



ARCTIC WARRIOR

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(U.S. Air Force photo/Justin Connaher)

Air Force NCO battles breast cancer with a will to win

By Airman 1st Class Kyle Johnson
JBER Public Affairs

It was November. Breast Cancer Awareness Month had just wrapped up and Senior Master Sgt. Tracie Timmerman, the new 673d Force Support Squadron, Manpower and Personnel Flight superintendent, sat in the waiting area outside the radiology clinic, staring at all the pink ribbons and literature left out for the previous month’s observance. The display – and many others like it – was set up for October to raise awareness of breast cancer to encourage service members and their dependents to take their checks seriously in the hopes early detection would lead to more successful treatment.

Staring at the ribbons, Timmerman felt sick.

“I honestly can’t go into the [hospital] and see all those pretty pink ribbons,” Timmerman said. “It makes me sick. We put pink ribbons, and pink stuff everywhere. I get it, I have some of that myself, but when I look at it, and it’s all over the place, I just want to make sure people really understand and are really aware how it affects people. Breast cancer isn’t pretty. It’s not.”

Shortly before her permanent change of station to Joint Base Elmendorf-Richardson, Timmerman went to see the doctor at Robins Air Force Base, Georgia for the second mammogram of her life.

“I never had any thoughts of cancer, I just thought these checks were a pain,” Timmerman said. “I did not do self checks. I didn’t. I knew I was supposed to do it, but I didn’t. I just never thought about it because cancer is just not in my family.”

With normal mammogram results in hand, Timmerman went on with her PCS and arrived at JBER.

“I was good to go,” Timmerman said. “Nothing was wrong.”

An unwelcome surprise

But when she got to JBER, Timmerman said she began to experience unusual levels of exhaustion. She couldn’t unpack her things as quickly as she usually would and she found it difficult to stay active.

“It was very difficult to explain how tired I was; I have never – in 20 years of military service – ever been late for work,” Timmerman said. “I was very close to being late for work several times in 2014 over the summer because I couldn’t physically get out of bed. I would get up and hunch over the bed, I had to hold on to the bed to get across the room and I felt just . . . exhausted.”

Cancer didn’t cross her mind; after all, she had just gotten a normal mammogram a few months prior. Timmerman didn’t know

what was going on, but she did know she had a job to do.

“I let that go on all summer,” Timmerman said. “I’m new here, I have a lot people that work for me, and I have a mission to do.”

Timmerman continued to tough it out, even when a lump the size of a crabapple formed under her armpit.

“By the grace of God, my armpit swelled up,” Timmerman said. “I could reach in and grab that lump and move it around; it hurt really bad. As I was feeling the lump in my armpit, I felt another one in my breast.”

She panicked and went straight to the emergency room, but it was a Sunday, so there wasn’t much they could do. She scheduled an appointment with family practice who referred her to radiology.

“I went to radiology, did the mammogram and you could see it on the screen. There was definitely a mass in my breast,” Timmerman said as she began to cry. “The technician put the wand on there, and we went from having a normal conversation to her not talking to me at all.”

Then she had the doctor come in.

“He couldn’t tell me [for sure] because he had to do a biopsy, but he put his hand on my hand, looked at the screen and said ‘this is not good,’” Timmerman said. “My husband was in the lobby, not yet aware I had four tumors, three under my arm and one in my left breast.”

Ironically, Timmerman had been speaking to Senior Master Sgt. Michael Venning, 673d Contracting Squadron superintendent and his wife Laura, who was going through chemotherapy.

“Laura and I talked, so I could get her story and figure out what I really wanted to know. I wanted to validate what cancer was and try to say ‘Oh I don’t have it,’” Timmerman said. “I also wanted that friendship, that person to talk to, to help me through this process.”

Laura told her there would be what survivors call a “find out” appointment, where the doctor would come in and tell her if she had cancer or not and, if she did, what her options were.

“Because of her help, I was able to pre-

pare my mind so I knew what was going to happen when I walked in there. But nothing can prepare you for that,” Timmerman said.

The doctor walked in and said, “Hi, I’m Dr. Woodham, let me go ahead and tell you right now – you have cancer.”

“OK,” Timmerman said. “Alright.” Then she lost it.

“At that point, you go through several different emotions: crying, screaming, hitting things. I wanted to turn the room upside down,” Timmerman said.

“I’m eating right, I’m exercising, I take care of myself. How can I have cancer? I don’t smoke, I don’t do any of that stuff they say is a risk factor for cancer,” she said – spitting the word cancer like a curse.

The doctor left her and her husband, Brad, a retired master sergeant for a while.

Timmerman said the doctor had scheduled only the couple for that afternoon because he knew it’d be tough and wanted to be there for them.

“She gets excellent on her physical training tests, she’s healthier than I am! This doesn’t make sense,” Timmerman’s husband said when the doctor came back in to give them their options.

Cancer doesn’t make sense, Timmerman said. It just happens.

Because each cancer is different, each person is treated differently. Timmerman was told she had a couple of options. She could go ahead

and have a mastectomy to remove the cancerous breast, or they could start with chemotherapy.

Timmerman said she and her husband prayed many times, looking for guidance and support.

“I don’t care about my breast, I want to live,” Timmerman said.

Through this process, they decided she was going to have a double mastectomy and remove both breasts, rather than just one.

“I honestly don’t know why, but we decided a double mastectomy was the right course of action,” she said. “I signed the paperwork, I signed my breasts away Nov. 17, 2014. Later on down the road, we found out it was the best course of action.”

For the following week, Timmerman hid her cancer from her children, Madison and Tyler, then 11 and 8. She said she didn’t want to disturb their schooling, and wanted to protect them even as she squared off against a nightmare.

She protected her family as best she could from the terrible news, but later, her family would be the ones protecting her as she fought through her recovery.

“My motivation to thrive is my family. I have been married to a wonderful man for 24 years and I live for my beautiful kids,” Timmerman said. “I knew I had to push through everything so they could see I was going to be around for many years.”

Before her surgery, she tried to protect her children by hiding an ugly truth until it was absolutely necessary. When her recovery was fully underway, her children and their father protected her by giving her something to fight for.

“I took a lot of showers where I would just sit in the bottom of the shower and cry so my kids wouldn’t hear me,” Timmerman said. “I went to bed early, I cut myself away from my children so they wouldn’t see me cry.”

On the Saturday before her surgery, which she describes as the worst day of her life, Timmerman explained to her kids she had breast cancer.

“They thought I was going to die,” Timmerman choked the words out, visibly more concerned for her children than her own mortality. “It was awful.”

To encourage her kids, she introduced them to Laura, so they could see what their mommy would look like after she began treatment in full.

“That way my children could see another mommy who didn’t have hair – which is what their mommy was going to look like very soon – and was battling cancer as well,” Timmerman said. “They could see their kids were fine, and the house was fully functional and everybody was OK.”

