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Senior Airman Jamarcus Perry shows off the tools of his trade Wednesday. Perry is a combat arms instructor with the 673d Security Forces Squadron at Joint Base Elmendorf-Richardson, and is a native of Newport News, Va. (U.S. Air Force photo/Tech. Sgt. Robert Barnett)

Airman finds fulfillment in weapons instruction

By Air Force Staff Sgt. Robert Barnett
JBER Public Affairs

Senior Airman Jamarcus Perry’s average work day “at the office” includes teaching classrooms full of people about marksmanship, handling and issuing various weapons, and running a firing range at Joint Base Elmendorf-Richardson.

A first-term Airman with six years of service, serving as a Combat Arms Training and Maintenance instructor wasn’t what he expected to be doing when he grew up.

Perry had been thinking about joining the military since eighth grade, when his math teacher recommended he try ROTC.

When he started high school, he learned they had an Air Force Junior ROTC program and signed up.

“She said try it out, and if I didn’t like it after the first two years, get out,” the native of Newport News, Virginia, said. “I think it was worth it; they show you some good stuff. I ended up staying in all four years.”

After high school, he saw two choices for himself: college or the military.

“I wasn’t ready for the freedom of college,” he said. “I wanted the stability. I wanted the self-discipline. I believe it was worth it. [JROTC] shows you good stuff to help get by in [Basic Military Training].”

“Facing movements came easy. Marching and the commands came easy. They show us how to wear the blues jacket and ribbons and stuff. When we got to that point in basic, I was already a step ahead.”

Today, Perry is a Combat Arms instructor with the 673d Security Forces Squadron.

“I think I’ve grown a lot,” he said. “Security Forces was actually my last choice, but I love working and interacting with people, getting to meet new people, so I figure having the chance to be an instructor, and work with the weapons, that’s a win-win – make the best of the situation.”

The training was challenging, he said, but it helped him realize he wanted to teach it to others.

“When I first started the weapons course, it was kind of hard. But after a while, it got easier. I just wanted to make it easier for somebody else.”

“Airman Perry teaches a lot; he runs the weapons vault and the firing line,” said Air Force Staff Sgt. Aric Shott, CATM instructor and a native of West Palm Beach, Florida. “He helps people qualify on the M4 carbine and M9 pistol for their deployment or their temporary duty, or their next assignment.”

Combat Arms instruction exists to familiarize Airmen with the basics, he said.

Perry said one of the reasons he loves his job are some of the unusual things being in Alaska offers – such as an indoor firing range, which has been upgraded over the last few years.

“I really thought the range was the best part of coming to Alaska,” he said. “That made Alaska so much better. It’s been upgraded – we’ve got the target retrieval system that brings the targets up and takes them back for us.”

“We actually have an iPad so we can do it from the

computer. We can run the range from the tablet from outside of the room. It makes it much easier.”

Perry said teaching is his favorite part of the job.

“It’s the interaction – getting the chance to teach somebody something new,” he said. “We have a good time in class, it makes it enjoyable for everybody. I know for a fact, if you do get into a fire fight [while deployed], you’ll need to know how to operate in case something happens.”

“If someone’s weapon goes down, or your weapon goes down, you’ll at least know how to get it operational enough to defend yourself. What we teach, and what the students teach us, can be important in dire situations,” Perry said.

“That’s why we make sure everybody gets the basics down in class – to be able to defend yourself and your comrades.”

The most interactive part of the class is when they start breaking down the weapons and naming the parts, he said.

“You get to talk to them about what the weapon does and what it can do,” he said. “You get some pretty good answers.”

Perry said he continues to grow and improve his skill set, better himself as a person, and better support his and JBER’s mission.

“It’s great, I love it,” he said. “It really helps that we’re here to get everybody on the right track. I’m doing my best, everyday becoming a better person than yesterday. That’s the goal.”



Senior Airman Jamarcus Perry teaches a class at the Combat Arms Training and Maintenance facility on Joint Base Elmendorf-Richardson Jan. 21. As an instructor, Perry ensures military members are certified in the use of firearms for their deployments. (U.S. Air Force photo/Tech. Sgt. Robert Barnett)

Colonel shares personal story of escaping darkness of depression

By MC2 Johans Chavarro
Navy PASE West

PEARL HARBOR — Army Lt. Col. George Corbari shared his personal story against the struggles of suicidal thoughts – and discussed strategies service members can use to help themselves overcome similar obstacles – during a suicide-awareness presentation at Joint Base Pearl Harbor-Hickam Memorial Chapel Jan. 14.

Corbari, strategic plans and policy officer at U.S. Army Pacific, shared his own story during the presentation, “Piercing the Darkness: Redefining Perceptions about Suicide.”

During his remarks, he discussed modest, employable strategies service members and senior leadership can use in the workplace to aid against suicidal ideations.

According to Capt. William Kennedy, command chaplain for

the commander of Navy Region Hawaii, raising suicide awareness is vital to accomplishing the Navy’s mission, as each Sailor and their family, plays an integral part toward the Navy’s success.

“The Navy’s position is that each one of you, each one of your family members, each one of your shipmates, is invaluable,” Kennedy said.

In the case of Corbari, life seemed to spiral out of control in 2009.

That was the year his son attempted to take his life; he and his wife’s yearlong adoption process almost unraveled; and his son-in-law was severely injured by an improvised explosive device during his deployment to Afghanistan.

Hiding his emotions from his wife and feeling as though he had no one to turn to, Corbari said he began to internalize his feelings and blame himself for the events

that had unfolded.

“When you get to a point that those things become so crushing to you, your mind starts to play some tricks on you, and that’s when you start to get into the darkness,” Corbari said.

It wasn’t until friends he met during intermediate level education noticed him “checking out,” and confronted him that he was able to navigate through his feelings and pull himself out of the darkness he found himself in.

“They attacked what was important to me, what they knew I really valued and that’s how they were able to break through the darkness,” he said. “So, it was what they did for me that helped me start to process things the right way and saved me from doing something harmful to myself.”

Corbari said trustworthy relationships between service members can go a long way toward opening avenues of communica-

tions for someone who may be having suicidal ideations.

“If you don’t know me, you also don’t know the things to drill in me that are important to me,” he said. “And you can ask me the questions, but I may deflect them, I may lie to you.”

“It doesn’t require huge amounts of training, just me building relationships with my shipmates can help someone from doing harm to themselves or me from doing harm to myself.”

Lt. Cdr. Tom Bingol, a Navy chaplain assigned to Navy Information and Operations Center Hawaii, echoed Corbari’s sentiments and expressed the importance trustworthy relationships play in raising suicide awareness throughout the ranks and preventing suicide.

“Corbari really has ‘his hand on a pulse’ that relationships and the connectedness of the relationship makes all the difference in being successful in preventing suicide

and creating a network of support,” Bingol said. “It reminded me of an old saying, ‘People don’t care how much you know until they know how much you care.’”

“In a nutshell, by knowing how much you care for people enables us to actually go into the dark spaces of their life and walk with them toward better alternatives and recovery,” Bingol said.

For Logistics Specialist 1st Class Lisa Mendez, assigned to U.S. Navy Supply Systems Command Fleet Logistics Center, Corbari’s story reinforced the notion that a person’s career will not end because they may be struggling with suicidal ideations.

“When a person speaks out about their struggle with suicide and is that much higher ranking, it really sets the tone that it’s not going to end your career,” Mendez said. “And at the end of the day, a lot of people are worried about that.”

