to express emotions, promote insight and awareness, and strengthen neuropathways to restore



Staff Sgt. Sean Young, 2nd Battalion, 377th Parachute Field Artillery Regiment, training room NCO, strums the guitar during music therapy with Danielle Kalseth, 673d Medical Operations Squadron creative arts therapist/ music therapist, at Joint Base Elmendorf-Richardson, Alaska, Nov. 2, 2017. Music therapy sessions help rehabilitate patients with traumatic brain injury. (Photo by Airman 1st Class Caitlin Russell, Joint Base Elmendorf-Richardson Public Affairs)

memory, attention, concentration and multi-tasking.

“The Creative Forces music therapy program assists with the needs of military patients and veterans who have been diagnosed with TBI, as well as their families and caregivers,” said Danielle Kalseth, 673d Medical Operations Squadron creative arts therapist/music therapist. “Not only do we provide clinical services, we want to provide patients and their families access to the arts in the community.”

The music therapy program currently helps 30 patients rehabilitate from TBI, with new referrals every week.

Patients who receive music therapy can participate in group or individual sessions, or a combination of both.

Music therapy is known to reduce stress, anxiety and pain. Creative Forces lets military members engage in a meaningful activity with others who are going through the same issues.

“Music therapy helps with more than just my memory; it helps with my mood too,” Young said. “On days when I’m in a bad mood, playing the guitar is a great way to change that.”

For more information on TBI and music therapy, contact the 673d TBI clinic at 580-0014 or the Creative Forces website, at arts.gov/partnerships/creative-forces.

Giving Tuesday
Nov. 28

show Some Love



Each year since 2012, Giving Tuesday has been celebrated on the Tuesday after Thanksgiving as a global day of giving fueled by social media. This annual day, dedicated to making a difference in the lives of others, marks the start of the charitable giving season. During this time for giving thanks, #GivingTuesday is an opportunity to help those who are less fortunate.

Let’s show the country the generosity of Federal employees by making #GivingTuesday the biggest one-day pledge total during the entire campaign.

How to get involved:

- ✔ Join the giving movement by following along with #GivingTuesday on social media.
- ✔ Plan and take part in unique ways to show thanks and celebrate this opportunity to give.
- ✔ Generate engagement through seasonal activities like a pie-baking contest or host a Thanksgiving-themed potluck.
- ✔ Incorporate updates and reminders about the CFC and Giving Tuesday in your meetings.
- ✔ Give at opm.gov>ShowSomeLoveCFC and encourage others to do the same.

Choose your cause and Show Some Love today.
opm.gov>ShowSomeLoveCFC



Make your Christmas extra special and join the Autism Society of Alaska for the

4th Annual Sensory Santa

December 2nd
10 a.m. to 1 p.m.

1024 Barnette Street

Have your photo taken with Father Christmas by our photographer in a sensory aware environment & enjoy light refreshments.

Fort Wainwright Family & MWR

Weekly Events

November 24 – December 1

25 Texas Hold'em Tournament
November 25
6 p.m.

Do you have a poker face? Join in on the Warrior Zone's bi-monthly poker tournament and walk away a winner.

Warrior Zone, building 3205
Call 353-1087

27 New Parent Support Program: Grow and Giggle
November 27
9:30 to 11:30 a.m.

Young kids and parents are invited to Grow and Giggle, an interactive playgroup to assist parents in learning developmentally-appropriate play techniques, and to get kids active! Your little ones will love the play time, full of singing, dancing, story time, a craft project, and more.

Last Frontier Community Activity Center, building 1044
Call 353-2101, registration recommended

29 Red Pin Bowl-a-palooza
Every Wednesday, Thursday, & Friday in November
1 to 5 p.m.

Strike down the red pin during Wednesday afternoons at Nugget Lanes Bowling Center and be entered to win an amazing prize package! View the website for further giveaway rules and eligibility.