After her kids said “Mommy is just going to wear a hat. Miss Laura is OK, so mommy is going to be OK too,” Timmerman could finally face her surgery, knowing her kids would be alright.

Surgery

On Nov. 26, she was rolled out of surgery and into nearly 12 months of recovery.

“I came out and I was bound up really tight. There were lots and lots of dressings and drains – all kinds of drains and tubes hanging out of my body – I was really weak and sick from the anesthesia,” Timmerman

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Flu shot season

It’s that time of year – get your flu shot or nasal mist at the JBER hospital Page B-1

Officials laud good training, swift response to hospital incident

By Senior Master Sgt. J. LaVoie
JBER Public Affairs

Though weapons are a common sight in Alaska, only certain people are permitted to carry them on base.

So when hospital staff saw an agitated customer with a loaded weapon and ammunition, their training kicked in. Immediately, the medical group team alerted security forces and began to lock down the hospital as they were trained to do.

“Our priority is getting our patients and staff to safety,” said Air Force Staff Sgt. Nathan Langel, 673d Medical Support Squadron. “We want to make sure everyone is behind a locked door. The responsibility is more than just yourself; we have to look out for each other and our patients. That is a priority when you wear the uniform – you are here to serve and protect.”

Officials said the lockdown went smoothly and complimented the swift response by the security forces. Langel credits regular training for the efficient response.

“I think the hospital responded excellently in the situation and I think training helped greatly,”

Langel said. “Everybody seemed to know the proper procedures and took the necessary precautions. It was just like running a drill, everybody seemed to know the procedure, and it ran fluidly. A lot of patients were brought to safety, and we’ve received a lot of great comments on that.”

The incident response from defense forces, who managed to apprehend the suspect with no injuries, was also excellent.

“Here at JBER we train extensively on crisis-response operations, and we really instill that confident, physically and mentally prepared mindset,” said Air Force Senior Airman Jeffrey Travis, 673d Security Forces Squadron. “We train more for this type of incident than we do for anything else. We train for both the mental and physical stress of responding to this, and how to deal with the public when we respond.”

This training and the resulting exceptional response was noted by base leadership during a press conference after the incident.

“I want to thank the medical group and security forces personnel who quickly reacted to the situation,” said Col. Brian Bruckbauer,



Senior Airman Nicole Hutton and Luciana Humprey, age 4, demonstrate how the 673d Medical Group staff responded to the Oct. 16 incident. The hospital was put on lockdown around 12:30 p.m. as security and emergency response personnel responded to a report of an agitated customer with a firearm. Hutton is assigned to 673d Medical Operations Squadron as a medical technician. (U.S. Air Force photo/Staff Sgt. Sheila deVera)

Joint Base Elmendorf-Richardson and 673d Air Base Wing commander. “It allowed emergency

responders from both on and off the installation to apprehend the individual without any harm to per-

sonnel. The response was exactly as we trained and I am proud of everyone who responded.”

VA renews \$25K transportation grant for highly rural Alaska vets

By Kalei Rupp
DMVA Public Affairs

The U.S. Department of Veterans Affairs renewed a transportation grant in the amount of \$250,000 to the State of Alaska Office of Veterans Affairs.

This grant will provide transportation options to veterans residing in five rural Alaska areas who need to travel to health care services.

“Last fiscal year, this grant reached out to more than 5,900 veterans in rural areas,” said Verdie Bowen Sr., director of the State of Alaska Office of Veterans Affairs.

“Our transportation partners transported Alaska’s veterans across more than 220,000 miles and more than 67,000 nautical miles round trip at no cost to veterans.

“We provided the first step in

ensuring our veterans in some of our rural communities have access to quality care,” Bowen said.

The following five boroughs will continue to receive grant money for transportation under this program: Denali, Matanuska-Susitna, Kodiak Island, Kenai Peninsula and Prince of Wales-Hyder.

Veterans who are living in those communities qualify to use an array of transportation options so that they may seek the health care they need.

The Alaska Department of Military and Veterans Affairs partnered with five transportation organizations to meet those needs.

These partners are Interior

Alaska Bus Line for the Denali Borough, Valley Mover in the Matanuska-Susitna Borough, Alaska Marine Highway System for those living in the Kodiak Island Borough, AAA Alaska Cab Inc., for those in the Kenai

Peninsula Borough, and Inter-Island Ferry System Authority for veterans in Prince of Wales-Hyder Borough.

Transportation continues at no cost to veterans requiring access to the VA Medical Clinics or Community Based Outpatient Clinics, hospitals under the Native Health Care Sharing Agreement or VA authorized vendors – such as pharmacies or medical specialists – until all funds are expended for that area.

“I encourage veterans in each of the boroughs identified to tact our transportation partners for schedules and locations for pick up and drop off,” Bowen said. “The

renewal is a great victory for our rural veterans.”

The Alaska Office of Veterans Affairs has named the grant the Maurice “Mo” Bailey Highly Rural Transportation Grant in honor of the late Mo Bailey.

He served in the U.S. Army from 1956 until 1976, and committed his life toward helping fellow veterans.

Bailey was dedicated to rural and urban outreach, providing veterans rides in his aircraft to access care and service.

He was known for distributing food boxes to veterans in need.

Bailey was always there to serve and was the 2007 recipient of the Governor’s Veterans Advocacy Award.

For more information about the transportation grant, please call 334-0874 or (888) 248-3682, contact your nearest VA facility, or visit va.gov.



From CANCER • A1

said. “It was really difficult for my kids to see me like that, they trusted I wasn’t going to die, but when they saw me like that they thought I really was going to die. I looked like death.”

Timmerman said she didn’t want to look. She didn’t want to see what her body looked like.

“When the doctor took the dressings off, of course I looked. I dealt with it a little bit better than I thought I would. When I looked down and saw what my body looked like now,” Timmerman said. “There were a lot of stitches, a lot of cuts – it was a mess.

“I thought, OK, it is what it is.”

Recovery from the surgery took six weeks, during which she had drains attached to her body, suspended in bags she kept in a vest that had pockets all around.

To determine the best kind of treatment, the medical group sent her breast tissue to get a pathology report.

“They take – this was difficult to look at – they take your breast, your body part, cut it up and put it in all kinds of little specimens, send the tumors off to path[ology], and they look at it all,” Timmerman said. “They test it for all different types of things to see what caused the cancer, what kind of cancer it is.”

Following her pathology report, Timmerman met with her doctor again. He explained the condition of her tumors and what kind of treatment they would need to proceed with.

He explained her tumors weren’t metastatic. This was good news – it meant the tumors were taken out as whole masses, they hadn’t broken up and begun relocating as a series of small masses.

“It was stage 2. There are four stages, four is the worst,” her doctor told her. “But you’re triple negative.”

Triple negative. Timmerman thought that sounded like more good news.

