

SLOW DOWN

DON'T BE A STATISTIC



Security forces personnel on Joint Base Elmendorf-Richardson are noticing an alarming trend: an increasing number of accidents at the intersections around the installation as drivers travel too fast for conditions. While there are fewer accidents than the last few years at this time, it's still important to remember: snow, ice and slush increase stopping distance dramatically. Driving cautiously and slowing down before you reach the intersection will help prevent accidents that could damage your car, your record, and yourself or others.

AVOID ACCIDENTS THIS WINTER, A2



TOP CLASS:

Largest group of students graduates from PME Center

By Airman Valerie Monroy
JBER Public Affairs

The Joint-Base Elmendorf-Richardson Professional Military Education Center is responsible for developing excellence in future leaders throughout the Air Force.

On Dec. 18th, the largest Airman Leadership School class the PME Center has ever taught will graduate.

The PME Center has changed their construct to now operate an ALS course every other class, said Senior Master Sgt. Joshua Buck, 673d Air Base Wing director of education.

"We'll run a Noncommissioned Officer Academy class, followed by an ALS class, on an alternating schedule," Buck said.

Because the NCOA and ALS classes no longer run concurrently, the number of students waiting for an ALS class to begin has grown.

"What that's allowed us to do is to fill all seven classrooms with 16 students in each class," Buck said. "We've never run a seven-flight ALS class here before."

Due to the class size, instructors have had to work together and communicate more than ever.

"This class has definitely been unique," said Tech. Sgt. Sedrick Evans, 673d ABW PME instructor. "I feel that the way we've handled our first 112-person course has definitely set the tone for how ALS could run in the future."

Despite the large numbers, students still received the same amount of education and training.

"It's a really big class but we're all separated into different flights," said Senior Airman Samantha Valencia, 673d Dental Squadron dental technician. "Even though there [are] a bunch of people, you're still getting the individualized attention."

The instructors haven't left anyone behind, Valencia continued.

"Like they keep saying, its 112 in, its 112 out," Valencia said. "We've all succeeded because they've done such a good job."

In the midst of these challenges, the PME Center has gone through a fast turnover of



Service members at the Joint Base Elmendorf-Richardson Professional Military Education Center listen to a speaker Dec. 8. The PME Center's largest Airman Leadership School class ever graduates Friday. (U.S. Air Force photo/Justin Connahey)

instructors and also made sure their instructors were prepared to teach the course.

"Within the last eight months we've turned over about two-thirds of the staff," Buck said. "Within these seven classrooms, I have four trainee instructors getting certified. We have a lot of moving parts right now with the training of the new instructors and the training of the students as well," Buck said.

The PME has also sent a number of their instructors to Korea.

"Instructors from all over Pacific Air Force rotate because we don't have a dedicated staff in Korea," Buck said.

The instructors are sent there to help many Airmen get the professional development they need, Buck explained.

The PME Center added another first to their list when an instructor received his training in Korea.

Instructors get their certification training while teaching an ALS class. The PME Center decided to send the instructor to Korea in an effort to both help with the many students and provide the instructor with certification training.

"PACAF allowed us to send an extra instructor to Korea so he could do his certification training there," Buck said. "That had never been done before."

"We'll be sending three instructors in January to teach three flights, and when they come home we'll send three more instructors out," Buck said. "The first four months of the year we'll teach six flights of ALS in Korea."

Whether it's the largest ALS class, training instructors or teaching in Korea, the JBER PME Center continues to develop leadership skills in PACAF's warfighting Airmen.

"As our new motto states, 'In to learn, out to serve,'" Evans said.



Slow down on winter roadways

By Airman 1st Class Kyle Johnson
JBER Public Affairs

Security Forces have noticed a trend – an increased number of traffic accidents at intersections around Joint Base Elmendorf-Richardson

Motorists may feel the need to cut a yellow light too close for fear of not being able to stop in time at the intersection, but if they are obeying road conditions guidance, they will always be able to stop, said Master Sgt. Christopher Anderson, 673d Security Forces Operations noncommissioned officer.

“If they are driving responsibly, they shouldn’t find themselves in that position at all,” Anderson said. “The yellow lights at stoplights are timed to be enough time to stop, even driving the speed limit. Then there’s the delay between when your light turns red and the other lights turn green. There’s safety built into those lights.”

