

372 TRS INSTRUCTORS ARE ALWAYS ON THE BALL



Tech. Sgt. Curtis Williams, assigned to the 372nd Training Squadron, a native of Chicago, teaches Airmen assigned to Joint Base Elmendorf-Richardson's 3rd Maintenance Squadron advanced maintenance procedures for aircraft, and hydraulic line testing equipment in order to keep their skills sharp during a course on JBER, Sept. 8. (U.S. Air Force photos/Justin Connaehr)

Aerospace ground equipment Airmen get base-specific training

By Airman 1st Class Kyle Johnson
JBER Public Affairs

Senior Airman Jordan Behounek, a 3rd Maintenance Squadron aircrew ground equipment technician, started up the A/M32A-60B Generator Set, but instead of hearing the building whine of a turbine engine winding up to full power, a tongue of flame shot into the wintry air. People in the vicinity took off running for their safety.

“Well, we’ve obviously got a problem here,” Behounek said after shutting the screaming engine off. “We should take it back to the shop.”

Working with aircraft and their supporting equipment is dangerous business, that risk is compounded by the fact that each Air Force Base has their own type of aircraft and their own equipment, each with their own set of risks.

To ensure Airmen have every opportunity to safely support aircraft operations and mission success, Airmen will sometimes go through additional training to specialize their skill set toward the particular airframe they will be supporting.

That’s when they go to the 372nd Training Squadron, Detachment 14.

This training, though not Air Force Specialty Code-awarding, is a valuable stepping-stone Airmen need to accomplish, and is accredited toward a Community College of the Air Force degree, said Senior Master Sgt. Clinton Stapleton, Detachment 14 superintendent.

“We provide advanced skills for the F-22 [Raptor],” Stapleton said. “But we have a few other courses like advanced wire maintenance and basic soldering.”

“It really affects the 3rd wing as a whole



Williams instructs Airmen assigned to 3rd MXS on advanced maintenance procedures.

because not only do the F-22 maintainers come, but the 703d Aircraft Maintenance Squadron, 517th Airlift Squadron; [National] Guard, and Reserve Airmen can also take advantage of our classes.”

Some of the more general training is on equipment which is commonly used on other bases, like the A/M32A-60B Generator Set Behounek shut down. The generator is a trailer-mounted power unit capable of providing AC and DC power for aircraft electrical systems as well as high volume air for starting aircraft engines, and is commonly referred to as the Dash-60 start cart.

However, because the classes are designed to refine the more general training of the technical school all Airmen go through, much of what is covered during training at Detachment 14 is specific to the types of aircraft stationed at Joint Base Elmendorf-Richardson.

“Tech. school is mostly for people who are new to the Air Force, this is people who are new to this aircraft,” said Tech. Sgt. John-Paul White, an F-22 weapons instructor at the detachment. “I call it tech school 2.0.”

The schoolhouse produces an average of 700 graduates a year with a staff of 14 instructors and two non-instructors. This translates to about 10,000 instructional hours per year, Stapleton said.

“Our core mission for the 372nd Training Squadron is to make great maintainers and communicators even better,” Stapleton said.

While the detachment has a singular mission, it manifests itself in many differ-

ent ways. Airmen from a variety of different AFSCs come to the detachment to refine their skills – avionics, aerospace ground equipment, weapons, crew chiefs, and egress just to name a few.

“I’m aerospace ground equipment, so I teach aircraft support equipment,” said Tech. Sgt. Curtis Williams, an aerospace ground equipment instructor at the detachment. “I teach C-17 [Globemaster III] support equipment as well as F-22 equipment. In my career field, I teach 12 courses – mostly generators, compressors, air conditioners, heaters, etc.”

Being stationed in Alaska, Airmen may be called on to repair or troubleshoot large space heaters frequently used around the flightline for Airmen during the winter. The unique difficulty they run into is when the heater is broken, minus 15 degrees Fahrenheit makes for a great motivator toward efficient work, Williams said.

While Detachment 14 specializes in providing advanced Raptor maintenance training to Airmen as they transition into working on JBER’s F-22s, the school has a much bigger impact.

“We have students come in from active duty, Guard and Reserve, so we definitely are a total force integration partner,” Stapleton said. “We are part of a global network of schools so we have capability to post our classes worldwide; if there’s someone at another base who needs our class, they can schedule it and come TDY to our schoolhouse here.

“It’s not just a local customer base, we’re worldwide.”



Theft is on the rise Security forces offer guidance

By Airman 1st Class Kyle Johnson
JBER Public Affairs

673d Security Forces Squadron on Joint Base Elmendorf-Richardson announced there is an increasing trend of theft of unsecured private property.

Items from unlocked vehicles, bicycles not locked, and other unsecure items are being stolen throughout the installation. The SFS are requesting help from the community to mitigate these thefts.

“We are trying to respond to every call we receive,” said Senior Master Sgt. Chad Roberts, 673d SFS operations superintendent, “But we have limited resources, so every call we get regarding unsecure property is taking away from something else on the installation.”

Roberts is requesting the community take precautions to prevent further incidents.

“The first thing people can do to secure their property is to make sure they are locking up all their valuables,” Roberts said. “Don’t leave valuables in sight inside the vehicle and make sure your vehicle is locked and secured.

“If you are going to utilize the lockers inside base facilities, use a lock and better yet, do not bring any valuables with you.” Roberts said.

By securing private property, the JBER community can assist the SFS as they continue to maintain law and order on the installation.

Be ready for earthquakes

By Airman Christopher R. Morales
JBER Public Affairs

Earthquakes happen in Alaska every day, so what’s the big deal?

The second largest earthquake ever recorded happened here, according to earthquake.usgs.gov. The 1964 earthquake reached a magnitude 9.2 on the Richter scale.

“The earthquake of 1964 almost destroyed Anchorage. [It] wiped out Valdez [and] Seward, and a chunk of Anchorage slid into [the] Cook Inlet,” said Air Force Capt. Ted Labeledz, JBER Emergency Management flight commander. “It was a very catastrophic event. That is the worst-case scenario we plan for.”

Those earthquakes are ground-breaking, but rare. Still, the Last Frontier sees a lot of seismic activity.

“In the U.S., four out of five earthquakes occur in Alaska,” said Michael West, Alaska Earthquake Center state seismologist.

Every time the Lower 48 has a 6.0 earthquake, Alaska would have already had four, West said. Most earthquakes here are far from populated cities, so the damage is miniscule despite the magnitude. All it takes is a 6.0 right under a city to do the most damage.

The prime example of this is the Christchurch earthquake of 2011 in New Zealand. The earthquake was a magnitude 6.3 but, with a shallow epicenter right under a city, it reached an intensity of 10 on the Modified Mercalli scale, which measures the energy release and effects.

Since the impact of an earthquake is unpredictable, each one should be taken seriously.

“For general practice, going under a

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Army Chief of Staff Gen. Mark Milley speaks with 1st Lt. Shaye Haver and Capt. Kristen Griest, the Army's first female Ranger School graduates, Aug. 21. (Courtesy photo)

Ranger School welcomes all Soldiers

By C. Todd Lopez
Army News Service

WASHINGTON — From now on, the Army’s Ranger School will be open to any female Soldiers who meet the criteria. That’s the latest from the Army, as spelled out in a Sept. 2 “All Army Activities.”

