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DOING TIME IN HELL



(U.S. Air Force photo illustration/Justin Connaehr)

Survivor speaks out about domestic, sexual abuse

(Editor's note: The story contains descriptions from a personal account of a domestic and child abuse victim – may not be suitable for all readers.)

By Airman 1st Class Kyle Johnson
JBER Public Affairs

“Go get undressed and get into bed,” her father said. “I’ll be there in a minute.”

Helen Holston, not yet old enough to go to elementary school, did as her father told her. He then proceeded to beat her with a leather belt from neck to toe; he called it branding.

“My dad was in the Army for 22 years, and married my mom while he was stationed overseas,” Holston said. “Things were very rocky between [my parents] and there was a lot of domestic violence between them. Lots.”

Holston said she lived in fear for most of her young life, and when her parents quit beating up on each other, they started beating up on her.

Forty years later, Holston said she has reached a place in her life where she feels it’s important to tell her story.

By raising awareness of domestic, child and sexual abuse, Holston said she hopes to empower victims who feel there is no way out and empower military organizations like the family advocacy program to help those people.

“I went to a lot of schools on military bases,” Holston said. “I never told anybody because at our house, everything was secret. You don’t tell, ever.”

So she didn’t. All through her adolescence, Holston was abused by both her parents. Her mother would beat her with whatever was nearby; her father, with belts she fetched and brought to him herself.

Eventually, Holston’s father’s command forced him to go to counseling with his family.

They went twice.

As a preschooler, Holston often cleaned up used contraceptives and vomit after the parties her parents frequently hosted at their house.

“I was the adult, and they were the crazy kids,” Holston said. “When I was five, my dad and his buddies came into my room.”

They were drunk. “I acted like I was sleeping,” Holston said. “And they – they did whatever they did to me.”

Holston said she tried to tell her mother, but she wouldn’t listen. Her mother told her she stayed with her dad because he didn’t “bother” her. She meant sexually.

“I had nowhere to turn,” Holston said. “He took showers with me until I was 11. I did not know that was strange.”

The molestation ended when Holston reached the age of 11, but the physical abuse didn’t stop. She became hyper-involved in school. The teachers thought she was an overachiever, a hard-charger, but Holston knew better. She was just doing anything she could to stay away from home.

When she made it to high school, she found solace in the structure of the Junior ROTC.

“At home, there was no structure. I never knew what I was coming home to. Everything was crazy and chaotic,” Holston said. “JROTC had structure, and it saved my life.”

During high school, Holston was seriously contemplating suicide until she was given a mundane little award. To her, it wasn’t mundane at all. It was a glimpse of light in the perpetual darkness which enveloped her life.

“I’ll never forget when I quit thinking of suicide; it was the stupidest little award I got from drill team. I’d won the six-week drill competition,” Holston said. “It clicked. I could be really good at something.”

Holston went on to be named student of the year and cadet of the year, and become the first female battalion commander for her school. The abuse carried on.

Holston entered the delayed enlistment program, and when she graduated high school, she stayed at a friend’s house for three days before leaving for basic training at Fort Dix, New Jersey.

After graduating from Advanced Indi-

vidual Training, Holston went to her first duty station, fully intending to create a career for herself in the Army; and away from her parents.

However, she would find out escaping her parents’ influence would be a lot more difficult than moving almost 4,000 miles away.

Holston’s time at Fort Wainwright was rife with conflict; she was married and divorced twice and a non-commissioned officer threatened her life if she did not perform sexual favors for him.

She did not reenlist. For more than 20 years, Holston hopped from one state to the next, never quite settling down.

She continued to flit in and out of one abusive relationship

and another. Chaos was where she was comfortable; it was all she knew, Holston said.

Then she met Mark Holston, a police officer and former Marine.

“It was like Alice in Chains meets the Brady Bunch,” Helen said. “It’s strange with Mark; he’s kind, he’s calm, generous and compassionate. Those are things I’ve never experienced. It’s odd for me.”

Now, as they approach their 10-year anniversary, Mark said he jokes about growing old together with Helen. He knows it makes her uncomfortable to think about reaching this milestone in their lives, but it’s important she knows he’s not going anywhere.

“I don’t drink anymore, but when I did,” Mark said. “I would see her staring at me; evil-eye staring at me, because the smell of alcohol was triggering bad things.”

Holston said she finally found help through the Department of Veteran’s Affairs in Pensacola, Florida.

“I’ve been out since [19]90. I had not met a counselor I trusted enough to really deeply share; until 2013,” Helen said. “She helped me through a process called dialectical behavior therapy, and I did a course with her once a week for six months.”

“Pensacola VA was a big pivot point in my life. After DBT, I did nine sessions of trauma-recovery management,” Helen said. “After Pensacola, we came back to Alaska so I could start taking college classes, and Mark could get a job.

“Now I’ve got all this new training from Pensacola. We’ve relocated back to Anchor-

age. Mark’s got a job on JBER, and I’ve been approved for school.”

Helen was able to connect with a tax preparation class through JBER. And she’s been approved to start taking college classes in the spring through the Alaska Department of Veteran’s Affairs.

“I have run for office. I have served on the governor’s board here in Alaska. I’ve served on the governor’s board in Alabama,” Helen said. “My dream job, with 20 years of built-up experience [helping veterans], is to work in [Washington] D.C. at central VA to make policy change for continuity for veterans; to make it less of a hardship for veterans to get service-connected disability [benefits].”

Helen has kept her past largely a secret until now. But she has decided it’s time to make a change.

“Ninety-nine percent of my friends never knew I have this background. I just don’t trust people enough to share that,” Helen said. “Now, I think, ‘If it saves one life, it’s worth it.’”

Helen said she isn’t sure where her future will lead, but she is sure of her goals.

“I want to write a book. I want to help people. I want to change my name,” Helen said. “I think I’ll change it to Back, Helen Back; because I have been to hell and back. It’s perfect.”

Mark said he wonders how different Helen’s life could have been, if someone had intervened, if someone had stood up for Helen as a 5-year-old girl.

“They have these wonderful programs to educate people on looking out for signs; if this had been around 20 years ago when she was going to all these military schools, one of the teachers might have done something,” Mark said. “It could have saved her. Who knows what she could have been.”

The tragedy is, the family advocacy program was established in 1974, when Helen was 7 years old, as a way of detecting child maltreatment. It was later extended to domestic abuse in 1981, but the program was so new, people simply weren’t aware of it.

October was Domestic Violence Prevention Awareness Month and the JBER Family Advocacy Program was all over base attempting to make people more aware of the resources available. Though the month may be over, the desire to help is still there.

“There are programs out there now, and people have to be willing to take a leap of faith and just do it,” Helen said. “You have to take that chance.”

For information on the JBER Family Advocacy Program and other resiliency resources, visit www.jber.af.mil/resiliency.asp.