Though the importance of obeying road conditions cannot be overemphasized, drivers have plenty of options to reduce the risk of finding themselves in a compromising situation.

Drivers should be aware of their driving experience, their vehicle’s and tires’ capabilities, the visibility in the area, the traction on the road and what the other drivers are doing at the intersection, when approaching a stop sign or traffic light, Anderson said.

“I think people aren’t providing enough time to slow down,” said Air Force Staff



Security Forces Squadron patrolmen have responded to many accidents on Joint Base Elmendorf-Richardson caused by drivers traveling too fast for conditions. (U.S. Air Force photo/Airman 1st Class Kristina Overton)

Sgt. Sarah Qualle, 673d Security Forces police services noncommissioned officer said. “They think they can slow down at –the stop sign or intersection. Slow down before the intersection so you can stop [in time.]”

Motorists should also expect road conditions to change as they traverse different areas of base, Anderson said.

“The heavily traveled roads are going to be better,” Qualle said. “If you turn onto a road that isn’t so heavily traveled it’s going to be slicker.”

According to the Traffic Safety work-group, 86.7 percent of traffic accidents happen between 6 p.m. and 6 a.m., mostly in the early hours of the morning.

Fiscal year 2015 had fewer accidents than either of the previous two fiscal years, but motorists should not grow complacent in the recent mild weather; stay alert and drive safe.

For more information on road conditions, check the official JBER Facebook page or Twitter feed, visit www.jber.af.mil, or subscribe to text alerts via AtHoc.

Getting from here to there wrecklessly

Anchorage Police Department

Maintain your car – Check the battery and tire tread, keep your windows clear, put no-freeze fluid in the washer fluid reservoir, and check your antifreeze.

Have an emergency kit – flashlight, jumper cables, abrasive material (sand, kitty litter, even floor mats), shovel, snow brush/ice scraper, warning devices (like flares) and blankets. For long trips, add food, water, medication and cell phone.

Stopped or stalled? Stay with your car, don’t overexert, put bright markers on antenna or windows and turn on the dome light. If you run your car, clear the exhaust pipe and run it just enough to stay warm.

Plan your route – Allow plenty of time – check the weather and leave early if necessary – be familiar with the directions, and let others know your route and arrival time.

Practice cold-weather driving – During daylight, rehearse maneuvers slowly on the ice or snow in an empty lot. Steer into a skid so you know what your brakes will do. Stomp on antilock brakes; pump non-antilock brakes. Learn your stopping distances on ice. It will build confidence.

December marks National Impaired Driving Prevention Month

By Airman Valerie Monroy
JBER Public Affairs

With everyone traveling home for the holidays, the month of December is one of the busiest on the nation’s roadways. With the holidays approaching, the number for social events that include drinking increases along with DUIs and fatal drunk-driving crashes.

President Barack Obama issued a proclamation Dec. 1 declaring the month, as National Impaired Driving Prevention Month. The president urged people to use this month to recommit to preventing these incidents by acting responsibly and by promoting responsible behavior by those around us.

People are encouraged to have a plan if they are going to be drinking, but sometimes not everything goes as planned. That’s when the Joint Base Against Drunk Driving program comes into play.

JBADD is a volunteer organization and an extension of the Better Opportunities for Single Service Members program.

The primary purpose of JBADD is to provide the service members of Joint Base Elmendorf-Richardson and their spouses with a safe, anonymous, free ride home instead of driving their own vehicles while intoxicated.

“I think JBADD is a great opportunity for service members to assist with not only protecting the local community but fellow members’ careers,” said Senior Airman Andrew Harrison, 673d Communications Squadron cyber transport systems liaison and JBADD volunteer. “It’s an absolute win-win, for both the installation and the community.”



The volunteers who participate in Joint Base Against Drunk Driving provide rides home, no questions asked, for service members and dependent spouses whose plans fall through after a night on the town. (Courtesy photo)

The first incarnation of the JBADD program started prior to joint basing.

“It was Soldiers Against Drunk Driving for the Army and Airmen Against Drunk Driving for Air Force,” said Staff Sgt. Silvia Prows, 673d Medical Support Squadron health services management specialist and president of JBADD. “Once we went joint venture, we got backing from the BOSS program and were able to advertise JBADD as a whole for all services.”

JBADD relies entirely on support from volunteers.