“We must ensure that this training opportunity is available to all Soldiers who are qualified and capable and we continue to look for ways to select, train, and retain the best Soldiers to meet our nation’s needs,” Army Secretary John M. McHugh said.

The chief of staff of the Army said the service’s No. 1 priority is combat readiness, and that the leadership development that comes from attending Ranger School is a key component of that.

“Giving every qualified Soldier the opportunity to attend the Ranger c/154897 course, the Army’s premier small unit lead-

ership school, ensures we are maintaining our combat readiness today, tomorrow and for future generations,” Army Chief of Staff Gen. Mark A. Milley said.

In January, the Army announced that it would for the first time open Ranger School to women, as part of a “Ranger Course Assessment.” That assessment kicked off in April, as part of Ranger Course 06-15.

Two women who entered Ranger School at that time, 1st Lt. Shaye Haver and Capt. Kristen Griest, eventually graduated the school Aug. 21, and a third woman is in the final phase of the school in Florida.

Now, all women who want to embrace the challenge and the opportunity to earn the Ranger tab will be able to enroll in the school, if they meet the stringent requirements to attend.

Maj. Gen. Austin Miller, commander of the U.S. Army Maneuver Center of Excellence, said during an Aug. 20 press conference that those same stringent requirements

and standards were not changed as part of the Ranger Course Assessment.

“Up front, what we’ve been very consistent on is we’ve said there will be no change to the standards ... and there weren’t,” he said. “We also said ... we’re going to be professional and objective as we work our way through this process, which is exactly what you would expect from a Ranger-qualified instructor or anybody else in the Army.”

Just a day before her graduation from Ranger School, Griest said that for other women who want to attend the school, perseverance and confidence are key to making it through.

“I personally know a lot of women interested in going, and for whatever reason, whether it is timing or deployment or they are in some school at this point in time, they weren’t able to go to this assessment,” Griest said. “But I know many very qualified women that I can think of that could pass the course or at least make a very good at-

tempt. I would encourage them to go. And I would say keep doing what they are doing. They are motivated. It is definitely more of a mental challenge than physical. If you mentally know you want to get through – and you have to want to get through – than you will make it.”

Current Army policy allows female students who successfully complete Ranger School to receive a graduation certificate and be awarded, and authorized to wear, the Ranger tab. However, female graduates will not receive the associated Ranger skill identifiers or be assigned to Ranger-coded units or positions.

According to an Army spokesperson, there are three more Ranger Schools scheduled this year, one in September, one in October, and one in November. He said it usually takes two to three months to prepare for Ranger School, so if other female Soldiers hope to attend the school, it is likely they will enter the November course.

Fraud protection tools safeguard troops

CFPB news release

The Fair Credit Reporting Act provides three types of alerts to protect service member’s credit file from potential fraud or identity theft.

The Consumer Financial Protection Bureau has received a number of complaints from deployed service members who reported damage to their credit reports because of identity theft or other misuse of their accounts while they were on active duty.

While the Bureau has received hundreds of these complaints, few consumers reported initiating an Active Duty Alert prior to leaving for active duty. Service members can protect themselves from such harm by initiating an Active Duty Alert.

What alerts are available?

- Active Duty Alert
- Initial Alert
- Extended Alert

Each of these alerts notifies users of your credit report of the potential for fraud or identity theft.

The lender will have to take reasonable steps to verify the identity of someone who requests new credit in your name before they can approve it.

New credit includes opening a new line of credit in your name (except for an open-end credit plan such as a credit card), issuing an additional card on one of your existing credit accounts, or increasing

your credit limit. If the lender does not verify the requester’s identity, it will not approve the request.

Tip: These alerts do not prevent you from adding to the balance on an existing line of credit or credit card within your existing credit limit.

Which alert should I get?

Active Duty Alert

This alert is available to you if you are in the military on active duty and are assigned to service away from your usual duty station. The alert notifies credit reporting companies of your military status, which limits new credit offers while you’re away.

Here’s how it works:

- Lenders are notified that you have an alert on your credit file and they must take reasonable steps to verify the requester’s identity before approving new credit.
- The alert lasts twelve months (unless you remove it sooner.)
- Your name will be removed for two years from nationwide credit reporting companies’ pre-screening lists for credit offers and insurance (unless you request otherwise.)

Initial Fraud Alert

This Alert is available to you if you have a “good-faith suspicion” that you have been or will be a victim of identity theft or fraud.

Tip: This alert is a good first step if you’re worried your identity has or will be stolen. You don’t have to wait until it happens to

you. The alert provides you with the right to request a free credit report so you can keep an eye out for anything suspicious.

Here’s how it works:

- Lenders are notified you have an alert on your credit file and they must take reasonable steps to verify the requester’s identity before approving new credit.
- This alert lasts 90 days (unless you remove it sooner.)
- You also have a right to one free consumer report from each of the nationwide credit reporting companies. (This is in addition to the free annual report all consumers are entitled to.)

Extended Fraud Alert

This Alert is available to you if you actually have been a victim of identity theft and have filed a qualifying “identity theft report” with one of the nationwide credit reporting companies.

Tip: To create a report online, visit www.identitytheft.gov. This alert requires lenders to contact you before approving new credit for you. It also gives you the right to request two free credit reports while limiting new credit offers.

Here’s how it works:

- Lenders are notified you have an alert on your credit file, and, if you provided a phone number or other contact method, they must use this information to verify the credit requester’s identify (or verify the requester’s identity in person) before approving new credit.

- This alert lasts seven years (unless you remove it sooner.)
- You also have a right to two free consumer reports during the first 12 months after adding alerts.
- Consumer Financial Protection Bureau the alert to your account from each of the nationwide credit reporting companies. (This is in addition to the free annual report all consumers are entitled to.)
- Your name will also be removed for five years from the nationwide credit reporting companies’ pre-screening lists for credit offers and insurance (unless you request otherwise.)

TIP: All consumers can limit new credit offers by getting off pre-screening lists. To do so, visit the FTC’s site at: www.consumer.ftc.gov/articles/0148-prescreened-credit-and-insurance-offers. You can do this temporarily or permanently.

How can I get these alerts?

To add an alert, you can call, go online, or write to any one of the three largest nationwide credit reporting companies (Equifax, TransUnion, Experian.) You will be required to verify your identity. Once you place an alert with one nationwide credit reporting company, the alert will be added to your credit report with the other companies.

TIP: You can remove any of these alerts by using the same method you used to initially add the alert. It’s free to place and remove these alerts.

After contacting one company, you don’t have to contact the others. Here’s the contact information for the three largest credit reporting companies:

- Equifax: (800) 525–6285
- Experian: (888) 397–3742
- Transunion: (800) 680–7289

What if I want more protection?

The above alerts provide notice to lenders about potential fraud activity but do not fully prevent access to your credit file. If you want to completely prohibit the release of your credit file to potential new lenders, you may want a Security Freeze.

The security freeze will stop these lenders from access to your credit file, which would prevent the approval of new credit. Requirements and small charges for a Security Freeze vary by state, and you have to take affirmative steps to lift the freeze when you want to use your credit record.