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Light a fire in yourself and your subordinates

By Senior Master Sgt.
Michael Roxberry
23rd Operations Support Squadron

MOODY AIR FORCE BASE, Ga. — As a leader, do not let your ego get in the way. Stand tall, but not above everyone else.

Do not tell people what to do, show them. Showing them is what leading is all about. When you show them, you are creating that spark.

Much like a fire, it all starts with a small spark. It started the minute you stepped off the bus at basic training and continues throughout your entire career.

At each critical stage of your career, you received everything necessary to become a leader. What it takes now is that fire, the drive to want to be a great leader.

Sometimes, a single torch is not enough to light the way. If you want the Air Force to glow, you will need to spread the fire. Start a fire in your subordinates, in your senior leaders, and within yourself.

How do you start a fire in your subordinates? It is always easier said than done.

The simple answer is to inspire them to not only want to do more, but to do more while performing their absolute best.

Actions such as these take more than simply commanding an action to occur, they require setting a standard, holding others to the standard, and, most of all, becoming that standard yourself.

Simply establishing and enforcing a standard will not create the spark, it will take inspiration and motivation.

Motivation can come in many forms, such as awards, praise and especially empowerment. Airmen, today more than ever, want to be empowered and part of something bigger than they are.

As a senior noncommissioned officer, you must create an atmosphere where orders are not simply given, but tasks are explained beyond the order.

Tying actions to something much greater than local directives and then empowering your Airmen to do it will inevitably create that fire.

Igniting a fire in your subor-



(U.S. Air Force photo illustration/Justin Connaehr)

ordinates is very important, but you must also create one in those above your rank. Developing a spark in your senior leadership is not easy and takes time, but once the fire is burning, the sky is the limit.

Be that senior NCO your leaders go to for information and solutions. Supply your answers with research and options and become their sounding board and trusted advisor.

One of the best things you can do to help inspire your superiors is to become a humble, approachable and credible leader.

With these leadership traits, your leadership can become comfortable making critical and risky decisions because they know you are humble enough to understand you do not know everything and you will do your research before making recommendations.

They know you are approachable enough they can discuss things without you looking at them like they are absolutely crazy, and credible to the point where whatever advice you provide is factual and based upon sound judgment

and common sense.

For instance, I worked for a group commander at a previous duty assignment who would question me about a variety of issues, how I responded determined how deep he would dive into the discussion.

If I did my homework and told him all the facts, risks, issues and recommended solutions, he would tell me, "fair enough ... press on." If I didn't provide him the answer he was looking for, he would continue to dig until he was satisfied I had a good grasp of the issue.

I quickly learned I could never go to him with a "no" answer; it was always a "yes sir, we can do this, but here are the risks and here is how we can mitigate those risks."

Our relationship grew stronger because he always knew I would not just provide him with a surface answer to appease him, but would, in fact, relay to him an honest-to-god assessment of the issue.

If you can focus on becoming humble, approachable and credible, you will not only become a

better leader, but you will inspire your superiors to become better leaders, thus adding fuel to the fire.

This leads to the final and most difficult area where you need to create a fire; within yourself. I associate this to trying to light a match in a windstorm.

While not impossible, it is extremely challenging. Changing something within ourselves takes great dedication and drive. When times are tough, you must have the will to not give in.

It is more than just getting internally motivated to do daily tasks, it is about becoming the best at what we do, in everything we do — addressing each task as if it were the most important thing in regards to national security.

Much like our Air Force core value, "Excellence in All We Do," this is an internal fire that should not and must never be extinguished.

If your fire goes out and you lose that spark, expect those around you to see and feel the effects, affecting the mission.

There were times in my career

where my flame began to flicker. It took several mentors and good friends of mine to put me back on track. They reminded me why I began this journey in the first place — wanting to serve our country.

They reminded me what I was doing was much larger than I was and it was not about me, it was about the Airmen I was leading. It was about making the next generation better than mine.

Get out from behind your desk and be an involved leader. Far too often, we get bogged down with the day-to-day paperwork that we forget you cannot lead papers; you lead people. Unless your Airmen see you and can speak with you, there will be a void and a lost opportunity to create a spark.

Finally, let others inspire you. Get out and see the great work our Airmen are accomplishing.

Let the positive attitude of the hard workers become contagious and figure out how to get those who are less inspired to be more so. Seeing them change will help inspire you.

It is vital we start a fire in the Air Force by inspiring our Airmen to do the best at everything they do. It is important to provide the fuel and the air to the spark in your subordinates and your leaders.

Become a leader who is humble, approachable, and credible and treat yourself and your career like a fire. If you do not feed it and keep it burning, it will die off and you will be left standing in the dark.

The famous business philosopher, Jim Rohn, stated, "The challenge of leadership is to be strong, but not rude; be kind, but not weak; be bold, but not a bully; be thoughtful, but not lazy; be humble, but not timid; be proud, but not arrogant; have humor, but without folly."

So feed your fire. Leadership is not an exact science; it takes trial and error.

It is important to educate yourselves and become more informed on not only leadership, but anything that can make you more credible.

Understand you will make mistakes. Own your mistakes and teach others to do the same.

Now go out, create that spark, and start some fires.

New NCOER takes aim at inflation, improves feedback processes

By David Vergun
Army News Service

WASHINGTON — Beginning on Jan. 1, the Army will have a new tool to promote, retain and assign its noncommissioned officers: an upgraded NCO Evaluation Report.

The current NCOER, which has been in use since 1987, is "outdated, highly inflated and too generic, meaning one NCOER fits all NCOs, regardless of rank, position or level of responsibility," said Sgt. Maj. Stephen McDermid, Evaluations, Selections and Promotions Division sergeant major at Human Resources Command on Fort Knox, Kentucky.

The new NCOER will address four key areas:

First, the new NCOER will capture "attributes and competencies" from Army Doctrine Publication 6-22 "Army Leadership," he said. That means the evaluation will align with the Army's effort to meet the challenges of an increasingly complex and uncertain environment by requiring NCOs to take on greater levels of responsibility, with increasing levels of skills and competencies.

A second important aspect of the new NCOER is that it will "enforce rating official accountability through the use of two new assessment tools, which is the rater tendency and the senior rater profile," McDermid said, meaning senior raters will be limited to the number of Soldiers they deem "most qualified."

In a nutshell, this will address one of the biggest drawbacks of the current NCOER: inflation, or the tendency of raters to rate most or all of their Soldiers at the highest levels.

The current practice makes it nearly impossible to separate stellar performers from average or good performers, he said.

Third, the new NCOER will take into account increasing levels of responsibility as Soldiers progress through the NCO ranks, McDermid said.

Specifically, the NCOER will come in three versions tailored to three levels of rank, or grade plates:

- Department of the Army Form 2166-9-1 for E-5s - with focus on "direct-level" proficiency rating.
- DA Form 2166-9-2 for E-6 to E-8 with focus on "organizational-level" expertise.
- DA Form 2166-9-3 for E-9s with focus on "strategic-level" competency.