Prows said JBADD is important because not all service members will dedicate their time to picking up other service members

and their dependent spouses, but those that do are helping to eliminate potential tragedies.

“I’ve seen firsthand what a DUI can do to a unit, the individuals involved and the local community,” said Harrison. “It’s not something that should happen and JBADD lets me try as much as possible to prevent that.”

For some service members, a memorable night out could turn into a career-changing mistake, so the program remains free and fully confidential.

“We do not disclose who we pick up to anyone,” said Prows. “We do not contact anyone in that individual’s chain. We just get their name and where they’re located

and pick them up.”

The service is available to all active-duty service members, National Guardsmen and Reservists on active duty orders and all dependent spouses, Prows said.

“JBADD is a great tool provided by JBER leaders to make sure our members are safe, and an awesome opportunity to lend a helping hand when someone might need it,” said Harrison.

JBADD operates Friday and Saturday nights from 11 p.m. to 4 a.m., unless otherwise stated.

JBADD should always be a last resort, but when issues arise or plans fall through, you can always call 384-RIDE.

Soldiers to see increase in clothing allowance for 2016 uniforms

By C. Todd Lopez
Army News Service

WASHINGTON — Earlier this month, the Army’s G-4 released an All Army Activities, or ALARACT, message that lists the fiscal year 2016 clothing bag list for enlisted Soldiers, as well as the dollar amount for the accompanying clothing allowance.

For FY16, Soldiers saw an increase of about seven percent for their clothing allowance.

Inside the clothing bag, new additions reflect the Army’s adoption of the Operational Camouflage Pattern.

The “clothing bag” is the name for the set of clothing items issued to Soldiers in basic training. That list of items evolves and changes year-to-year as the needs of the Army change.

The clothing bag list is published yearly, and all Soldiers are required throughout their career to maintain in their possession serviceable items that match what is listed in the most current clothing bag list.

New additions to the clothing bag this year include four sets of

Army Combat Uniforms in the Operational Camouflage Pattern, as well as a number of items that match the new color scheme.

- The new additions are:
- tan riggers belt
 - hot-weather combat boots in coyote color
 - temperate-weather combat boots in coyote color
 - ACU Operational Camouflage Pattern patrol cap
 - ACU Operational Camouflage Pattern coat
 - ACU Operational Camouflage Pattern trousers
 - tan drawers, men’s brief
 - lightweight cold weather drawers
 - mid-weight cold weather drawers
 - black light duty utility glove
 - coyote glove inserts
 - black glove inserts
 - tan moisture-wicking t-shirt
 - lightweight undershirt, cold weather
 - mid-weight undershirt, cold weather

According to a spokesperson for Army G-4, changes to the clothing bag are made after taking recommendations from a number

of sources, including Training and Doctrine Command, Soldier feedback, and limited user evaluations. The recommendations are presented to the Army Uniform Board, and subsequent adoption of new items is first approved by the Army’s chief of staff.

Soldiers in basic training will start getting the new ACU in the Operational Camouflage Pattern later this month.

For Soldiers already in the force, they can continue to wear the Universal Camouflage Pattern ACU until Sept. 30, 2019. It’s not until Oct. 1, 2019 – the very next day – that they will be required to both own and wear the Operational Camouflage Pattern ACU.

The male and female clothing bags that are issued in basic training are similar in what they contain.

Male Soldiers are issued about 83 items, while female Soldiers are issued about 74 items. Of those, more than 60 are exactly the same.

Differences between the clothing bags are mainly due to clothing items designed specifically for either male or female Soldiers.

Included in that list are male

and female versions of the Army Service Uniform coat, male and female white dress shirts, male and female versions of the Operational Camouflage Pattern ACU, the male neck tie versus the female neck tab, and various dress shoes.

Male Soldiers are issued nine items more than female Soldiers because male Soldiers are issued seven tan underwear briefs as well as two white cotton crew neck T-shirts.

Female Soldiers are provided a larger cash allowance to purchase their own undergarments.

Both male and female Soldiers get cash allowances as part of their initial issue of uniforms in basic training. For male Soldiers, that \$94.33 cash allowance is meant for them to purchase running shoes and socks for physical training.

For female Soldiers, their larger cash allowance of \$391.27 allows them to purchase running shoes, physical training socks, underwear, black dress pumps, and a handbag.

To help enlisted Soldiers maintain the items they are required to have, as spelled out in the clothing bag list, the Army provides a yearly clothing replacement allowance.

