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Whether chronic or growing, JBER clinic solves ...

By Airman 1st Class Kyle Johnson
JBER Public Affairs

It was supposed to be a routine steroid injection, but before she could depress the plunger, the electrocardiogram (or EKG) flatlined, telling Air Force Maj. Nichelle Renk her patient no longer had a heartbeat.

Unable to flip the patient over – standard procedure to mitigate an asystolic vasovagal reaction – due to the cramped room, Renk and her team began moving equipment, Tetris-style, to shoehorn a gurney into the tiny space.

Before they did so, the patient shuddered and came to.

It was a fairly common and potentially lethal complication; a puzzle demanding a solution.

“We are always looking for that and are very good at treating it if something does happen,” said Renk, a 673d Medical Group Pain Management Clinic element leader and interventional pain management specialist.

The team’s ability to work in the cramped conditions was a testament to the quality of service the pain clinic offers, but the protocol was just a bandage – the procedural room needed treatment.

So the pain clinic did what the pain clinic does. They solved the problem.

To increase the clinic’s capacity and efficiency, they requested renovation, and enhanced both operating environment and staff.

They added two new operating rooms for procedures, one of which allows medical staff to easily and quickly handle emergency situations. This ensures maximum patient safety at all times – and increases the clinic’s operating space by a badly needed 25 percent.

Additionally, a new case manager, pain psychologist, and two licensed vocational nurses joined to the staff, beefing up the total to 14 members.

Renk said the goal is to have a staff of 22, but as they started with fewer than a half-dozen, she is happy with the progress they have

made thus far.

Whether the problem is a cramped procedure room or chronic back pain, the JBER pain clinic pieces together solutions to new problems every day, and sees more patients than any other pain clinic in the Air Force.

In order to be seen at the pain clinic, a patient must have been experiencing pain for more than six months with little to no relief, Lewis said.

“When [patients] are here, they’re happy, they’re smiling, they’re hopeful,” Renk said. “That’s the key thing.”

“It was so painful to brush my teeth and put on my combat boots every morning,” said one patient in an Interactive Customer Evaluation comment. “I am active duty, and ‘down time’ puts my unit and the mission on hold. Dr. Renk took care of me so I can take care of the mission. Words are not enough to explain how much relief I have right now. Thank you all so much.”

Because of positive feedback the pain clinic is receiving through ICE, the clinic and its doctors have nabbed several awards since January.

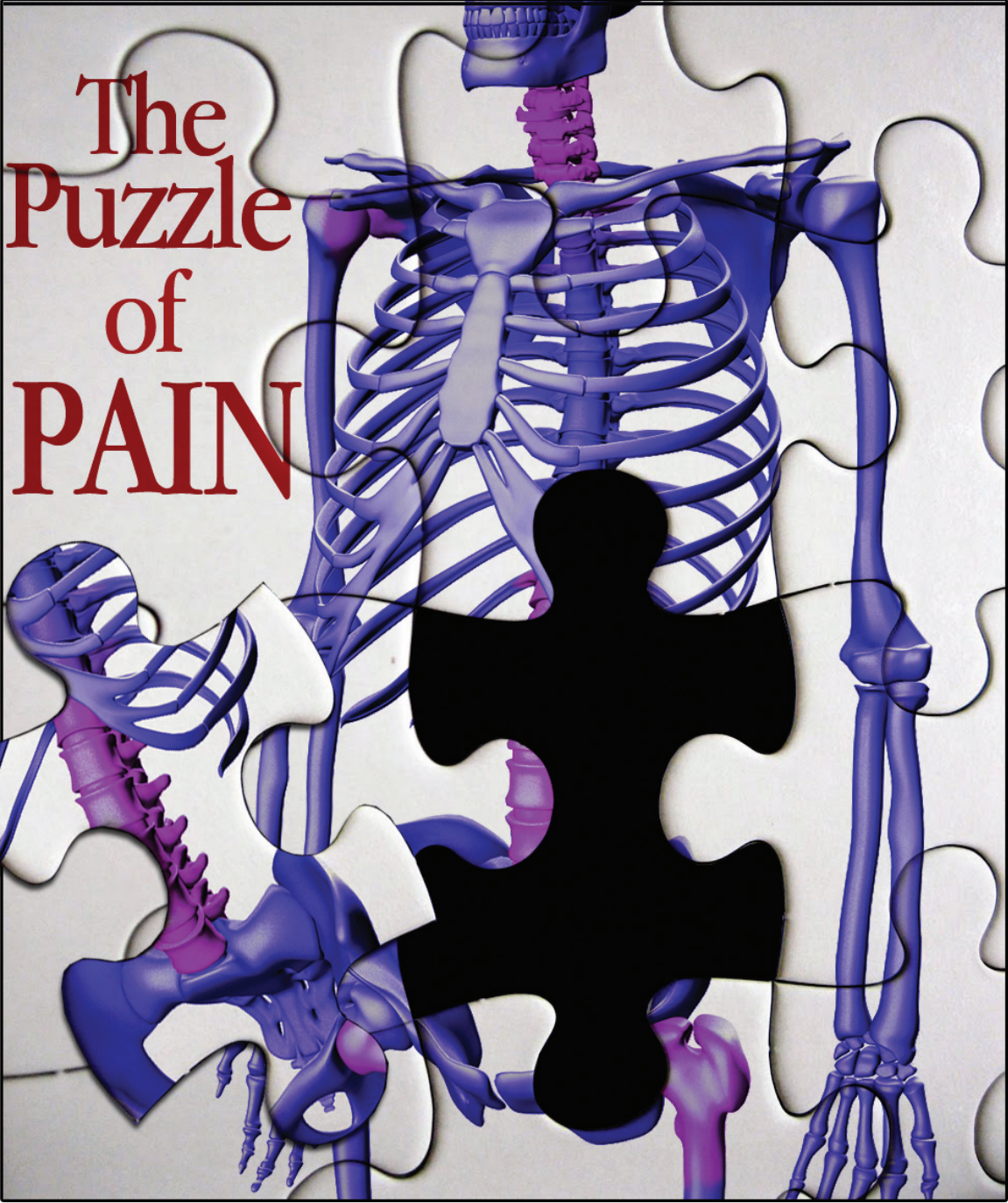
“Sometimes we can only improve the pain for a period of time,” Renk said. “But our hope is to improve the daily experience of pain and improve function.”

“Chronic pain is very different from acute pain,” Renk said. “With acute pain, there is something anatomically wrong, but with chronic pain, there’s actually a transformation to a disease of the nervous system. Our job is to try to stop that process as best we can.”

Renk said by offering a multidisciplinary approach to pain management, the clinic has been able to treat patients very successfully with very little medication.

“We only have 22 percent of our patients on any kind of narcotics,” Renk said. “The average [for a pain clinic] is 95 percent.”

“Medication treats symptoms; we treat the problem,” said Air



(U.S. Air Force illustration/Chris McCann)

Force Master Sgt. William Lewis, flight chief for Anesthesia Services with the 673d Surgical Support Squadron.

However, puzzling out each patient’s individual problem isn’t a static process.

The staff members strive to treat every patient they see as an individual.

Underneath the medical gown is not just a patient with a problem, but a person in pain.

“We listen to your symptoms,

perform an examination to identify exactly what the issue is, and tailor a treatment plan specifically for that problem,” Lewis said. “That’s what the pain clinic does.”

Every person’s problem is unique, and the pain clinic strives to offer a unique solution for each individual – not by stamping a prescription and sending them on their way. “There’s no right way to treat patients. Everyone’s different,”

Lewis said. “That’s why we have a huge toolbox of options to offer patients.”

By constantly looking for new tools to put in that box of treatment plans, both inside and outside the hospital room, the pain clinic strives to give patients their best hope for recovery.

“I think they sometimes come to us hopeless, and through encouragement, giving them options and being positive, I think we’re giving them hope.”

Alaska Air National Guard security forces troops prepare to deploy

By AKANG Staff Sgt. Edward Eagerton
176th Wing Public Affairs

What do a stay-at-home dad, a cheer-leading instructor, a youth pastor, a truck driver and a corrections officer all have in common?

If your answer is that they are all members of the Alaska Air National Guard, training to deploy in defense of their nation, you would be correct.

These community members are just a few of the 13 Airmen from the AKANG’s 176th Security Forces Squadron who departed March 14 to attend the Base Security Operations course in Fort Bliss, Texas.

Part of the 204th Ground Readiness Center, the BSO course is designed to prepare Airmen for a scheduled deployment in support of Operation Enduring Freedom.

Among the many skills taught and refined at the course are land navigation, team movements, improvised explosive devices lanes, mounted and dismounted patrols, and airfield security.

Airman 1st Class Tasha Straughn of the 176th SFS, said this is her first deployment and that she is excited for the opportunity.

“I’m happy to be able to do my part,” she said. “I feel like I’m going to gain a lot of experience from this deployment.”

A cheerleading coach in the civilian world, Straughn is also seeking a degree in criminal justice.

She said she feels this experience will help her achieve her goal of one day becoming a U.S. Marshal.