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Inside

Air Force officer prepares for Iditarod, page B-5

Lifelong passion

Martin Luther King Jr.’s legacy A-2

Transition Assistance offers help for Soldiers A-4

Eielson aggressors head for Hawaii, Guam A-4

Matters of Faith: Take time to reflect.....B-2

It’s tax season and JBER offers help.....B-7

Captain’s dedication to running started young, nets win for Air Force Half-marathon team, Story, B-1

The heart of the matter

Commentary by Airman 1st Class
Kyle Johnson

His name was Michael. He graduated high school at the age of 15 at a time when, according to the U.S. census’ website, less than 40 percent of the nation was able to do so. He flew up to the top five percentile when he graduated college with a Bachelor of Arts, after which he went on to earn a doctorate degree from Boston University’s School of Theology in 1955. And he did all this as a black man in a racially segregated country. But his name wasn’t always Michael. As a matter of fact, his new name would become so engraved into American history that the mere mention of it would convey to me a message of equality and freedom. Shortly after Michael was born, his father changed both his own name and his son’s name to Martin Luther King, after one of my favorite historical figures, the famous German protestant reformationist, Martin Luther. Martin Luther King Jr. would prove to be just as much of a revolutionary thinker as his namesake, and just like his namesake it would not be a revolution of violence, but

one of cultural innovation. For 13 years, King fought racial inequity not with bullets, fire or destruction, but with powerful speeches and inspirational leadership. While other Americans received unwanted advertisements and sales calls, King received death threats and hate mail. Those who called him an enemy found their words did not have nearly as much effect on him as his did on them. So they eventually resorted to violence which stopped his speeches, but not his legacy. See, the person who killed Martin Luther King Jr. and those like him may have thought they had won, or maybe they thought they had put a stop to a troublesome upstart. At least for me, all they had done was

turn a hero into an icon. So now, on the third Monday of January every year, schools close, federal employees stay home, and speeches are made, all in the name of racial equality. Nearly 47 years later, we have equal opportunity laws, human resource policies, and a host of elected African-American officials in office. Certainly we’ve come a long way since the 60s in the battle for racial equality, and will continue to work toward a racial utopia in years to come, but what can we learn from King’s teachings and apply right now? We need to get to the heart of the matter. I think every era brings a tragic conglomeration of unjust prejudices about people of certain races, nationalities and religions. We shouldn’t look at our neighbor and

automatically make presuppositions based on their clothes, hairstyle, skin color or religion. I think we should look at our neighbor and make one observation – that person is human. With this observation, perhaps we can make the seemingly small logical jump to treating that person like a human. Racism killed Martin Luther King Jr., but not his dream. His dream was equality for all mankind, regardless of race and also regardless of religion or nationality. At the end of his famous “I have a dream” speech, King concluded in part with this: “When we allow freedom to ring, when we let it ring from every village and every hamlet, from every state and every city, we will be able to speed up that day when all of God’s children, black men and white men, Jews and gentiles, Protestants and Catholics, will be able to join hands.” Honoring the memory of Martin Luther King Jr. isn’t just about honoring a great man with a dream. It’s a commitment – a commitment to judge your neighbors by the content of their character, not by anything else; let us not forget this.

Army’s NCO evaluation reports get total overhaul

By Martha C. Koester
NCO Journal

The recent overhaul of the Noncommissioned Officer Evaluation Report will help identify the next leaders of the Army by ensuring NCOs meet requirements before being given greater responsibility, said officials at U.S. Army Human Resources Command at Fort Knox, Kentucky. Ultimately, the new NCOER – which will transition from a one-size-fits-all report to one based on the NCO’s rank – will offer officials a better tool to determine which Soldiers to place in key assignments. The Army will transition from one NCOER to three separate reports for NCOs of different ranks. The new NCOER, which is due to roll out in September 2015, will also feature new responsibilities for raters and senior raters. “We need to align [the NCOER] with current doctrine,” said Sgt. Maj. of the Army Raymond Chandler III after addressing students in August at the U. S. Army Sergeants Major Academy at Fort Bliss, Texas, shortly after NCOER changes were announced. “We should be measuring people against what we say leaders should be, know and do. ... [New control measures] may be part of the solution, but it’s really going to be about noncommissioned officers upholding a standard to define what means success, failure or excellence,” he said. “With new control measures, everyone cannot receive a 1/1 (exemplary rating) anymore,” said Command Sgt. Maj. Charles Smith, the command sergeant major of HRC. “It’s also going to help shape the Army across the board, because when promotion boards and senior leaders are looking at those files to pick the next future leader of the Army, there will be a clearer distinction between who is among the best.”

Reviewing the old NCOER
The Army began a review in

2010 of the NCOER, which has been in place since 1987. Army leadership wanted to align what they saw as an aging and “over-inflated” NCOER with current leadership doctrine. The goal was to establish and enforce accountability among raters, and determine whether the one-size-fits-all approach of the old NCOER was still appropriate. Army feedback on the current NCOER, lessons learned from it, and comments from centralized selection boards – which noted the difficulty in identifying the best in the Army for promotions or key assignments – were among the factors that helped contribute to the development of the new document, said Sgt. Maj. Stephen J. McDermid, the sergeant major of HRC’s Evaluation Systems Branch. “The bottom line is, it’s going to force rating officials to identify the very best, because centralized selection board comments have noted the difficulty that, when everybody’s file looks the same, it makes it really hard to know for sure that you’re picking the right individuals,” McDermid said. Change was due for the “highly inflated” evaluations of the previous NCOER, McDermid said. Approximately 90 percent of all senior NCOs were basically rated as being among the best in the Army with a 1/1 box check, which is the best possible assessment, he said. “It was very difficult for the Army, selection boards and career branch managers to identify the best talent [with the previous NCOER],” he said. Transitioning from one to three reports helps establish the differences between junior and senior NCOs, while allowing the assessment to focus on grade-specific technical performance objectives, McDermid said. The new NCOER also delineates official rating roles and responsibilities: Raters are to focus only on performance while senior raters are to address the NCO’s potential. The idea is to eliminate the

inconsistent ratings often found with the current NCOER. “[The advantage of the new NCOER for NCOs is] it’s going to level the playing field and ensure fairness across the board,” McDermid said. “Right now, we have a system where there is no accountability for the rating officials. ... If raters use [DA Pamphlet 623-3], it clearly identifies, particularly for the senior rater, what those assessments mean and stand for. With a highly inflated system, everybody feels they must have a 1 in order to be competitive. But the reality is that a 1 should only be used for those truly deserving NCOs who have demonstrated the potential to serve at a higher grade or responsibility.” **Big changes ahead** Another key change of the new NCOER is that support forms will require senior raters to counsel NCOs at least twice during the rating period. But despite the changes on the horizon, rating officials don’t need to change their rating philosophies until the new NCOER is implemented, McDermid said. In moving to a senior rater profile, it becomes even more “critical that [the senior rater] sit down, counsel and mentor that rated NCO,” he said. The counseling sessions will force rating officials to sit down with NCOs to make sure that the expectations laid out by leaders are followed through and the NCOs stay on track, Smith said. Additional responsibility will also be placed on the rated NCO to set a goal for that rating period and to achieve it. “[NCOs will then hear raters say], ‘If you want to remain competitive, if you want to be a future leader in the Army, you’ll have to do the things that are going to get you there,’” Smith said. “You have to stay proficient in your core competencies. You have to go to school to improve yourself. You have to continue to improve on your physical fitness. “All those things that have been

laid out for years, those things are really going to come to the forefront because now not everybody is going to receive a 1/1 [rating]. “This is going to force leaders and Soldiers to strap up their boot laces and really get after it every day.” In order to ease the transition to the new NCOER, mobile teams will begin training in April at HRC at Fort Knox. Once completed, mobile training teams will then instruct trainers throughout the Army in May. Those trainers will then return to their installations, and they will train their assigned units and personnel from June through August 2015 in time for the rollout of the new form in September. “During this time, when we start to roll out and we start training and bringing out mobile training teams to different organizations, it is critical that senior leaders at all levels in the Army are really engaged in this process so that we can properly train the entire Army,” Smith said. “The people who should be putting a lot of emphasis on it are the senior leaders, because if we don’t get this right, we can [adversely] affect some Soldiers’ careers in the long run,” Smith said. Establishing and enforcing accountability for rating officials will be paramount in eliminating rating inflation in the evaluation system, officials say. “Leveling the playing field and making sure that everyone plays by the same rules will create fairness across the board,” McDermid said. “[The current NCOER] is outdated and highly inflated,” he said. “NCOs must understand the move toward [establishing] the accountability of the rating official, which will ensure that we provide accurate assessments because ... not everybody is a 1 [rating],” McDermid said. “When we talk about a culture change, we’re talking about a significant emotional impact on the NCO corps once the new NCOER is implemented.”