For male Soldiers with less than three years of service, their CRA for FY2016 is \$327.60 – an increase of about 7.05 percent. For those with more time in service, their CRA is \$468 – a 7.43 percent increase. For female Soldiers under three years of service, their CRA is \$349.20 – a 7.77 percent increase over last year. Female Soldiers beyond the three-year mark will get an annual \$496.80 CRA – a 6.97 percent increase over FY2015.

Soldiers are meant to use the yearly CRA stipend to ensure they own all of the items listed in the clothing bag list, and that the items are serviceable. Soldiers are allowed to manage on their own how they use the CRA.

The CRA shows up as an untaxed item in a Soldier’s paycheck on the anniversary month in which the Soldier entered service.

For Soldiers who are assigned at a duty station where they are required to wear civilian clothing to work, the Army provides an initial civilian clothing allowance of \$1,022.40. That clothing allowance is offered to Army officers who serve overseas, and to enlisted Soldiers worldwide.

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Editorial office and mailing address: JBER Public Affairs, 10480 Sijan Ave., Suite 123, Joint Base Elmendorf-Richardson, AK 99506; telephone (907) 552-8918.

Send emails about news stories and story submissions to arcticwarrioreditor@gmail.com. Deadline for article and photos is 4:30 p.m., Monday, for the week of publication. Articles and photos will be published on a space-available basis and are subject to editing by the *Arctic Warrior* staff. Submission does not guarantee publication.

Pets need extra care during the dog days of ... winter?

By Airman 1st Class Christopher R. Morales
JBER Public Affairs

Pets are fur babies, scaly ankle-biters and feathery nestlings that want to play and be loved. They, like children, may need doctors for all sorts of shots and checkups.

Joint Base Elmendorf-Richardson can provide medical care to animals at the Veterinary Treatment Facility, whose mission is to give veterinary care to military working dogs and household pets.

The facility is a detachment of the Public Health Command District Joint Base Lewis-McChord.

“We are here to help support the community with their animal family member,” said Army Staff Sgt. Christopher Treftz, the Veterinary Treatment Facility non-commissioned officer in charge. “We specialize in dogs and cats, but we have seen the occasional rabbit, guinea pig and ferret.”

In one day, the clinic sees pets ranging from Chihuahuas to huskies and many in between.

Keiley Harrell, wife of Senior Airman Christopher Harrell, 673d Civil Engineer Squadron, got her blue Chihuahua, Freyja, checked and cleared, with a health certificate ready for a move.

“The service was quick and easy,” Harrell said. “They made sure everything was good for a health certificate and also clipped her nails.”

Senior Airman Riley O’Neal, 703rd Aircraft Maintenance Squadron, brought his 18-month-old red Alaskan husky, Murphy, to the clinic for a few shots and a blood draw, soon to be neutered as well.

“We are getting this procedure done so he can be a healthy, happy puppy,” O’Neal said. “The clinic has a wonderful, friendly staff, and I couldn’t ask for anything better.”

Additionally the Veterinary Treatment Facility has some cold-weather tips for families’ animal companions.

Some pets, like huskies, have nothing to fear when it comes to a little cold. Some animals can take a little cold, but others – like cold-blooded pets – must remain heated all year-round.

Animals can experience the same cold-weather injuries people do such as frostbite and hypothermia.

Frostbite on animals usually occurs on hairless patches of skin, like the nose and paws, and on the tips of ears and the tail.

A first-aid measure for animals in these scenarios is to warm them as soon as possible with warm packs close to the body and wrapping them up in warm towels.

To prevent cold-weather injury, have an animal slowly acclimate to the weather. Provide pets with plenty of water and shelter from the wind and weather.

Even though cold weather can take its toll, not going outside at all can negatively affect animals.

“The biggest problem we see in the winter is lack of exercise,” Treftz said.



ABOVE: Animal care specialists draw blood from Murphy, a red Alaskan husky, at the Joint Base Elmendorf-Richardson Veterinary Treatment Facility Dec. 14. Murphy, 18 months old, needed the tests before being neutered. (U.S. Air Force photos/Airman 1st Class Christopher R. Morales) **RIGHT:** Freyja, a blue Chihuahua, gets a checkup at the JBER VTF. Keiley Harrell, spouse of Senior Airman Christopher Harrell, 673d Civil Engineer Squadron, wanted a health certificate for her before moving out of state. **BELOW:** Pvt. Madison Farson, a JBER animal care specialist, vaccinates Murphy as his owner Senior Airman Riley O’Neal (middle), 703d Aircraft Maintenance Squadron, comforts him.