Nugget Lanes Bowling Center, building 3702
Call 353-2654

1 Youth Sports Registration Begins
December 1 through 29
8 a.m. to 5 p.m.

It's time to register for the Youth Sports spring season! With a wide range of sports available, there's something for everyone! Don't miss out on volleyball, bowling, indoor soccer, fat tire biking, and snowshoeing.

Parent Central Services, building 1049 #2
Call 353-7713, registration required

1 Gingerbread House Decorating Party
December 1
5 to 7 p.m.

Candy canes and sugar plums and gum drops, oh my! Bring the entire family together and decorate your very own gingerbread house!

Last Frontier Community Activity Center, building 1044
Call 353-7755, registration strongly recommended

2017 Installation Holiday Party and Tree Lighting Ceremony

December 8, 5:30 to 8 p.m.
Birch Hill Ski & Snowboard Area

- Photos with Santa: 7 p.m.
- Downhill Santa Shred-\$5
- Letters to Santa-\$5
- Tubing-\$3
- Photos with Reindeer
- Ugly Sweater Photo Contest
- Children's Activities
- Live Holiday Music
- Food and Beverages
- Prizes

For more information call (907) 353-7755

MAKE YOUR OWN GINGERBREAD HOUSE

Reserve now!
Limited gingerbread houses available
\$9 each

December 1, 5-7 p.m.
Last Frontier Community Activity Center

B.O.S.S. Soldiers receive recognition

Daniel Nelson
Fort Wainwright Public Affairs

Fort Wainwright's deputy garrison commander, Angela Major (left), along with Justin Glenn (right), chief of community recreation, presented awards to eight Soldiers who have contributed more than 2,500 of combined volunteer hours to the Better Opportunity for Single Soldiers program and throughout the Fort Wainwright community. "You all do amazing work for the

benefit of Fort Wainwright and the Fairbanks community," stated Major. "You all are role models within our community and represent the Army admirably." B.O.S.S. president, Sgt. Ashley Morris, works closely with senior leaders and program directors from throughout the installation to enhance the morale and welfare of Fort Wainwright's single Soldiers' and provide community service activities for Soldiers to volunteer and enrich the community in which they serve.



(Photo by Daniel Nelson, Fort Wainwright Public Affairs)



Eielson Air Force Base

Friday – 24th

LAP SWIM, 6 to 8 a.m. and 11 a.m. to 1 p.m., pool inside Baker Field House, Eielson AFB, Call 377-1925.

FREE BOUNCE, 10 a.m. to 7 p.m., Eielson City Center, Eielson AFB, Call 377-2642.

BALLISTICS, 11 a.m., Baker Field House, Eielson AFB, Call 377-1925.

OPEN SWIM, 5 to 8 p.m., pool inside Baker Field House, Eielson AFB, Call 377-1925.

TEEN BREAK, 7 to 10:40 p.m., Eielson Youth Center, Eielson AFB, Call 377-6336.

ATOMIC BLONDE (R), 6 p.m., Ernie Walker Theater, Eielson AFB, Call 377-2269.

Saturday – 25th

LAP SWIM, 10 a.m. to noon, pool inside Baker Field House, Eielson AFB, Call 377-1925.

FREE BOUNCE, 10 a.m. to 7 p.m., Eielson City Center, Eielson AFB, Call 377-2642.

PIYO, 9 a.m., Baker Field House, Eielson AFB, Call 377-1925.

CONE DE FORCE, 10 a.m., Baker Field House, Eielson AFB, Call 377-1925.

COLLEGE FOOTBALL, 11 a.m., 354 Sports Bar inside Yukon Club, Eielson AFB, Call 377-5219.

OPEN SWIM, 1 to 7 p.m., pool inside Baker Field House, Eielson AFB, Call 377-1925.

CARS 3 (G), 3:30 p.m., Ernie Walker Theater, Eielson AFB, Call 377-2269.