Key changes to expect

- Secretary of the Army John McHugh approved the following revisions to the Noncommissioned Officer Evaluation Report on Aug. 1, 2014. The changes apply to all components.
- Sergeant reports will focus on proficiency and are developmental in nature
- Staff sergeant through first sergeant/master sergeant reports will focus on organizational systems and processes
- Command sergeant major/sergeant major strategic-level reports will focus on large organizations and strategic initiative

- Evaluations will include**
- A rater tendency label or rating history for raters of staff sergeants and above.
 - A senior rater profile established for senior raters of staff sergeants and above (managed at less than 50 percent in the “most qualified” selection).
- Rating officials’ roles and responsibilities**
- Rater assesses performance
 - Senior rater assesses potential
- Assessment format**
- Raters will provide bullet comments for sergeant through first sergeant/master sergeant forms.
 - Raters will provide narrative comments for sergeants major and command sergeants major.
 - Senior raters will provide narrative comments for all forms

The senior rater will counsel the rated NCO at least twice during the rating period. A supplementary reviewer will be required in some situations where non-Army rating officials in the rating chain.

TRICARE Online has new dashboard, scheduling features

By 15th Medical Group staff

JOINT BASE PEARL HARBOR-HICKAM, Hawaii — TRICARE Online has undergone significant changes. The changes are intended to improve the user’s experience, and the system has a new look complete with an updated home screen dashboard allowing users to select from appointments, Blue Button, prescription refills, personal profiles and quick links. For those who are current TOL users, the new options are very similar to the old interface. Additionally, TOL has not only been upgraded for system interaction, but there are some new features that have been added

to the site. For example, scheduling and changing appointments online has been simplified. Scheduling an appointment can now be done in just three easy steps. Additionally, appointment reminders within TOL have been expanded. Previously, the system would only notify via text or email for appointments that were booked on TOL. The updated system will now send a reminder for all appointments you make at the military treatment facility where you are enrolled, including those booked with your MTF directly. This new feature will be available as long as patients have signed up for appointment

reminders and log into TOL at least once annually. Another new feature will be earlier appointment notification. When booking an appointment on TOL, you may not get an appointment as quickly as you would like. You now have the option to be notified if an earlier appointment becomes available before your scheduled appointment. Once notified, you can go into TOL and reschedule your appointment for the earlier day and time. Future appointments will also be viewable at the bottom of your appointments screen, so you can easily coordinate the appointment you are making with future

appointments which are pending for you and your family members who are under the age of 18. Go to www.tricareonline.com to register. You must be a TRICARE patient, at least 18 years old, and enrolled with a military hospital or clinic, to be eligible to use TRICARE Online. You can log on with a Premium DS Login, Department of Defense CAC ID or Defense Finance and Accounting Services MyPay credentials. If you do not have DS Logon credentials and would like to create an account, click “register.” If you have any issues in registering, contact TOL customer service at (800) 600-9332.

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Two of 14 U.S. Air Force F-16 Fighting Falcon aircraft with the 18th Aggressor Squadron taxi at Eielson Air Force Base Jan. 17 for travel to Joint Base Pearl Harbor-Hickam, Hawaii, and Andersen Air Force Base, Guam, to participate in Pacific Air Forces exercises. More than 150 maintainers will keep the Aggressors in the air during the exercises, which are meant to prepare U.S. Airmen, Sailors and Marines along with coalition partners in the Pacific theater of operations for contingency operations if the need arises. (U.S. Air Force photos/Staff Sgt. Joshua Turner)

F-16s head to Hawaii, Guam

By Staff Sgt. Shawn Nickel
354th Fighter Wing Public Affairs

EIELSON AIR FORCE BASE, Alaska — Fourteen F-16 Fighting Falcons from the 18th Aggressor Squadron took off Jan. 17 in transit to Joint Base Pearl Harbor-Hickam, Hawaii, and Andersen Air Force Base, Guam.

The group of fighters, along with more than 150 maintainers from the 354th Maintenance Group, is deploying to support the Century Aloha and Cope North exercises.

“It’s been an enormous challenge to get all the resources from this base and the other locations all together to make this come together,” said Air Force Capt. Jaime Samson, an 18th Aggressor Squadron air battle manager. “There have been so many moving parts along with working with career fields I’m not familiar with.

“After all is said and done, these will be great training opportunities.”

The exercises are meant to pre-



ABOVE: Senior Airman Nathaniel Moore, a crew chief assigned to the 354th Aircraft Maintenance Squadron, prepares to launch an F-16 Fighting Falcon on Eielson Air Force Base. **RIGHT:** An F-16 takes off to participate in Pacific Air Forces exercises.



pare U.S. Airmen, Sailors and Marines along with coalition partners in the Pacific theater of operations for contingency operations if the need arises.

“Having exercises are an integral part of staying ready for anything,” Samson said. “We are the smallest Air Force we have ever been and keeping trained with our joint and coalition partners enables us to be ready to cover down

for the entire Pacific region.”

Maintainers will keep the jets in top running order throughout the one-month deployment.

Chief Mark Long, the 354th MXG quality assurance superintendent, said keeping up with all the regularly scheduled maintenance happens no matter where the jets are located – so transferring tools and equipment to keep up becomes a challenge.

“Mission accomplishment and the big-picture results of the job keep these Airmen motivated to overcome these challenges and get the tasks completed every day,” he said. “Being able to be part of that brings a big sense of satisfaction.”

Combined, the Aggressors will fly more than 400 sorties, exceeding 1,000 flight hours, training alongside aircraft from around the

world including the F-22 Raptor, which has recently been employed for the first time in combat.

“When this is all done we have trained a lot of people to be combat ready,” Samson said. “After all the challenges we’ve overcome to make this happen it’s well worth it to have the pilots, maintainers, Pacific partners and entire bases with a lot more knowledge to stand ready when the need arises.”

Denali leaders visit World War I-era fort in Alsace-Lorraine

By Army Maj. Adam Hallmark
4-25 IBCT Public Affairs

ILLKIRCH-GRAFFENSTADEN, France — The bakery no longer smells of fresh bread and its power plant stands silent. Sawdust on the carpentry shop floor has long since been swept away, and it’s anyone’s guess when someone last drank water from its on-site source.

Although its guns have been quiet for exactly 100 years and nary has a soldier slept in its bunks since 1940, Fort de Mutzig in Mutzig, France, remains a work of military wonder to behold.

To see firsthand what makes it such a wonder, senior leaders with 1st Squadron (Airborne), 40th Cavalry Regiment, 4th Infantry Brigade Combat Team (Airborne), 25th Infantry Division, traveled to the Alsace-Lorraine region of France in December to conduct a staff ride related to World War I.

“Staff rides present a unique opportunity for leaders to immerse themselves in places where historical events actually took place,” said Army Lt. Col. Mark Federovich, 1-40th Cavalry’s commander. The squadron is currently serving as a part of NATO’s Multinational Battle Group-East in Kosovo.

“We were presented the chance to visit the Alsace-Lorraine [region of France] by our [Kosovo Force] German partners, so we capitalized on it by turning it into a staff ride to a place most American officers never get to see,” Federovich added.

Army staff rides are in-depth case studies by which officers and noncommissioned officers study and walk a historical battlefield.

At the fort, 1-40th Cavalry leaders got a taste of history from the vantage point of German soldiers in Kaiser Wilhelm II’s army.

Originally called Feste (Fortress) Kaiser Wilhelm II by the Germans, construction of the Fort de Mutzig began in 1893 as part of a network of existing fortifications to protect nearby Strasbourg, on the present-day French side of the Rhine River.

In 1893, however, Strasbourg fell within the newly-created German Empire, as the Alsace-Lorraine region had been annexed by Germany following France’s



Leaders with 1st Squadron (Airborne), 40th Cavalry Regiment, 4th Brigade Combat Team (Airborne), 25th Infantry Division, listen as Heinrich Leo Golz discusses details about an original armored observation post that had the extra added feature of a small cannon during a tour of Fort de Mutzig in December. 1-40th Cavalry leaders were in the Alsace-Lorraine, France, region conducting a staff ride of World War I-era military landmarks courtesy of the German Jägerbataillon 291 of the Franco-German Brigade. (U.S. Army photo/Maj. Adam Hallmark)

loss in the Franco-Prussian War of 1870-71. The region created a buffer zone between Germany and France. Wilhelm II fortified it because French sentiment over its annexation was less than favorable.

“You must understand,” said Heinrich Leo Golz, a former German Luftwaffe pilot and diplomat who served as the tour guide, “this fort was as much a projection of German military prowess at the end of the 19th century as it was a practical means of defense.”

By the outbreak of World War I in 1914, Fort de Mutzig had cost the German government some 15 million Marks – about \$83 million in today’s dollars.