Before leaving for Texas, Straughn and other members of her unit completed their



two-week annual training to prepare for the BSO course, as they transitioned from life outside the fence, to being the front-line guardians on the perimeter of wherever they are sent to defend.

Crawl. Walk. Run.

“It’s a process,” said Tech. Sgt. Peter Kanz, training noncommissioned officer for the 176th SFS. “These guys came in from their civilian jobs, and we took them through a lot of refresher courses to get ready to go to Texas. Annual training was like the crawling part. Down there, it’ll be the walk to run, as they get ready for deployment.”

It’s all mind over matter, he said.

“We have to reorient their way of thinking,” said Kanz. “We spent the two weeks of AT getting them to remember how to do the job so when we leave for Texas, it won’t be unfamiliar. It can be difficult going

from your civilian job, to being ready for a deployment, but these guys are picking it back up well.”

Training for the job included weapons qualifications, battle drills, squad movements, and many online classes.

“We were doing a lot of train ups,” said Staff Sgt. Brian Heinz, a security forces member of the 176th SFS. “We had a lot of computer-based training that’s required, but then we did other things, like in-country specific training, language guides for example. But for us, as security forces, weapons are one of the extremely important parts. We have to make sure our M4 (carbine) and M9 (pistol) qualifications are up to date.”

For Heinz, this deployment will not be his first; he spent two combat deployments during his seven years in the Army as an airborne infantryman.

After leaving the Army, he worked for the Anchorage Police Department before deciding he missed life in the military.

“You really don’t realize what you lose until you get out,” he said. “It’s a community.”

Heinz said he joined the Air National Guard as a security forces member, because he felt it was a good fit for his background in both combat arms and working as a police officer. He also felt that his previous experiences will help him to mentor those who have yet to deploy.

“I want to be there for my people to give them a sense of reassurance,” Heinz said. “If we end up in a situation where bullets start flying or some other bad situation, I want them to know that they can get through it. At the end of the day, it’s about looking out for each other.”

Air National Guard Staff Sgt. Adrian Battle, a member of the 176th Security Forces Squadron, aims a M203 grenade launcher during annual training on Joint Base Elmendorf-Richardson in February. The 176th SFS spent two weeks training to prepare for the Base Security Operations course at Fort Bliss, Texas. The squadron will deploy in support of Operation Enduring Freedom soon. (Air National Guard photo/Staff Sgt. Edward Eagerton)

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The legacy of ‘Rosie the Riveter’ still inspires generations of women
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We Can Do It!

Generations later, ‘Rosie the Riveter’ continues to inspire

Commentary by Air Force Staff Sgt. Alexandra Longfellow
509th Bomb Wing Public Affairs

WHITEMAN AIR FORCE BASE, Mo. — As we recognize Women’s History Month, I am struck by the thought that heroes and role models do not have to be one single person but, in fact, can be several people. For me, this truth is especially relevant.

During World War II, many women opted to take on male dominated trades to support their families while their husbands fought in the war.

This was a stark change from an era in which women typically were housewives.

It was during this time that “Rosie the Riveter” was born.

In 1942, Veronica Foster, who had in the previous year become the face of Canadian women in the war effort as “Ronnie the Bren Gun Girl,” donned the red bandana and rolled up her sleeves for Canada’s neighbors to the south.

“Rosie the Riveter,” as she was known in the U.S., was soon the iconic image of women entering the workplace and taking up industrial jobs in support of their nation.

Originally, it was meant to represent the millions of women employed at shipyards and manufacturing plants who were developing the nation’s military arsenal and assembling war supplies.

The poster itself evolved into a multi-dimensional inspiration.

Shortly thereafter, Redd Evans and John Jacob Loeb wrote a song in tribute to Rosie, which became very popular.

“All the day long,
Where rain or shine
She’s part of the assembly line.
She’s making history,
Working for victory
Rosie the Riveter”

Even today, Rosie’s signature expression and inherent strength



ABOVE: A turret lathe operator machines parts for transport planes at the Consolidated Aircraft Corporation plant in Fort Worth, Texas, in 1942. When mass conscription of males created a labor shortage, more than three million women stepped in to fill the gap, often in heavy industry for the war effort.
LEFT: Staff Sgt. Alexandra Longfellow, 509th Bomb Wing Public Affairs photo-journalist, displays her tattoo of “Rosie the Riveter.” Longfellow was inspired by Rosie and the women who worked in factories to support the war effort during World War II. (U.S. Air Force photo/Staff Sgt. Alexandra Longfellow)

are an inspiration to millions of Americans, myself included.

I first learned about Rosie when I was seven. My mom handed me a magazine to look through and I saw the bright yellow and blue background overlaid with a girl showing her muscles. I was so intrigued by the girl in the red polka-dot bandana.

From that moment on, I constantly asked my parents who she was, what she did and why she did it. I wanted to be exactly like her when I grew up.

I pushed myself hard in high school. During those years, we learned my mother had brain cancer, while my father’s health would go from bad to worse. I needed to learn to support myself in any and every way possible.

I needed to be independent. I applied myself at school, extra-curricular activities and several different jobs.

My parents signed the papers for me to enter the Air Force at the age of 17.

Three weeks after I graduated high school, I was on a plane headed to San Antonio, Texas, for basic military training.

Although I do not get my hands dirty on an assembly line every day the way Rosie did, I still pull my hair back tight and use my hands to get the job done for our military and to provide for my family.

Every time I felt I could not do something, whether in BMT or at my duty station, I remembered the millions of women who rose above and conquered what others thought

they could not.

My mother passed away while I was at my first duty station and shortly after that my father passed. During those times, I kept a positive attitude. I needed to; it was who I was and who I needed to be.

I had a can-do attitude and knew I was not alone. Thinking of Rosie helped me get back up on my feet and continue to do good things with my life and become a better Airman, a better me.

I am a single mother of two children, full-time student and a military career woman. I give 100 percent in every aspect in my life. I am a real life Rosie.

I have a tattoo of Rosie on my right arm as a symbol of how I became who I am today. Rosie taught me that all people, not just women,

can do anything they want as long as they set their mind to it – and history shows that.

World War II represented a major turning point for women as they eagerly supported the war effort. The long-term significance of the change brought about by the war provided the foundation for the contemporary women’s movement.

Although women have made tremendous progress during the past 50 years, Rosie the Riveter still stands as a beacon of inspiration and determination.

The “We Can Do It” poster means so much to women in America – a symbol that illustrates both a proud legacy and the challenges they will continue to face and conquer in the future.

Diagnostic imaging Airman strives to provide outstanding care

By Tech. Sgt. Raymond Mills
JBER Public Affairs

Being raised in a household of minimal means made achieving a traditional education all but impossible for Air Force Staff Sgt. Cecilia de la Rosa, 673d Medical Group noncommissioned officer in charge of mammography.

Her father, an immigrant and sole provider for a family of five, worked as a welder and part-time musician in Phoenix, Arizona to supplement the family income, while her mother raised her and her siblings.

Unable to afford a traditional education, de la Rosa attended a local community college.

“I had dreams for a higher education but I couldn’t afford it,” de la Rosa said. “I wanted to be able to live on my own, maintain a great job and go to Arizona State University, but I had to give up on my dreams.”

While attending community college she met a friend who was in the process of enlisting in the Air Force. Knowing nothing about the military, she tagged along.

“While running errands one day, we stopped by the recruiter’s office, and after hearing them talk it sparked an interest in me,” said de la Rosa.

“After researching the different military branches, four words stood out: travel, education, career and free” she said. Enlisting would not only pay for my schooling and allow me to travel, but also pay me for my service.”

“I evaluated my life at the time and knew I would not be able to live out my dreams of traveling and receiving a higher education,” de la Rosa said. “At that point, the Air Force was my choice. Master Sgt. Elva Shipp, a local recruiter, listened to what I had to say, and answered all my questions. Soon after 9/11 happened, I knew I had to go. I had the calling.”

De la Rosa graduated basic military training before proceeding to Sheppard Air Force Base, Texas, where she was trained as



Air Force Staff Sgt. Cecilia de la Rosa, 673d Air Base Wing noncommissioned officer in charge of mammography, reviews mammography test results at Joint Base Elmendorf-Richardson March 4. A mammogram is an X-ray picture of the breast, used to check for breast cancer. (U.S. Air Force photo/Tech. Sgt. Raymond Mills)

a nationally registered diagnostic imaging specialist.

While on the job, de la Rosa stays busy administering ultrasound to patients in need.

“I contribute to the mission by providing the best medical care I can,” de la Rosa said. “We see all patients in a timely manner, to hopefully get them back to doing their job that supports the mission as well.”

During her service, she has encountered highs and lows in her chosen profession.

“Throughout my career, I have had the pleasure of meeting amazing couples,” de la Rosa said.

Although some visits can be awkward and uncomfortable, others are full of excitement and anticipation.

During one such visit a young couple arrived for their 20-week obstetrics anatomy screening with a positive outlook.

“Their energy alone was something I had never experienced

before,” de la Rosa said. “From the moment I called their name in the waiting room to the moment they left the ultrasound room, they were the most energetic, friendly and loving couple [I had ever seen].”

During the visit, the couple remained engaged and absorbed all the information provided, she said.