VALERIAN AND THE CITY OF A THOUSAND PLANETS (PG-13), 7 p.m., Ernie Walker Theater, Eielson AFB, Call 377-2269.

Sunday – 26th

LAP SWIM, 10 a.m. to noon, pool inside Baker Field House, Eielson AFB, Call 377-1925.

FREE BOUNCE, 10 a.m. to 7 p.m., Eielson City Center, Eielson AFB, Call 377-2642.

OPEN SWIM, 1 to 7 p.m., pool inside Baker Field House, Eielson AFB, Call 377-1925.

THE NUT JOB 2 (PG), 2 p.m., Ernie Walker Theater, Eielson AFB, Call 377-2269.

Monday- 27th

FREE BOUNCE, 10 a.m. to 7 P.M., Eielson City Center, Eielson AFB, Call 377-2642.

BALLISTICS, 11 a.m., Baker Field House, Eielson AFB, Call 377-1925.

RIPPED, 5:15 p.m., Baker Field House, Eielson AFB, Call 377-1925.

HIIT, 6:30 p.m., Baker Field House, Eielson AFB, Call 377-1925.

Tuesday – 28th

SPIN, 5:30 a.m., Baker Field House, Eielson AFB, Call 377-1925.

LAP SWIM, 6 to 8 a.m. and 11 a.m. to 1 p.m., pool inside Baker Field House, Eielson AFB, Call 377-1925.

REUNION BRIEFINGS, 9:30 to 10:30 a.m., Airman & Family Readiness Center, Eielson AFB, Call 377-2178.

FREE BOUNCE, 10 a.m. to 7 p.m., Eielson City Center, Eielson AFB, Call 377-2642.

PIYO, 10:30 a.m., Baker Field House, Eielson AFB, Call 377-1925.

LADIES BOOK CLUB, 5 p.m., Eielson Library, Eielson AFB, Call 377-3174.

SPIN, 5:30 p.m., Baker Field House, Eielson AFB, Call 377-1925.

Wednesday – 29th

LAP SWIM, 6 to 8 a.m. and 11 a.m. to 1 p.m., pool inside Baker Field House, Eielson AFB, Call 377-1925.

FREE BOUNCE, 10 a.m. to 7 p.m., Eielson City Center, Eielson AFB, Call 377-2642.

BALLISTICS, 11 a.m., Baker Field House, Eielson AFB, Call 377-1925.

OPEN SWIM, 5 to 8 p.m., pool inside Baker Field House, Eielson AFB, Call 377-1925.

RIPPED, 5:15 p.m., Baker Field House, Eielson AFB, Call 377-1925.

BODY SCULPT, 6:30 p.m., Baker Field House, Eielson AFB, Call 377-1925.

Thursday – 30th

SPIN, 5:30 a.m., Baker Field House, Eielson AFB, Call 377-1925

LAP SWIM, 6 to 8 a.m. and 11 a.m. to 1 p.m., pool inside Baker Field House, Eielson AFB, Call 377-1925.

FREE BOUNCE, 10 a.m. to 7 p.m., Eielson City Center, Eielson AFB, Call 377-2642.

STORYTIME, 10 to 11 a.m., Eielson Library, Eielson AFB, Call 377-3174.

DEPLOYMENT BRIEFING, 1 to 2 p.m., Airman & Family Readiness Center, Eielson AFB, Call 377-2178.

OPEN SWIM, 5 to 8 p.m., pool inside Baker Field House, Eielson AFB, Call 377-1925.

YOGA MIX, 5:30 p.m., Baker Field House, Eielson AFB, Call 377-1925.

SPIN, 6:30 p.m., Baker Field House, Eielson AFB, Call 377-1925.

Friday – 1st

LAP SWIM, 6 to 8 a.m. and 11 a.m. to 1 p.m., pool inside Baker Field House, Eielson AFB, Call 377-1925.

FREE BOUNCE, 10 a.m. to 7 p.m., Eielson City Center, Eielson AFB, Call 377-2642.