“No. Horrible. Worst cancer because it’s aggressive,” Timmerman said. “That means I was negative for estrogen, progesterone and [human epidermal growth factor receptor 2].”

Most chemotherapies target one of those

three receptors, so treating triple-negative cancer is more difficult than other types, requiring combinations of chemotherapies.

Chemotherapy

When she finished her treatment, there would be no pills Timmerman could take to help her remission be successful, as there are for many kinds of cancer.

Her options were simple: surgery, chemotherapy and radiation.

“Very few people diagnosed with breast cancer have triple negative,” Timmerman said. “It’s a very aggressive cancer which explains why it quickly went from me having a [normal] mammogram in March of 2014 to having four cancerous tumors in November.”

She also found out her and her husband’s instincts were right. By asking the doctor to take both her breasts, she greatly increased her chances for survival. There were some suspicious masses in her other breast the doctors believed had a high chance of becoming cancerous.

“They can’t guarantee that cancer won’t come back. It can still come back on the scars, it can still come back in the lymph nodes, it can come into my thyroid, anywhere,” Timmerman said. “They decided the type of chemotherapy I needed was this thing survivors call the ‘Red Devil.’”

When she showed up for her first session of chemotherapy, Timmerman said the red devil – doxorubicin, also known as Adriamycin – looked innocent enough, but after her first treatment, she learned why they called it that.

“I was drained. I was nauseous, laying flat out in the bed with cold cloths on my head and a bucket next to me; it was not pretty,” Timmerman said. “It’s not a beautiful disease.”

Because the type of chemotherapy she was getting was so strong, Timmerman went once every other week, if her white blood cell count was high enough. The first two weeks, she said she lived in fear of waking up one day and finding all her hair on her pillow.

“I went to the bathroom, and my hair started falling out in the sink, it was just

coming out in clumps, fistfuls,” Timmerman said. “My head started hurting because my hair follicles were dying. I couldn’t even touch my head.”

After Brad shaved her head, she started to lose her eyebrows, eyelashes, everything.

“Now I have no breasts and no hair, so I really don’t feel or look like a woman, at all,” Timmerman said. “But I am a woman, I just didn’t feel it. It was much harder than I thought.”

Throughout the process, Timmerman said the support from her family and squadron was critical, but found she didn’t want people to cheer her up with silver linings and pink ribbons. She just wanted them to understand what breast cancer really is.

“People want to put a positive spin and say, ‘well at least you don’t have to shave your legs,’” Timmerman said. “Painting your eyebrows on, trying to figure out how to have eyelashes when you don’t have them, presenting yourself like a woman after being a woman for 43 years, it’s very difficult, very hard.

“There’s nothing positive about that. Cancer sucks.”

Timmerman graduated from chemotherapy the last workday before Memorial Day, she and Brad decided to take the whole family to Homer to celebrate before she went into the next stage of her recovery – radiation.

Radiation

“I would go in every single day, lay on a table in a mold of my body from the hips all the way up to my head,” Timmerman said. “They did a couple of tattoos so they could make sure the beams lined up on my body correctly every time so my heart wasn’t getting radiation.”

So every day for 48 days, in the hopes of a healthier future, Timmerman went downtown and got the worst sunburn of her life.

“There was a lot of medication, lots of creams and stuff like that to put on my skin. They gave me bandages because it is hard to wear clothes and my skin was actually falling off my body,” Timmerman said. “I’m not trying to paint a super-ugly picture, but

it’s very ugly.”

Timmerman will always have the scars from her surgery.

She will always have a scar where they installed a port into her chest so chemotherapy could be administered to her regularly without wearing out the skin on her arm, and she will always have a beer bottle-shaped scar on above her sternum where the radiation left its permanent mark.

But she’s a survivor; she has a team of doctors she can trust looking out for her and a support group of other people who are fighting breast cancer she can rely on.

“I’ve joined a support group, that was very difficult. It took my husband to push me to get out to that support group, but that support has been a godsend to me,” Timmerman said. “If I’m frustrated or upset about the fact that I don’t look like a woman, I can say that to them and they understand it. They get it.”

Though there is no such group on base, case managers assigned to the hospital often refer JBER patients to groups outside.

“This is an awesome med group,” Timmerman said. “If you’re ill, this is the place to be ill.”

Now that her treatment is over, Timmerman has a team of doctors who are keeping a close eye on her for relapse, and will do so for the next five years.

“I check myself constantly – too much probably,” Timmerman said. “I make a list of things I want my doctor to look at, and when I ask him, he just says ‘OK, let’s do it.’ I’ve had nothing but wonderful treatment here. There have been little hiccups here and there, but with cancer, that’s expected.”

Even with the best medical teams in the world, there’s nothing pretty about breast cancer. That’s why it’s so important to take self-checks seriously. Timmerman didn’t.

“Mine was aggressive and it spread into my lymph nodes. If I had caught it earlier, it wouldn’t have spread into my lymph nodes,” Timmerman said. “I possibly could have avoided radiation.

“The earlier you find this stuff, the earlier the stages, the better off you’ll be. That message needs to be portrayed.”

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ARCTIC WARRIOR

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A WARM WELCOME HOME



ABOVE: Emilee King, 3, kisses her father, Army Staff Sgt. Demarcus King, assigned to the 98th Maintenance Company, 17th Combat Sustainment Support Battalion, U.S. Army Alaska, after a redeployment ceremony to reunite Soldiers with their families at the Buckner Physical Fitness Center, Wednesday on Joint Base Elmendorf-Richardson. (U.S. Air Force photo/Justin Connaher)



ABOVE: Andrea Tait nuzzles her son Truman's cheek as they wait for Army 1st Lt. Colin Tait, assigned to the 98th Maintenance Company, 17th Combat Sustainment Support Battalion, before a redeployment ceremony Wednesday. The "Wolverines" deployed to Southwest Asia for nine months in support of Operation Inherent Resolve, and Operation Enduring Freedom in Afghanistan. (U.S. Air Force photo/Justin Connaher)



ABOVE: Sgt. Cody Graham, assigned to the 98th Maintenance Company, 17th Combat Sustainment Support Battalion, U.S. Army Alaska, holds his son Benjamin, 11 months, as his daughter Madilynn, 3, smiles after a redeployment ceremony to reunite Soldiers with their families at the Buckner Physical Fitness Center. (U.S. Air Force photo/Justin Connaher)
LEFT: Spc. William Goodwin, assigned to the 98th Maintenance Company, 17th Combat Sustainment Support Battalion, U.S. Army Alaska, reunites with his wife Holly Goodwin, step-daughter Ashlynn Deer, 7, and daughter Maci Goodwin, 4, during a redeployment ceremony at the Buckner Physical Fitness Center Wednesday. (U.S. Air Force Photo/Airman Valerie Monroy)

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 PCSing. 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.