David Griffie, chief of the Evaluations Branch at HRC, said a fourth benefit of the new NCOER will be getting leaders "talking to their people, telling them how they're doing and providing effective feedback."

That will result in leaders "being able to coach, teach and mentor what right looks like. As the Army executes the counseling in a better manner, we think we should see improvement in performance across the board," he said.

Griffie said since Soldiers are counseled about what's expected of them near the start of the reporting period, and at intervals throughout the reporting period, there should be no surprises when the final report is made.

Leaders have a responsibility too, he said.

"Leaders should take the time to develop their rating philosophy so they are familiar with what most qualified looks like in actions, competencies and in performance," Griffie suggested. "Once you have your rating philosophy, stick to it."

Interim changes start now

While the new NCOER doesn't go into effect until Jan. 1, there are important interim dates to keep in mind as the Army transitions to the new system, McDermid said, adding there's a possibility the dates could change slightly due to unforeseen circumstances.

On Tuesday, Military Personnel Message 15-342 was published announcing the fiscal 2016 master sergeant board and the NCOERs that need to be completed for that board.

The MILPER directs that "those who receive a mandatory report between September

and December will continue to receive that report, whether it's an annual, extended annual, or change-of-rater report," McDermid said. "In the event the NCO who's eligible for this board does not receive a mandatory report, then they will receive an HRC-directed Code 19 Evaluation with a through date of Dec. 31, 2015. This will ensure those individuals eligible for that board receive a close-out evaluation."

Griffie said the reason for the MILPER is "so there's no confusion over who gets a look and who doesn't, especially because the implementation date of the new NCOER is so close to the convene date. A conscious decision was made to ensure everyone competing for the master sergeant board is on same playing field."

McDermid said a second MILPER will be released by HRC around Nov. 3, providing information about the impending release of revisions to Army Regulation 623-3 and Department of the Army Pamphlet 623-3 "Evaluation Reporting System."

These publications will specify the nuts and bolts of how an NCOER is to be executed.

McDermid said Nov. 10 will mark the date the newly revised AR 623-3 and DA Pam 623-3 should be published on the web and available to the field.

The NCOER forms will also be available on the Army Publishing Directorate website on that date.

Griffie said "for a short period of time, we'll basically have two regulations on the street," meaning the current versions of AR 623-3 and DA Pam 623-3 that will be valid through Dec. 31, as well as the new versions published Nov. 10, which while valid as well will not go into effect until Jan. 1.

"They're out there for Soldiers to review and become familiar with as the Jan. 1 date approaches," he said.

On Dec. 10, the Evaluation Entry System, the web-based system used for the creation and submission of the NCOER and support form, "will go live so the field will be able to create the new NCOER,

populate the system and the form itself, in preparation for the Jan. 1 implementation," McDermid said.

As the new NCOER takes effect, Griffie noted it may take about three or four years to build up the metrics on rater tendency and the senior rater profile, making the NCOER more robust as a tool for selection and promotion as time passes.

Learning the new way

McDermid said train-the-trainer training for the new NCOER began in April at HRC, followed by sessions on Fort Jackson, South Carolina.

That effort led to about 600 certified train-the-trainers who fanned out across all commands and components.

Training is also available online for those who've been unable to meet with a certified trainer, he said, "[and] we highly encourage Soldiers to review it." Detailed training modules have been posted to the HRC Evaluations Branch website as well as SINET, and are available for download through dvidshub.net.

The online EES test site allows Soldiers to create the NCOER and support form as well, and leads individuals through the process, section-by-section, in an easy-to-understand manner, McDermid said.

Griffie said thus far feedback from the field during the training process regarding the new NCOER has been good.

"A lot of NCOs are saying 'it's about time,'" a more effective NCOER has been produced, he said.

He noted the officer corps has had an evaluation report similar to the new NCOER for about 18 years.

One other change Soldiers will see on the new NCOER form will be the use of Department of Defense identification, or DoDID, numbers in place of social security numbers.

The DoDID, which appears on Soldiers' Common Access Cards, is being phased in as part of the federal government's effort to remove social security numbers from as many documents as possible, Griffie said.

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QUEST OF THE QUARTER



Dicemen defeat Bulldogs



ABOVE: Senior Airman Michael Russell and Senior Airman Kortney Pope, 525th Aircraft Maintenance Unit load crew team members, compete in a quarterly weapons load crew competition on Joint Base Elmendorf-Richardson Oct. 23. The competition involved the 525th and 90th AMU load crew teams going head-to-head to load munitions onto an F-22 Raptor. (U.S. Air Force photos/ Airman Valerie Monroy)

LEFT: Senior Airman Billy Vanwinkle, 90th Aircraft Maintenance Unit load crew member, operates a jammer – a vehicle used to lift, carry and move munitions – during a quarterly weapons load crew competition.

BELOW LEFT: Senior Airman Kortney Pope (foreground) and Airman 1st Class Jacob Niles, 525th Aircraft Maintenance Unit load crew members, race the clock during the competition.

BELOW: Members of the 525th Aircraft Maintenance Unit load crew craft a plan of attack for the competition. The 90th won the competition this quarter, but the Bulldogs hope to take the trophy next time.



'It's my aircraft; I just let the major fly it once in a while'

Dedicated crew chiefs honored by 90th Fighter Squadron

By Staff Sgt. Wes Wright
JBER Public Affairs

"General, when is the last time you washed a rental car?"

The story of how a crew chief responded to Air Force Gen. William Creech in the 1970s when asked what the maintainer liked about the Dedicated Crew Chief Program, reverberated through a hangar at the 90th Fighter Squadron on Joint Base Elmendorf-Richardson during a DCC ceremony Oct. 23.

The Airman's simple answer stuck with Creech; it summarized the underlying intent of the program: aircraft ownership.

The Airman was implying that if you own something, chances are you'll take better care of it.

A sense of ownership was highlighted during a local ceremony in which 23 crew chiefs were recognized as "owning" an F-22 Raptor. The honor of being recognized as one of the best within the aircraft maintenance career field includes having the individual's name printed on the side of a jet along with the corresponding pilot's.

Only one maintainer gets to have his name emblazoned on an aircraft.

"Aircraft ownership is the lifeblood of what makes an aircraft maintenance unit run," said Air Force Master Sgt. Abigail Curtis, 3rd Aircraft Maintenance Squadron aircraft section chief. The purpose of this ceremony is to formally appoint those selected to assume those awesome responsibilities."

A pilot assigned to the same aircraft presented each new DCC with a certificate and coin, officially designating the crew chief to their aircraft.

Afterward, the DCCs received a customized set of coveralls indicating their newfound responsibility, honor and prestige.

Staff Sgt. Christopher Thies, 3rd AMXS crew chief, was one of the Airmen to be assigned the recognized as a DCC at the ceremony.