“The fort was the most sophisticated, technologically advanced fortification in the world at the time,” Golz said. “It was the first fort in the world to be built entirely of concrete and the first to feature electricity, powered by its own internal power generation plant – it was completely self sufficient.”

Comprising 400,000 square feet of underground works, Fort de Mutzig also featured three barracks to house its 7,000 German defenders during an all-out engagement along with a bakery, galley, hospi-

tal and other necessities to sustain the garrison, if need be, for three months without re-supply.

During the tour, it didn’t take long for 1-40th Cavalry’s leaders to realize what an impregnable fortification it really was.

“Can you imagine trying to clear this thing?” asked Army Capt. Jason Waidzulis, commander of Chaos Troop, 1-40th Cavalry, as he discussed infantry tactics with his troop first sergeant. “You’d literally have to toss a hand grenade around every corner.”

Fortunately for everyone, no one – attackers and defenders alike – had to experience such a close-quarters fight.

“During Fort de Mutzig’s entire career, the fort witnessed only one engagement,” said Golz as he led the group of officers and NCOs to Battery Number 1, a line of four 150 mm howitzers that saw the fort’s only action.

Golz explained it was within sight of Battery Number 1 that, less than a month after the war began, a battalion of French infantry approached Fort de Mutzig from the northwest near the village of Flexbourg, about four kilometers away.

Not anticipating they were

within range of the German guns, they did not attempt to conceal their position as they prepared to move on Fort de Mutzig. Their decision proved fatal.

“Having pinpointed the French positions, Battery Number 1 opened fire for a solid two minutes,” said Golz. “During that time, all four guns combined fired a total of 291 rounds.”

After Golz described the brief engagement, Army Maj. Dale Terrill, operations officer for 1-40th Cavalry, broke the brief silence that ensued.

“Doing some quick math, four guns, 291 rounds in two minutes ... that’s about two rounds a second. Assuming all four guns fired an equal amount of rounds, that’s roughly 70 rounds per gun and each firing once about every second or so,” Terrill said. “Unreal.”

The effects of the German barrage, however, were very real. The French battalion and a nearby village were annihilated.

Neither the French nor any other Allied force attempted to take the fort or the surrounding area for the remainder of the war.

Despite the success of Fort de Mutzig’s defenders that August,

the fort’s days were numbered.

Four years later, Germany’s failures along the Western Front spelled defeat for the young empire. Kaiser Wilhelm II abdicated on Nov. 9 and went into exile. Germany surrendered two days later and thus ended World War I.

As for Fort de Mutzig’s German defenders, they quietly abandoned the fort following Germany’s surrender and slipped east across the Rhine River.

The fort was occupied by French troops along with the rest of the Alsace-Lorraine region, which became French soil once again.

The French Army continued to occupy Fort de Mutzig during the interwar period, as it was tied into the post-war Maginot Line.

However, after the German Blitzkrieg of 1940, the fort was abandoned.

Today, at 121 years old, Fort de Mutzig stands in remarkably good shape, a testament to the ingenuity and technical know-how of its architects.

Its long gray corridors and incandescent bulbs are a reminder of a bygone era of warfare – one for which the leaders of 1-40th Cavalry have a new appreciation.

Elmendorf pool closure

The swimming pool at the Elmendorf Fitness Center will be closed for the month of February for maintenance.

JAG law school programs

The Air Force Judge Advocate General Corps is accepting applications for the Funded Legal Education Program and Excess Leave Program until March 1.

The FLEP is a paid legal studies program for active duty Air Force commissioned officers and is an assignment action with participants receiving full pay, allowances and tuition. FLEP applicants must have between two and six years of active duty service (enlisted or commissioned).

The ELP is an unpaid legal studies program for Air Force officers, and participants do not receive pay and allowances, but remain on active duty for retirement eligibility and benefits purposes.

ELP applicants must have between two and ten years active duty service. For more information and application materials, visit www.airforce.com/jag, contact Capt. David Schiavone at the Joint Base Elmendorf-Richardson 673d ABW Legal Office at 552-3048, or contact Capt. Megan Mallone at (800) JAG-USAF.

Exchange rewards grades

Students in first through 12th grades can bring report cards to the Exchange to receive a coupon booklet of free offers and discounts. Students can also enter the You Made the Grade sweepstakes to win \$500 to \$2000 gift cards.

For information, call 552-4222.

JBER tax centers open

Active duty members, reservists, retirees, and their family members can receive free tax return assistance and preparation at JBER’s tax centers beginning Thursday.

Volunteers are trained to prepare 1040 EZ and 1040 tax returns, and can provide advice on military specific tax issues, such as combat zone tax benefits and the effect of the

Earned Income Credit. Volunteers are also trained on how to deal with the Alaska Permanent Fund Dividend.

All tax returns done through the tax centers are forwarded electronically to the IRS, and by selecting direct deposit, taxpayers can receive their refunds in as little as one week.

The JBER-Richardson Tax Center is located on the third floor of Building 600 and will be open Monday, Tuesday, Wednesday and Friday from 9 a.m. to 4:30 p.m. and Thursday from 1 to 8 p.m.

The JBER-Elmendorf Tax Center is located on the first floor of the People Center, Building 8517 and will be open Monday, Tuesday, Thursday and Friday from 8 a.m. to 3 p.m. and Wednesday 8 a.m. to noon. Walk-in service is available but customers having an appointment take precedence.

Taxpayers will need proof of identity (military ID); social security cards and birth dates for all dependents; last year’s federal income tax return; wage and earning statements from W-2s, W-2Gs, and 1099-Rs; interest and dividend statements; bank routing and account numbers for direct deposit; amounts paid to day care providers; and day care providers’ tax identification numbers.

Appointments can be made by calling the JBER-R tax center at 384-1040 or JBER-E tax center at 552-5839. Alternatively, customers can make an appointment with one of the unit tax advisors, who may be able to complete tax returns at his or her workplace and forward it to the tax center.

BAH rates rise in 2015

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

This ensures those who have made long-term commitments in

the form of a lease or contract are not penalized if local housing costs decrease.

Provider Drive closure

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

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

Utilities upgrades

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

Doyon Utilities regrets any inconvenience outages may cause, and is working to avoid unnecessary service interruptions. Work on this system is expected to continue through 2016.

To minimize impacts, Doyon is working with installation officials to schedule work that could potentially result in an outage for completion during off-peak periods. If another outage does occur, utilities electrical crews will act quickly to restore service.

When work is completed, the installation will see an improvement in overall system reliability.

DLA Document Services

Defense Logistics Agency Document Services duplicates and prints documents.

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

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

Document Services’ Equipment Management Solutions Program provides networked multifunctional devices that print, scan, copy and fax. Production facilities offer scanning and conversion services for all types of documents.

Document Services also offers Document Automation and Con-

tent Services, a service for building digital libraries of content with online access.

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

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

U-Fix-It Store

The JBER U-Fix-it Stores are open to all Aurora Military Housing tenants.

Assorted items for maintaining your home may be issued from the U-Fix-It Store. The items available are subject to change and limits and some may have a cost. There are also American flag kits and fire extinguishers available. U-Fix-It work includes all home maintenance activities.

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

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

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

A window blind cleaning machine is currently located at the JBER-Elmendorf location. A “reservation required to use” policy is in place with the priority going to military members PCSing. For more information, call 375-5540.

JBER Bargain Shop

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

For information, call 753-6134.

Richardson Thrift Shop

The JBER-Richardson Thrift Shop, located in building 724, Quartermaster Drive, is open Monday through Thursday from 10

a.m. to 2 p.m., and first and third Saturdays from 11 a.m. to 2 p.m.

Consignments are accepted Tuesdays and Thursdays.

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

Priority placement

The Priority Placement Program and Executive Order 13473 provide non-competitive appointment for spouses of active duty service members, including full-time National Guard and Reservists, who are relocating to accompany their service member during a permanent change of station.

The program allows spouses to register for Department of Defense positions and be considered for jobs offered internally. Spouses are matched with positions based on qualifications and preferences.

Job placement will vary with each individual. The spouse remains eligible for a maximum of two years from the date of the PCS orders and are in the program for one year. Military spouses who have never filled a federal position can now register for PPP. This program was previously limited to spouses on a current federal appointment or those who formerly had a federal position.

Military spouses can register at the Civilian Personnel Office at JBER-Elmendorf or the personnel office at JBER-Richardson.

The JBER point of contact is Brenda Yaw at 552-9203.