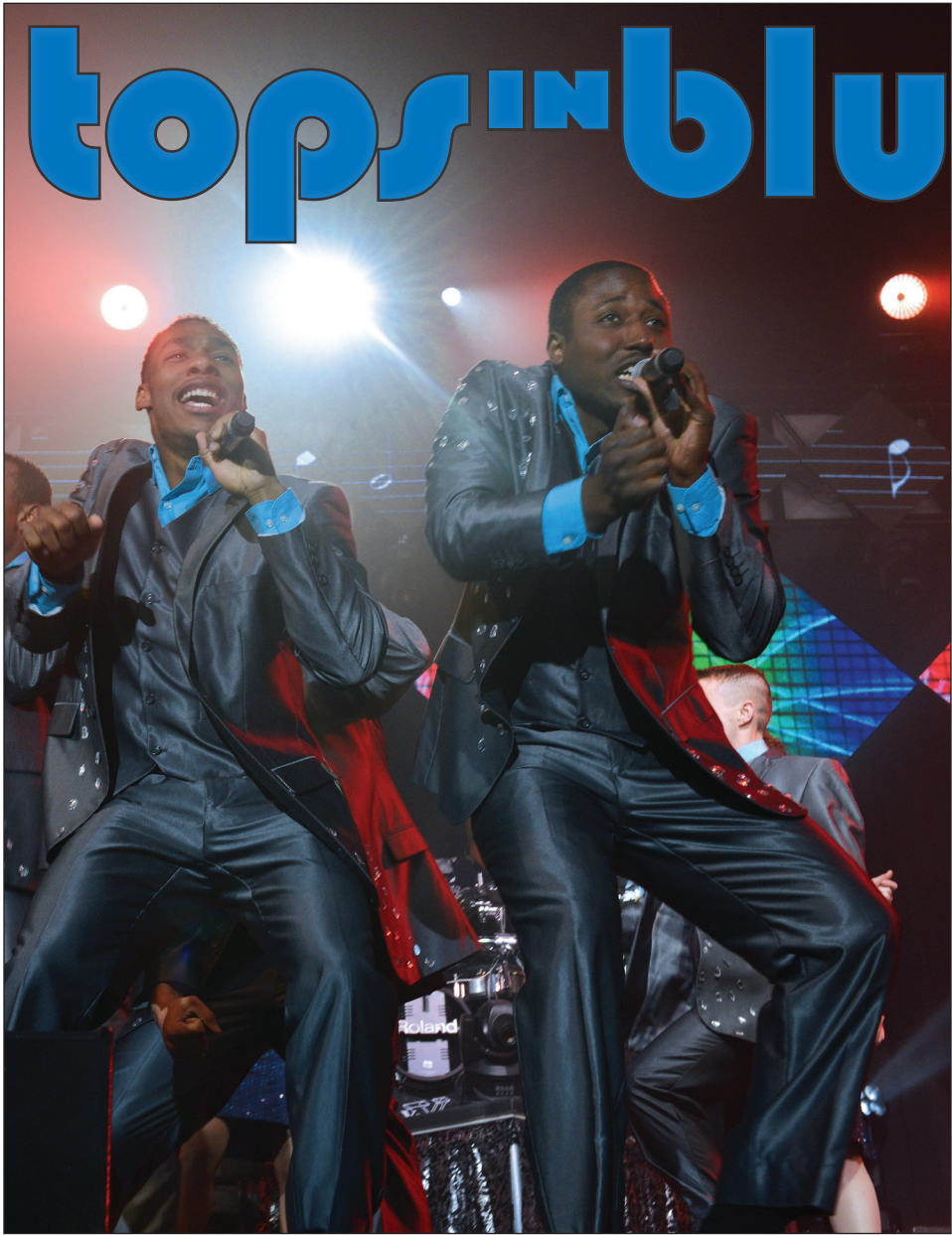
Giant Voice testing

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>.



U.S. Air Force Tops In Blue male vocalists perform a song during a Tops In Blue concert at the Talkeetna Theater on Joint Base Elmendorf-Richardson Oct. 31. Tops in Blue is an ensemble of talented Airmen who entertain military and civilian audiences around the globe. (U.S. Air Force photo/Airman 1st Class Kyle Johnson)



Airman 1st Class Brier Depriest performs a song during a Tops In Blue concert on JBER Oct. 31. (U.S. Air Force photo/Airman 1st Class Kyle Johnson)



Tops in Blue instrumentalists perform at the Talkeetna Theater Nov. 1. The Tops in Blue team consists of active-duty Airmen selected to perform around the world. (U.S. Air Force photo/Airman 1st Class Christopher R. Morales)



Vocalists with Tops In Blue serenade the audience during a performance at the Talkeetna Theater Oct. 31. Tops in Blue first went on tour in 1953 and has been performing continuously since. (U.S. Air Force photo/Airman 1st Class Kyle Johnson)



The Air Force Tops in Blue perform at the Talkeetna Theater on Joint Base Elmendorf-Richardson Nov. 1. Tops in Blue's 2015 tour takes them throughout the United States and more than 20 countries with about 75 performances showcasing patriotic music and top-of-the-charts songs. The team consists of active-duty Airmen selected to perform around the world. (U.S. Air Force photo/Airman 1st Class Christopher R. Morales)

How to mitigate illness this cold and flu season

By Senior Airman
Tammie Ramsouer
JBER Public Affairs

Festive events bring people together at the height of the holiday season. Unfortunately, it's not uncommon for the influenza virus to make an appearance as well.

There are many ways to protect yourself and others from catching seasonal viruses.

"Simply washing your hands, using hand sanitizer and preventing interaction with people while you or others are experiencing the symptoms of a cold or flu can prevent catching these illnesses," said Air Force Maj. Michelle Pinson, 673d Medical Operations Squadron chief of allergy and immunizations.

According to the Centers for Disease Control and Prevention website, adults have an average of two to three colds per year, and children have even more.

Viruses that cause colds can spread from infected people to others through the air, personal contact like shaking hands, or touching a doorknob with viruses on it and touching your mouth or nose afterwards.

For some, figuring out how to determine the differences between the common cold and the flu is difficult.

Cold symptoms usually include a sore throat and runny nose, followed by coughing and sneezing, which can last between seven and 10 days, according to the CDC.

Individuals who have the flu may experience fevers, coughing, sore throat, runny or stuffy nose, muscle or body aches, headaches, tiredness, and sometimes vomiting and diarrhea.

Anyone at any age can get the flu, and serious complications can happen with this yearly disease, according to the CDC. Influenza is a contagious upper-respiratory illness, which can cause mild to severe ailment and can lead to death depending on the strength an individual's immune system.

Vaccines, either injection or nasal spray, are ways to prevent contracting the flu during the flu season.

"The shot is a killed virus and generally takes up to two weeks to develop antibodies," Pinson said. "When people receive the flu shot, they may experience redness, swelling and tenderness at the

injection site.