The Winside, Nebraska native's pilot, Maj. Dan McAllister, 90th Fighter Squadron F-22 instructor, presented Thies with his certificate.

"It means a lot," Thies said. "It means the world to me. It means I have stood out from my peers. It's pretty awesome to have my name on the side of that jet right next to my pilot's. Every day I see my aircraft and it makes me smile."

"To be clear, it's my aircraft; I just let the major fly it once in a while," Thies added with a chuckle.

McAllister said the bond between a crew chief and pilot is built on trust and goes back to the very beginning of flight.

"It doesn't even cross my mind when I'm flying to worry if the jet has been properly maintained," McAllister said. "That's proof of the confidence I have in my crew chief and our maintenance teams. I go out and fly the



F-22 Raptor crew chiefs assigned to the 90th Fighter Squadron are recognized during a Dedicated Crew Chief Ceremony on Joint Base Elmendorf-Richardson Oct. 23. During the ceremony, crew chiefs were recognized for their dedication and hard work. Every Raptor has a dedicated crew chief assigned who is trusted with the care and maintenance of the jet. At the ceremony the Airmen received coins from their respective commanders, certificates certifying them as DCCs, and new maintenance overalls to designate them as such while on the flight line. (U.S. Air Force photos/Alejandro Pena)

jet to its limits and have no doubts that it's going to perform as it should."

While the concept of ownership was the theme of the day, Air Force Maj. Paul Netchaeff, 3d Aircraft Maintenance Squadron commander, made sure those in attendance knew what ownership meant in this context.

"It doesn't mean they can tow it home; it's not that kind of ownership," Netchaeff said. "It's about taking pride in what you do. DCCs are handpicked based on professionalism, dedication, leadership, initiative, expertise, and exuding the core values. They are the last to touch it before a sortie and the first to touch it when it comes back. It is a pivotal role. This aircraft has got to be combat ready all the time. Lives are at stake."

The Airmen honored at the event were:

3rd Aircraft Maintenance Squadron
Staff Sgt. Jeremy Becker
Senior Airman Jacob Bonter
Staff Sgt. Cody Davidson
Staff Sgt. Daniel Douglas
Tech. Sgt. Joshua Eller
Staff Sgt. Marco Herrera
Senior Airman Kyle Herman
Staff Sgt. Devin Leabo
Staff Sgt. William Parsons
Staff Sgt. Robert Phillips
Staff Sgt. Steven Phillips
Staff Sgt. Kaleb Robeson
Staff Sgt. Christopher Seaward
Staff Sgt. Eric Smith
Staff Sgt. Kevin Stasyshyn
Staff Sgt. Joshua Steptoe
Staff Sgt. Stephen Teamer
Staff Sgt. Christopher Thies
Staff Sgt. Juan Vela
Staff Sgt. Patrick Worsham

477th Aircraft Maintenance Squadron
Tech. Sgt. Bobby Breher
Tech. Sgt. Christopher Rancourt

Lt. Col. James Akers, 90th FS commander and F-22 pilot, was a keynote speaker at the event and had high praise for the DCCs assigned to his squadron's jets.

"The maintenance team here sets the bar," Akers said. "I see it every day. I step



Air Force Maj. Paul Netchaeff, commander of the 3rd Aircraft Maintenance Squadron, speaks at a ceremony recognizing Dedicated Crew Chiefs Oct. 23.

out, [I see] the professionalism, the expertise ... it gives me chills. I'm very honored and humbled. We show up a couple of hours before the flight, fly and then stay as long as

is required to debrief; but, we know the crew chiefs show up before us – and are here long after we're gone – to make sure this asset is ready to answer the nation's call."

Disposition of effects

Air Force 2nd Lt. Cameron Schmitt, 703rd Aircraft Maintenance Squadron, is authorized to make disposition of personal effects of Air Force Staff Sgt. Dustin Little of the 703rd AMXS as stated in Air Force Instruction 34-511.

Any person or persons having claims for or against the estate of the deceased should contact Schmitt at 551-4617.

M&FRC relocation

The Military and Family Readiness Center (Log Cabin), located in Building 8535 Wewak Drive will temporarily relocate to Building 8124 Doolittle Avenue (near the Polar Bowl) beginning Monday to allow for renovation for the next 10 weeks. The temporary location will be open Monday-Friday, 7:30 a.m. to 4:30 p.m.

For information call 552-4943 or visit jber.af.mil/mfrc/index.asp.

Exchange return policy

The Exchange extends its return policy for items purchased between Nov. 1 and Dec. 24. Holiday return/exchange policy changes the standard 90 days to the end of January 2016, with sales receipt. For information, call 753-0232.

Pharmacy renovations

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

There are 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.

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.

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 isportsman.com 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 information, call 353-6507.

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 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.

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.

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; enrollment specialists in primary care clinics will assist with sign-up.

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.

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.

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 on 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.

JBER Bargain Shop

The JBER-Elmendorf Bargain Shop, located in Building 8515 Saville across from the log cabin, is open Tuesday, Wednesday and Friday from 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. Volunteers are always welcome.

For information, visit jberspousesclub.com or call 753-6134.

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 MyBaseGuide

Stay informed on where to find schools, places of worship, places to live, local services, day-care providers, auto mechanics, veterinarians and more. Browse area services, get phone numbers, and download the mobile application for iOS or Android at <http://tinyurl.com/ltsywzr>.

Christmas comes early for one Alaska village

By Air Force Staff Sgt. Edward Eagerton
176th Wing Public Affairs

Winter has not yet covered the endless Alaska landscape with its seasonal coat of sugary snow. Despite this, Santa's helpers have been busy. So busy, in fact, they were able to celebrate Christmas early in one remote village on a small island in the Bering Sea.

Already, the low mumbles of disdain can be heard in shopping centers at the appearance of Christmas ornamentation competing for shelf space with Halloween costumes. But in Savoonga, the children were only too eager to greet Santa and Mrs. Claus as they stepped off a C-130 Hercules from the Alaska Air National Guard when it landed on the small airstrip at the edge of town Oct. 16.

However, before the guests of honor arrived in Savoonga, a community's worth of people came together to manifest the holiday cheer.

"We had support from all over the country," said April Gettys, executive director of the Operation Santa Claus organization. "We had ladies from all the way in Florida knitting hats and scarves, people sending in donations and gift cards, people giving from all over. It really was a herculean effort."

The community of volunteers and contributors was comprised of approximately 30 groups and organizations that put in more than 3,000 hours to make the 59th iteration of Operation Santa Claus come to be.

"It really is a partnership," said Jenni Ragland, service extension and emergency disaster services director of the Alaska Divisional Headquarters of the Salvation Army. "You always feel so good when you're there doing something good for others."

The preparation for the mission to Savoonga was a large undertaking, explained Gettys, who chaired the operation for the first time this year.

"It started off slow, but just picked up momentum," Gettys said. "It was like a little snowball at the top of the hill, and as it rolls down the hill, it gets bigger and bigger, and by the time it gets to the bottom, it's as big as the town."