More information about credit freezes is available at: www.consumerfinance.gov/askcfpb/1341/what-security-freeze-my-credit-report.html.

Where can I get more info?

Go to the website for the Office of Servicemember Affairs to find more resources, guides, tips, and news for servicemembers, veterans and their families.

Or, take a look at some of the frequently asked questions on the subject at Ask CFPB at www.consumerfinance.gov/askcfpb



Joint Base Elmendorf-Richardson Culinary Team cook Pfc. Allan Wright removes a spinach and provolone stuffed flank steak from the grill at the Alaska State Fair Beef Showdown, Sept. 6. This final dish comprised spinach and provolone stuffed flank steak, cheese-herb croquettes, peppered prosciutto-wrapped asparagus, fire-roasted tomatoes and a carrot puree. The competition included three teams, each making three main dishes for the judges and approximately 300 samplers for the crowd. (U.S. Air Force photos/Airman 1st Class Christopher R. Morales) Wright places peppered prosciutto-wrapped asparagus on the grill. The JBER Culinary Team won second place in the Alaska State Fair Beef Showdown on Sept. 6. The team improved since taking third place last year.



USARAK Soldier expands Chilean partnership

By Sachel S. Harris
USARAK Public Affairs

Sgt. 1st Class Ken Miller said he is always eager to learn. Recently, his eagerness to learn and become a better Soldier took him more than 8,000 miles away from home. Currently stationed at the Northern Warfare Training Center, Miller traveled to Rio Blanco, Portillo, Lose Andes and Santiago, Chile to learn summer and winter mountaineering operations with the Chilean Army. This first-time joint training opportunity, which established a relationship with the cadre of the Chilean Mountain School, is part of U.S. Army Alaska’s initiative to enhance partnered high-altitude, cold-regions training.

“Any chance we get to interact with our partners provides us an opportunity to learn new techniques,” said Lt. Col. Michael Braun, commandant of the Northern Warfare Training Center. “The Chileans are experts at working in mountainous terrain and it gives us a chance to see different terrain and test our skills in a new environment.”

While there, Miller strengthened his rock climbing and animal packing techniques as well as his avalanche awareness and safety, and winter bivouac techniques. On any given day, Miller would be rock climbing at a local site, foot marching out of Rio Blanco to participate in a river crossing exercise, or skiing at Portillo Resort, where he also enhanced his snowshoeing skills. For the mountaineering expert – who has climbed many mountains, including mountains in Afghanistan and Denali, the tallest peak in North America – this class was an eye-opener.

“I have worked with other foreign militaries before, but, this goes deeper than that. It was really valuable to see how they operate and how similar it is to how we do



Sgt. 1st Class Ken Miller stands outside the Black Rapids Training Site Aug. 27. Miller recently traveled to Chile to attend a 16-day course that taught summer and winter mountaineering operations. (U.S. Army photo/Sachel S. Harris)

things,” Miller said. “It also opens up lines of dialogue between subject matter experts in mountain and cold region operations, which makes us all better organizations,” Braun added.

When it came to the language barrier, Miller said he didn’t have much time to prepare ahead of time. He arrived with very basic Spanish and a few words of climbing vocabulary.

However, he was surprised to discover

the language barrier wasn’t the most challenging part.

“Working with the mules were tough,” he said while chuckling. “I think the mules, and to an even greater extent, the mare we used to lead the mules; could tell that we were foreign and didn’t like it.”

Using the mules, the students were taught how to care for, pack and lead mules throughout mountainous terrain.

Overall, Miller said he believes he is a

better Soldier after his 16-day course.

Braun said he hopes this exchange is the beginning of something bigger.

“It would be great to have Chilean Soldiers come here and train alongside USARAK Soldiers or serve as a guest instructor,” Braun said.

“There are many things we can learn from our partners, which will make all Soldiers in USARAK better and more deadly on battlefield.”

From QUAKEs • A-1

table or desk is your best bet,” Lebadz said. “Most people during earthquakes get injured by falling objects, so it used to be advised to run outside your home. After some research, it is better to take cover inside your home or your work, just go underneath something.

“If you have a ton of bookcases or shelves, things start to shake and

fall so it’s good to anchor them to the wall,” Lebadz said. “Otherwise, during a seismic event, things can fall over and that [could] cause some grievous harm.”

Most of the disasters and damage from earthquakes are not from the shake itself, but the after effects like landslides, liquefaction, soil slumping, tsunamis and flooding.

“What you really need to focus on is what you need to survive,”

Lebadz said. “It’s recommended to have at least a week or two of food and clean drinking water, or the means to produce it, prescription medication and making sure never to go below a week’s worth [of supplies] because [stores] might not be readily available.”

“In any major natural disaster you may not have access to electricity, the [Internet], cellular service and things like that, so you

need a plan,” Labeledz said. “A good thing to have is a rally point with your loved ones.”

In the case your home is unserviceable, there are options.

“[Emergency management] work[s] with the Force Support Squadron to provide a sheltering program for personnel who cannot go back to their homes,” said Jilene Reichle, JBER Emergency Management plans and operation

manager. “Who knows if any of the hotels might be full or [even] able to take anybody, in case of building damage?”

Some helpful links are www.fema.gov, www.earthquake.usgs.gov, www.pdc.org, www.avo.alaska.edu, and www.ready.gov/build-a-kit

For more information, visit the JBER Emergency Management office or call 551-7526.

Disposition of effects

Air Force 2nd Lt. Jonathan Quinlan, 3rd Munitions Squadron, is authorized to make disposition of personal effects of Senior Airman Ethan Wayne, 3rd Munitions Squadron, as stated in Air Force Instruction 34-244.

Any person or persons having claims for or against the estate of the deceased should contact Quinlan at 552-6562.

JAG law school programs

The Office of The Judge Advocate General is accepting applications for the Army's Funded Legal Education Program. Up to 25 active-duty officers will be selected to attend law school while on active duty and at government expense beginning in 2016.

The program is open to lieutenants and captains. For information and eligibility requirements, visit www.jagcnet.army.mil/sites/jaro.nsf or call 384-2434.

Drug takeback event

Joint Base Elmendorf-Richardson hosts a prescription drug take-back event Sept. 26 from 10 a.m. to 2 p.m. at the JBER BX.

Several JBER agencies join forces with the Drug Enforcement Agency to safely dispose of unneeded or expired prescription and over-the-counter medications.

For more information about drug takeback, visit dea.gov or call the DEA hotline, (800) 882-9539. For information about the installation event, call 384-1418.

Pharmacy renovations

The JBER hospital pharmacy in the main building is undergoing renovations through November.

There will be three functioning windows and a slight reduction in waiting area; wait times will increase slightly, especially during lunchtime and other peak hours.

When renovations are complete, there will be six windows, 100 percent more waiting area, and an expanded inpatient pharmacy.

JBER recreational access

The Joint Base Elmendorf-Richardson recreational permit fee costs \$10 for active duty, military-affiliated and civilian personnel. Senior citizens 60 years of age and older, and those disabled 50 percent or more as documented by the Department of Veterans Affairs, will see a \$5 rate per year. Users

must sign in and sign out using the iSportsman system, using computers, kiosks at the visitors centers, or by phone.