BALLISTICS, 11 p.m., Baker Field House, Eielson AFB, Call 377-1925.

OPEN SWIM, 5 to 8 p.m., pool inside Baker Field House, Eielson AFB, Call 377-1925.

TEEN BREAK, 7 to 10:40 p.m., Eielson Youth Center, Eielson AFB, Call 377-6336

Saturday – 2nd

LAP SWIM, 10 a.m. to noon, pool inside Baker Field House, Eielson AFB, Call 377-1925.

FREE BOUNCE, 10 a.m. to 7 p.m., Eielson City Center, Eielson AFB, Call 377-2642.

PIYO, 9 a.m., Baker Field House, Eielson AFB, Call 377-1925.

CONE DE FORCE, 10 a.m., Baker Field House, Eielson AFB, Call 377-1925.

COLLEGE FOOTBALL, 11 a.m., 354 Sports Bar inside Yukon Club, Eielson AFB, Call 377-5219.

OPEN SWIM, 1 to 7 p.m., pool inside Baker Field House, Eielson AFB, Call 377-1925.

Sunday – 3rd

LAP SWIM, 10 a.m. to noon, pool inside Baker Field House, Eielson AFB, Call 377-1925.

FREE BOUNCE, 10 a.m. to 7 p.m., Eielson City Center, Eielson AFB, Call 377-2642.

OPEN SWIM, 1 to 7 p.m., pool inside Baker Field House, Eielson AFB, Call 377-1925.

IN BRIEF

FINANCE TIP

If you are going on emergency leave please get in contact with your first sergeant who will coordinate your orders with your local Budget Office.

NUTRITIONAL TIP

Make fruit the everyday dessert. Serve baked apples or pears!

WINTER FESTIVAL

Join the Chapel for the annual tree lighting at 5 p.m. then head on over to the Yukon Club for some winter fun! The 354th Force Support Squadron is hosting the Winter Festival at the Yukon Club Dec. 1 at 5:30 p.m. Santa and Mrs. Claus will be there with Marty the Moose. There will be story time, games, crafts, prizes, cookies, hot cocoa and more!

HERO TREE

Stop by the Eielson Library to make a special ornament honoring the hero in your life. Take your ornament home or place it on the Hero Tree in the library. All materials are provided. The Hero Tree materials will be available from Nov. 7 to Dec. 8.

BLOCKHEADS BRICK CLUB

Join the library staff Dec. 1, 15 and 29 for their Blockhead's Brick Club! Bring your Legos and build with the staff from 5 to 6 p.m. Each session will have a book theme to inspire builders. This is for ages 5 and up. Call 377-3174 for more information.

PIANO LESSONS

Piano lessons are available at the Eielson City Center. If you or your child have ever wanted to learn to play piano, now's your chance! Call 377-2642 for more information and to sign up for lessons.

BLENDED RETIREMENT SYSTEM BRIEF

If you haven't had the chance to learn about the blended retirement system, join the class on Nov. 30 from 1:30 to 4 p.m. at the Combat Training Squadron theatre. Learn about the blended retirement system and how it may affect you. Call 377-2178 for more information or to sign up.

STORYTIME AT THE LIBRARY

The Eielson Library holds story time every Thursday from 10 to 11 a.m. for children 5 years old and younger. Come out and enjoy listening to themed story's read by the library staff or volunteers! Call 377-3174 for more information.

MEDICAL GROUP OFFERS SLEEP ENHANCEMENT CLASS

The 354th Medical Group provides sleep enhancement education classes on Tuesdays from noon to 1 p.m. The class is four weeks long and begins the first Tuesday of every month. For any questions or to register for the class, please call 377-6354.

EIELSON CHAPEL SERVICES

The Eielson Air Force Base Chapel team offers a variety of services. Your Chaplain Corps offers Catholic and Protestant worship services each week, and our multi-faith worship center can support the needs of other faith groups. For more information, call us at 377-2130.