That town, she explained, extended well beyond the community of volunteer elves, many of whom worked long hours outside of their workweek to help garner donations for Santa's first stop of the year.

"We had people working ten hour shifts in front of different stores in the cold," she explained, "and it was humbling some of the things you would see. We had people who were living on fixed incomes who when they were leaving the store, felt strongly enough about the effort that they would reach into their own shopping bags and donate some of their food, saying they could get by on what they have. It was really humbling. They say it takes a village to feed a village."

Once all of the donations were collected, the elves then commenced wrapping the presents, gathering supplies, food and various pieces of equipment for the trip, and palletized them for the flight.

When the morning came, dark and early, Santa and his merry band of helpers boarded the C-130, packed from end to end with people, gifts and food, and taxied out on to the runway on Joint Base Elmendorf-Richardson. This time, however, it was not Rudolph who led the sleigh; it was the 144th Airlift Squadron.

The plane's engines roared as it dashed down the runway, her nose rotated up to meet the sky as she launched into the abyss of winter's morning darkness, banked to the west, and climbed into the heavens. Aboard the plane, the group cheered. After months of selfless work, they were on their way.

After nearly two hours of flight, the sun rising but hidden in the grey void of clouds, the plane descended and the first signs of the island could be seen. Treeless, the hills capped with snow, the waves visible from the air, crashing into the rocky coastline.

The plane touched down on the miniature runway and lurched forward as it braked to come to a short stop and turned to park on the edge of town.

Outside the small round windows of the cargo area, children could be seen waving from atop their four wheelers. The townspeople were all there, waiting in anticipation.

As the plane's rotors spun slower then stopped, the anxious children crept closer, attempting to get a look at Santa.



Santa and Mrs. Claus meet with children of Savoonga, Alaska, Oct. 16, during Operation Santa Claus. This year marks the 59th year of the program, which serves to bring Christmas to underserved, remote villages across Alaska each year. (National Guard photos/Staff Sgt. Edward Eagerton)



Children in Savoonga greet Santa Claus as he emerges from a C-130 Hercules aircraft from the 144th Airlift Squadron, Alaska Air National Guard, Oct. 16, during this year's Operation Santa mission. This year marks the 59th year of the program, which serves to bring Christmas to underserved, remote villages across Alaska each year.

"Is he in there?" they would ask the emerging passengers. "Are you one of his helpers?"

As the cargo ramp lowered, crew members, volunteers and villagers unloaded the pallets from the plane and transported them to the school as the children watched with excited curiosity. Then, without further ado, Mr. and Mrs. Santa Claus emerged from the stairs of the plane as the children shouted and reached for them, their faces all lined with smiles. Christmas had arrived two months early.

"My first feeling when we arrived," said Gettys, "was a feeling of being overwhelmed with love. When we got there, perfect strangers would wrap their arms around you and tell you they love you just because you came to their village."

From the runway's side, the procession

moved to the school, where the children waited outside of the gymnasium as the elves began setting the stage for the day's event. Gifts were unpacked and organized, food was put out, and ice cream, brought by Rich Owens from Taste Freeze (an "Op Santa staple") was prepared for eager kids.

After everything was in place, the children were brought into the gym where they sang Christmas carols and took turns getting their photos taken with Santa. Afterwards, they were given gifts at various tables and were treated to ice cream sundaes. The combination of sugar and cheer could be felt as much as seen as the children laughed and flocked from table to table, talking with their visitors, comparing gifts and playing.

After the festivities wound down and

the crowd dissipated, Mr. and Mrs. Claus gathered their helpers and loaded back into their four-propeller sleigh, bid one last farewell, and flew home to prepare for the next mission.

"I just have to say," said Gettys, "that I think our Airmen, Soldiers and elves ... I think we got more out of it than the village did, and that says a lot. Just going there and seeing how much they appreciated it, it makes it all worth it. Your eyes just get opened and it helps you realize what really matters in life."

The next Operation Santa Claus mission is scheduled to go to St. Mary's on Dec. 5. For more information about Operation Santa Claus or to volunteer, interested parties can contact the organization at akopsantaclaus@gmail.com or find them on their Facebook page at AKOpSanta.

Paws to Read gives children the opportunity to read to service dogs



Aiden Patterson, 7, reads to Pagan, a Labrador mix from the Midnight Sun Service Dogs, Oct. 24. The program helps children become more comfortable with reading aloud and being in the presence of large dogs. Aiden is the son of Erik Patterson, assigned to the Coast Guard Sector Anchorage, and wife, Jade Patterson. (U.S. Air Force photos/Airman Valerie Monroy)



Tralee Warren, 8, reads to Pagan, a Labrador mix from the Midnight Sun Service Dogs at the Joint Base Elmendorf-Richardson Library, Oct. 24. The new program allows kindergarten through third grade children the opportunity to read to service dogs in 15-minute intervals. Tralee is the daughter of Zachariah Warren, assigned to the 673d Medical Support Squadron, and wife, Brianne Warren.

Remembering the Saints, honoring those departed

Commentary by Air Force Chaplain (Capt.) Mark Hill
673 Air Base Wing Chaplain

Years ago as I walked into a century-old, majestic church in Chicago on the first Sunday in November, I was immediately struck by numerous large banners that hung from the tall rafters.

On each banner was a photo of a deceased member from the church.

Besides being awed by how much work it must have been to prepare and hang these memorials, I deeply admired the effort this church made to honor its saints, seek communion with the departed faithful, and encourage its members toward lives of Christian obedience.

Many Christian churches celebrate a similar holiday during this time period. All Saints Day, All Souls Day, and All Saints Sunday are observed on Nov. 1, Nov. 2 or on the first Sunday in November, respectively.

What these traditions share is the intentional remembrance that the spiritual realm is larger and more real than the world to which we awake each day.

In celebration of these holidays, Christian congregations offer thanksgiving for the spiritual companionship of the deceased Christ-followers in the face of discouraging forces of evil, violence, grief, hopelessness and heartache that are so prevalent



Traditionally celebrated on the first Sunday in November, All Saints Day, All Souls Day, and All Saints Sunday are observed on Nov. 1, Nov. 2. (Courtesy photo)

in our world.

Honestly, I was not prepared for what I experienced that Sunday. The normally

voluminous chasms between the rafters were all of a sudden filled by these large photographs of dozens of individuals.

Though I did not know any of these people, in a wonderful and mysterious way, I somehow felt connected to the saints portrayed on these banners.

I admit that most of the sermon was spent looking at the banners and imagining the lives these people might have lived.

I considered the trials, temptations, failures, forgiveness received, lessons learned, and resolve for faithful following these men and women must have experienced. As a newcomer to Chicago, I stared at these banners and contemplated both the joys and the sorrows many of these Scandinavian immigrants would have experienced establishing new lives in the big city.