Exams are procedural and to the point, with little conversation and limited interaction. The diagnostic imaging technologist conducts the examination and processes the results.

The couple was hoping for a baby girl but were more than happy with either gender, as their main concern was having a happy, healthy baby.

“Are you guys ready to know the gender?” asked de la Rosa. “Of course, they shook their head yes, so I found the best image I could and said “congratulations...you’re having a girl.”

“Instead of the usual excite-

ment that accompanies good news, the couple remained quiet as they looked at each other; held hands and began to cry while smiling the entire time. Afterwards they thanked her and asked if they could give me a hug.

“I was delighted to hug each of them,” said de la Rosa. “They had just made my day.”

The situations aren’t always success stories.

“My worst day was when I was a still a student,” de la Rosa said. “I brought a patient and her husband back to an exam room and began the study. Within the first few seconds, I noticed the baby did not have a heartbeat. My heart sank and my body went cold. I felt a lump in my throat and was on the verge of tears.”

Policy dictates the radiologists confirm the results and inform the patients.

Upon informing the patients that there was no heartbeat and the delivery was not viable, de la Rosa

broke into tears. “The husband sat next to the wife, and began to cry as well. That was a heartbreaking moment for me.”

Due to the demanding requirements placed on medical staff, the job can sometimes become overwhelming.

When this happens, Airmen look for ways to decompress.

“When the job becomes too much, I usually take leave and visit family back home,” de la Rosa said. “Sometimes I take leave and travel around the local area. I love going to the movies, watching some of my favorite TV shows with friends or just pampering myself.”

Although everyone needs a break now and then, de la Rosa remains committed to her patients and her primary mission.

“I do this job every day and love what I do,” de la Rosa said. “That moment alone reminded me that what I do matters to others. I am military 24/7, but that is the not reason why I show up every day with a smile on my face and deliver the best care that I can. I do it because I believe in what I do.”

De la Rosa’s hard work and determination is recognized within the medical clinic.

“Staff Sgt. de la Rosa took on some of the most difficult tasks our department faced and proved herself capable every time, tackling each challenge head on,” said Tech. Sgt. David Leon, 673d MDG picture archiving and communications system administrator.

De la Rosa continues to maintain a positive outlook while embracing her job and looking forward to the challenges associated with it.

“I absolutely enjoy my job,” de la Rosa said. “My job is always growing and changing. I will never be bored with it. It challenges me every day, and I continue to learn new things.

“You have to be at the top of your game every single second. That may be a tough standard, but I accept it, and work hard to achieve it every day.”

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The new ‘Greatest Generation’ – today’s volunteer forces

Commentary by Army Col.
Michael Forsyth
Alaskan Command

I often hear it said that today’s generation is nothing but slackers, concerned only about gratifying themselves.

I remember my parents’ generation saying the same thing about mine, and I suspect my grandparents made similar statements about my parents’ generation.

My grandparents sprung from the so-called ‘Greatest Generation,’ the moniker popularized by Tom Brokaw’s book chronicling the sacrifices made during World War II.

While I hold the ‘Greatest Generation’ in high esteem – several of my relatives served overseas in World War II – the latest generation is proving that it deserves respect and recognition for enormous sacrifices in current conflicts.

Today’s service members, I believe, represent America’s new ‘Greatest Generation.’

Since 9/11, more than thirteen years ago, well over a million young Americans have volunteered to serve their country in a time of war.

When the war began in October 2001, resulting in the toppling of the Taliban, there were more than two million personnel serving in all components of the armed forces.

A large number of these subsequently served and sacrificed in harm’s way at some point over the last thirteen years, which is very commendable.

However, all of those who volunteered to serve after 9/11 have done so with the knowledge that they will most likely deploy into combat to Iraq, Afghanistan, or both.

With this level of volunteerism in a volatile world, is it justifiable to say that this generation of Americans is any less deserving of esteem than previous generations?

The plight of today’s service member is better than that of one from the 1940s.

In World War II, there were no Gor-Tex jackets for warmth, no air-conditioned barracks, and no text messaging to stay in contact with family. Once inducted into service, a young person back then would



Soldiers from USARPAC Headquarters Support Company dressed in uniforms from various periods of Army history for the “Legacy of Honor” concert at Fort DeRussy, Hawaii, during Pacific Theater Army Week, held in celebration of the U.S. Army’s 239th birthday in June of 2014. (U.S. Army photo/ Sgt. 1st Class Crista Mary Mack)

not see their family for years, in many cases.

But today’s generation has its own unique set of challenges to overcome – a cycle of multiple one-year deployments; hard training between deployments; and combat in the extreme environments of Asia.

The young people who volunteer to do this are special precisely because they do so with the knowledge that such hardships are part of their immediate future.

Most of today’s volunteers are under the age of 29, and they come from every demographic of American society and from all 50 states and our territories. At home they may have been high-school athletes or couch potatoes playing video games. But regardless where they came from or what they did at home, they volunteered to serve in a time of war.

The motivation might have been adventure, college money, a chance to see the world, or to do something above satisfying self.

Whatever the case, they came forward when the nation needed them and have offered themselves as a potential sacrifice to meet

those needs. Volunteering in today’s armed services is an act deserving of the highest order of respect.

One of these fine young people served in my battalion in Afghanistan in 2009. Sgt. Elijah J. Rao volunteered to serve in the Army in 2004. His mother told me he did this to ensure the events of 9/11 would never again occur on American soil. Rao became a field artillery meteorological crew member in a field artillery battalion and served a 15-month tour of duty in Iraq after enlisting.

Just weeks after returning in 2008, our battalion began preparations for a deployment to Afghanistan.

Training took Sergeant Rao away from his wife and child for weeks at a time as we readied for the Afghan battlefield.

The training included turning communicators, cooks, artillerymen, and meteorological crewmen into infantrymen. We deployed in June of 2009, and almost immediately engaged in firefights on multiple occasions with the Taliban.

On Dec. 5, 2009, Sgt. Rao made the ultimate sacrifice when

he was killed by an improvised explosive device while patrolling with his platoon in western Nuristan Province.

This sacrifice is worthy of the greatest honor – and it has been replayed more than 6,000 times during the course of this conflict. Rao is representative of the New Greatest Generation.

Today’s generation is a reflection of our society and services from generations past.

When I began my service to the nation in the 1980s, many Vietnam veterans trained and mentored me.

These men were trained by the heroes of World War II and Korea, who inculcated a sense of duty in the next generation of service members eager to emulate the liberators of Europe and the Pacific.

But the ‘Greatest Generation’ also had mentors – a generation of doughboys who burst onto the scene in Europe to end the tragedy of the Great War.

Before them was a generation of Civil War veterans who saved the Union in the mid-19th century. This thread of tradition, service, and sacrifice traces all the way back to the roots of our nation.

During the American Revolution, a ragtag band of young people with a desire for freedom came together to inaugurate a new nation. Their sacrifices began a long line of future generations who answered their country’s call in war and performed with dignity and honor.

Today’s generation is their legacy – one passed through the generations to maintain service traditions and preserve our great nation. Today’s service member is a reflection, from a distant mirror, of great Americans.

This generation of American service members will pass on the precious legacy they received to yet another generation – which will, I am quite sure, be spoken ill of, denigrating their values, work ethic, and dedication.

Nevertheless, from today’s service members and that future generation will come teachers, civic leaders, youth coaches, entrepreneurs, and statesmen. Inculcated with the values passed on by previous generations, they will ensure America remains the greatest nation on earth because it is a place of freedom with responsibility.

Our charter as the ‘older’ generation is to pass on the values and traditions – the legacy – of our forebears so they can carry America forward.

Today’s young people are probably the same as all previous generations; they are immature and full of energy channeled in various directions – as we expect all young people to be. Volunteering for service to the nation is a crucible by which this, and every other, generation proves its mettle.

Today’s service members have proven as worthy of praise as any from the past.

They will take the mantle of leadership and become the standard bearers of tomorrow. We must mentor them to reach their full potential for a bright future, rather than berating them for shortcomings.

If we do, then based on the example today’s young men and women have demonstrated, they will earn the sobriquet America’s New Greatest Generation.



Spc. Jacob Ospolava, a native of New York City, assigned to the 4th Infantry Brigade Combat Team (Airborne), 25th Infantry Division, U.S. Army Alaska, pulls security during a forced-entry parachute assault on Malemute drop zone at Joint Base Elmendorf-Richardson Wednesday. (U.S. Air Force photo/Justin Connaher)

Military justice proceedings released for month of February

Articles 15

A 673d Medical Operations Squadron senior airman received nonjudicial punishment for having alcohol in his dorm room and failing to secure his dorm room when it was unoccupied, in violation of Article 92 of the Uniform Code of Military Justice. He received a suspended reduction to airman first class, and a reprimand.

A 3rd Munitions Squadron staff sergeant received nonjudicial punishment for an unprofessional relationship, failure to uphold duties of a Noncommissioned Officer, and adultery in violation of Article 92 and Article 134 of the UCMJ. He received a reduction to senior airman, 14 days’ extra duty suspended, and a reprimand.