"Some may have a runny nose, congestion and headache with the flu mist vaccine," said Staff Sgt. Renee Benningfield, 673d MDOS allergy and immunization technician. "The flu mist contains a weakened live virus."

This year on Joint Base Elmendorf-Richardson, military members are required to receive the nasal spray. The shot is reserved for high-risk individuals, those unqualified for the spray, and dependents who may choose to have the injection rather than the spray.

"Healthy individuals from the ages of 2 to 49 years old can receive the flu mist or shot, but we save the injection for high-risk individuals that are unable to get the mist," Benningfield said.

A screening should be done prior to confirm eligibility; when individuals are allergic to eggs, they may still be able to receive the vaccine if an allergist evaluates them first, Benningfield said.

"Rarely are symptoms severe from receiving the vaccine," Benningfield said. "If anyone does experience a bad reaction, we advise them to go to the nearest hospital or emergency room for evaluation."



The flu nasal mist and shot are ways to prevent contracting the influenza virus during the flu season. According to the Centers for Disease Control and Prevention website, influenza is a contagious upper-respiratory illness and can cause mild to severe ailment, which can lead to death. Individuals who have the flu may experience fevers, coughing, sore throat, runny or stuffy nose, muscle or body aches, headaches, tiredness and sometimes even vomiting and diarrhea. (U.S. Air Force photo/Senior Airman Tammie Ramsouer)

The immunization clinic is open from 7:30 to 11:30 a.m. and 12:30 to 4:15 p.m. Monday through Friday for flu vaccines. Pediatric walk-ins are Monday through Wednesday and Fridays from 7:30 to 11:30 a.m. and 12:30 to 4:15 p.m.

Vaccinations are open to any Tricare beneficiaries and some contractors and civilians on JBER.

For more information about colds, the flu or any other seasonal diseases, visit www.cdc.gov or the contact the 673d Medical Group immunization clinic at 580-2002.

A declaration that comes with authority

How God and your spouse are not alike, part two

Commentary by Army Chaplain (Maj.) Matthew Atkins
JBER Family Life Chaplain

Editor's note: This is part two of a two-part series by Chaplain Atkins.

The last time this publication printed a contribution of mine it was in answer to a question no one has ever asked me. "How is God not like my spouse?"

Some people never seem to require a question asked before they answer it; I suppose this makes me one of them. It's probably not the most endearing quality.

At any rate, my answer was that God has no haunting questions about his place in the world. He doesn't worry whether or not he is good or valuable. He does not stay up nights wondering if he "has what it takes," or, whether he is "worth fighting for."

He is absolutely, completely sure of his surpassing value.

That isn't true of your wife

or your husband or your kids ... it might not even be true of your dog – though he is probably closer to certitude on the matter. The rest of us, who are clothed in skin, tend to be less confident.

The questions about our value were formed and answered early, before we could even articulate them. (Once again, someone was answering a question before anyone had asked it.)

Mothers and fathers, as it turns out, are imperfect communicators of our deep worth, and our junior high peers were less than helpful.

Most folks carry these questions on into their marriages. Do I really matter? I mean really matter? Am I precious, and worthy, and significant? And most of the time we give our spouses a pretty high-level security clearance.

My wife knows more about me than anyone. Therefore, her answers to the questions I ask, albeit covertly, carry an incredible weight of authority.

That's not altogether bad. I trust her with those unarticulated questions. I married her after all. But she's just another creature with skin on – just as skeptical of her own worth, just as doubtful that she is enough.

How can two broken people really answer each other's most urgent questions? We are two panhandlers at the same intersection, repeatedly asking each other for a buck and promising to "work



A sculpture depicting the temptation and the fall of Adam and Eve adorns an entrance to the Notre Dame Cathedral in Paris, France. (Courtesy photo)

for it." And there's only so much benevolence to go around at this corner.

An author I really like says that the most important thing that happened at 'the Fall' (when Adam and Eve declared their independence from God) is that, collectively, we stopped listening to him. I mean that before the fall, God told us who we are and whether we are meaningful and lovely, and we always listened. After the fall we stopped hearing his voice; God's authority in the matter was cut off, ignored.

But that doesn't mean we

stopped looking for some authority to tell us about ourselves.

Honestly, I believe we are wired such that we'll always need an outside voice to tell us we are precious and significant. And if the voice of God's authority is absent, then another voice will have to take its place.

So I am back to where I started. I need someone to tell me who I am. I give my most vital questions to parents, and peers, and supervisors and subordinates – but always and especially to my spouse. She knows me. She is supposed to believe in me and tell me that I have

what it takes. I am supposed to tell her that she is worth fighting for.

But here we are, at the stop-light, asking each other for a hand-out – and both of us 'poor as Job's turkey.' And here too is an infinite God who alone knows the dignity and worth of a man, the inestimable value of a woman.

This consummately relational God, who is utterly sure of his own worth – and speaks clearly in the scriptures, in Jesus, that we are beloved.

It isn't that I want my wife to stop answering the question. Her voice matters – more than any other creature.

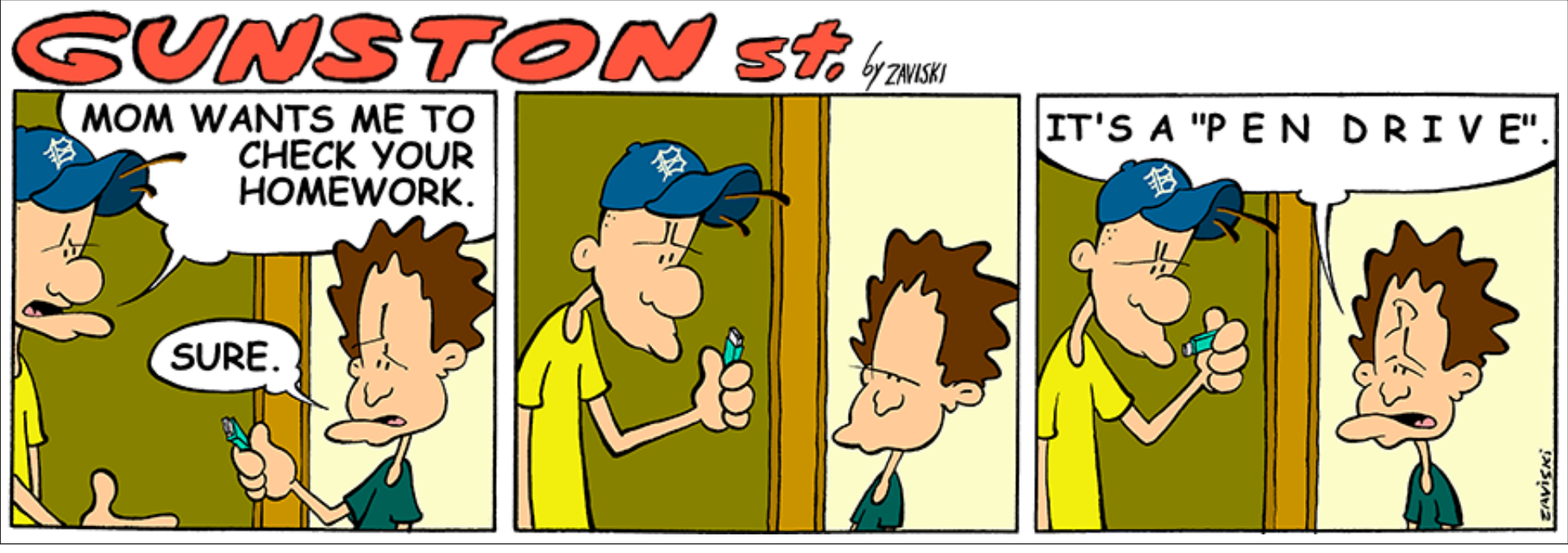
But she is creature, not creator. It is his voice that I desperately need to hear. It is his voice alone that reverberates down between bone and marrow and makes me really believe it.