Furnishing Management

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

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

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

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





ABOVE: Attendees give their attention to guest speaker Rev. Alonzo Patterson Jr. during the Martin Luther King Jr. Day observance in the Frontier theater on JBER-Richardson, Jan. 15.

BELOW: The Shiloh Missionary Baptist Church Choir and Soldiers, Airmen and civilians alike watch a video presentation for the Martin Luther King Jr. Day observance. This event is to remind people Martin Luther King Jr. Day is a day of remembrance and a call to action, not merely a day off. (U.S. Air Force photos/Amn. Christopher R. Morales)

Remembering the dream

By Airman Christopher R. Morales
JBER Public Affairs

Ignorance is a blindfold on the mind, but keeping an open mind allows love to overflow. In the past, prejudices, like segregation, cut society to the point of bloodshed and discrimination led to martyrs and more hateful feelings.

Martin Luther King Jr. understood that and shared it with the world.

Joint Base Elmendorf-Richardson and U.S. Army Alaska hosted a Martin Luther King Jr. Day observance on JBER-Richardson in the Frontier Theater Jan. 15.

Martin Luther King Jr., a civil rights leader, humanitarian and pastor during the civil rights movement in the 1960s, is well-known for his campaigns against segregation and for interracial cooperation.

Jan. 19 is a day of remembrance — a day on, not a day off — and has been since 1983, when President Ronald Reagan signed a federal law to commemorate King's efforts.

To honor King's memory, the Shiloh Missionary Baptist Church choir performed for the Soldiers, Airmen and civilians who attended. The audience also saw a video presentation in remembrance of his legacy,

followed by a speech by Rev. Alonzo Patterson Jr. He served as a minister for more than 60 years and founded the Martin Luther King Jr. Foundation in Alaska.

Life lives off love, and people need to remember, to know, Patterson said. King had a dream, and to make that dream live on, it needs to be pushed to the generations to come, he added.

Patterson was a Soldier for 11 years, and then devoted his life to God.

"[Martin Luther King Jr.] didn't wake up one morning and say he is going to change the world," Patterson said.

King knew there was something missing in the United States and that was love, Patterson said. He realized that to change the world, you must first change yourself.

"It is important to push the dream in this generation because if we don't, the dream will die," Patterson said.

King's dream was for the next generations to be recognized for their character and not the color of their skin. He hoped to break the chains of segregation and promote the equality of all men.

This dream is at risk if nothing is done, and nothing is holding us back but ourselves, Patterson said. Stop waiting for miracles;



believe in yourself to make society better.

Each of us can do our part, by loving and respecting others, Patterson said.

"Life's most persistent and urgent question is, 'What are you doing for others?'"

King famously asked.

Together we can achieve Martin Luther King Jr.'s dream of equality and love by teaching and sharing these ideals to the generations to come.

Finding time to run



By Air Force Staff Sgt.
Sheila deVera
JBER Public Affairs

A lifelong runner, Air Force Capt. Allison Easterly, 962nd Airborne Air Control Squadron Delta flight commander, has participated in several marathons and half-marathons since her first full marathon in 2006.

In 2012, when she was 12 weeks pregnant, she participated in a half-marathon, and then ran another one six months after her daughter was born. Last year in September, she helped her team win first place in the Air Force Marathon Major Command team challenge.

Easterly loves running; she found her niche in running at a young age.

At the age of seven, she wanted to one day run the fastest mile at her school. Her aunt, who used to be a professional triathlete, was thrilled when she showed an interest in running.

"There was nobody else in my family who was interested in running, so I would spend a week in the summer with her," Easterly said. "We would run every day and she would give me different types of drills, training tips, record my running form and give feedback on how I could be more efficient."

As she got older, the Lake Geneva, Wisconsin, native would set goals of distance and time, and her aunt would provide her with a training plan two to three months out.

However, when she was in middle school, Easterly injured her knee and had to have surgery. Coping with the injury, she still continued to run.

"I was a lot slower in high



Air Force Capt. Allison Easterly, assigned to the 962nd Airborne Air Control Squadron, poses for a portrait at Hangar 5 on Joint Base Elmendorf-Richardson, Wed. Jan. 14. The Pacific Air Forces team, with Easterly and four other Airmen, recently placed first in the Air Force Marathon Major Command team challenge based upon composite scores from both the full and half marathons on Sept. 20, 2014, at Wright-Patterson Air Force Base, Ohio. (U.S. Air Force photo/Justin Connahey)

school and it held me back," the runner said. "When I got to college and ROTC, I was able to push past it. Running was solely on me, my choice and my drive -- that is when I realized how much I enjoy running."

Easterly noted that with the typical injuries runners deal with — such as pulled muscles or sprains — it's necessary to listen to the body, take it easy and pull back from training before pushing it again.

The flight commander said Alaska hasn't been a challenge for her due to the mild winter. In fact, the different possibilities in Anchorage keep her training interesting and effective.

"I actually prefer the running environment here to my last base [Tinker Air Force Base, Oklahoma] because in the summer, the weather is absolutely perfect. There are

many trails that have different routes and options," Easterly said.

"My training is very fluid," Easterly said. "I run five to six days a week and I always try to have one speed-workout and one long run (nine miles or more) each week."

While she's not always prepping for a specific race, Easterly said she always considers herself in training and can easily accumulate more than 40 miles a week.

"I always have a good base mileage going on, which is the biggest thing with training for a half or full marathon or any long distance," Easterly said. "You have to have a base mileage [set miles you want to run] before you can build on that."

As an avid runner, she found out about the opportunity to represent Pacific Air Forces in the Air Force Marathon Major Command team challenge at Wright-Patterson

Air Force Base in Dayton, Ohio, from her leadership.

"Our first sergeant had gotten an email from the fitness center here [JBER] and was looking for people to represent PACAF team," Easterly said. "I heard about it and at that time, I hadn't picked a race so it was a good opportunity to try it out."

To be considered, Easterly submitted a request for U.S. Air Force Specialized Sports Training and her last three years of run times and accomplishments.

During the team's win, the total run time for the PACAF half-marathon team was 9:07:38 with an average time of 1:31:17. Her individual run time was 1:37:24.

Easterly's advice to anyone who wants to run or participate in any marathon, "[is that] running is at least 80 percent mental, so anyone who can get past their

mental hang-ups and self-imposed limitations can compete," she said. "It's really just about overcoming those mental blocks."

"Running is something I feel like you have to get in a habit of and once you get in the swing of it and start racing, it's hard to let go of," she said.

"My wife gets up early and runs way more than I do," Air Force Maj. Karl Easterly, 962d AACS assistant director of operations, said. "She does this on a daily basis, goes to training and puts in a lot of hard work."

On the day of the Air Force Marathon Major Command challenge team, Easterly's husband, their daughter and her mother were there to cheer her on.

"I was running fast as I could at the end of the race and congratulated her," Karl Easterly said. "I was definitely proud of her."

Reflect and take time for yourself

Commentary by Army Chaplain (Captain) Rebecca McMichael 59th Signal Battalion

I am reminded that God is present wherever I go. God is at work with my Soldiers, but also in my neighborhood in Eagle River.

There are times when I need to stop and think about God and the wonderful events, people and places around me. There is a lot to be had around Joint Base Elmendorf-Richardson.

Reflection is good for the mind and for prayers; especially if you enjoy nature and the snow, like me. Sometimes, I need to reflect and take time for myself because life can be stressful and uneasy.

It is easy to get drawn into negativity, which doesn't help. It is good to seek out activities that relieve stress and remind us of God's unending presence in life.

I was reminded the other day when I was cross-country skiing in Eagle River and took time to reflect. Several of the neighborhood kids were sledding and having a blast. They were savoring life,

laughing, enjoying the winter sport and bonding with their friends and siblings.

They made bumps in the hill by packing snow, which I am sure took time but was worth the sensation of hitting the air. In these moments there were no worries, fighting or problems. The children shared the flyer and saucer.

I witnessed a message of cooperation and teamwork in their play. It was a great afternoon of sledding delight by my estimation, as I skied nearby.

I kept making laps around the track on my skis trying to get in three miles. After the fifth or sixth lap, I realized it wasn't necessary to continue counting. I instead took in the fresh winter air and followed the model of the children and let it go.

I allowed my mind to wonder at the beautiful mountains and crisp snow under my skis. Even though it was a frosty winter day, there was abundant life and joy.