A 673d Security Forces Squadron senior airman received nonjudicial punishment for larceny, in violation of Article 121 of the UCMJ. He received a reduction to Airman, with reduction past airman first class suspended, and a reprimand.

A 732d Air Mobility Squadron staff sergeant received nonjudicial punishment for larceny, in violation of Article 121 of the UCMJ. She received a suspended reduction to senior airman, forfeiture of \$285.00 for two months, and a reprimand.

A 3rd Munitions Squadron airman first class received nonjudicial punishment for misuse of a government travel card in violation of Article 92 of the UCMJ. He received a reduction to airman and a reprimand.

A 3rd Operations Support Squadron

airman first class received nonjudicial punishment for wrongful appropriation and making a false official statement in violation of Article 121 and Article 107 of the UCMJ. He received a suspended reduction to airman, forfeiture of \$867.00 for one month and a reprimand.

A 3rd Aircraft Maintenance Squadron airman first class received nonjudicial punishment for driving without insurance and making a false official statement in violation of Article 92 and Article 107 of the UCMJ. He received a reduction to airman, 30 days’ extra duty suspended, and a reprimand.

A 673d Security Forces Squadron senior airman received nonjudicial punishment for assault consummated by a battery, in violation of Article 128 of the UCMJ. He received a reduction to airman, with reduction past airman first class suspended, and a reprimand.

A 3rd Aircraft Maintenance Squadron airman first class received nonjudicial punishment for ffor making a false official statement, and for violating the foreign national visitor policy and dorm visitation hours in violation of Article 107 and Article 92 of the Uniform Code of Military Justice. He received a reduction to airman, 30 days’ extra duty suspended, and a reprimand.

Courts martial

On Feb. 11, at a general court-martial at JBER, Pfc. Alexander E. Denson was convicted by a military judge of one specification of false official statement, four specifications of aggravated sexual assault,

one specification of assault with force likely to produce death or grievous bodily harm, seven specifications of simple assault, and two specifications of communicating a threat in violation of Articles 107, 120, 128, and 134 of the UCMJ. The accused was acquitted of one specification of aggravated sexual assault and one specification of assault with force likely to produce death or grievous bodily harm in violation of Articles 120 and 128. The judge sentenced the accused to be reduced to the grade of private (E-1); to forfeit all pay and allowances; to be confined for 68 months, and to be discharged from the service with a bad conduct discharge.

On Feb. 19, at a general court-martial at JBER, Army Master Sgt. Jeremiah K. Smith was convicted by a military judge of violating one specification of failure to obey a regulation, and one specification of false official statement in violation of Articles 92 and 107. The accused was acquitted of one specification of failure to obey a regulation, two specifications of maltreatment, and four specifications of abusive sexual contact in violation of Articles 92, 93, and 120. The judge sentenced the accused to be reduced to the grade of sergeant first class.

On Feb. 25, at a general court-martial at JBER, Army Staff Sgt. Timothy D. Worlds was convicted by a military judge, contrary to his pleas, of one specification of aggravated assault and five specifications of assault consummated by a battery in violation of Article 128, UCMJ. The accused was acquitted of three specifications of sexual assault and one specification of maiming in violation of Articles 120 and 124, UCMJ.

The judge sentenced the accused to be reduced to the grade of private (E-1), to be confined for 23 months, and to be discharged from the service with a bad-conduct discharge.

On Feb. 26, at a general court-martial at JBER, Spc. Dakota S. Simmons was convicted by a military judge, contrary to his pleas, of three specifications of willfully disobeying a superior commissioned officer, and four specifications of assault consummated by a battery upon a child under 16 years in violation of Articles 90 and 128. The judge sentenced the accused to be discharged from the service with a bad conduct discharge and to be confined for 34 months and 15 days.

On Feb. 26, at a summary court-martial on JBER, Airman First Class Malik Mabra, 673d Force Support Squadron, was charged with two specifications of sexual contact under Article 120, and one specification of assault under Article 128. Mabra was found guilty of all charges. The case was tried before a summary court-martial officer who sentenced Mabra to reduction to the grade of airman basic (E-1) and confinement for 21 days.

On March 4, at a general court-martial at Fort Wainwright, Spc. Brando Lugo was convicted by a military judge, contrary to his pleas, of one specification of sexual assault and one specification of desertion in violation of Articles 120 and 85. The Judge sentenced the accused to be reduced to private (E-1); to be discharged from the service with a bad conduct discharge, and to be confined for 24 months.

Motorcycle briefings

All military members who ride, and civilians who ride a motorcycle for their official duties, must attend a pre-season motorcycle safety briefing.

The JBER-Elmendorf (Talkeetna) Theater hosts a briefing March 31 at 9 a.m.; the JBER-Richardson (Frontier) Theater hosts a briefing April 1 at 9 a.m.

For information, contact your unit safety representative or the JBER Safety Office at 552-6850.

Air Force dining changes

Due to rising costs and perceived abuse, the Air Force Food and Beverage Program Office has instituted additional guidelines at the Iditarod DFAC, Provisions On Demand, and “campus dining” locations.

JBER-Richardson DFACs are not impacted.

Customers are authorized three meals daily, but portions have been defined to maintain program viability.

Restrictions include one entrée per serving — one steak, one sandwich, or one pasta dish; seconds are limited to dine-in customers; and only two beverages and two snack items like chips or cookies may be taken per meal period.

Shift workers may take two meals in one visit; they will be rung as two separate transactions and count as two of the daily meals.

Transactions are monitored and tracked daily.

For more information, contact the Food Program Office at 552-0379.

Special victim counselor

Victims of sexual assault are entitled to legal assistance services.

Army Capt. Callin Kerr provides special victim counseling services at Fort Wainwright and Joint Base Elmendorf-Richardson.

Communication is protected by attorney-client privilege.

The SVC ensures the victim’s rights, as outlined in the Crimes Victim Act, are protected.

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

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

For more information, call 552-6507.

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.

Volunteers are trained to prepare 1040 EZ and 1040 tax returns, and can provide advice on military specific issues, such as combat zone benefits and the effect of the Earned Income Credit. Volunteers also are also trained to deal with the Alaska Permanent Fund Dividend.

All tax returns done through the centers are forwarded electronically to the IRS, and 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. Walk-in service is available, but those with appointments take precedence.

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 unavailable.

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.

Customers can also contact a unit tax advisor, who may be able to complete tax returns at the workplace and forward it to the tax center.

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 and Zeamer Avenue.

Rental Partnership Program

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

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

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

Both options are available with no deposits or fees with the exclusion of pet fees as may apply.

An allotment must be executed through a Housing Management Office under either option of the RPP for the rental payments.

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

DLA Document Services

Defense Logistics Agency Document Services duplicates and prints documents.

Document Services documents including black and white, color, large format, photographic prints, engineering drawings, sensitive materials, technical manuals and training materials. They also handle the design, printing and distribution of business cards, letterhead, invitations and programs.

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.

They also offer Document Automation and Content 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.

Availability is subject to change and limits; 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 is open 8:30 a.m. to 5 p.m., Tuesday through Friday, closed from 1 to 1:30 p.m. for lunch, and Saturday, 9 a.m. to noon and 1 to 4 p.m. (closed for lunch noon to 1 p.m.).

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

A blind-cleaning machine is available at the JBER-E location.

A “reservation required to use” policy is in place with the priority going to military members PCSing. For more information, call 375-5540.

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 their qualifications and preferences.

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.

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

For information, contact 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.

Giant Voice testing

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

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

MiCare registration

MiCare, the online personal health record and secure messaging application, is available to patients and medical group staff at Joint Base Elmendorf-Richardson.

Patients can communicate with their primary care clinicians online, and view and maintain their health records. All beneficiaries who are enrolled in the family health, pediatrics, flight medicine and internal medicine clinics are eligible to participate. Patients need to show a military ID card and provide information, including name, social security number, birthday and email address. The enrollment specialist will enter the information and patients will receive an email which contains a link and instructions for completing the process.

High-intensity workout

Fitness classes challenge JBER personnel to reach new heights

By Airman 1st Class Kyle Johnson
JBER Public Affairs

Fitness centers on Joint Base Elmendorf-Richardson are now offering free, high-intensity, body-weight workout classes with professional instructors throughout the week at Buckner and Elmendorf physical fitness centers.

The workouts consist of three blocks containing four 30-second exercises and 30-second rests between blocks. Each block focuses on a different aspect of fitness.

“The first section is plyometrics, which involves a lot of jumping,” said Juan Vargas, fitness instructor for the Force Support Squadron and Air Force veteran. “The second section is strength, and the third is coordination and balance, which requires more use of the brain.

“It’s not just legs, upper body or cardio, it’s a full body workout,” Vargas said. “It’s a great way to get the cardio improvement that is so important in military [physical training] tests.”

For those who need low-impact exercises, there are modified versions of the exercises available. Individuals new to the exercises or not comfortable performing the default versions may find these modifications helpful while they increase their proficiency.

“I have men and women ranging [in age] from 20 to 80 in my classes,” said Gloria Schiers, primary high-intensity instructor for the FSS.

“It doesn’t matter what level you are at, you walk out of my class sweating.”