He alone carries the authority to truly name me and declare me significant. And it is God's declaration that makes a thing true.

Then too, it is his voice, which in my better moments gives shape to my own – and becomes life-giving, scripture-strengthened words – proclaiming my wife precious and enough.

I give what I have received. I do not declare value by my authority; rather, I celebrate the authority and the declaration of another.

I sing the song that Christ sings over me. Then finally, I am a beggar with something to share.



Community Happenings

November 6, 2015

ARCTIC WARRIOR

B-3

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

FRIDAY Bunny Boots and Burn Barrels G Street block party

The Anchorage Downtown Partnership hosts this shindig on G street between 4th and 5th avenues from 5 to 9 p.m. Warm your hands over a burn barrel or enjoy food, beverages, and music.

For information, visit anchorage.downtown.org.

FRIDAY AND SATURDAY Aces Military Appreciation

This annual event is hosted by the Alaska Aces hockey team to honor service members and veterans. Free ticket vouchers are available for Department of Defense ID card holders and can be picked up at JBER Marketing, in Bldg. 10480. For information, call 552-5900.

SATURDAY 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 richardsonspousesclub@gmail.com.

Free archery classes

The Northwest Archers club offers their expertise Saturday mornings through the end of November at the Kincaid Annex. Learn to shoot a bow, from 10:30 a.m. to 12:30 p.m.; equipment is provided. For information, call 343-4217.

Bean's Cafe volunteers

The Better Opportunities for Single Soldier's program is looking for volunteers to help serve meals at Bean's Cafe from noon to 4 p.m. Volunteer tee-shirts can be picked up in advance at the Warrior Zone. For information, call 384-9023.

MONDAY CCAF graduation

The Community College of the Air Force hosts their annual graduation ceremony at the Talkeetna theater at 2:30 p.m. For information, call 384-0463.

WEDNESDAY Veterans Day/Canadian Remembrance Day

The Alaska Department of Military and Veterans Affairs and the Alaska National Guard host these events. The Veterans Day ceremony is at 10:30 a.m. to noon at the National Guard Armory; the Remembrance Day ceremony is slated for 12:30 p.m. at the Fort Richardson National Cemetery. For information, call 428-6016 or 552-6222.

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.

Nov. 14 Blood drive

The Blood Bank of Alaska will be accepting donations at the JBER Exchange from 10:30 a.m. to 5:30 p.m. in their LIFEmobile. Registered donors will receive a free t-shirt. For questions about donating, call 222-5630.

Nov. 27 Holiday Tree lighting

The Anchorage Downtown Partnership hosts this traditional event starting with a short concert at 5:20 p.m. The tree lights go live at 5:30, and Santa and his reindeer will arrive at 6:25 for cookies, cocoa, music and much more.

For information, visit anchorage.downtown.org.

ONGOING 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 anchagemuseum.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/msmre.

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., Monday, Thursday, or Friday 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.

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



PERMA FROST PUB
EST. 2015

GRAND OPENING PARTY

NOVEMBER 6 • DOORS OPEN AT 4 P.M.
JOIN US FOR FOOD, DRINKS & MUSIC!

OPEN EVERY FRIDAY
FROM 4 - 9 P.M.

BUILDING 9387 • 552.3669

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!

Bldg. 9497 • 552.8529

The judging will be done at the Arctic Oasis Community Center during Breakfast with Santa. Your decorated moose must be brought to the Arctic Oasis during normal business hours between December 7 - 11. Judging will be done by those who attend the event. Winners will be contacted on December 18. We will also display a compilation of pictures with the winners on the Arctic Oasis Facebook Page.



Blanchard Family



673 AMDS Flight Med



Bean's Café Volunteer Opportunity

November 7 • 12 – 4 p.m.
Meet at Bean's Café
Pick up volunteer t-shirt from the Warrior Zone in advance.
Bldg. 655, 384.9023



Sunday Fun Day Bowling Bingo!

Every Sunday \$3.49 per game. Receive 1 Bowling Bingo Card. 1 card per game, per person. Bowlers will attempt to cover the pattern of the day posted at the front desk for a chance to win prizes! \$12.99 for 3 game series, 3 bingo cards per person, including shoes!


76251




Polar Bowl, 7176 Fighter Drive, 753-7467 (PINS)


Warrior Zone Lounge & Polar Bowl have the NFL Ticket!

FOOTBALL





Watch your favorite teams battle it out with the Warrior Zone Lounge's NFL Ticket! Enjoy drinks, snacks, friends, & 24 large TVs.



Wanna see your team play while enjoying great drinks & fun times? Wear your football gear & enter to win prizes!

7176 Fighter Dr.
753.7467

Buckner Fitness Center Pool will be

Closed

for the entire month of November due to annual maintenance.

For more information, call 384.1302.



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

Birth Announcements

ARCTIC WARRIOR

November 6, 2015 **B-4**

Oct. 1

A son, Aaron Frank Longar, was born 21 inches long and weighing 9 pounds, 5 ounces at 6:02 p.m. to Cynthia Dianne Longar and Senior Airman Daniel Joseph Longar of the 673d Dental Squadron.

A son, Liam Emmanuel Clear, was born 21 inches long and weighing 7 pounds, 3 ounces at 10:25 p.m. to Spc. Britni N.L. Clear of the Army Medical and Dental Activity Alaska and Spc. Nathaniel R. Clear of the 725th Brigade Support Battalion (Airborne).

Oct. 2

A son, Daniel Lawrence Vogt, was born 22 inches long and weighing 7 pounds, 14 ounces at 9:18 a.m. to Annika Margaret Vogt and Senior Airman Matthew Shane Vogt of the 673d Logistics Readiness Squadron.