For information, visit the website or call 552-2439 or 384-6224.

Home buying seminar

Volunteer realtors and mortgage lenders present an hour-long home buying seminar every Wednesday at either the JBER-Elmendorf or JBER-Richardson Housing Management Offices from 1 to 2 p.m.

These seminars are intended to support those interested in purchasing a home by explaining the buying and selling process in the Anchorage and Mat-Su areas. The seminar covers loan pre-qualifications, offers and acceptance, inspections, title searches, types of loans, and the closure process to prospective home owners.

For information or to sign up, contact the management office. For the JBER-Elmendorf HMO, call 552-4312, or visit Bldg. 6346 Arctic Warrior Drive.

For the JBER-Richardson office, call 552-3088, or visit Bldg. 600, Room 104.

Special victim counselor

Victims of sexual assault are entitled to legal assistance services.

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 353-6507.

Rental Partnership Program

The Rental Partnership Program provides active-duty personnel with affordable off-base hous-

ing 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 provides 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. The Equipment Management Solutions Program provides multifunctional devices that print, scan, copy and fax.

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.

It is open 7 a.m. to 3:30 p.m. Monday through Friday.

For 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 American flag kits and fire extinguishers available.

U-Fix-It work includes all home maintenance activities, allowing occupants 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 PCS-ing. For more information, call 375-5540.

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 is eligible for a maximum of two years from the date of the PCS orders and is in the program for one year. Spouses who have never filled a federal position can now register for PPP.

Register at the Civilian Personnel Office at JBER-Elmendorf or the personnel office at JBER-Richardson.

For more information, call 552-9203.

Richardson Thrift Shop

The JBER-Richardson Thrift Shop, 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 information, call 384-7000.

Quartermaster Laundry

The Quartermaster Laundry, located at 726 Quartermaster Road, cleans TA-50 gear for free and is open Monday through Friday 7:30

a.m. to 4:30 p.m.

Giant Voice testing

Giant Voice mass notification system testing occurs every Wednesday at noon.

If the announcement is difficult to hear or understand, please call 552-3000.

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

JBER Bargain Shop

The JBER-Elmendorf Bargain Shop, located in Building 8515 Saville across from the log cabin, 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.

MiCare registration

MiCare, the online personal health record and secure messaging application, has been available to patients and medical group staff at Joint Base Elmendorf-Richardson since 2011.

Patients can take advantage of the ability to communicate with their primary care clinicians online.

Registered patients also have access to electronic records, allowing them to view and maintain their health records.

Once registered, patients have the ability to participate in the study by completing a short series of surveys during the course of the next year.

This provides an opportunity for all active-duty, retired and dependent patients to have an impact on shaping the future of Air Force health services.

To register, visit the Military Treatment Facility, where enrollment specialists are available in each primary care clinic.

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 identification 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.

JBER pharmacy undergoes modernization

By Airman Christopher R. Morales
JBER Public Affairs

The 673d Medical Group pharmacy is undergoing renovations to modernize facilities and improve customer service.

The pharmacy is entering its third and final phase of construction, planned to be finished in early November.

The new design expands the waiting area and improves the inpatient pharmacy, and adds two more windows, an additional area for preparing intravenous medication, and a new kiosk system.

“We are excited to see this change because our needs are growing and we were limited by what we had,” said Lt. Col. Arshad Qureshi, 673d Medical Group pharmacy flight commander.

“This will give us more opportunities to serve our patients; with a new counseling area, to talk to patients in confidentiality, and six windows to see more patients in a timely manner and take care of their needs.”

The pharmacy department provides medication to patients both in-house and out. During construction, work space will be limited, but doubled when complete.

“The hospital was built in 1999, so for the last several years we have been trying to continuously improve to keep it up to date,” said Master Sgt. Michelle Frisbey, 673d Medical Support Squadron pharmacy flight chief.

“We’re really thrilled about this new renovation.”

This renovation is part of a series, and for a project to begin there needs to be room for the workers during construction, Frisbey said.

Construction started in January; the first phase moved the administration offices to an older space to make room for additional customer-service windows.

Now, staff occupies the new offices, while the service windows are being upgraded.

“We are getting more windows to help



673d Medical Group pharmacists continue to work while their space is being upgraded at the Joint Base Elmendorf-Richardson hospital, Aug. 13. The new design expands the waiting area, improves the inpatient pharmacy, and adds two more windows, an additional intravenous medication preparation area and a new kiosk system. (U.S. Air Force photos/Airman Christopher R. Morales)

us get through those bottle-neck timeframes like lunch hour,” Frisbey said. “We have the help from the administrative staff, but they can’t actually help with only four windows available.”

Soon, there will be six, all private, with wheelchair-accessible windows on each end.

The pharmacy will also gain a second

check-in kiosk, and the whole system is getting a reboot.

“The new queuing system will make it so you only have to go up to the window once for your medication or questions,” Frisbey said. “The old one just asked if you’re active duty or ‘all others,’ then handed you a ticket.”

“The new kiosks are a lot more interac-

tive; it will ask all the questions routinely asked by the people working the booths.”

Another new feature of the kiosk allows patients to leave and come back. Upon their return, they scan their ticket and are back in the queue for pick-up.

This will help eliminate delays caused by patients who have stepped outside or decide to leave and come back later.

The renovations are badly needed, Frisbey said.

“Our workload has increased dramatically over the course of a couple years,” Frisbey said. “We just need the space to accommodate that extra influx of work.”

The changes don’t just affect those who need a refill – they also help the inpatients. From 2012 to 2015, the inpatient workload increased by approximately 70 percent, so the pharmacy is gaining a second hood to prepare intravenous medications.

Pharmacy staff said they appreciate patrons’ patience during the renovations.

“Construction is always hard; dealing with the noise, confined space and everything,” Frisbey said. “Everybody has been so awesome. My staff and the patients have been patient throughout this process and we appreciate that.”

For more information, visit the 673d MDG pharmacy or call 580-1170.



Yup’ik Airman thrives on family, military traditions

By Air Force Staff Sgt. Sheila deVera
JBER Public Affairs

Growing up in Scammon Bay, a remote village in Alaska with a population of fewer than 600, the Yup’ik native wanted to see the world.

Known as Angiirag Apakaq to her elders and Janette Ulak to her friends, she grew up surrounded by a small community that thrived on hunting, fishing and picking berries to provide for their families to survive.

“Growing up, the women and children did the housework, while the men would go out hunting,” said Senior Airman Janette Ulak, 673d Dental Squadron dental assistant.

“In our culture, women might bring bad luck if they go out hunting because their sole job is to stay home and take care of the family. But it’s changing now – some women can go out and hunt.”

With only 12 seniors in her graduating class, she pursued college education for a year until she accepted a job as a dental health aide back home.

That experience inspired her to join the military as a dental assistant.

“A lot of people wanted to stay in the village, but I wanted to get out of the community and see what’s out there,” Ulak said.

Ulak has relatives serving in the Army, Marines, Navy and Army National Guard. After consulting with her family members, she decided to join the Air Force.

She reached out to an Air Force recruiter in Anchorage, Alaska, and, at the age of 24, started a new adventure in 2009.