Some may be nervous or intimidated by going to a high-intensity fitness class in a military setting, but the classes are designed to benefit everyone, regardless of fitness level, Schiers said.

“There’s nobody in your face, yelling at you and degrading you,” Vargas said. “The fact that you’re there means you are already doing better than 50 percent of the population.

“I love to see people push themselves to their own limits,” Schiers said.

“By going hard for two minutes and only resting for 30 seconds, it keeps your cardiovascular system running at a higher level and



Gloria Schiers, primary high-intensity instructor for Joint Base Elmendorf-Richardson Force Support Squadron and a Texas native leads a class March 16 at Buckner Physical Fitness Center. Classes like this are just one of the many fitness opportunities available free to service members and their families. (U.S. Air Force Photos/Airman 1st Class Kyle Johnson)

burning more calories for longer,” Vargas said.

These classes use exclusively body-weight exercises, which means there is no need to purchase or bring any type of special equipment in order to get the full benefits of the workout.

Because the exercises do not require any additional materials, participants can continue to do these exercises at home if they choose to. “This is something you can do at home or in a hotel room while [on temporary duty],” Vargas said.

While the exercises can be performed at home, some may find the group environment to be more productive for dedicated fitness improvement.

“Working out in a group creates a better atmosphere,” Schiers said. “You get an emotional high from the other people around you.”

“Whether you are looking for support, or you are more competitive type who wants to beat the instructor it doesn’t matter,” Vargas said. “People come to the class because the group setting helps motivate them. You don’t get that kind of encouragement working out alone,” Schiers said.

Vargas said they created the class in January because they knew many service members were doing programs like this at home on their



Schiers encourages a participant to push through one of the last exercises during a class March 16 at Buckner Physical Fitness Center.

own anyway. By providing these classes in a group setting, there are two distinct advantages.

It’s free, so it saves service members money; and it’s safer environment for people to push their limits because they have others there to support them if something happens.

Classes like this normally come with a fee or contract, but at JBER, they are free to service members and their families.

Schiers teaches classes at both Buckner and Elmendorf fitness centers throughout the week. Individuals who are pregnant or injured should consult their doctors before

attempting these classes.

For information on how to get plugged in with these classes or other free fitness opportunities, visit FSS’s website at elmendorf-richardson.com/fitness/, or call the fitness center of your choice. Calendars are also available at the front desk of each fitness center.

Assistance Fund Campaigns begin for 2015

By Airman 1st Class
Tammie Ramsouer
JBER Public Affairs

The annual Army Emergency Relief campaign began accepting donations from military members, retirees and their family members March 1.

The Air Force Assistance Fund follows suit March 23.

The campaigns educate individuals working and living throughout Joint Base Elmendorf-Richardson about the programs, who the programs support, and gather charitable donations.

Both provide financial assistance, such as grants and loans, to service members and their families in need.

The programs also offer scholarship opportunities military dependents who would like to either go back to college or further their education.

“AER provides financial assistance to Soldiers and their families who experience unexpected financial hardships,” said Salafai Jeremia, AER officer.

“Every case is different, as [is] the assistance we provide through interest-free loans, grants or both. The decision on what the Soldier and their family needs is determined by the situation.”

The AFAS provides similar assistance to Airmen and their family members in need.

“The AFAS is more than just loans and grants,” said Senior Master Sgt. David Boerman, 673d Civil Engineer Squadron superintendent.

“It is a program that supports other programs such as the Air Force Aid Society, which offers emergency assistance for such things as vehicles, emergency travel, child care and other immediate life requirements Air Force members may need.”

One Airman had many things happen to her all at once without any savings to cover the mishaps.

“My car, furnace and refrigerator all broke within two weeks of each other,” said Tech. Sgt. Nora Housey, 673d Force Support Squadron noncommissioned officer in charge of personnel readiness. “I didn’t have enough money to fix all of them at once, so I went to the AFAS for assistance.”

Housey – who remembered how helpful using the program was years before this situation – saw an opportunity to use it again.

“It definitely helped me out a lot,” Housey said. “It’s an interest-free loan and the payments are taken directly out of my paycheck, so I didn’t have to worry about missed payments.”

Housey said if she had not gone to the AFAS for the loan, she would have been without heat, transportation, or food.

“I am very thankful for this program and the assistance it provides military members,” she said. “I highly recommend anyone use it if they ever find themselves in a difficult situation.”

Deana Ray benefited from the AER while her family was having a hard time paying bills; her husband, John Ray, is a retiree from both the U.S. Marine Corps and Army after 21 years of service.

“I lost my job six months before going to the AER for help, due to an injury in my back and legs,” Deana said.

“My husband was trying his best to pay the bills on his own, but they kept piling up and we didn’t have much left for food at the end of the month.”

That’s when she decided to go the AER for help.

“AER has been there for us four different times and has never turned us down,” Deana said.

“AER is a wonderful organization and really helps the military and their families. We need to teach Soldiers that there is a place for them to go if they get financially stuck and need help. The AER is here to help them.”

The programs try to reach their fundrais-

ing goal during their campaigns to assist people like Housey and Ray when they need the help most.

There are only slight differences between the AER and AFAS programs while they raise money during their campaigns.

“Only those who can potentially use the AFAS program can be solicited to donate during the campaign,” Boerman said. “But anyone can donate.”

Anyone can donate to the AER campaign, Jeremia said.

There is no set amount of money for individuals to donate during either campaign.

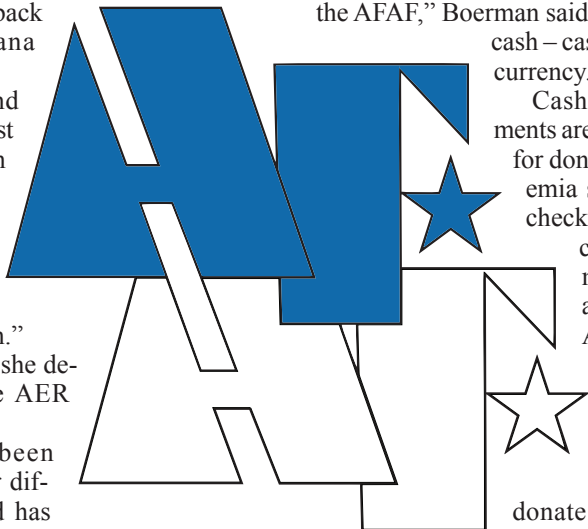
“There are two ways to contribute to the AFAS,” Boerman said. “Allotments and cash – cash [meaning] U.S. currency.”

Cash, check or allotments are the only methods for donating to AER, Jeremia said. For retirees, checks, allotments and credit card payments online are available at the AER website.

“If civilians overheard our campaigns were happening and wanted to donate, it would be by check or by credit card on the website as well,”

Jeremia said.

For more information about the AER and AFAS campaigns, contact your unit campaign manager or visit their respective websites, at www.afassistancefund.org or www.aerhq.org.



The sun returns after the storm

Commentary by Air Force Chaplain (Capt.) Ronald Lawrence JBER Protestant Chaplain

As a boy, I can remember the smell of the rain. There were times when I was outside just enjoying the day, playing with friends, and I remember the sudden hint of the rain which led me to believe that there was a storm coming.

I wasn't a meteorologist or a "storm watcher," but I seemed to have a sense of when 'it' was coming. Many times that smell would soon be followed by the sky turning just a bit grey and it was almost as if the clouds were swallowing up the sun. The wind would start to pick up and at times, many times, I could look out across the distance and see that the clear, blue sky was disappearing into a vastness of a stark, borderless darkness.

I wasn't sure at that point whether or not the blue sky was being covered by the dismal-looking wall; being blotted out, or if this enormous mass was somehow chasing away the bright blue expanse. After all, what did I know about Meteorological terms like Advection, Beaufort scale, Cloud Condensation Nuclei, and Gale Force? I was only a kid, seeing the storm through the eyes of a child.

I can remember lying in my bed at night during such storms. The thunder and lightning, the rain pounding against the windows as if a multitude was throwing bottomless buckets of water upon my house, and hearing the winds howling outside, left me somehow admiring this sheer awesomeness. By that I can say that the storm was tremendous and overwhelming, but also impressive and awe-inspiring.

The Psalmist writes in Psalm 19, "The heavens declare the glory of God, and the firmament proclaims his handiwork." The idea behind this is that God's great splendor and magnificence is announced in the sun and the moon, the stars in the sky, the clouds, and the air; truly reflected in the weather patterns which we experience. That means that his splendor is displayed even in the midst of the storm.

Each of us has a story to tell and in life we have probably experienced storms. Some of the storms are fairly mild with little to no damage, while others leave a trail of devastation for miles. During the storms of life, where do we find shelter? We each may have very different storms throughout our lives, yet I would imagine that many of us have been through the



Courtesy photo

same storms. Each of us has different ways of managing life during the storms.

In the Christian scriptures, there is a story of a man who was traveling in a boat with his companions. He was resting peacefully when he was awakened by the sound of his companions calling out, "Teacher, do you not care that we are perishing?" A furious squall came up. The waves broke over the boat, nearly swamping it. The men on the boat were navigating through the water at the command of a man who had recently chosen them to journey with him. They

had spent some time with him, but they were, in essence, new recruits. They didn't know what they were going to go through, but they were willing to put their trust in this man to bring them to a destination. Each of the men may have been looking toward a common destination, but might have imagined various ways by which they would reach it. Quite probably, they did not expect to come across the storm at this time in their journey, if at all.