I think it is great for kids to sled and challenge themselves to fly higher in the air – it certainly

made them laugh more. It was an adventurous afternoon. I need to laugh more too.

I had fun skiing and let my worries pass as I took in the brilliance of the world around me. It was good. I was refreshed. My mind was made clear. My senses were alert to the breeze, the color of the red and purple sunset that evening, the ravens flying by and the chatter of children.

It was helpful to take time and enjoy life instead of watching television. Why watch life on television when you can instead live it and collect memories?

Creating memories, enjoying winter activities and having fun with family and friends is God's work – even if it is through the play of sled-riding children who reminded me to have fun and not take life so seriously. There is plenty of time for that at work.

Renewing oneself is vital for spiritual health and makes me better able to care for people. I thank the creator for the neighborhood children and this beautiful land. I am glad to get back into skiing as



Take a lesson from the children – get a toboggan, find a picturesque snow-covered hill, jump on, let go, take-in your surroundings and savor the life you've been given. (Courtesy photo)

it was one of my favorite activities in high school. It has been decades since my last sled ride.

I have so many wonderful memories of sled-riding with my brother and cousins on the hills, in

our woods, in Pennsylvania.

I am also going to take a lesson from the children and get a toboggan. Who knows where that will take me with God – probably somewhere good.



FRIDAY
Indoor Triathlon

Cheer on your favorite triathlete as the race begins at noon in the Elmendorf Fitness Center. Heats will be assigned before start time (run, swim and bike); farthest overall distance wins. Prizes will be awarded for first and second place, male and female. For information, call or visit the Elmendorf Fitness Center, 552-3622.

Neon Bowling

Head to the Polar Bowl every Friday night in Jan. from 11 p.m. to 1 a.m. for neon bowling. Dorm/barracks dwellers (E-1 through E-4) receive a 10 percent discount. For information, call 753-7467.

Sports Trivia

Think you know more about sports than your battle buddy? Test your knowledge at the Fire Pit from 5 to 9 p.m. For information, call 384-7619.

Parents Night Out

Parents, need a date night? Let the professional staff at the Juneau Child Development Center care for your children from 6 to 10 p.m. For more information, call Central registration at 384-7483.

Hip Hop and Bowl

Like to bowl? Like hip hop? Why not merge the two and bowl to all the hottest urban club music under the neon lights during Rockin' and Bowlin' Night from 11 p.m. to 1 a.m. at the Polar Bowl. For information, call 753-7467.

SATURDAY
JBER Feud

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

Life Drawing

Join Nic and Vanessa Sweet at noon for a free figure drawing workshop at the Z.J. Loussac Library. This is a workshop geared towards adults and high-school aged teens. All participants must bring their own supplies. Nic and Vee Sweet are both graduates of the California Institute of the Arts for Animation. For information, call 343-2975.

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

JAN. 26
Triathlon Sign-ups
Sign up for the Buckner Indoor Triathlon through Feb. 8 in the lobby of Buckner Physical Fitness Center. The triathlon events, bike, swim and run, will occur in 15-minute heats Feb. 9 from 11:30 a.m. to 1 p.m. Only 30 slots are available, so sign-up early. For information, call 384-1308.

The triathlon events, bike, swim and run, will occur in 15-minute heats Feb. 9 from 11:30 a.m. to 1 p.m. Only 30 slots are available, so sign-up early. For information, call 384-1308.

Letter Collage

Create a collage out of alphabet letters. Join us at 4 p.m. for Arts and Crafts at the Two Rivers Youth Center. For information, call 384-1508.

Irish Folk Dancing

Local Irish folk dancers unite for an evening of dance instruction, practice, and fun. Starts at 6:30 p.m. in the public conference room at the Z.J. Loussac Library. All skill levels are welcome. For information, call 343-2975.

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

JAN. 27
Girls Night Out
The 673d Medical Group is partnering with organizations on- and off- JBER to provide a fun-filled night of food, demonstrations, live music, beauty "treatments", door prizes and more for females associated with the military. Bring your friends and join the fun at the Arctic Warrior Events Center from 5 to 8:30 p.m.

Parents Night Out
Parents, need a date night? Let the professional staff at the Juneau Child Development Center care for your children from 6 to 10 p.m.

For more information, call Central registration at 384-7483.

Maker Night

Calling all crafters, coders, gamers, quilters, techs, jewelry makers, knitters – anyone who makes something. Bring a project you're working on to Maker night at the Z.J. Loussac Library starting at 6 p.m. Meet with other local enthusiasts to learn new skills, share project ideas, and meet new people. For information, call 343-2975.

JAN. 30
Artists on the Floor
Ever see an exhibition and wish you could talk to the artist about it? Here's your chance. Painter Ashley Lohr offers behind-the-scenes information about her work at the Anchorage Museum from 6:30 to 8:30 p.m. For information, call 929-9200.

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

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

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

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

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

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

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

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

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

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

Chapel services

Catholic Mass

Sunday
8:30 a.m. – Arctic Warrior Chapel (formerly Soldiers' Chapel)
11:30 a.m. – Midnight Sun Chapel (formerly Chapel 1)
Monday and Wednesday
11:40 a.m. – Arctic Warrior Chapel
Tuesday and Friday
11:30 a.m. – Midnight Sun Chapel
Thursday
11:30 a.m. – Hospital Chapel

Confession

Confessions are available anytime by appointment. Call 552-5762.

Protestant Sunday Services

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

Jewish Services

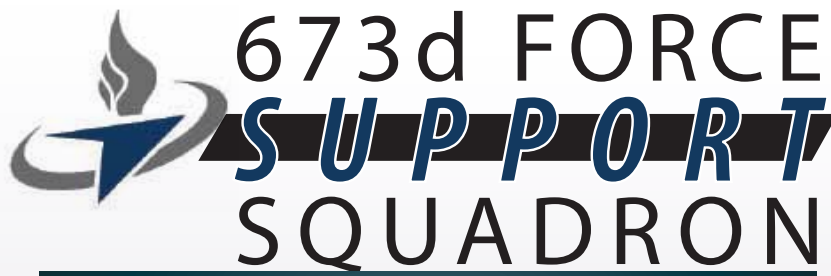
Erev Shabbat Service (First Friday of each month)
5 p.m. – Heritage Chapel
Call 384-0456 or 552-5762

Religious Education

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

Storytime for Toddlers

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



★★★★★
FREE MOVIE NIGHT
at the Talkeetna Theater

January 30

FROM THE MAKERS OF CORALINE & PARANORMAN
THE BOXTROLLS
DARE TO BE SQUARE

6:30 p.m.

Doors open at 6 p.m.
Cash only Concessions!
\$1 Candy | \$1 Drinks | \$1 Small Popcorn
\$2 Large Popcorn | \$2 Nachos | \$4 Combos

Arctic Oasis COMMUNITY CENTER
Bldg. 9497 | 552.8529

BLDG. 9510 • 552.5353

WWW.FACEBOOK.COM/JBERFITNESS

Elmendorf Fitness Center Pool will be

CLOSED

February 1 - 28 for maintenance.

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

WE WILL RETURN

11 12 1 2 3 4 5 6 7 8 9 10

MWR events & activities

20 [MIN] Swim 20 [MIN] Bike 20 [MIN] Run

January 23

Sign up by end of business day Jan. 22

Race Starts 12 p.m.

Heats assigned day of event | Farthest Overall Distance Wins

Prizes for 1st & 2nd Place Male & Female

T-Shirts for the first 30 to sign up

INDOOR Triathlon

JBER Elmendorf Fitness Center

Info: 552.3622

LEARN TO SKI & SNOWBOARD MONTH

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

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

Group Lessons:

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

Prices includes Rental & Lift Ticket.

Jan. After School Ski/Snowboard Programs: "Learn to Shred"

3 Lessons - Thurs. or Fri. | 5 - 6:30 p.m.
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Army 1st Lt. John Arroyo works on strengthening his right hand while his occupational therapist, Katie Korp, looks on at the Center for the Intrepid in Brooke Army Medical Center’s rehabilitation center at Joint Base San Antonio-Fort Sam Houston, Jan. 16. Arroyo, severely wounded in a shooting at Fort Hood last year, hopes his story of survival will inspire others. (Courtesy photo)

Fort Hood shooting victim seeks to inspire others

By Elaine Sanchez
Brooke Army Medical Center Public Affairs

An Army officer, who was severely wounded in a shooting at Fort Hood last year, is using his near-death experience to give others a new lease on life.