A son, Jeremy Kyle Edwards, was born 20 inches long and weighing 6 pounds, 7 ounces at 1:44 p.m. to Jode White Edwards and Sgt. Charles Franklin Edwards Jr. of the 17th Combat Sustainment Support Battalion.

Oct. 5

A son, Caysen Jayce Layton, was born 20.5 inches long and weighing 7 pounds, 3 ounces at 12:53 p.m. to Christin Marrie Schoaf and Cody Lacurtis Layton.

Oct. 6

A daughter, Saren Elizabeth Enns, was born 20 inches long and weighing 8 pounds, 4 ounces at 3:31 a.m. to Amber Marie Enns and Sgt. Christopher Michael Enns of the 3rd Battlion (Airborne), 509th Infantry Regiment.

A daughter, Diana Hope Del Rosarzo, was born 21 inches long and weighing 7 pounds, 11 ounces at 11:11 a.m. to Bobbie Lea Del Rosarzo and Sgt. Hunter Steele Del Rosarzo of the 1st Battlion (Airborne), 501st Infantry Regiment.

A son, Max Xavier Fleming, was born 20.5 inches long and weighing 8 pounds, 3 ounces at 2:55 p.m. to Lindsey Hunter Felming and Spc. Matthew Thomas Fleming of the 3rd Battalion (Airborne), 509th Infantry Regiment.

Oct. 7

A daughter, Maya LeeAnn Raykhel, was born 20 inches long and weighing 6 pounds, 13 ounces at 8:09 a.m. to Michelle Lee Raykhel and Air Force Staff Sgt. Boris Raykhel of the 3rd Maintenance Squadron.

Oct. 8

A daughter, Carly Nicole Effio, was born 20 inches long and weighing 7 pounds, 9 ounces at 3:01 a.m. to Nicole Valerie Effio and Chief Warrant Officer 2 Lyle Humbert Effio of Headquarters and Headquarters Company, 4th Brigade Combat Team (Airborne), 25th Infantry Division.

A daughter, Kory Catherine Marks, was born 21 inches long and weighing 8 pounds, 9 ounces at 1:10 p.m. to Devan Catherine Marks and Senior Airman Josiah Eugene Marks of the 703rd Aircraft Maintenance Squadron.

A daughter, Zoë Saphira Davenport, was born 20 inches long and weighing 5 pounds, 15 ounces at 10:28 p.m. to Airman 1st Class Hannah Pauline Davenport and Airman 1st Class Christopher Drake Davenport, both of the 673d Security Forces Squadron.

Oct. 9

A son, Noah James Adams, was born weighing 7 pounds, 12 ounces at 8:02 a.m. to Airman 1st Class Hannah Lee Adams of the 773d Logistics Readiness Squadron and Joshua John Adams.

A son, Jon Paul Stoner, was born 21 inches long and weighing 8 pounds, 6 ounces at 1:17 p.m. to Sarah Elizabeth Stoner and Air Force Staff Sgt. Paul James Stoner of the 3rd Aircraft Maintenance Squadron.

Oct. 10

A daughter, Sloane Murphy Feeney, was born 20 inches long and weighing 7 pounds, 10 ounces at 11:37 p.m. to Jennifer Erin Feeney and Air Force Capt. Benjamin Thomas Feeney of the 673d Surgical Operations Squadron.

A son, Brayden Philip Baker, was born 20.5 inches long and weighing 7 pounds, 5 ounces at

1:06 p.m. to Megan Treanna Baker and Airman 1st Class Brian Joseph Baker of the 673d Logistics Readiness Squadron.

A son, Michael Jeremiah Bennett, was born 21 inches long and weighing 6 pounds, 11 ounces at 5:27 p.m. to Niambi Amina Bennett and Brian James Bennett.

Oct. 13

A daughter, Naomi Constance Brown, was born 21 inches long and weighing 8 pounds, 12 ounces at 6:46 a.m. to Jessica Nicole Brown and Air Force Staff Sgt. Antonio Constantine Brown, Jr. of the 3rd Maintenance Squadron.

A son, Gideon Kenobi Heffley, was born 21.5 inches long and weighing 8 pounds, 2 ounces at 7:53 a.m. to Andrea Rae Heffley and Air Force Staff Sgt. Joshua Ryan Heffley of the 673d Security Forces Squadron.

Oct. 14

A daughter, Kinsleigh Evelyn Chandler, was born 19 inches long and weighing 7 pounds, 9 ounces at 3:42 p.m. to Ashley Lynn Chandler and Air Force Staff Sgt. Jeffrey Scott Chandler of the 3rd Aircraft Maintenance Squadron.

A son, Taj Wilson, was born 19.5 inches long and weighing 6 pounds, 7 ounces at 10:38 p.m. to Jennifer Carolyn Wilson and Lt. Cmdr. Antonio Sashi Parameswaran of the U.S. Public Health Services.

Oct. 15

A daughter, Caroline Cleo Howle, was born 18.5 inches long and weighing 7 pounds, 3 ounces at 2:57 p.m. to Lauren Noelle Howle and Army Capt. Marc Alexander Howle of Headquarters and Headquarters Company, 6th Brigade Engineer Battalion (Airborne).

Oct. 16

A son, Tobias James Daldrup, was born 21 inches long and weighing 7 pounds, 1 ounce at 8:15 a.m. to Elizabeth Ann Daldrup and Tech. Sgt. Jason Michael Daldrup of the 3rd Maintenance Group.

A daughter, Clarissa Joy Sanchez, was born 21 inches long and weighing 6 pounds, 9 ounces at 9:34 a.m. to Isabel Sanchez and Senior Master Sgt. Victor Larry Sanchez, Jr. of the 3rd Aircraft Maintenance Squadron.

A son, Brody Lee Johnson, was born 20 inches long and weighing 6 pounds, 11 ounces at 5:13 p.m. to Air Force Staff Sgt. Dianna Catherine Johnson of the 673d Medical Operations Squadron and Air Force Staff Sgt. Dustin Lee Johnson of the 673d Medical Support Squadron.

Oct. 18

A son, Daniel Timothy Shaw, was born 21 inches long and weighing 7 pounds, 14 ounces at 8:20 p.m. to Army Capt. Ashley Gavin Shaw of the 725th Brigade Support Battalion (Airborne) and Air Force Maj. David Joseph Shaw of the 673d Medical Operations Squadron.

Oct. 19

A daughter, Zoey Elizabeth Pella, was born 21 inches long and weighing 7 pounds, 3 ounces at 12:50 p.m. to Air Force Staff Sgt. Courtney E. Pella and Air Force Staff Sgt. Carl J. Pella, both of the 673d Security Forces Squadron.

Oct. 20

A son, Cameron Amir Coleman, was born 18.5 inches long and weighing 6 pounds, 12 ounces at 6:14 a.m. to Keyosha Simone Coleman and Spc. Jawaan Demetrius Coleman of the 2nd Battalion, 377th Parachute Field Artillery Regiment.