The storms of life can be quite sudden and often surprising. The storm will not be the same for everyone. Even if we go through

the same storm, we will each have our own way of dealing with the storm. Sometimes, the storm is just so overwhelming that we come to a point where we cry out, "God, what is going on here? Do you not care that we are perishing?"

The man in this story was Jesus and his companions were his disciples. Jesus got up, and in the midst of his disciples, during the impetuous storm, he "rebuked the wind and said to the waves, "Quiet! Be still!"

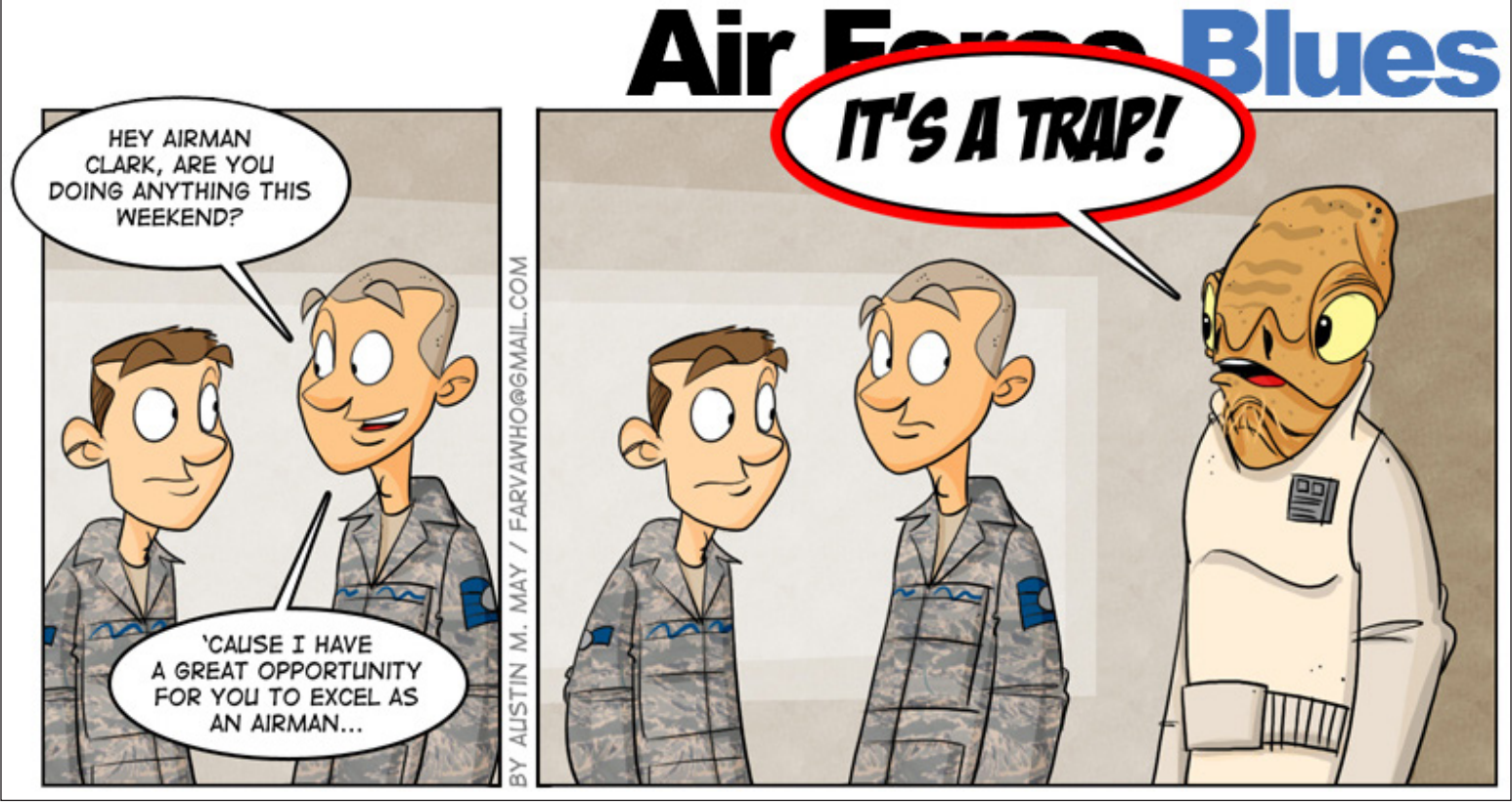
The Christian faith reminds us that God can calm the storms of life that seem to overwhelm us even when we feel we can stand up in the midst. In the Book of John, chapter 16, Jesus says, "In this world you will have trouble, but be of good cheer, for I have overcome the world."

As a child, I had my own experience of the storm. I saw the storm for what it was – tremendous and wild. It messed up my plans and I felt unable to do anything except wait it out. But, in my childhood mind, I hoped that once the storm passed, the sun would once again shine and I would be able to get back to playing.

I found joy in knowing that the storm would be settled by the sun.

While we may not share similar faith traditions, or have exactly the same values, I invite you to allow the chaplains on this installation to assist you, should you need support during the storms that come up swiftly and seemingly without warning.

We are here to help build spiritual resiliency as a way to help you live life well.



Recreation area closures

Due to weather conditions, the following areas and activities are officially closed for the season; Hillberg Ski Area, the Fit-to-Fight Cross Country Ski program and the Buckner Physical Fitness Center ice rink.

But all is not lost; break-up is near and golf season is right around the corner. Keep your eyes open for Moose Run Golf Course's 2015 season opening.

For information, call 428-0056.

FRIDAY
3rd MUNS blood drive

The 3rd Munitions Squadron hosts a blood drive from 9:30 a.m. to 4:30 p.m. at 18729 Talley Avenue. The Blood Bank of Alaska will be accepting donations in their LIFEmobile. To make an appointment, visit <http://tiny.cc/qg3lvx> or call 552-1402.

For questions about donating, call 222-5630.

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.

Open Mic Night

Take the stage and show off your talent at the Fire Pit from 6 to 8 p.m. Stop in to see what's new.

For information, call 384-7619.

THROUGH MARCH 27
Neon Bowling

All military E-4 and below receive a 10-percent discount every Friday night during March from 11 p.m. to 1 a.m. at the Polar Bowl.

Gather your friends, bowl in the neon lights while enjoying today's top music hits.

For information, call 753-7467.

SATURDAY
Air Guard blood drive

The Alaska Air National Guard will host a blood drive from 9:30 a.m. to 4:30 p.m. at 18729 Talley Avenue. The Blood Bank of Alaska will be accepting donations in their LIFEmobile. To make an appointment, call 552-4189.

For questions about donating, call 222-5630.

Scholarship seminar

A presenter from the Alaska Commission on Postsecondary Education will be at the Two Rivers Youth Center from noon to 2 p.m. to discuss scholarship options for

teens looking to enter college. All teens with installation access are welcome.

For information, call 384-1508.

Give Parents A Break

Newly arrived or have a deployed spouse and need child care for a few hours? The Katmai Child Development Center and Ketchikan School Age Program host this program from 1 to 5 p.m.

For information, call 552-5113.

Craft and tea

Are you a fan of the popular Downton Abbey series? This free event for adults from 1 to 2:30 p.m. at the JBER library is your opportunity to enjoy a Downton-era craft program with high tea included.

For information, call 384-1640.

SATURDAY AND MARCH 28
Baseball and softball clinic

Children ages nine and older and coaches planning to participate in the upcoming Anchorage Military Community Little League baseball and softball season are encouraged to attend.

For information and event times, call 552-2266; 384-1508 or visit <http://tinyurl.com/q7hnlrt>.

MONDAY THROUGH FRIDAY
TAP seminar

The Transition Assistance Program Goals, Plans and Success seminar takes place Monday through Friday from 7:30 a.m. to 4:30 p.m. at the Air Force Transition Center.

Call 552-6619 to register.

TUESDAY
Knowledge for spouses

Army Community Services hosts an Army Family Team Building seminar from 9 a.m. to 3 p.m. in Building 600, Room A37. Participants receive training on topics such as military terms and acronyms, how to read leave and earnings statements, benefits, and interpersonal skills. The seminar is open to all military members, spouses and civilians.

For information, call 384-1517.

THURSDAY
Babies 101

The Military and Family Support Center hosts this program from 9 a.m. to noon in the Log Cabin for active duty members and spouses expecting a baby soon or who have a new arrival within the last three months. Topics include babies cost bundles, family stress, infant care and handling, select-

ing childcare, and other useful information.

To reserve a class slot, call 552-4943.

Women's History Month

Celebrate Women's History Month with featured guest speaker Dr. Patricia Wilson-Cone, Manager of Spiritual Care and Clinical Pastoral Educator Supervisor at Providence Medical Center from 1 to 2 p.m. in the Talkeetna Theater.

All JBER personnel are encouraged to attend.