“Animals gain a lot of weight during this season, because it’s cold and no one wants to go outside.

“Take them for walks and snowshoeing despite it being a little cold,” Treftz said. “Any activity you can do during the winter time, they can do, just remember to keep them on a leash.”

Jackets can be helpful for small animals with thin coats, but not all animals benefit from them.

“Jackets are counter-productive because of the way the dog’s fur is constructed,” Treftz said. “It traps air to regulate the temperature of their body so adding that extra layer restricts that. Baby booties can

protect dog feet from abrasions, but not necessarily from the cold itself.”

Get to know your animals and what they are comfortable with. The cold is no reason to stay inside all season.

For more information or to make an appointment, call the Veterinary Treatment Facility at 384-2865.

Aeromedical Evacuation Program gets patients where they need to be

Some conditions need help from the Outside

By Airman Christopher R. Morales
JBER Public Affairs

The 673d Medical Group Aero-medical Evacuation program helps patients receive the medical attention they need.

If the treatment can’t be handled in the local area, hope is not lost; there is still a way.

The program can pay for the trip and lodging, and allows family members to come along to take care of anything else.

“We never deny the patient care; we never want to stop their

care, which is why we have this program,” said Airman 1st Class James Rouse, a 673d MDG Aero-medical Evacuation technician. “Even if we don’t have the capabilities to treat the patient here, as long as they are command sponsored and have TRICARE Prime, we have the capabilities to get them somewhere they can receive their care.”

If the Joint Base Elmendorf-Richardson hospital is unable to treat a particular condition, they look to local clinics in Alaska.

If none are available, the AE program will schedule an appointment for the patient at the closest out-of-state hospital.

“For example, if you can’t see anybody off base for physical therapy and our physical therapy clinic closes, then we would be

referring people to the Lower 48,” said Staff Sgt. Vanessa Amidon, non-commissioned officer in charge of Patient Travel and Family Clearance Call. “A lot of people don’t think Alaska is remote, but there are a lot of conditions we can’t support that people just don’t know [about].”

As of right now tasks like liver transplants and treatment for late-stage tumors can’t be done here, because Alaska doesn’t have medical technicians who specialize in these fields.

Other things, like neurosurgery and the pediatric subspecialties of cardiology and rheumatology, are also not treated here.

“We help all patients with TRICARE Prime; if they don’t have TRICARE Prime they automatically don’t qualify for the benefit,”

Rouse said.

Active duty, retirees, dependents and some special cases qualify.

“We aim for our patients to be command-sponsored on base, as well,” Rouse said. “When a dependent has been cleared by our chief of medical staff, they can be taken out of here for whatever medical conditions they may have.”

The chief of medical staff also has the final say in paying for the travel, because some cases are not vital and most expenses – if not all – come out of the group’s allotted funds.

To ensure service members get the treatment they need, the 673d MDG receives a million-dollar budget for patient travel, renewed every fiscal year.

Just before October is a diffi-

cult time for the clinic because they are a little low on funds, so many appointments are rescheduled for later if possible.

“If a patient can afford to wait at that time we ask to reschedule the appointment,” Rouse said. “We do send [urgent] patients. We don’t stop the whole program completely. Our patients [who] need to go now, we get them out, and if a patient is in critical condition we make sure they make it to the appointment site.”

The aeromedical evacuation clinic personnel keep in touch with the patients before and after the flight for as long is necessary and closely manage their needs.

Coordinating resources both at home station and elsewhere for their patients, the clinic puts a lot of effort into their patients.

’Tis the season for slips, trips and falls on snow, ice and slush

By Airman 1st Class Javier Alvarez
JBER Public Affairs

Water can change physical state depending on its surrounding temperature – being a gas, a liquid or a solid.

Of these states, solid water has proven to be one of the most destructive and befuddling for military members at Joint Base Elmendorf-Richardson this winter season.

The 673d Safety Office has recorded an increase in reported slips and falls this year, and has presented a series of measures to prevent future injuries.