“At first, some people in my village were concerned about me joining the military,” she said. “I just Ulak is the first Airman in her family and village.



Yup’ik native Caroline Ulak, mother of Senior Airman Janette Ulak, prepares to transfer the dried salmon in the smoke house. The Yup’ik natives relies on hunting, fishing and picking berries to provide for their families to survive. Janette Ulak is assigned to the 673d Dental Squadron. (Courtesy Photo)

When she landed in San Antonio, Texas, 3,000 miles from home and in a bus on her way to Lackland Air Force Base, Texas, Ulak was very observant of her surroundings.

“I was in shock the whole time,” the sister of 10 siblings said. “I didn’t know what to expect.”

In basic training, her training instructor was intrigued to find out she was an Alaska Native.

“My T.I. would ask me to say something in my language,” said Ulak, recalling her time in basic training. “I guess he was just interested because he had never met or seen an Eskimo before.”

“I was also bombarded with questions such as if I was living

in an igloo, can I see Russia from my backyard, or do I know Sarah Palin – all silly questions,” Ulak said, laughing.

“I expected to get this mixed reaction when people found out that I am an Alaska Native. I knew questions would come out like that or about my culture because they were just so fascinated about it.”

“I remember a day when my family decided to go on a boat to another island so we could go clam digging until we saw a pod of whales spouting in the distance,” Ulak said. “There were six of us in a boat and my uncle decided to go after the whale and we started chasing it.”

When they came within range,

her cousin started shooting the whale when he had a clear sight.

“We would bang on the bottom of the boat if we could not see the whale, when it resurface my cousin would start shooting again repeating the same process until my cousin ran out of ammunition,” she said.

“My uncle instructed us to take out our harpoons and started throwing them. Once we successfully got the harpoon in, the second boat started shooting at the whale and killed it.

“We brought it to the shore and since it was my cousin’s first catch, he had to share it with the whole community.”

Under the Alaska Department

of Fish and Game, subsistence hunting occurs throughout Alaska all year long and is central to the customs and traditions of many cultural groups.

The International Whaling Commission allows Alaska Natives to continue the whale hunt.

While stationed at Joint Base Elmendorf-Richardson, Ulak decided to bring some local dishes for her coworkers to try it out.

“I brought raw whale blubber to work and some had mixed emotions,” Ulak said.

“Some mentioned that they couldn’t taste it, while some focused on the texture.”

Air Force Staff Sgt. Destinee Spates, currently assigned to the 18th Dental Squadron, Kadena Air Base, Japan, was one of the few who tasted her dishes – whale blubber and akutaq [“Eskimo ice cream” – a concoction made from reindeer fat or tallow, seal oil, water or milk, fresh berries and sometimes ground fish].

“The whale blubber was hard and crunchy. I could not taste anything so it was more about the texture,” Spates said.

“As for the akutaq, I couldn’t taste the halibut, but just the berries.”

“I was not at work that day when she brought in some Alaskan dishes, but she often shares stories of life in her village,” said Tech. Sgt. Andrea Andrews, 673d DS dental assistant. “I like listening to her stories and they are mesmerizing.”

Finding out that Ulak was a local native, was an exciting for Andrews.

“My squadron has taken an interest in her culture and it gives our clinic an insight to the real Alaska,” added Andrews.

Even though she prefers to be called Janette while in the military, to some she will always be Angiirag Apakaq.

Take a step back and appreciate the beauty

Commentary by Air Force Chaplain (Maj.) Steven Richardson
673d ABW Chaplain

When I was 18 years old, a friend of mine invited me to an art museum. Normally, I'm not a big fan of art museums, but the friend was a girl, so I went.

The museum was laid out in such a way that a person entering the front door had to walk through every single hallway before he or she could finally exit and get lunch.

I was hoping to set a new speed record for walking through a Museum, my friend was more inclined to walking as slowly as possible and seeing every exhibit ... so we walked as slowly as possible.

Our journey started with African Art, and then we moved into the modern art section. It was here where I started to get very, very bored.

How could a line drawn horizontally through the middle of canvas, or paint thrown behind a jet engine be considered art? I don't want to insult anybody, but I just didn't get it.

Finally, we moved into what I called the classical art section.

These were paintings, some hundreds of years old, which had amazing amounts of detail. In many cases it looked like the artist spent hours, even days, painting each person's fingernail.



From six-inches away, a painting can look like a bunch of splotches on canvas, but from a distance, it mat be a beautiful work of art. The author suggests that often, this same phenomemon can occur in our daily lives. (Courtesy image)

I found myself looking at the entire painting and then walking as close as I could get to the painting, about six-inches away, and looking at all the details. I continued this pattern with three to four paintings until I realized I was working too hard.

At that point I changed my tactic. I stood about six-inches away from each painting, looked at all the detail, and then sidestepped to the next painting.

I did this with roughly ten-paintings until I came to one that looked absolutely horrible. It was

just a bunch of splotches all over the canvas.

I looked back at my friend and said, "This one is in the wrong section, it needs to be back in the modern art."

My friend laughed and said, "Take a step back." So I did. Before

me formed one of the most beautiful paintings I'd ever seen. It was an original Monet.

From six-inches away it looked like a bunch of splotches on the canvas, but from a distance the true, beautiful painting appeared.

Over the years, I have noticed that this phenomenon happens so often in our lives.

We face frustrations, heart-aches, the stresses and strains of the day, our own personal failures and the failures of those around us, and our lives look like a big collection of splotches.

We can easily focus on these frustrations and miss the big picture.

I have talked to many military members and spouses who have focused on some of the annoying habits or attitudes of their kids, and missed the joys of the limited time they have with them.

Many of us focus on the seemingly disrespectful or unloving actions of our spouses, and missed the big picture that this imperfect person is willing to stick with our imperfect selves through thick and thin.