MARCH 27
CDC Literacy Fair

The CDCs on JBER will focus on children's literacy all day through activities such as reading books, telling flannel board stories, facilitating writing stations, singing songs and presenting picture cards.

Please see your child's CDC staff for further information.

Free Movie Night

Come see Penguins of Madagascar at the Talkeetna Theater. Doors open at 6 p.m. for a 6:30 p.m. movie start. Enjoy cheap, cash-only concessions; popcorn, candy, drinks, nachos and more.

For information, call 552-8529.

MARCH 28
Snow machine tour

Head to Willow on a guided snow machine tour from 8 a.m. to 5 p.m. Sign up at JBER-E Outdoor Recreation Center. Helmet and transportation will be provided; bring cold weather gear and lunch.

Tour will depart from JBER-R Outdoor Recreation Center.

Trips must meet minimum sign-up requirements of four participants with a maximum of eight and are subject to change due to weather conditions.

To sign up or for more information, call 552-2023 or 552-3812.

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.

MARCH 29
Adult baseball league

The JBER baseball team is looking to fill its roster for the upcoming Anchorage Adult Baseball League season.

A meeting to discuss rules, regulations and the first practice

will take place at 2 p.m. in the Elmendorf Fitness Center.

For information or to sign up, call 980-6060.

APRIL 2 THROUGH 5
Alaska Sportsman Show

The Sullivan Arena and Ben Boeke Arena host this annual event, which offers demonstrations, clinics, activities for kids, ranges and much more. If you're looking for outdoor gear, this is the place to be.

Free shuttle service is provided from the University Center and Northway malls.

For information, visit great-alaskasportsmanshow.com.

THROUGH EASTER
Catholic Lenten services

Stations of the Cross are celebrated every Friday at 6 p.m. in the Arctic Warrior Chapel followed by a short meditation and meatless soup, bread and salad meal.

Lenten reconciliation service is March 24 at 6 p.m. in the Arctic Warrior Chapel. Several priests will be available for the sacrament.

Palm Sunday Masses are March 29 at 8:30 a.m. in the Arctic Warrior Chapel and 11:30 a.m. in the Midnight Sun Chapel.

Holy Thursday Mass is April 2 at 7 p.m. in the Arctic Warrior Chapel; adoration to follow.

Good Friday service will be hosted April 3 at 7 p.m. in the Midnight Sun Chapel.

Holy Saturday's Easter Vigil is April 4 at 7 p.m. in the Arctic Warrior Chapel.

Easter Sunday Masses are April 5 at 8:30 a.m. in the Arctic Warrior Chapel and 11:30 a.m. in the Midnight Sun Chapel.

ONGOING
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. Submission deadline is May 1.

For information, call 384-7478.

Protestant Women of the Chapel meetings

Women are invited to meet with the Protestant Women of the Chapel. Bible studies are Tuesdays at 9:30 a.m. at the Arctic Warrior Chapel, JBER-Richardson.

For more information, email jber.ak.pwoc@gmail.com

Chapel services

Catholic Mass
Sunday

8:30 a.m. – Arctic Warrior Chapel
11:30 a.m. – Midnight Sun Chapel
Monday and Wednesday
11:40 a.m. – Arctic Warrior Chapel
Tuesday and Friday
11:30 a.m. – Midnight Sun Chapel
Thursday
12:00 p.m. – Hospital Chapel

Confession

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

Protestant Sunday Services

Liturgical Service
9 a.m. – Heritage Chapel
Gospel Service
9:30 a.m. – Midnight Sun Chapel
Community Service
10:30 a.m. – Heritage Chapel
Collective Service
11 a.m. – Arctic Warrior Chapel
Chapel Next
5 p.m. – Chaplain Family Life Center

Jewish Services

The Jewish service scheduled for April 3 has been cancelled as it is the first night of Passover. For more information on Passover events and seders in the local area on April 3 and 4, please 384-0456.

Religious Education

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

or call 384-1461.

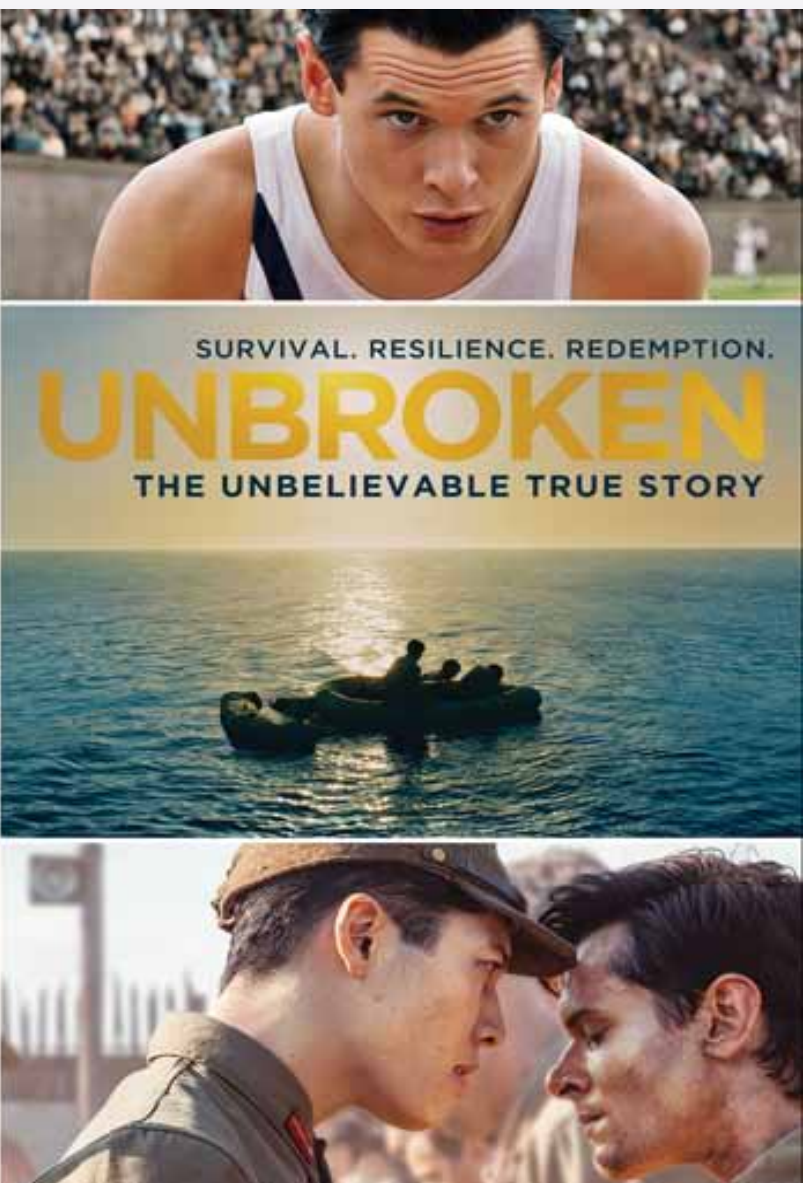
Model railroading

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

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



673d FORCE SUPPORT SQUADRON



March 27: 7 p.m. Doors open at 6:30 p.m.
Frontier Theater, JBER-Richardson
March 28: 6:30 p.m. Doors open at 6 p.m.
Talkeetna Theater, JBER-Elmendorf

MARKETING TIDBITS
FSS = MWR

"UNBROKEN" Comes to JBER

There will be two FREE screenings of the movie UNBROKEN on March 27 & 28 here at JBER. On Friday, March 27 at the Frontier Theater on JBER- Richardson, the movie will be shown at 7 p.m. with the doors opening at 6:30 p.m. Saturday, March 28, the movie will be shown at 6:30 p.m. at the Talkeetna Theater on JBER- Elmendorf with the doors opening at 6 p.m. After each screening, your FSS Marketing Team will be on hand to distribute FREE Blu-ray combo packs of the movie to attendees.

Academy Award winner Angelina Jolie directs UNBROKEN, the epic drama adapted from the wildly popular New York Times Bestseller about the incredible life of Olympian and war hero Louie Zamperini. Own UNBROKEN on Blu-ray, DVD and Digital HD now from Universal Studios Home Entertainment.

Louie, "The Torrance Tornado", becomes one of the best runners in the country and qualifies for the 1936 Olympics. Later on in life, Louie becomes a US Army Air Force bombardier on a B-24 Liberator. During Louie's final mission, his plane crashes into the ocean. Along with two other members of the crew, he is adrift in an inflatable life raft for days.

On the 47th day, Japanese forces capture the castaways. As Prisoners Of War, they are split up and sent to different camps. Louie endures many hardships throughout his internment. His life as a POW is harsh, and he suffered many beatings at the hands of the camp's director.

At the end of WWII, Louie is released and is set free and returns home. There is so much more to this story, so be sure and head over to one of the showings to see this unforgettable movie.

These free screenings are sponsored by Universal Studios Home Entertainment and The Awareness Group, in conjunction with your FSS Marketing Team & the FSS Community Services Flight. Please keep in mind that no concessions will be available for purchase at these screenings. Please limit free blu-ray combo packs to one per family.

For information on all FSS events and activities, check out our website at www.elmendorf-richardson.com.