Though it is difficult to describe, I felt a deepening of connection, a communion of sorts, with these people whose faces adorned the banners of the church sanctuary.

The churches I had grown up attending did not celebrate All Saints Day with nearly as much zeal as that one in Chicago. The experience impacted me so deeply, however, that I determined to incorporate remembrances of the departed saints into both my family and church traditions.

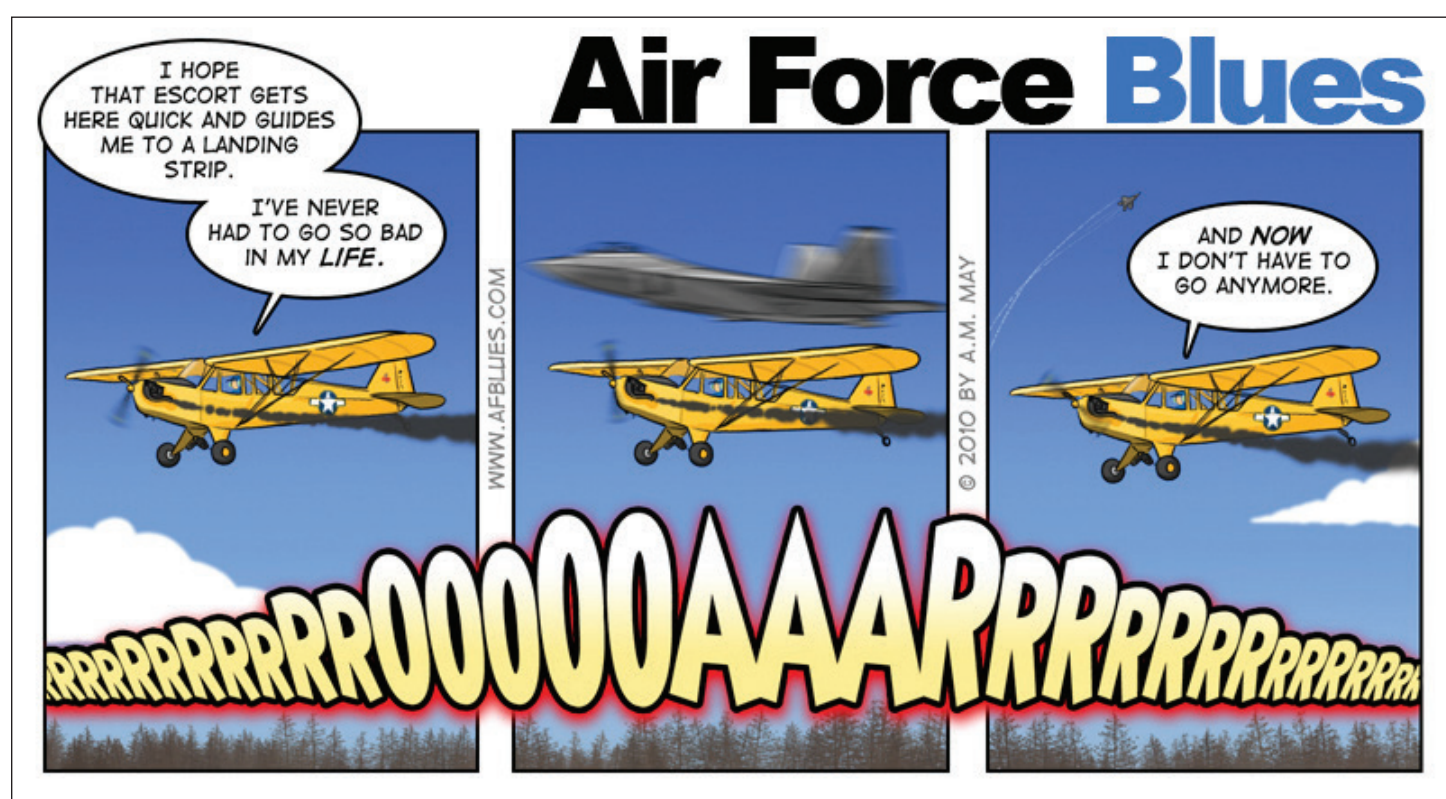
What I learned that day is that the celebration of All Saints' Sunday can serve not only an opportunity to celebrate the lives of deceased Christ-followers but it can also serve as a reminder to spur each one of us onto more faithful living.

Even without tall banners or pictures of Christian saints placed throughout the church, a very practical manner in which we can still honor these deceased members is to share our memories of these individuals with our children and others in our congregations.

This Sunday, consider spending time with your children and/or your congregation telling one another of the faith of their ancestors; in so doing, you will honor their memories and pass on a heritage of faithfulness.

This All Saints' Sunday, may we honor the memory of these loved ones with a renewed commitment to spiritual health and resiliency.

Finally, consider these words from the Apostle Paul regarding our promise of hope for Christian saints – Do not grieve like the rest of mankind, who have no hope. For we believe that Jesus died and rose again, and so we believe that God will bring with Jesus those who have fallen asleep in him. (1 Thessalonians 4:13 and 14.)



SATURDAY

Costume Fun Run

Don your favorite costume for this two-mile fun run at Hangar 5 starting at noon. Prizes awarded for top male and female finishers and best costumes. Participants limited to ages 13 and over.

For information, call 552-5353.

Ping-Pong Tournament

Grab a buddy and a paddle for a ping-pong tournament at the Warrior Zone starting at 2 p.m. Must be 18 to participate. Prizes awarded for top three competitors.

For information, call 384-9006.

Trick or Treat Street

Businesses in downtown Anchorage host this door-to-door trick-or-treating event from noon to 4 p.m. There will also be a fun-run, cookie decorating, costume contests and more.

For information, visit anchorage.downtown.org.

Alyeska Halloween Train

Hop on the Alyeska Halloween Train and go from Anchorage to Girdwood – then enjoy a buffet dinner and a Led Zeppelin cover band at the Daylodge. You'll be returned by coach bus Sunday.

For information, visit alyeskaresort.com.

SATURDAY AND SUNDAY

Tops in Blue

Enjoy the talent and showmanship of the 2015 Tops in Blue World Tour Saturday at 2 p.m. and Sunday at 7:30 p.m. in the Talkeetna Theater on JBER-Elmendorf. Doors will open 30 minutes early as seats fill quickly for these exciting, free shows.

For information, call 552-8529.

SUNDAY THROUGH NOV. 30

Buckner pool closure

The Buckner Physical Fitness Center pool and hot tub will be closed throughout the month of November for annual maintenance.

For information, call 384-1302

WEDNESDAY

Parent Advisory Board

For all parents of Child Development Centers and Family Child Care. Join the Parent Advisory Board to stay informed about what's going on and where the programs are headed.

Meeting will take place in Bldg. 600, Room B170 from noon to 1 p.m.