“[Safety] has had 15 falls documented this year compared to nine documented last year throughout the same time frame,” said Air Force Lt. Col. Randy Green, 673d Medical Operations Squadron Physical Therapy Flight commander. “The severity has been greater this year. They have had three concussions. One involved a hospitalization and an elbow fracture. Last year, there were more sprains, strains and bruises.”

A new program, which began last month and is known Air Force wide as Direct Access to Physical Therapy, offers individuals a streamlined path to reach a physical therapist, occupational therapist or musculoskeletal professional within 24 hours, Green said.

“If they suspect they have a fracture, they need to go to the emergency room,” Green said. “However, if they are just embarrassed, have a bruise, or feel like something is not right because they have limited motion or



Ice cleats (above) are an inexpensive way to save yourself from painful slips and falls on packed snow and ice in the winter; extra traction can prevent you being put in traction after an accident. If you do injure yourself in a fall, physical therapists on JBER can help. (U.S. Air Force photos/Airman 1st Class Javier Alvarez)

swelling, we have direct access to physical therapy. They can go to their primary care manager, but if they want to get treatment right away, they can go directly and call central appointments.”

If individuals seek medical attention, they should contact their supervisor and fill out a Supervisor’s Mishap Report, Air Force Form 978, said Tech. Sgt. Jennifer Tuepker, 673d Air Base Wing Safety Office occupational safety technician.

“There are duty days lost because of injury,” said Air Force —Maj. Nathan Shepard, 673d Medical Group physical therapy element leader. “That is why we have this direct access, so we can get them in quicker to get

them back to work quicker.”

Certain medicines have side effects like dizziness and fatigue which can increase fall risk, Green said. Understanding personal limitations and knowing which medicines are being consumed goes a long way when preventing a slip or fall.

In battling these safety hazards, there are some basic precautionary measures that can be taken to minimize falls on the ice, Tuepker said.

Tuepker said JBER Safety encourages people to walk like a penguin. Take short strides and walk flat footed. This technique, as silly as it may sound, is effective in preventing slips on the ice.

Wearing ice cleats can help establish a firm foot-hold when walking on icy walkways, Tuepker said.

Individuals are encouraged to have three points of contact whenever possible, Tuepker said. When entering and exiting a vehicle, keep control by holding on to the door.

When ascending and descending steps, holding on to a handrail can help prevent a slip or fall.

But if these efforts fail and you need physical therapy, call the central appointment line at 552-2778.

For more information on ice safety, call 552-6850, or visit the JBER Safety Facebook page.

Volunteer recognition

Do you know someone who makes a positive difference by volunteering? Recognize a Department of Defense civilian, retiree, active-duty service member, or adult family member.

Nominations are due by Jan. 5; nomination forms can be downloaded from the JBER homepage’s “JBER Volunteer Opportunities” page, at www.jber.af.mil/jbervolunteers.asp. For more information, call 384-1517 or 552-4943.

Post Office hours

The Air Force Postal Service Center at 10437 Lindbergh Ave., will be open Thursday from 9:30 a.m. to 5 p.m.

On Christmas Day, the center will be open 8 a.m. to noon so Airmen living in the dorms can pick up parcels and mail.

Box number and military ID are required.

Pothole repair

The 773d Civil Engineer Squadron encourages all Joint Base Elmendorf-Richardson personnel to report potholes. In housing areas, contact Aurora Housing at 753-1051/1091. All other requests will be tracked by 773d CES.

Take note of the location – including street and cross-street names or building numbers. Then email 773CES.CEOH.PotHoleRepair@us.af.mil or call 552-2994 or 552-2995. Include your name and contact information so crews can follow up about location or the severity.

Weather and mission permitting, potholes are repaired within 24 hours of reporting.

M&FRC relocation

The Military and Family Readiness Center (Log Cabin), located in Building 8535 Wewak Drive temporarily relocated recently to Building 8124 Doolittle Avenue (near the Polar Bowl) to allow for renovation for the next 10 weeks.

The temporary location will be open Monday to 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 through Thursday. Holiday return/exchange policy changes the standard 90 days to the end of January 2016, with sales receipt. For information, call 753-0232.

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.

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 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, im-

prisonment, 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.

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.

Rental Partnership

The Rental Partnership Program at JBER is available to all eligible active-duty members and consists of two options.

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

The other option, RPP 5 Percent below market, saves the member five percent off the rental fee other tenants pay; however, utilities are paid for by the tenant.