“I believe I was given a second chance,” said 1st Lt. John Arroyo, who is recovering at Brooke Army Medical Center here. “I hope my story inspires others to realize that it’s never too late to make a change or to make a difference.”

Arroyo had three deployments under his belt when he arrived at Fort Hood, deep in central Texas, in November 2013. The California native enlisted in 1998 as a truck driver, but jumped at the opportunity to become a Green Beret just a few years later.

After a dozen years in Special Forces, Arroyo was commissioned and selected for the Medical Service Corps.

He was assigned to the 1st Medical Brigade at Fort Hood as a platoon leader. On April 2, 2014, Arroyo was pulling into

the brigade headquarters parking when he heard shots fired.

He had just stepped out of his car as another car parked close by. He had no idea the driver was Spc. Ivan Lopez, who was just minutes into a shooting spree across post. Lopez had already shot and killed two Soldiers and wounded more than a dozen others in another building by the time he pulled into the brigade parking lot.

The next shot Arroyo heard was the one that ripped through his throat. Gasping for breath, Arroyo stumbled back to his car and fell to the ground. He lay there, bleeding profusely and struggling to breathe.

“I thought, ‘Is this it? Am I going to die?’” he recalled. “But then I heard a voice telling me to get up, to hurry and get up.”

With his wife and three children in mind, Arroyo drew on his last reserves of strength to stand up and find help. He held his throat to stanch the bleeding and stumbled toward a man. He suddenly realized he was about to seek aid from the shooter.

“I was within 10 feet of him, but he never

saw me,” he said. “He walked right past me into the building and started shooting again.”

A few Soldiers spotted Arroyo from across the parking lot. They called out: “Soldier, are you OK?”

He was somehow able to answer: “I’ve been shot.” With no time to spare, they raced Arroyo to Carl R. Darnall Army Medical Center.

Meanwhile, the shooter was confronted seconds later by a military police officer. She fired a shot at him and he responded by committing suicide.

Four Soldiers, including Lopez, were killed and 16 others wounded that day.

Critically injured, Arroyo was rushed to surgery and transferred to Scott and White Memorial Hospital for further care.

He was told his voice box and right arm were damaged beyond repair. Yet, two months later he was talking again and, after months of intense rehabilitation at the Center for the Intrepid, has regained the use of his right hand.

His swift recovery wasn’t surprising, he

said. “I was given a second chance by God,” he said. “I should have died in the parking lot that day. I believe I am here for a purpose and will continue to heal.”

Hoping to inspire others, Arroyo began sharing his story with everyone from inmates to students to fellow patients and service members.

“I want everyone to realize that if they’re breathing, they have the opportunity for a second chance.”

Arroyo returned to Fort Hood last month to speak at the hospital’s holiday ball, and to thank the staff for saving his life.

One of the nurses was in tears after Arroyo told her another Soldier who had been shot in the spinal cord was walking again, thanks in part to her care.

“I went back to the spot where I was shot,” he said. “And I wasn’t upset at what had happened. I felt grateful that I was given a second chance to make a difference.”

“I don’t focus on tomorrow; I finish today,” he added. “And I plan to make each day count for something.”

Adventure in Alaska

Air Force officer prepares to mush dogs in Iditarod

By Airman 1st Class Amber Carter
60th Air Mobility Wing
Public Affairs

Snow and trees are all that can be seen for miles while the bitter cold nips at any piece of exposed skin. Air Force Maj. Roger Lee can almost taste the frost touching his warm breath as he yells “mush” to command his 16 dogs to jet across the vast landscape, breaking the deafening silence of his surroundings.

Lee, a 60th Aerospace Medicine Squadron bioenvironmental engineering operations officer, is on a mission to achieve his dream of participating in the Iditarod Trail Sled Dog Race.

The Iditarod, known as “the last great race,” is an annual, long distance trek that takes place in early March from Willow to Nome. Participants control a sled pulled by as many as 16 dogs during the course of nine to 15 days.

Training for a high-endurance sport such as dog sledding involves an extensive amount of physical preparation.

“The physical part of the race isn’t difficult for me because I have made it a priority to maintain a high level of fitness during my Air Force career,” the British born Major said.

“I participate in the Air Force cycling team and I have always volunteered at Outdoor Recreation, leading trips such as kayaking and hiking.”

Attempting to complete a long-distance race under cold climate conditions also involves mental preparation.



Air Force Maj. Roger Lee practices with his sled dogs for the Iditarod Trail Sled Dog Race. Lee hopes to qualify for this year’s race of more than 1,000 miles from Anchorage to Nome. Lee is a 60th Aerospace Medicine Squadron bioenvironmental engineering operations officer. (Photo courtesy of Maj. Lee)

“It’s just like being in the military mindset of knowing your equipment, knowing your people and being aware that you have more to do than what is going on at that moment,” Lee said.

“The mental aspect of preparing for a thousand-mile race in temperatures than can drop below zero is the hardest part because you have to believe in your equipment, your dogs and yourself.”

The race of more than one thousand miles can vary depending on added detours to avoid thin ice or other dangers along the way. “It’s essentially 1,000 miles – plus 49 miles,” Lee said, “representing Alaska being the 49th state.”

The first step for Lee to achieve his goal is to participate in a qualifying race that takes place this month. Three races must be completed before gaining access to participate in the Iditarod.

“The goal is to finish the race,” Lee said.

“I want to focus on caring for the dogs and then just finishing so I can participate in the big race.”

While stationed at Joint Base Elmendorf-Richardson, Alaska, Lee volunteered every year at the Iditarod and met Scott Janssen, a participant and mortician, who became something of a mentor to Lee.

“I met (Janssen) while I was volunteering at the 2012 Iditarod,” Lee said. “He was wearing a Beatles hat, which, being from Liverpool, was a talking point for us. He extended an invitation to train with him if I ever became serious about competing.”

Janssen, known as the ‘Mushin Mortician’ due to his occupation, speaks highly of Lee’s commitment to train and participate

in the Iditarod.

“Roger is a great person,” Janssen said. “He is very positive and detail-oriented. He also is obviously a very dedicated person who set his mind to a goal and works hard to achieve it.”

Lee wants to encourage Airmen to take advantage of the opportunities the military provides.

“I get my excitement fill from outdoor recreation and I’ve been volunteering with the base outdoor recs for my whole career,” Lee said. “I have even taken a hiking trip in a blizzard on a Saturday near Lake Tahoe and then on Sunday, it was 75 degrees. We were sea kayaking in Sausalito (California) down and around the Golden Gate Bridge. You can surprise yourself with what’s around where you are.”



SAPR summit challenges Airmen Lead to prevent sexual assault

By Air Force 2nd Lt. Esther Willett
Air Force District of Washington
Public Affairs

Visiting speakers discussed leaders’ roles in preventing sexual assault at the Sexual Assault Prevention Summit Jan. 13 and 14 at Joint Base Andrews, Maryland.

Air Force Lt. Col. Kevin Basik and Dr. Heather McCauley spoke to 150 Airmen of varying ranks about how leaders can promote a professional culture which deters sexual violence and assault.

Basik and McCauley represent a number of scheduled speakers who addressed participants during the course of the five-day summit designed to stimulate discussion about sexual assault in the Air Force.

“We’re talking about shifting and shaping culture,” said Basik, the senior Air Force advisor for professionalism. “We’ve got to get clear about what a professional is, and then develop a culture around it – a culture of dignity and respect.

This is the journey all of us are on. We want to move the culture; we want to move individuals to focus on the right thing.”

According to McCauley, an assistant professor of pediatrics at the University of Pittsburgh School of Medicine, leaders create cultural norms by determining outcome expectations and what ramifications will ensue if an individual demonstrates negative behavior.

They also set the cultural standard by modeling positive behavior. If the leader doesn’t feel comfortable doing it, it’s likely that others won’t either.

“Influential leaders are critical to shifting social norms,” McCauley said. “We want to shift social norms including the idea that violence is acceptable and that we can’t do anything about it – because we can.”

Leaders must develop the confidence, competence, and judgment to be able to make the right call when it comes to sexual assault, Basik said.



Defense Secretary Chuck Hagel provides closing remarks at the Air Force Sexual Assault Prevention summit Jan. 13, on Joint Base Andrews, Maryland. (DoD photo/Casper Manlangit)

The absence of any one of those factors could hijack prevention efforts. A leader can have his heart in the right place, know what he is doing and still make the wrong call.