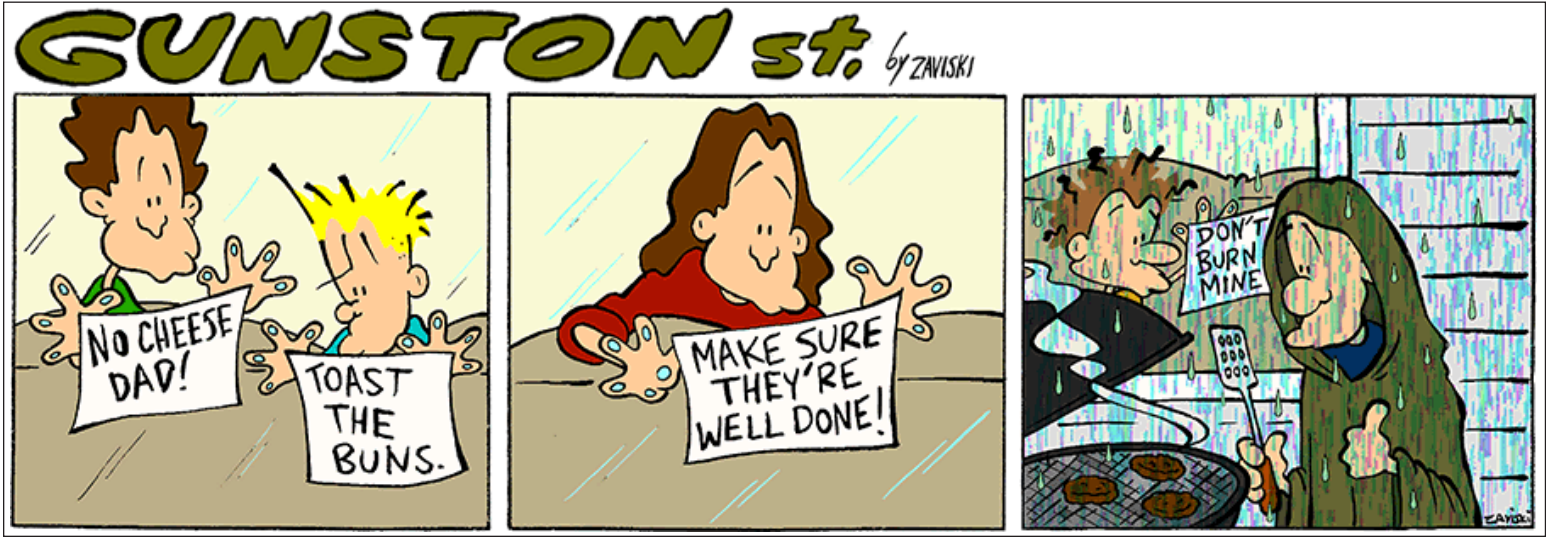
Many of us focus on some annoying practice of policy of the military or a joint base, and miss the honor we get in being able to serve our country and take care of our families in the beautiful state of Alaska.

For me, God is the one who paints the big picture. When I focus on all the little problems and annoyances, I miss God's masterpiece that he paints in my life.

When I focus on the arguments I have with my wife, I miss the beautiful marriage he is developing despite our insecurities.

When I focus on some of the mistakes my teenage sons make, I miss the amazing men they are becoming with God's help and direction. Too often I find myself looking at my life and the people around me from six-inches away.

These are truly works of art; I need to take a step back and appreciate the beauty.



THROUGH SEPT. 30 COLA survey

The Out-of-Cycle Cost of Living Allowance Living Pattern Survey is now available through 30 Sep.

This survey is the ONLY opportunity offered to all service members and their spouses every three years to report their shopping behaviors and patterns at the overseas location they are assigned.

It's imperative participants not guess when filling out the survey because doing so will skew the data, and could have negative ramifications on COLA entitlements.

To take the survey, visit <http://tiny.cc/fsfs2x>

FRIDAY Mom/daughter make-over

The JBER library hosts a free Moms and daughters make-over session from 6 to 7:30 p.m. Beauty professionals will be on hand to demonstrate various ways to enhance your special features.

Discussion topics will include inner beauty, DIY cosmetics and essential oils for health and beauty. For information, call 384-1640.

Alaska Fallen Firefighter Memorial

The Anchorage Fire Department in conjunction with the Alaskan Fallen Firefighter Memorial Committee, the Alaska State Firefighters Association, Alaska Fire Chiefs Association and fire agencies from across Alaska will be hosting a ceremony at 6 p.m. at the Alaska Fallen Firefighter Memorial in Anchorage in remembrance of Alaska firefighters and emergency responders who have died in the line of duty.

SATURDAYS THROUGH SEPT. 26 Muldoon Farmer's Market

There's a new market in town. The Muldoon Farmers Market kicks off with local music, entertainment, family activities and more at Begich Middle School from 9 a.m. to 2 p.m.

Enjoy new vendors offering locally grown and caught, baked and cooked foods, as well as locally made arts and crafts. Shop, eat, play and chat with fellow community members.

For information, visit muldoon-farmersmarket.org.

SATURDAY AND SUNDAY Arctic Warrior Rodeo

Release your inner cowpoke by spending the day at the Arctic Warrior Rodeo, Saturday from

1:30 to 10 p.m. and Sunday from noon to 5 p.m. in the fields behind JBER-Elmendorf Lodging.

Exciting attractions include; pony rides, a mechanical bull, visits with Hank the Moose, live music, dancing, a petting zoo, face painting, and more. Everything (except food and drink) is free.

For information, visit jberlife.com.

TUESDAY USO Radio Tour

The Buckner Physical Fitness Center hosts the free USO SIRIUS XM Radio Tour featuring host Storme Warren and acts Rodney Atkins and the Swon Brothers.

Doors open at 6 p.m., with a show start of 7:30 p.m.

For information, call 552-8529.

SEPT. 18 POW/MIA remembrance

Join guest speaker, Army Col. Scott Green, commander, 4th Brigade Combat Team (Airborne), 25th Infantry Division at 1 p.m. in Hangar 1 for a remembrance ceremony honoring POW/MIA service members. Dress is uniform of the day.

For information, call 552-1953.

Air Force birthday

Celebrate the Air Force's 68th birthday with an informal party featuring cake, beverage tasting, prizes and more starting at 4 p.m. in the Fire Pit.

For information, call 552-3699.

SEPT. 19 Air Force Ball

Celebrate the Air Force's 68th birthday and heritage at the Dena'ina Center with the Air Force Ball and keynote speaker Sen. Dan Sullivan starting at 6 p.m.

For information or to register, visit <https://jberafbball.com>.

SEPT. 30 Run to be ready 5K

Disasters could happen any time, are you ready? The 773d Civil Engineer Squadron hosts a 5K fun run to raise awareness on National Preparedness Day. Run starts at 8 a.m. outside Hangar 5.

For information, call 552-5058.

ONGOING Football on NFL Ticket

Looking for a place to watch your favorite NFL football team? Join the staff at the Warrior Zone or Polar Bowl and never miss a game.

For information, call 384-9622 or 753-7467.

Kids in the Kitchen

The Two Rivers Youth Center hosts this event Tuesdays from 4:30 p.m. to 6 p.m.; learn to help out by preparing meals.

For information, call 384-1508.

Anchorage museum tours

Visit the Anchorage Museum for a guided tour with a docent. Learn about the history of Alaska and Anchorage, the indigenous people, and art.

These 45-minute tours are free with admission.

For information, visit anchagemuseum.org.

Alaska Outdoors hikes

The Alaska Outdoors group hosts easy hikes for beginners and families with small children Monday evenings, and moderate hikes Thursdays, year-round. Hikes start at 6:30 p.m.

For locations and information, visit alaska-outdoors.org.

Guided nature walks

Join a docent at the Eagle River Nature Center at 1:30 p.m. Wednesdays through Sundays for a 3/4-mile walk around Rodak Loop.

Learn about the history and flora and fauna of the Eagle River Valley.

For information, visit ernc.org.

Golf clinic

New to the game of golf or want to brush up on your skills?

The Moose Run Golf Course offers golf clinics for adult beginners through advanced players every Monday, Wednesday and Friday.

For information, call 428-0056.

Single Airman Program

Single service members, are you interested in getting out and enjoying all that Alaska has to offer? Take a trip with the JBER Single Airman Program.

Many outings are offered at deep discounts such as guided halibut and river fishing charters, mountain biking, white-water rafting, and rock climbing.

For more information, call 552-8529 or stop by the Arctic Oasis.

Family golf clinic

Learn another way to enjoy Alaska's midnight sun. Bring your family out to Moose Run Golf Course every Tuesday from 6 to 7 p.m. for a free golf clinic.