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

Intro to winter camping

Looking to learn a new winter activity? Check out the Outdoor Adventure Program's Intro to Winter Camping seminar from 5 to 7 p. m. at the JBER-Elmendorf Outdoor Recreation Center.

For information or to sign up, call 552-4599 or 552-2023.

Nov. 7

Annual Country Fair

The Richardson Spouses' Club hosts the 36th Annual Country Fair from 10 a.m. to 5 p.m. at the Buckner Physical Fitness Center. This craft extravaganza features works by many Alaskan artists, and is open to the public.

For information, visit richardsonspousesclub.com or email rscountryfair@gmail.com.

Nov. 13

Job Fair

The Alaska department of Labor and Workforce Development hosts a job fair for veterans and military spouses at the University Center Mall from 10 a.m. to 2 p.m.

Jobseekers should register at the website listed below and bring copies of their resumes to the event.

For information or to register, visit tiny.cc/mohw4x.

Van Gogh Alive

The Anchorage Museum transforms the traditional museum experience with Van Gogh Alive, The Experience, a multi-sensory exhibition event viewable through Jan. 10, 2016.

Through this exhibit visitors are surrounded by a powerful and vibrant symphony of light, color and sound immersing them in Van Gogh's masterpieces.

For information, visit anchorage.museum.org.

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.

Wildlife Wednesday

Stay warm and scientifically enriched this winter with the this free science lecture series on the second Wednesday of each month

at the Alaska Zoo Gateway Lecture Hall. Each lecture begins at 7 p.m. and covers a different topic focused on wildlife research in Alaska.

For information, visit alaska-zoo.org.

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.

Sunday bowling bingo

Every Sunday enjoy discounted bowling at the Polar Bowl and receive a bowling bingo card.

Bowlers will attempt to cover the pattern of the day on their bingo card for a chance to win prizes.

For information, call 753-7467.

Adult Writing Society

The Loussac Library hosts this multi-genre group the second Thursday of each month from 6 to 7 p.m. for writers 18 and up. Share your work and get constructive criticism and feedback.

For information, call 343-2909.

Keystone meeting for teens

Keystone Club is a leadership development experience providing community service opportunities for young people ages 13 to 18.

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

For information, call 384-1508.

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.

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 552-5762.

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/msmrr.

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 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.

Conservator's Corner

Go behind the scenes at the Anchorage Museum and see conservators in action. Ask questions while they repair objects at a mobile conservation station, and learn how they maintain displays, from 11 a.m. to 1 p.m.

For information, call 929-9200.

Storytime for Toddlers

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

For information, email camp@alaskazoo.org.

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 or after any mass. 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.

673d FORCE SUPPORT SQUADRON

COSTUME FUN RUN
OCTOBER 30
12 P.M.

Held at Hangar 5
For more information call, 552.5353
www.facebook.com/JBERFITNESS



FREE Event • 2 mile run
T-shirts for the first 30 participants
Prizes for 1st male/female finishers
& best male/female costumes
for ages 13 & over

TRUNK OR TREAT
Arctic Oasis COMMUNITY CENTER
OCT. 30
4-7 PM



Free Candy!
Trunk or Treat Outside!
Fun games inside!
Enter the Trunk or Treat Competition for a chance to win an FSS gift card!

For more information, call 552.8529 or visit Bldg. 9497.

United States Air Force

Freedom's Song

2015 World Tour

tops in blue

From the Home Front to the Front Line

PRESENTED BY AIR FORCE SERVICES ACTIVITY

Held at the Talkeetna Theater (Bldg. 7122)
October 31: 2 p.m. | November 1: 7:30 p.m.
Doors open 30 minutes prior to show
For more information please call: 552.8529

topsinblue.com

PING PONG TOURNAMENT
OCTOBER 31, 2015 AT 2 P.M. **FREE!**

Must be 18+ to play
Must have a min. 6 players to compete for cash

1st place - \$100
2nd Place - \$75
3rd place - \$50

Bldg. 655 • 384.9006

Buckner Fitness Center Pool will be

Closed

for the entire month of November due to annual maintenance.

For more information, call 384.1302.

5th Annual Moose On Parade

Register today!
Stop by the front counter for more details.
\$10 registration fee includes all rules, directions, and one pattern for the famous JBER moose!
Enter to win an FSS Gift Card!

Stop by and see us!
www.facebook.com/JBERLife
www.jberlife.com

Air Force chief's resilience conquers breast cancer

By Kevin M. Hymel
Air Force Surgeon General Public Affairs

FALLS CHURCH, Va.— Chief Master Sgt. Yolanda Jennings said when doctors diagnosed her with breast cancer in September 2008 she was not surprised, but she was scared.

"No one wants to hear that," said Jennings, who now works at Air University on Maxwell Air Force Base, Alabama.

At age 37, she was below the at-risk age for cancer, but when she suspected she might have the disease after a self-diagnosis, her friends told her it was probably something else. "I kind of knew," she said.

Jennings, whose mother had died of multiple myeloma four years earlier, was diagnosed with triple-negative breast cancer — a rare and often aggressive form of breast cancer which tends to occur in younger women and African-American women, according to the Susan G. Komen organization.

"It hits a lot of minorities," Jennings said, "and they don't survive."

The worst part for Jennings, she said, was the uncertainty about the future and the idea that she would never see her children.

Fortunately, her doctors caught the cancer early.

She started her first round of chemotherapy on Halloween and benefitted from an accelerated program. She then went through 30 rounds of radiation, and completed her entire treatment by April 2009.

Through it all, she said she had the support of her family and also from her

co-workers at Tinker AFB, Oklahoma, who supported her as she went in every day.

"I wanted to come to work," Jennings said, adding that work made her feel better. "I did not want to be 'oh woe-is-me' about it."

However, her Thursday chemotherapy treatments would hit her hard the next day around 2 p.m., she said. Yet she did not miss any work once her chemotherapy port was placed.

"I would tough it out until three on Fridays," she said. "I even did physical training."

Her oncologist was so impressed, she said, with her condition, he told her, "Whatever you're doing, keep doing it."

Her wing commander was especially supportive. When her hair fell out and she had to wear an uncomfortable wig that itched, he told her to do whatever was comfortable, she said, adding that she took it off revealing her bald head.

Jennings' treatments did not limit her career either, she said. When she learned of an open position with the secretary of the Air Force, she wanted to apply. Even though her chemotherapy had ended, she was still receiving radiation treatments. Her wing commander told her that he would put her in for it. She flew to Washington, D.C., and interviewed with then-Air Force Secretary Michael B. Donley. She said she wore her wig, but Donley, whose wife was an oncological nurse, told her if she was uncomfortable to take it off. She did.

"It was a great interview," said Jennings, who eventually landed the job.



Chief Master Sgt. Jennings works on a project with Senior Airman Jameka Ruta, Oct. 14. Jennings is a breast cancer survivor. (U.S. Air Force photo/Melanie Rodgers Cox)

Now a cancer survivor of seven years, Jennings encourages others.