Catholic Community: Religious Formation, 9 a.m., Sundays
Catholic Mass, 10:30 a.m., Sundays
Sacrament of Reconciliation by appointment

Protestant Community: Contemporary Service, 9 a.m., Sundays
Kids Church, 9 a.m., Sundays
AWANA, 4 to 6 p.m., Sundays
Jr./Sr. High Youth Service, 6 p.m., Wednesdays

BUDGET

Continued from page 1

Congress needs to lift sequestration as it is currently structured, she added.

Wilson and Goldfein addressed several of the issues the Air Force faces, including the service's response to the church shooting Nov. 5, 2017, in Sutherland Springs, Texas.

“The events of Sunday, and since, were heartbreaking not only for the Air Force, but all of America,” Wilson said. “The Air Force has launched a full-scale review of this case and all others like it. . . Our approach here is to act in accordance [with] our values, which includes integrity and excellence, and that’s the way we’re proceeding.”



(Photo by Staff Sgt. Rusty Frank, U.S. Air Force)

Goldfein echoed the secretary's sentiments.

“We offer our sincere and heartfelt condolences to the families of the victims of this awful, awful attack in Sutherland Springs,” Goldfein said. “This is a community with extensive ties to the Air Force, and we’re ensuring all of our resources are made available to the families of all the victims.”

Wilson also stressed the importance of restoring readiness, cost-effectively modernizing the force, driving innovation, developing exceptional leaders and strengthening America's alliances.

The Air Force has moved forward in providing equipment and support for its

allies, to include the delivery of the first F-35s to Norway and Israel before the end of the calendar year, Lebanon’s stateside A-29 attack aircraft training and Bahrain’s acceptance of \$2.7 billion in equipment.

“Those partnerships we are creating with our allies, [as well as our] training, equipment and information exchange . . . make the United States stronger because we’re stronger when we’re together,” Wilson said.

Every dollar the Air Force spends is focused on readiness and making the service more lethal, Goldfein said. As the service with the most diverse portfolio, the Air Force is involved in every joint force mission.

Today, there are 34,000 Airmen working together with Naval nuclear forces to stand watch. In space, 12,000 Airmen launch,

operate and control six constellations for the joint force around the globe. In the cyber domain, Airmen join their Soldier, Sailor and Marine counterparts to defend the nation and refine tactics, techniques and procedures to produce strategic effects in this new domain.

Each of these missions is a growth industry, and every mission is no fail. Though Airmen make carrying out these missions look easy, it's anything but, Goldfein said.

The Air Force's high operations tempo is taking its toll.

“Surge has become the new normal,” Wilson said. “Less than one percent of Americans serve in uniform and protect the rest of us, and they’re carrying a heavy burden. We are burning out our people because we are too small for what the nation is asking of us.”

The service is making the mission happen, but on the backs of its Airmen, Goldfein added. “We are looking for ways to reduce the tension on the force.”

Wilson and Goldfein recognized the commitment Airmen and families are making in service to the nation and advocated for Congress to provide the resources needed to sustain global operations and win.

TRAPPING

Continued from page 2

typically runs from Sept. 15 to June 10. When recreating on these trails try to keep pets and children away from traps. If you come across a trap or see a fur bearing animal caught in a trap, don't tamper with it. Tampering with someone's traps is illegal. If you are concerned about the location of a trap and believe it is in an unsafe location, call the Alaska State Fish and Wildlife Safeguard Hotline at (800) 478-3377.

Trapping is authorized by permit only on most Fort Wainwright training lands, including Tanana Flats, Yukon, Donnelly and Gerstle River Training Areas. Trapping is closed on Fort Wainwright Main Post and within the cantonment area. Because nearly every trail on Army land is already a registered trapline, trapping on Army land is currently limited. Trapping opportunities continue to exist on other federal and state lands.