A daughter, Mallory Rose Diaz, was born 18 inches long and weighing 6 pounds, 14 ounces at 8:15 a.m. to Kayla Cherie Diaz and Sgt. Marco Diaz of the 725th Brigade Support Battalion (Airborne).

Oct. 21

A son, Dallas William Murphy, was born 19.5 inches long and weighing 7 pounds, 5 ounces at 2:18 a.m. to Subrina Chevelle Murphy and Pvt. Robert Shannan Murphy of the 17th Combat Sustainment Support Battalion.

A daughter, Bella Gene Green, was born 20 inches long and weighing 7 pounds, 4 ounces at 6:10 p.m. to Petty Officer Second Class Onnalee Ann Blackledge of U.S. Coast Guard Sector Anchorage and Brian J. Green.

Oct. 23

A son, Gian

Mikhail Holland, was born 21 inches long and weighing 8 pounds at 11:39 a.m. to Gellian Mie Flores Holland and Tech. Sgt. Douglass Michael Holland of the 3rd Aircraft Maintenance Squadron.

Oct. 26

A son, Noah Gage Macy, was born 22.5 inches long and weighing 8 pounds, 12 ounces at 10:50 p.m. to Catrena Anne Macy and Air Force Staff Sgt. Zachary Lloyd Macy of the 3rd Aircraft Maintenance Squadron.

Oct. 28

A daughter, Lillian Annette Szczepanik, was born 21 inches long and weighing 8 pounds, 5 ounces at 1:31 a.m. to Cindy V. Szczepanik and Sgt. 1st Class Edward M. Szczepanik of the 2nd Battalion, 377th Parachute Field Artillery Regiment.

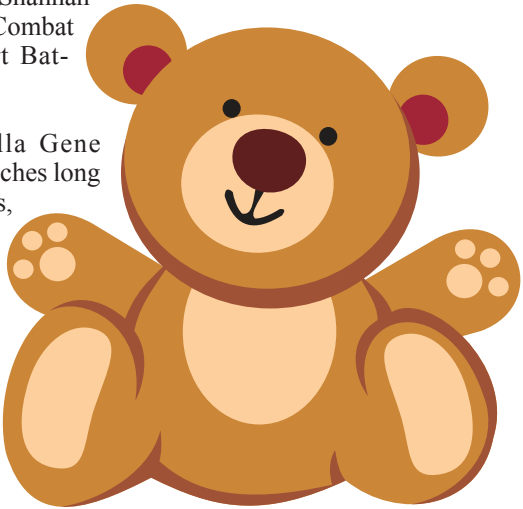
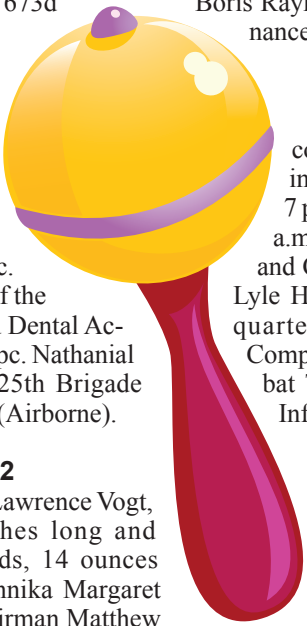
A son, Angel Jahsiah Figueroa, was born 21 inches long and weighing 8 pounds, 3 ounces at 7:52 a.m. to Jalai Kiana Figueroa and Airman 1st Class Miguel Angel Figueroa of the 673d Security Forces Squadron.

Oct. 29

A son, Michael Thomas Vest, was born 20.5 inches long and weighing 8 pounds, 12 ounces at 1:19 a.m. to Air Force Staff Sgt. Erinne Marie Salo Vest and Air Force Staff Sgt. Matthew Tyler Vest, both of the 301st Intelligence Squadron.

Oct. 31

A daughter, Gwen Mary Miller, was born 20 inches long and weighing 6 pounds, 13 ounces at 11:36 a.m. to Heather Erin Miller and Air Force Maj. Ronald Patrick Miller of the 673d Medical Group.



U.S. Capitol Christmas tree transits JBER



John Schank, 2014 Alaska Truck Driver of the Year, stands with his truck after safely bringing the U.S Capitol Christmas Tree to Hangar 4 on Joint Base Elmendorf-Richardson Oct. 31. The tree will continue to make stops on its way to Joint Base Andrews, Md, and arrive in Washington D.C. on Nov. 18. To track the U.S. Capitol Christmas Tree's journey, visit capitolchristmastree.com. (U.S. Air Force Photos/Airman Valerie Monroy)



Air Force Staff Sgt. Scott Brakefield, 673d Security Forces Squadron, and military working dog, Ajax, search the truck carrying the U.S. Capitol Christmas Tree as it arrives at the Post Road gate on JBER Oct. 31.



The U.S. Capitol Christmas Tree, a 74 foot Lutz spruce, arrives in Hangar 4 Oct. 31. JBER is one of many stops for the tree on its way to Washington D.C. The tree will be lit by the Speaker of the House on Wednesday, Dec. 2 during a ceremony on the Capitol's West Front at 5 p.m. and will be lit from nightfall until 11 p.m. each evening through Jan. 1.

USARAK battalion hosts family cyber seminar

By Sachel Harris
U.S. Army Alaska Public Affairs

The 59th Signal Battalion recently hosted its first family cyber seminar in the Frontier Theater here.

The event helped to wrap up Cyber Security Awareness Month, a month-long observance designated in October by President Obama to help increase awareness about cyber security and increasing the resiliency of the nation in the event of a cyber incident. This year's theme is "Stop. Think. Connect."

An Army Criminal Investigator, whose name is withheld for security reasons, was on hand to discuss topics such as geo-tagging, setting parental controls and over sharing personal information on social media.

"Anything a stranger wouldn't know from a general introduction, shouldn't be shared on social me-

dia," the investigator emphasized.

Army Lt. Col. James Chastain, 59th Signal Battalion Commander, added that it's important for parents to understand how to protect their children in today's world. His hope is that each family leaves each session more educated and empowered.

"Everybody is a target for cybercrime and most of the time, protecting your system comes down to simple changes and awareness called cyber awareness," said the commander.

"Cyber bullying and sexting are on the rise and knowing how to protect your kids by identifying the signs and doing things such as enabling the security features on your home network can keep you safe."

The battalion will be hosting cyber security events every quarter on JBER which are open to all military families.



Families gather in the Frontier Theater to attend the family cyber seminar Oct. 26 at Joint Base Elmendorf-Richardson. The event helped to wrap up Cyber Security Awareness Month, a month-long observance designated in October by President Obama to help increase awareness about cyber security and increase the resiliency of the nation in the event of a cyber incident. (U.S. Army Photo/Sachel Harris)