Open to ages 6 and up; golf clubs will be provided.

To sign up, call 428-0056.

Keystone meeting for teens

Keystone Club is a leadership development experience providing community service opportunities for young people ages 14 to 18.

Meetings take place every Wednesday at 5 p.m. at the Two Rivers Youth Center.

For information, call 384-1508.

Financial counseling

Does more than 25 percent of your pay go to bills? Are you making only minimum payments, or taking out new loans to pay off old ones? Are you arguing over money? Do you really need that new TV, watch or cup of fancy coffee?

Financial counseling is available through Army Community Service or Army Emergency Relief, at 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 or call 384-1461.

Neon bowling

All military E-4 and below receive a 10 percent discount every Friday night 11 p.m. to 1 a.m. at the Polar Bowl. Gather your friends and bowl in the neon lights while enjoying today's top music hits.

For information, call 753-7467.

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/msmurre.

Eat and play weekdays

What goes great with lunch? A free game of bowling. Present your receipt at the front counter totaling more than \$5 from Ten Pins or Topios (located inside the Polar Bowl) between 11 a.m. and 1 p.m., Mon., Thurs., or Fri. and receive one free game.

For information, call 753-7467.

Help for homebuyers

JBER Volunteer Realtors and Mortgage Lenders present an hour-long home buying seminar every Wednesday alternating between the JBER-Elmendorf

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

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.

or JBER-Richardson Housing Management Offices from 1 to 2 p.m.

These seminars explain the buying and selling process in the Anchorage, Eagle River and Wasilla/Palmer areas.

For more information or to sign up, contact either HMO office; JBER-Elmendorf at 552-4312 or JBER-Richardson at 384-3088.

673d FORCE SUPPORT SQUADRON



September 15

Doors Open at: 6 p.m.

Show Time: 7:30 p.m.

Held at Buckner Fitness Center
Bldg. 690

For more information, call: 552-8529

In Concert Featuring:



673 FSS Presents:



★ FREE EVENTS ★
SEPTEMBER 12
MEET & GREET
(ANIMALS & ATHLETES) 1:30 - 3 P.M.
RODEO 3:30 - 6:30 P.M.
COUNTRY NIGHT
(LIVE MUSIC & DANCING) 7 - 10 P.M.
SEPTEMBER 13
COWBOY CHURCH 12 - 1 P.M.
RODEO 2 - 5 P.M.
★ MORE FREE ACTIVITIES ★
PONY RIDES
MECHANICAL BULL
FACE PAINTIN'
PETTIN' ZOO
HANK THE MOOSE
★ FOR PURCHASE ★
BEER GARDEN FOOD BOOTHS
Parking will be available at the Polar Bowl, Talkeetna Theater, & JBER - E Chapel. Shuttle will be available to take you to and from the Rodeo.

Celebrate the Air Force's 68th Birthday



September 18 • 4 p.m.
Held at the Fire Pit • FREE Event

Join us for:

Hors d'oeuvres, birthday cake, beer & wine tasting, prize drawings, & more!

FREE membership sign-ups available! Low membership fees!
FREE Air Force Birthday t-shirts to all new club members!

Call 552- 3669 for more information.
The Fire Pit • Bldg. 9387

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Birth Announcements

ARCTIC WARRIOR

September 11, 2015 **B-4**

Aug. 2

A son, Roman James Wester, was born weighing 5 pounds, 15 ounces at 7:39 a.m. to Dysherrika Monique Wester and Air Force Staff Sgt. James Elliot Wester of the 673d Surgical Operations Squadron.

A son, Adrian Aurelio Garzaro, was born 20.5 inches long and weighing 7 pounds, 2 ounces at 8:03 a.m. to Diana Garzaro and Airman 1st Class Hugo Garzaro of the 3rd Aircraft Maintenance Squadron.

A daughter, Hannah Anaya-Orie Singletary, was born 20 inches long and weighing 6 pounds at 9:01 a.m. to Tech. Sgt. Alisha Renee Singletary of the 3rd Operational Support Squadron and Cedric Singletary, Jr.

A son, Ethan David Cable, was born 21 inches long and weighing 8 pounds, 7 ounces at 5:37 p.m. to Senior Airman Kaitlyn Sue Lawton of the 3rd Aircraft Maintenance Squadron and Tech. Sgt. Bryan Michael Cable of the 176th Aircraft Maintenance Squadron.

Aug. 3

A son, Jaxon Gallow Shutler was born weighing 6 pounds, 7 ounces at 1:35 p.m. and a daughter, Madison Evelyn Shutler, was born weighing 6 pounds, 3 ounces at 1:37 p.m. to Air Force Master Sgt. Michelle Marie Shutler of the 477th Fighter Group and Air Force Staff Sgt. Timothy David Shutler of the 176th Aircraft Maintenance Squadron.

Aug. 4

A daughter, Mia Elyse Turner, was born 23 inches long and

weighing 9 pounds, 1 ounce at 10:41 p.m. to Brienna Turner and Airman 1st Class Michael Turner of the 962nd Airborne Air Control Squadron.

Aug. 5

A son, Jeremiah Silas Boles, was born 21 inches long and weighing 7 pounds, 15 ounces at 4:28 p.m. to Jenae Monique Boles and Pvt. Dalton Joseph Boles of the 1st Battalion (Airborne), 501st Infantry Regiment.

A daughter, Elizabeth Patricia Thomas, was born 20 inches long and weighing 6 pounds, 12 ounces at 11:23 p.m. to Suzanne Angeline Thomas and Chief Warrant Officer 2 Matthew Edward Thomas of the 725th Brigade Support Battalion (Airborne).

Aug. 7

A son, Michael Joseph Lawrence, Jr., was born 21.5 inches long and weighing 6 pounds, 6 ounces at 6 a.m. to DeShandra Lynette Lawrence and Senior Airman Michael Joseph Lawrence, Sr. of the 703rd Aircraft Maintenance Squadron.

Aug. 10

A daughter, Katelynn Belle Hiseley, was born 20 inches long and weighing 7 pounds, 15 ounces at 3:22 a.m. to Kimberly Elaine Hiseley and Air Force Master Sgt. Toby Mitchell Hiseley of the 381st Intelligence Squadron.

A son, Asher Reid Landis, was born 21 inches long and weighing 7 pounds, 14 ounces at 9:55 p.m. to Holly K. Landis and Air Force Master Sgt. Ryan D. Landis of the 732nd Aircraft Maintenance Squadron.

Aug. 14

A daughter, Taylor Abigail Love, was born 19.5 inches long and weighing 6 pounds, 13 ounces at 7:40 a.m. to Antiknea Denise Love and Air Force Staff Sgt. Christopher Tomar Love of the 3rd Maintenance Squadron.

Aug. 15

A son, Jack William Seldomridge, was born 22 inches long and weighing 8 pounds, 7 ounces at 3:26 a.m. to Amanda Lynn Seldomridge and Tech. Sgt. Andrew Jacob Seldomridge of the 3rd Maintenance Squadron.