People who wish to trap on Army-managed lands must acquire a trapping license from the State of Alaska and then register for a trapping permit, in person, with the Fort Wainwright, (907) 361-9686, or Donnelly Training Area, (907) 873-1616, Natural Resource Offices. At that time, trappers will identify the

exact location of their intended trapline. Trapping on a trail that is already registered is discouraged, and is considered unethical among trappers.

As with other recreational opportunities on Army-managed lands, trappers must obtain a Recreation Access Permit (RAP). A RAP is required for both active military and civilians over the age of 16 who wish to do any type of recreation on Army lands and can be obtained online at <http://usartrak.isportsman.net>, at kiosks located at the Department of Public Works Environmental Division office or the Fort Wainwright and Fort Greely Visitor Centers. Trappers must check into training areas using usartrak.isportsman.net or the USARTRAK automated phone system at (877) 250-9781.

If you are interested in trapping and want to learn more, contact the Alaska Trappers Association (ATA) in Fairbanks. ATA offers many educational opportunities for beginners, and it's a great way to meet experienced trappers. For more information on trapping and trapping ethics please call ATA at (907) 347-5965 or look on-line at www.alaskatrappers.org/index.html.

Alaska State Defense Force Soldiers make history and deploy out of state

2nd Lt. Marisa Lindsay
Alaska National Guard Public Affairs

After their historical first-time activation for duty outside of Alaska, four Alaska State Defense Force Soldiers will return next week from a Puerto Rico deployment where they assisted with relief efforts in hurricane-ravaged Puerto Rico.

The ASDF team have worked in tandem with Alaska Army and Air National Guard members to operate one of 15 Joint Incident Site Communications Capability systems on the island. The JISCC, a transportable 20-foot mobile system developed in the lessons learned from Hurricane Katrina, is essential for effective communication during relief efforts. It bridges the communications gap between military and civilian agencies by providing shared non-secure Department of Defense and civilian network capabilities.

"Our leadership within the Department of Military and Veterans Affairs has been incredibly supportive of this opportunity for our team," said Col. John James, commander of the ASDF. "We sent Soldiers who are knowledgeable in signal and communications support to help directly with the mission we've been tasked with."

The ASDF is an all-volunteer state militia comprised of approximately 120 Soldiers throughout the state. Since its establishment in 1984, their primary role and mission is to augment and logistically support the Alaska National Guard and other state agencies in response to major emergencies. The Soldiers meet monthly, and are trained in communications, logistics

and emergency shelter management. They were last activated in response to the 2015 Card Street fire on the Kenai Peninsula.

The ASDF members hail from Bethel, Fairbanks, Kenai and Wasilla.

"We are so very thankful we had this opportunity to help contribute and perhaps relieve some of the discomfort and suffering of the people of Puerto Rico," stated James. "We are proud of our Soldiers' willingness to serve at a moment's notice, for their professionalism and for the technical expertise that they brought to the efforts."

In the last two months, nearly 100 Alaska National Guard Airmen and Soldiers have deployed to support Puerto Rico and the Virgin Islands after Hurricanes Irma and Maria; Florida after Hurricane Irma; and to Texas during the aftermath of Hurricane Harvey.



Sgt. John Bell, assigned to the Alaska State Defense Force, prepares palletized commodities during a humanitarian relief deployment to Puerto Rico, Nov. 17. (Photo by 2nd Lt. Marisa Lindsay, Alaska National Guard Public Affairs)

CID LOOKOUT ON POINT FOR THE ARMY

Beware of 'Sextortion' Scams that use legitimate online dating sites

Staff Report

U.S. Army Criminal Investigation Command

The U.S. Army Criminal Investigation Command's Computer Crime Investigative Unit (CCIU) continues to caution the Army community to be on the lookout for "sextortion scams" where criminals use legitimate online dating sites to make contact with potential victims and then attempt to blackmail them.

When using a legitimate online dating site, victims are more apt to provide personal information and or participate in online "compromising acts;" however, CID officials are warning Soldiers and others to be very cautious of their online communications and activity and not share intimate, personal information with strangers or people you have never met in person.