<http://www.elmendorf-richardson.com>



Stop by and see us!

www.facebook.com/JBER673FSS

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‘It’s all about the children here’



Lisa Aguilar, assistant director of the Talkeetna Child Developent Center, manages a staff of more than 80 and attempts to stay in touch with approximately 240 families throughout the day at the Talkeetna Child Development Center at Joint Base Elmendorf-Richardson March 3. The Child Development Center offers trained teachers and care givers to watch children in a classroom environment from as early as 6 a.m. (Air Force Photos/Airman Christopher R. Morales)

By Airman Christopher R. Morales
JBER Public Affairs

Early in the morning, kids go to school, parents go to work ... but toddlers can’t stay home alone.

Sleepy children are dropped off as early as 6 a.m. and greeted by the smiling faces of morning staff, including the assistant director.

Lisa Aguilar, assistant director of the Talkeetna Child Development Center, checks in with approximately 240 families, and oversees a staff of more than 80.

Aguilar began her career at Kirtland Air Force Base, New Mexico, as an entry-level employee in 2005.

It wasn’t until her second-to-last home, Kadena Air Base, Japan, that she aimed for a more managerial position. For the past three years, she has been an assistant director at the Talkeetna CDC.

“I remember how it was when I wanted to start working and my husband was in the military; I was nervous. Who was going to watch my kids? Was I going to find the right person?” Aguilar said.

Aguilar was born and raised in San Antonio with her extended family just down the road.

“I grew up with a lot of family – big family: aunts, uncles and cousins. Being around people is my passion. I think that sparked my interest in this career field, being around kids,”

the Texan said.

Aguilar was not only interested in this career field for the love of community, she was also inspired by a previous manager who motivated her to do her best and seemed to bring out excellence in employees.

“I knew what I wanted, and accomplished my education more quickly than usual,” Aguilar said.

She put her trust in the CDC to care for her children, and she holds her workplace to the high standard of care her children received.

“We have the right person in the right position,” said Kathie DeShasier, War Fighter and Family Service Flight chief of the 673d Force Support Squadron.

Aguilar starts most days as early as 6 a.m., sometimes working more than 11-hour shifts. She attempts to speak with as many families as possible during the course of her day.

“It’s a demanding job, with different things happening all the time,” Aguilar said.

Aguilar touches base with employees, and checks on the children, but most importantly creates the staff schedule.

“Trying to make a schedule for 80-plus employees can be difficult, because it’s detailed, and one mistake will reflect on the whole day,” the assistant director said.

Although demanding, Aguilar ensures employees are provided with all the necessary tools to accomplish the job.

“It’s all about the children here.”



Lisa Aguilar, assistant director of the Talkeetna Child Development Center, not only checks on teachers and care givers but is also there for the employees to turn to at the Talkeetna Child Development Center on March 3. Aguilar manages a schedule for more than 80 staff daily and attempts to stay in touch with approximately 240 families.



Lisa Aguilar, assistant director of the Talkeetna Child Developent Center, manages a staff of more than 80 and attempts to stay in touch with approximately 240 families throughout the day at the Talkeetna Child Development Center, Joint Base Elmendorf-Richardson on March 3. The Child Development Center offers trained teachers and care givers to watch children in a classroom environment from as early as 6 a.m.

Teamwork fuels innovation at PTOT Clinic



Senior Airman Jennifer Clarkson, a physical medicine technician with the 673d Medical Group physical therapy clinic, explains the features of a specialized treadmill to JBER leadership at the ribbon cutting ceremony for the clinic on March 2. The ceremony was held in honor of the recent renovations to the clinic which increased operational space by 500 square feet and added several new pieces of equipment. (U.S. Air Force Photo Illustration/Airman 1st Class Kyle Johnson)

By Airman 1st Class Kyle Johnson
JBER Public Affairs

The task: to turn a former aircraft hangar into a medically qualified physical therapy clinic by moving 18 workstations, 125 separate pieces of equipment weighing 24,000 pounds, paint 9,100 square feet of wall with 20 gallons of paint.

The deadline: two days.

This was the responsibility that loomed over the Airmen of the 673d Medical Operation Squadron Physical Therapy/Occupational Therapy Clinic last October.

The PT/OT clinic was slated for a 91-day makeover, and to operate at full capacity throughout the construction, the clinic temporarily moved their operations to Hangar 5.

“We didn’t have to curtail our operations any by going to Hangar 5,” said Air Force Master Sgt. Rhonda Huff, PT/OT flight chief for the 673d MDOS.

“If we had stayed in place, we would’ve had to work around construction and not had as many evaluation rooms or as much

treatment area to actually treat our patients.”

The move was extensive, but it paid off – \$375,000 in patient care costs to be exact.

The staff at the PT/OT clinic made it all happen.

“We have a great staff,” said Lt. Col. Randy Green, 673d MDOS, PT/OT flight commander. “They’re the ones that make things go and their attitude made all the difference.”

“Lieutenant Colonel Green couldn’t have a better team,” said Air National Guard Tech. Sgt. John Stone, a C-17 Globemaster III loadmaster with the 249th Airlift Squadron, who is being treated at the clinic. “The Airmen are outstanding and the NCOs are phenomenal. They work beautifully together.”

Before beginning the renovation, the clinic was plain, cramped and crowded, Green said.

“I walked in and said ‘Where’s the clinic?’ This is unacceptable,” Green said, remembering his arrival at the clinic.

“It was very compact,” said Rachel Pasque, an Army spouse. “They fulfilled

their mission, but I think they got frustrated trying to do so with the facilities they had.”

“You could definitely tell it was not designed to be utilized as a physical therapy clinic,” Stone said.

Green went to the Facilities Utilization Board and pitched his vision for the clinic.

Green said everyone wanted a change; he just happened to be the one to kick it off.

“Sometimes you just need someone to say, ‘Hey, let’s do it.’” Green said. “I was that guy.”

The FUB agreed, and they began the process of turning whitewashed hallways into a spacious environment that inspires recovery.

The remodel was finished with almost no impact on work performance by the move into the hangar, but there were ups and downs.

Pasque said she found it particularly humorous when the technicians had to communicate to each other that they were using a piece of equipment that used electricity.

“Table going up!”

They had to wait for the other technicians

to be finished using electricity, or they’d blow a breaker and halt treatment.

“Table going down!”

Pasque said the transition into the hangar wasn’t easy, but she thinks the technicians executed their job remarkably well with the facilities – and electricity they had.

“I couldn’t use Teddy Watch while I was going to Hangar 5, so it was little more of a challenge for me to go [there],” Pasque said. “But it was definitely worth it.”

On March 2, Col. Teresa Bisnett stood on shiny new 7 millimeter antimicrobial sports flooring and cut a red ribbon, ceremonially kicking off the new facility’s operation.

The sports flooring resembles hardwood, but holds a secret.

Huff said the material is slightly soft and gives under pressure, creating a more comfortable environment for patients to receive their treatment. The sleek new floors are all the more noticeable in the open layout the clinic now boasts.

By removing the extra walls and halls, the renovation increased the operational space of the clinic by 500 square feet.

“The remodel allowed us to maximize the space we already had,” said Tech. Sgt. Adeleke Peterson, noncommissioned officer-in-charge of the clinic.

“It allowed us more open area for treatment and allowed our technicians to function more effectively.”

The facilities themselves are nothing like the old space the PT/OT staff was previously working in, but the change didn’t stop there. New cutting-edge equipment has been added to the PT/OT clinic’s arsenal.

One piece is receiving lots of attention – the AlterG, a treadmill that allows patients to lunar walk their way to wellness.

Users strap themselves into a large, airtight bag that surrounds the lower part of the machine. Then they can control the pressure on joints by adjusting the air pressure inside the device.

“This is a place where patients want to come for rehab,” Huff said. “Whereas before ... it just wasn’t conducive to what we do.”

“They are certainly more [able] to fulfill a broader mission at this point,” Pasque said.

With an extra 500 square feet, the renovations have some practical benefits, but there’s an emotional impact on the patients as well.

“It has a bright, clean, clinical feel to it now,” Pasque said

“It invites you in,” Stone said. “I want to go there and get restored to 100 percent.”

“It was an enormous task,” Green said.

“Everyone had the right attitude. That made all the difference.”



Globetrotting for bullying prevention

LEFT: Harlem Globetrotter “Handles” Franklin interacts with Dalainie Simon, 4, left, and Braelynne Ryan, 5, while visiting Illa School-Age Program children on Joint Base Elmendorf-Richardson March 17 to discuss bullying prevention. Known worldwide as the “Ambassadors of Goodwill”™, the iconic Harlem Globetrotters presented the community outreach program, “The ABCs of Bullying Prevention,” in an effort to impact schools and communities around the world as well as provide tools that kids can use on a daily basis to reduce bullying. (U.S. Air Force photos/Alejandro Pena)

BOTTOM LEFT: Franklin interacts with Delainie Simon, 4, while visiting the Illa School-Age Program.

BOTTOM RIGHT: Franklin fields questions from children at the Illa School-Age Program.

RIGHT: Franklin poses for a fan picture while visiting Illa School Age-Program children on JBER March 17.