A son, Eli Myron Jarvis, was born 22 inches long and weighing 8 pounds, 8 ounces at 9:08 a.m. to Public Health Service Lt. Cmdr. Ester Sue Jarvis of Indian Health Services, Kotzebue and Ty Nickolas Jarvis.

A daughter, Kyliee Mary-Lin Griffioen, was born 22 inches long and weighing 7 pounds, 15 ounces at 2:45 p.m. to Wan-Lin Griffioen and Senior Airman Kyle James Griffioen of the 703rd Aircraft Maintenance Squadron.

Aug. 16

A son, Emmitt Dantes Medellin, was born 20.5 inches long and weighing 7 pounds, 10 ounces at 6:16 p.m. to Bianca Medellin and Senior Airman Joe Medellin of the 773d Logistics Readiness Squadron.

Aug. 17

A daughter, Lyla Grace Nephew, was born 20 inches long and weighing 6 pounds, 7 ounces at 8 a.m. to Bonnie Marisa Nephew and Army Staff Sgt. Patrick Brian Nephew of Headquarters and

Headquarters Company, 4th Brigade Combat Team (Airborne), 25th Infantry Division.

A son, Dylan Dean Gilbert, was born 21 inches long and weighing 8 pounds, 13 ounces at 8:42 p.m. to Allison Christina Gilbert and Tech. Sgt. Joshua Dean Gilbert of the 3rd Maintenance Group.

Aug. 19

A daughter, Tessa Kennedy Hunter, was born 21 inches long and weighing 8 pounds, 10 ounces at 3:29 p.m. to Allison Paige Hunter and Spc. Gauge Taylor Hunter of Headquarters and Headquarters Company, 6th Brigade Engineer Battalion.

Aug. 20

A daughter, Saoirse Nichole Vitola, was born 20 inches long and weighing 8 pounds, 13 ounces at 2:39 p.m. to Taleesha Nicole Vitola and Army Staff Sgt. Edgar Eduardo Vitola of the 17th Combat Sustainment Support Battalion.

Aug. 23

A daughter, Ashlynn Noel Guicè, was born 21 inches long and weighing 8 pounds, 8 ounces at 7:06 a.m. to Erica Charmainè Guicè and Tech. Sgt. Pharaoh Onorato Guicè of the 673d Security Forces Squadron.

A daughter, Olivia Christine Clark, was born 21 inches long and weighing 8 pounds, 15 ounces at 4:21 p.m. to Lauren Christine Clark and Airman 1st Class Weston Robert Clark of the 3rd Munitions Squadron.

Aug. 25

A son, William Field Godwin, was born 20 inches long and

weighing 7 pounds, 3 ounces at 5:11 a.m. to Air Force Capt. Leah Helene Godwin of the 673d Medical Operations Squadron and Army Capt. Zachary William Godwin of Army Medical and Dental Activity, Alaska.

A daughter, Finley Quinn Parrish, was born 20.5 inches long and weighing 7 pounds, 15 ounces at 8:23 a.m. to Lindsey Forbes Parrish and Spc. Bentley Allen Parrish of the 59th Signal Battalion.

Aug. 28

A son, Ryker Gideon George, was born 20 inches long and weighing 8 pounds, 3 ounces at 2:55 a.m. to Jaime Leigh Jensen-Barclay and Spc. Kevin Anthony George of the 545th Military Police Detachment.

Aug. 29

A daughter, Praise-Keziah Boampong, was born 21 inches long and weighing 7 pounds, 14 ounces at 2:13 p.m. to Dorcas Ohe-newoa Boampong and Sgt. Richard Boampong of the 6th Brigade Engineer Battalion.

A son, Chase Gordon Schlagel, was born 19.5 inches long and weighing 6 pounds, 12 ounces at 3:30 p.m. to Sgt. Stephanie Susan Kiser of the 725th Brigade Support Battalion and Spc. Christopher Alan Schlagel of Headquarters and Headquarters Company, 725th Brigade Support Battalion.

Aug. 30

A daughter, Kelsey Marie Valencia, was born 22 inches long and weighing 8 pounds, 10 ounces at 7:09 a.m. to Shauna Marie Valencia and Army Staff Sgt. Frederick Valencia, Jr. of the 6th Brigade Engineer Battalion.

New parent? The New Parent Support Program is here to help

By Airman 1st Class Kyle Johnson
JBER Public Affairs

New babies bring new challenges, especially for parents who are having their first child, or have been isolated from familial support for one reason or another.

Trying to deal with these challenges while balancing the responsibilities of a career or military service adds a whole new level of complexity.

The people who work at the Family Advocacy Program at Joint Base Elmendorf-Richardson, Alaska understand this. That’s why they offer a host of programs to give families every conceivable opportunity to have as much success in their personal life as they can have in their professional life.

“Our primary focus is to enable families to have healthy lives while also reducing risk of potential maltreatment,” said Jennifer Frysz, a Family Advocacy outreach manager.

One such program is the New Parent Support Program.

In this program, new parents can meet with a registered nurse and discuss their concerns, fears, or methodology in handling a pregnancy and the first three years of a child’s life, Frysz said.

The NPSP is available to parents from pregnancy to the time their child turns three years old and can participate in the program for however long they feel is necessary, whether that is a visit or two to the hospital during pregnancy or an extended mentoring relationship with the RN throughout the entire three-year process.

“They don’t have to access the service right when the baby is born or when they are pregnant,” said Sarah Blanning, also a Family Advocacy outreach manager. “If the child is two and they decide they still have some questions or they are experiencing some more challenges they didn’t have before, they still have eligibility until the child is three.”

During the program, parents can either visit the family advocacy office at the JBER hospital, or they can set up home visits with their registered nurse.

As long as the RN is there, the family will work exclusively with that particular RN until the family decides they no longer require assistance.

There are five nurses assigned to the NPSP whose sole job is to provide assistance and counsel to new families both in the office and during home visits, Frysz said.

“The NPSP is their baby, so to speak,” Frysz said.

The NPSP can also help with extenuating circumstances which might be unique to that particular family and thus difficult to find information elsewhere.

“We call in the troops when we need help right?” Frysz said. “In the same way NPSP can help with breastfeeding issues, childproofing a home, even information on things like car seats and introducing a child to your pets. There’s so many elements that factor into a family’s development.”

The program also offers therapeutic assistance – developmental and mental – to the parents or the children. For example, if the child is not physically developing properly, the NPSP can help.

“They’ll try to figure out where that child is developmentally and refer other services who also can go to the home and work with that child to help push them through developmentally,” Frysz said.

As extensive as it is, the NPSP is really just one resource service members can take advantage

of; there are so many programs at the family advocacy office that they have to categorize them.

One program which goes hand-in-hand with the NPSP is the “Dads: The Basics” class for expecting fathers, taught by men who have been there themselves.

During the class, dads learn positive communication skills for the unique challenges of pregnancy, labor, caring for an infant and keeping a baby safe.

“We could teach you stress management tools, and it’s going to help improve your family,” Blanning said. “We can talk to you about time management and it can make you a better parent.”

“Family advocacy is all about getting back to mission readiness, so [the family] can function and [the service member] maintain a career of longevity,” Blanning said.

“Good things happen when people trust that services are there to help.”

For more information on programs offered by the Family Advocacy Program, call 580-5858 during duty hours.