In many instances people know what the right decision is, but pressures show up at the gap between deciding and acting, which keep people from doing what they know is right, he said. Some of those pressures include concerns about time and expertise.

Leaders may feel the necessary conversations remain outside the scope of their job. They may worry about being intrusive, or that they don’t know what to say, McCauley said.

“There are a number of barriers that cross sectors,” she said. “These are all very real, and it’s important that they are said so we can create strategies to address them.”

Consistently crossing the gap between deciding and acting requires leaders to clarify what they are committed to, and step into the person they aspire to be, Basik said. Leadership extends beyond compliance with Air Force standards to demonstrating a true commitment to leading and developing others.

“We’re back to identities,” he said.

“It’s got to start with ownership. You don’t develop other people; you support them in developing themselves.”

Airmen took their notes and insights back to their respective working groups designed to create tools to help the Air Force prevent sexual assault. They were charged

to lean into the conversation because everybody has a role in the developmental process.

According to Basik, it starts with thoughts and habits of action.

“You have the ability to shift and change the course of many young men and young women’s lives,” McCauley said.



Secretary of the Air Force Deborah Lee James provides opening comments to the U.S. Air Force Sexual Assault Prevention and Response Summit Monday, Jan. 13. (U.S. Air Force photo/Scott M. Ash)



Soldiers overcome environmental challenges to fitness

By David Vergun
Army News Service

Polar bears thrive in Alaska, as do Arctic wolves – particularly the Arctic Wolves of 1st Stryker Brigade Combat Team’s 1st Battalion, 5th Infantry Regiment, at Fort Wainwright.

Thanks to the Performance Triad – the Army surgeon general’s prescription for building readiness and resilience through adequate sleep, activity and nutrition – the two-legged variety of Arctic Wolves are thriving even more in their harsh environment, according to 1-5’s commander, Army Lt. Col. Thomas M. Hough.

Sleep
Soldiers in the Lower 48 experience a good balance between night and day, but go north to Fort Wainwright, which is close to the Arctic Circle, and light and darkness fluctuate wildly from about three hours of sunlight around this time of year, to around 22 hours of sunlight mid-summer, Hough said.
People in Alaska are at greater risk of having sleep problems because of this fluctuation, accord-



Soldiers from 1st Battalion, 5th Infantry Regiment, 1st Stryker Brigade Combat Team, compete in Operation Bobcat ICE on Fort Wainwright, Dec. 5, 2014. (U.S. Army photo/Spc. Corey Confer

ing to Heidi Knode, the technical director at Alaska Sleep Clinic in Anchorage, 358 miles south of Fairbanks. She explained that it has to do with circadian rhythms of the body’s sleep/wake cycle.
The Arctic Wolves know this, so they developed a sleep plan, said Hough said. “You can’t let the environment master you, you have to master it.”
“In the summer we teach our Soldiers and their families how to construct heavy drapes and sun

shades so they can get some sleep even when the sun is up for 22 hours,” he explained.
“All these techniques passed from one Soldier to another enable the brigade to actively manage the incorporation of new Soldiers into this unique environment.”
Hough admitted that getting sleep isn’t always a guarantee in the Army, especially now that the Arctic Wolves are headed south for a rotation through the National Training Center at Fort Irwin,

California, where heavy drapes won’t be needed and training isn’t constrained to a comfy workday schedule.

Activity
Keeping fit can also be challenging in Alaska this time of year, where temperatures average 2 degrees for a high and minus 18 for a low. That would make for a chilly morning run.
“[Physical training] outdoors can be challenging,” Hough said. “To combat the extreme environment, the brigade has resourced additional indoor physical fitness facilities as well as resourced training programs to educate leaders in how to conduct innovative physical fitness training with limited resources.”
The brigade has a wellness center, which recently opened, so Soldiers now have a full range of indoor fitness equipment. “The indoor space really helped us,” he said.
“The younger generation understands functional fitness. You don’t have to really talk them into it. They get it. They’re motivated about it.”

Nutrition
The younger Soldiers also recognize that eating the right food is also an important part of being fit, Hough said.
It wasn’t that long ago that the brigade dining facilities didn’t have a breakfast salad bar, he said. They now do.
“It sounds small, but it gives Soldiers a lot more choices and opportunities.”
Hough summed everything up, “What we know is that the proper balance of nutrition, fitness, and sleep leads to a well-balanced and healthy Soldier and family.
Balance is best achieved when the Performance Triad is a way of life, a behavioral change that over time becomes organizational culture.
This concept is even more important to the Soldiers of the Arctic Wolf Brigade with the dramatically changing environment.”
“Without the Performance Triad as a core custom, you are likely to find the Alaska environment mastering you versus you mastering your environment,” Hough said.

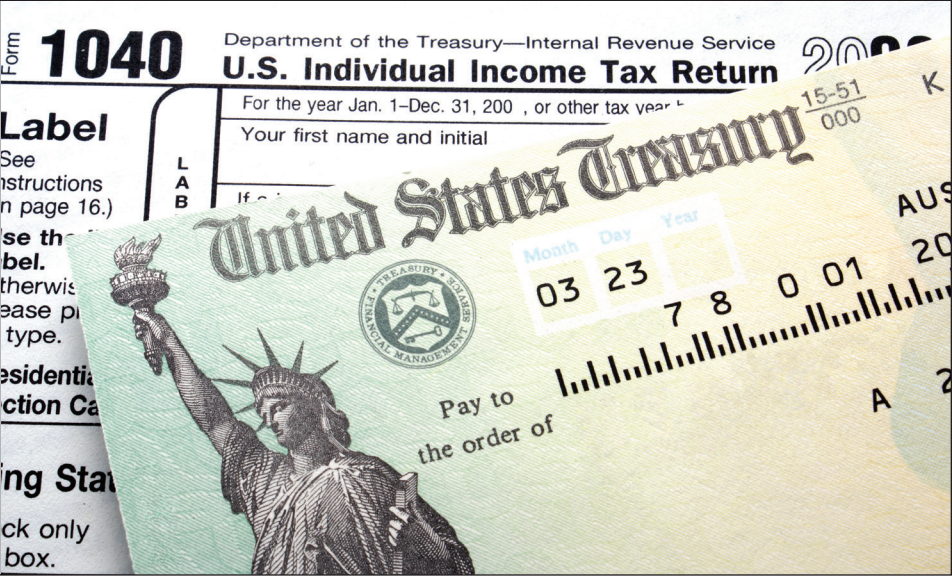
Free tax preparation, advice available to military families

By Nick Simeone
Defense Media Activity

With the new year comes the annual dread of tax-filing season and the confusion and stress that can go along with it, especially for military families whose tax returns can be further complicated by frequent relocations, involvement of rental properties and other aspects of military life.
To ease the burden, the Defense Department, through Military OneSource, is teaming up again this year with H&R Block to offer no-cost tax preparation to the military community with a promise of guaranteed accuracy, a service that otherwise could cost military families hundreds of dollars or more.

No-cost consultation, tax preparation
Military OneSource offers no-cost tax consultation and no-cost tax preparation and filing to service and family members, as well as to reservists regardless of activation status, survivors, and separated service members until 180 days after their retirement, discharge or end-of-tour date, said

Anthony Jackson, a Military OneSource program analyst.
Since it’s online, the service is available to eligible tax-filers regardless of where they are.
“They can do one federal and up to three state tax returns – again, at no cost to the service or family member,” Jackson said.
New features this year
This year, he said, the service is adding features to accommodate those with special tax-filing needs. “If your tax situation includes rental property, charitable deductions or mortgage interest, this software can accommodate those particular situations,” he explained.
Tax experts also are available by phone at no cost for anyone who may have questions before they start using the online tax preparation software.
“You’re getting individuals when you’re talking – tax consultants who are thoroughly educated on the military situation, no matter what it is,” Jackson said.
They also have knowledge of special tax exemptions for combat duty and other



(Courtesy photo)

situations unique to the military. The tax service being offered by Military OneSource is currently active.
Military OneSource was established by the DoD in 2002 to provide comprehensive information on military life free of charge.

Additional free tax preparation is available at Joint Base Elmendorf-Richardson’s tax centers.
Appointments can be made by calling the JBER-R tax center at 384-1040 or JBER-E tax center at 552-5839.