Officials describe "sextortion scams" as cyber sexual extortion where perpetrators conduct schemes that leverage online sexual acts for financial gain or other forms of blackmail.

"These criminals will try to get unsuspecting service members to engage in online sexual activities and then demand money or favors in exchange for not publicizing potentially embarrassing information or turning them over to law enforcement," said Marc Martin, special agent-in-charge at CCIU's Washington Metro Office.

Once the Soldier sends a compromising photo or participates in a video chat, the perpetrator threatens to send those images to the Soldier's command, Family, and friends unless "ransom money" is paid, according to Martin.

One scam is when the criminal will claim that the Soldier sent sexual images to a minor, who has now become the alleged victim, and threaten to report the Soldier to law enforcement unless a monetary fee is paid.

"If you meet a person on a legitimate online dating site, there is very little chance that you are actually communicating with an underage person. It is, therefore, very unlikely that you sent or received child pornography or provided your images/videos to a minor," Martin said. "It is important to also keep in mind that law enforcement, to include Army CID, will never agree not to take legal action if you agree to pay [ransom] money to the alleged victim or to the alleged victim's family."

Army CID agents say they can help if you find yourself in this type of predicament.

"If you met someone online who later claims to be underage you should immediately cease all communications with that person and notify Army CID," Martin said. "If law enforcement gets involved early on, there are investigative steps that may help identify the perpetrators responsible for victimizing Army personnel."

Another way that the criminals attempt to extort money is to claim that they are a lawyer working on behalf of the alleged victim. The scammer will request payments are made for things such as counselling for the alleged victim and to replace electronic devices that now contain child pornography. If these demands are not met, the person alleging to be the lawyer threatens to report the incident to law enforcement.

Martin said legitimate law firms will not contact you and ask for money in lieu of reporting you to law enforcement, and typically law enforcement will not attempt to make contact with you over the phone.

"If you are contacted via telephone, always request validating information such as an agency email address and offer to meet in person at a law enforcement facility before proceeding with giving out your personal information," Martin added.

"Stop communication immediately with these

individuals and do not send money because it will not stop the criminal from demanding more money from you," Martin said. "CCIU is aware of instances where scammers threatened to release videos unless a second or even a third payment is made."

Unfortunately, these incidents continue to occur across the globe, and sextortion victims are encouraged to seek the assistance of law enforcement.

"Victims are at risk of further exploitation, that can include demands for additional payments, more sexual images, sensitive military information or access to U.S. Army systems and facilities, so early notification to law enforcement is important," CID agents emphasized.

If you have been the victim of sextortion, adhere to the following:

DO preserve whatever information you have from the scammer(s), such as social networking profile, email accounts used, where money was directed to be sent, etc.

DO notify CCIU at usarmy.cciuintel@mail.mil to report being a victim if you are a service member or an Army civilian employee. If you are not associated with the military, report the crime to your local police department, DHS Homeland Security Investigations at Assistance.

Victim@ice.dhs.gov, or the FBI's Internet Crime Complaint Center at www.ic3.gov.

Victims can seek information on rights and assistance from:

Army Victim/Witness Liaison Program - VWL will assist victim in contacting agencies or individuals responsible for providing necessary services and relief. Command Chaplains.

Family Advocacy Center/ Army Community Service. If victims are not eligible for military services, or where military services are not available, the VWL can provide liaison assistance in seeking any available

nonmilitary services within the civilian community.

For more information about computer security, other computer-related scams and to review previous cyber-crime alert notices and cyber-crime prevention flyers visit the Army CID CCIU website at www.cid.army.mil/cciu-advisories.html. To report a felony-level crime, provide information concerning a crime, or are the victim of a crime, contact your local CID Office, the Military Police, call 1-844-ARMY-CID (844-276-9243) or email CID at Army.CID.Crime.Tips@mail.mil.