"If there's something you want to do, do it, because you are not promised tomorrow," she said.

She took her own advice when her job with Donley ended and she took a job on Air Force One. "I flew around the world with the president," she said.

And when she realized there were not many African-American female chiefs in the Air Force, she studied for it and achieved the rank of chief master sergeant. "I did what I needed to do," she said, "and now I'm at Maxwell at an amazing job."

Her advice to women who suspect they might have breast cancer is to get checked. And if someone is diagnosed with breast cancer, she encourages them: "Don't give up ... fight through it, whatever it is."

Jennings appreciates how the Air Force helped her through her diagnosis and treatment.

"The Air Force is not looking to put you out because you're sick, they're doing it to make sure you're fit," she said of the morale and health care support she received. "I give them 110 percent."

For more women's health information, visit: cancer.gov/types/breast.

No spooky smiles this Halloween

By Air Force Staff Sgt. Roberto Mendez
673d Dental Squadron

Are you frightened about the potential damage Halloween treats can have on your teeth? This Halloween, you don't have to fear, as long as you're aware of a few things that can aid in the prevention of cavities.

More than 90 percent of foods contain starches and sugars that help bacteria produce acids in plaque. This "acid attack" can lead to loss of tooth enamel and potentially dental cavities. The likelihood of dental cavities is dependent upon the frequency of acid attacks. The more frequent the sugar and starch consumption, the higher probability of dental cavities.

A simple trick to greatly reduce acid attacks is by rinsing with water after the consumption of sweets. Additionally, eating candy with meals — instead of snacking throughout the day — will help maintain healthy and strong enamel.

It is vital to incorporate healthy foods as well. Nutritional foods with minimal amounts of carbohydrates and sugars include milk, cheese, vegetables, peanut butter, plain yogurt and oatmeal. Remember, sweets in moderation are the key to healthy teeth.

To combat the effects of Halloween goodies, remember that maintaining good oral hygiene is essential. Brushing at least two minutes, two times a day, flossing daily, and using a fluoride mouth rinse every night will greatly minimize any possible chances for tooth decay.

Remember this simple advice and Halloween no longer has to threaten dental health.



Jaylyn Devera, 7, niece of Staff Sgt. Sheila de Vera, 673d Air Base Wing Public Affairs checks her clean teeth while her twin sister Jayla Devera tears into some chocolate doughnuts. Halloween candy, with proper dental care, can be enjoyed without a spooky smile. (U.S. Air Force/photo Airman 1st Class Kyle Johnson)



CLOCKWISE FROM TOP: 673d Medical Operation Squadron Pediatric Clinic 'superheroes' pose for a photo. This annual event allowed kids to associate hospitals with more than just flu shots and medicine, but friendly fun as well. (U.S. Air Force photos/ Airman 1st Class Christopher R. Morales)

Families queue up for the Trick-or-Treat event at the hospital. Many hospital workers dressed according to a theme within their respective clinics and handed out candy during the annual event.

673d Medical Support Squadron Nutritional Medicine workers dressed in a 'Jurassic Park' theme to welcome people of all ages at the hospital on Joint Base Elmendorf-Richardson.

673d Air Base Wing Chapel Service workers dressed in an 'Island' theme and handed out candy at the hospital.



JBER students celebrate Red Ribbon Week

By Airman 1st Class
Christopher R. Morales

Drugs and substance abuse may seem like an escape, but addictions bind the body, and youth can't grow properly in that environment.

Being educated and aware of the danger drugs and substance abuse carry with it is one way to avoid falling into that habit to begin with.

Red Ribbon Week is a national celebration in honor of Enrique Camarena, U.S. Drug Enforcement Administration agent, and his efforts on the war on drugs. This event, always the last week of October, encourages teaching youth about the negative effects of drug and substance abuse.

The 2015 national Red Ribbon theme is 'Respect yourself. Don't do drugs.'

"Respecting yourself means looking at yourself everyday and treating yourself like you would treat someone you loved most in the world," said Kristofer Calhoun, 13 years old, winner of the 2015 National Red Ribbon Theme contest from Solon Middle School, Solon, Ohio. "If you do drugs, you really don't have self-confidence and you don't respect yourself."

Many events on Joint Base Elmendorf-Richardson throughout the month of October were hosted by local schools and youth centers, with the Army Substance Abuse Program providing information at the Base Exchange and dining facilities.

Substance abuse is a danger for all ages, but children don't know as much as adults do so instead of educating about recovery and controlled use, Red Ribbon Week supports drug prevention practices.

"Respecting yourself means looking at yourself everyday and treating yourself like you would treat someone you loved most in the world"



Theresita Cliett, Army Substance Abuse Program risk reduction program coordinator, educates pedestrians on drug and substance abuse at the Exchange on Joint Base Elmendorf-Richardson Oct. 22. ASAP set up an information table at the Exchange to inform pedestrians the negative effects of drug and substance abuse for Red Ribbon Week. (U.S. Air Force photos/Airman 1st Class Christopher R. Morales)

"It's not about us, it's about the youth and informing them about drugs and substance abuse," said

Theresita Cliett, JBER ASAP risk reduction program coordinator. "You're never too young to know."

Children can misunderstand the use of substances like alcohol and medication. If unsupervised, these substances can cause severe harm.

JBER has many community resources for information about alcohol, drugs and other substance abuse.

The JBER hospital is home to the Alcohol and Drug Abuse Prevention Treatment clinic which works collaboratively with commanders and first sergeants to provide individualized and tailored treatment to meet the patient's goals with minimal impact on the mission.

The ASAP, available on JBER-Richardson, offers prevention education and rehabilitation. Their mission is to support overall effectiveness through the elimination of drug and substance abuse.

"Seventy-five percent of substance abuse is alcohol. Twenty-five percent is all drugs, and more

than half of that percentage is from prescription drugs," said George R. Mongar, ASAP certified employee assistance professional.

Illegal drug and prescription drug abuse have some similarities, but the latter is often a little more subtle. Prescription drug abuse can be identified anytime a patient uses the substance outside the doctor's intent. Whether it's swallowing pain meds for the numbness or drinking until you black out every weekend, it is all considered abuse—and children should be educated about these things too.

The Red Ribbon Campaign pledge sets a few guidelines to protect children from the dangers of drugs.

The pledge can be signed online at redribbon.org/pledge.

For more information call ADAPT at 580-4952, and ASAP at 384-1418.

For more information online visit redribbon.org, jber.af.mil/hosp/673MOS.asp and usarak.army.mil/asap/index.



Elementary school children spell the word 'Respect' as part of Red Ribbon Week's theme 'Respect Yourself' at the Buckner Physical Fitness Center on Joint Base Elmendorf-Richardson, Alaska, Oct. 9, 2015. Red Ribbon Week is the last week of October and teaches kids the harmful consequences of drugs and substance abuse with activities at many of the base schools and youth centers.