Both options are available with

no deposits or fees to the member except pet fees as applicable.

This program is designed to provide active-duty military personnel, enlisted and officers, accompanied and unaccompanied with affordable off-base housing.

An allotment must be executed under either option of the RPP for the rental payments which is made directly to the landlord resulting in a more trouble free transactions.

JBER-Elmendorf members can see RPP officials at the Capital Asset Management Office, Building 6346, Arctic Warrior Drive, or call at 552-4328 or 552-4374 for further information and assistance regarding this program.

At JBER-Richardson, visit the Housing Management Office, Building 600, Richardson Drive, or call 384-3088 or 384-7632.

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 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, is available at Joint Base Elmendorf-Richardson.

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.

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. 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 jobs based on 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.

COMMUNITY

December 18, 2015

ARCTIC WARRIOR

Volume 6, No. 50



Marine Corps Sgt. Mauricio Sandoval, left, assigned to Delta Company, 4th Law Enforcement Battalion, passes out toys to children during Toys for Tots in Takotna, Dec. 10. Toys for Tots is a program run by the United States Marine Corps Reserve with a goal of delivering, through a new toy at Christmas, a message of hope to less fortunate youngsters that will assist them in becoming responsible, productive and patriotic citizens. This year, three teams of Marines traveled in sub-zero temperatures via snow-machine to remote villages in the vicinities of Kotzebue, Galena and McGrath to deliver toys to children. (U.S. Air Force photos/Alejandro Pena)



Marines assigned to Delta Company, 4th Law Enforcement Battalion load gear in support of Toys for Tots on Joint Base Elmendorf-Richardson, Dec. 8.



Marines assigned to Delta Company, 4th Law Enforcement Battalion, prepare to load snow machines, gear and gifts onto a C-130H Hercules while conducting Toys for Tots.



Marine Corps Sgt. Mauricio Sandoval, front, and Master Gunnery Sgt. Jason Milbery, assigned to Delta Company, 4th Law Enforcement Battalion and 2nd Maintenance Battalion, respectively, travel between McGrath and Takotna, Dec. 10. Milbery and Sandoval were transporting a sled filled with gifts while conducting Toys for Tots.



Marine Corps Sgt. Mauricio Sandoval, center, assigned to Delta Company, 4th Law Enforcement Battalion, and village children pose for a group photo during the Toys for Tots festivities held in Takotna.



McGrath School students and faculty watch U.S. Marine Corps Sgt. Mauricio Sandoval, left, and Master Gunnery Sgt. Jason Milbery, assigned to Delta Company, 4th Law Enforcement Battalion and 2nd Maintenance Battalion, respectively, demonstrate how to properly fold an American flag during an assembly in McGrath, Dec. 9.



Lea Dopler, age 3, looks at her new doll delivered by U.S. Marines conducting Toys for Tots in Takotna, Dec. 10.

Looking forward with hope, optimism in 2016

By Chaplain (Capt.)
Angela Erickson
176th Wing Staff Chaplain

The tallest and fastest roller coaster in the world is located at Cedar Point in Sandusky, Ohio. It rises 420 feet, or 42 stories, into the air and travels at speeds up to 120 miles per hour. As the coaster makes its climb, hearts pound with great anticipation. Some hang on for dear life; others close their eyes; when the summit is reached others raise their arms in the air and scream with both fright and delight. Indeed, there are a range of emotions that come from the thrill of such a feat.

Wouldn't it be cool if we looked at the new year in such a way? With great anticipation that while there were going to be highs and lows it was going to be an awesome adventure no matter what. So much so we would want to rush back to the line – no matter how long – and do it all over again.

In just a few weeks we are going to get another go at it – a new year and a new beginning. Are you looking forward to it with great expectancy? I know I am.



Such is life and isn't it all so exciting – like that rollercoaster? Yes, there will be ups and downs. The Bible tells us that we will have trials and sorrows on earth, but Jesus says we can have peace amidst the storm because he overcame the world. (Courtesy image)

The Bible tells us in the book of Ecclesiastes that there is a time for everything: “For everything there is a season, a time for every activity under heaven; a time to be born and a time to die, a time to

plant and a time to harvest. A time to kill and a time to heal. A time to tear down and a time to build up. A time to cry and a time to laugh. A time to grieve and a time to dance. A time to scatter stones and

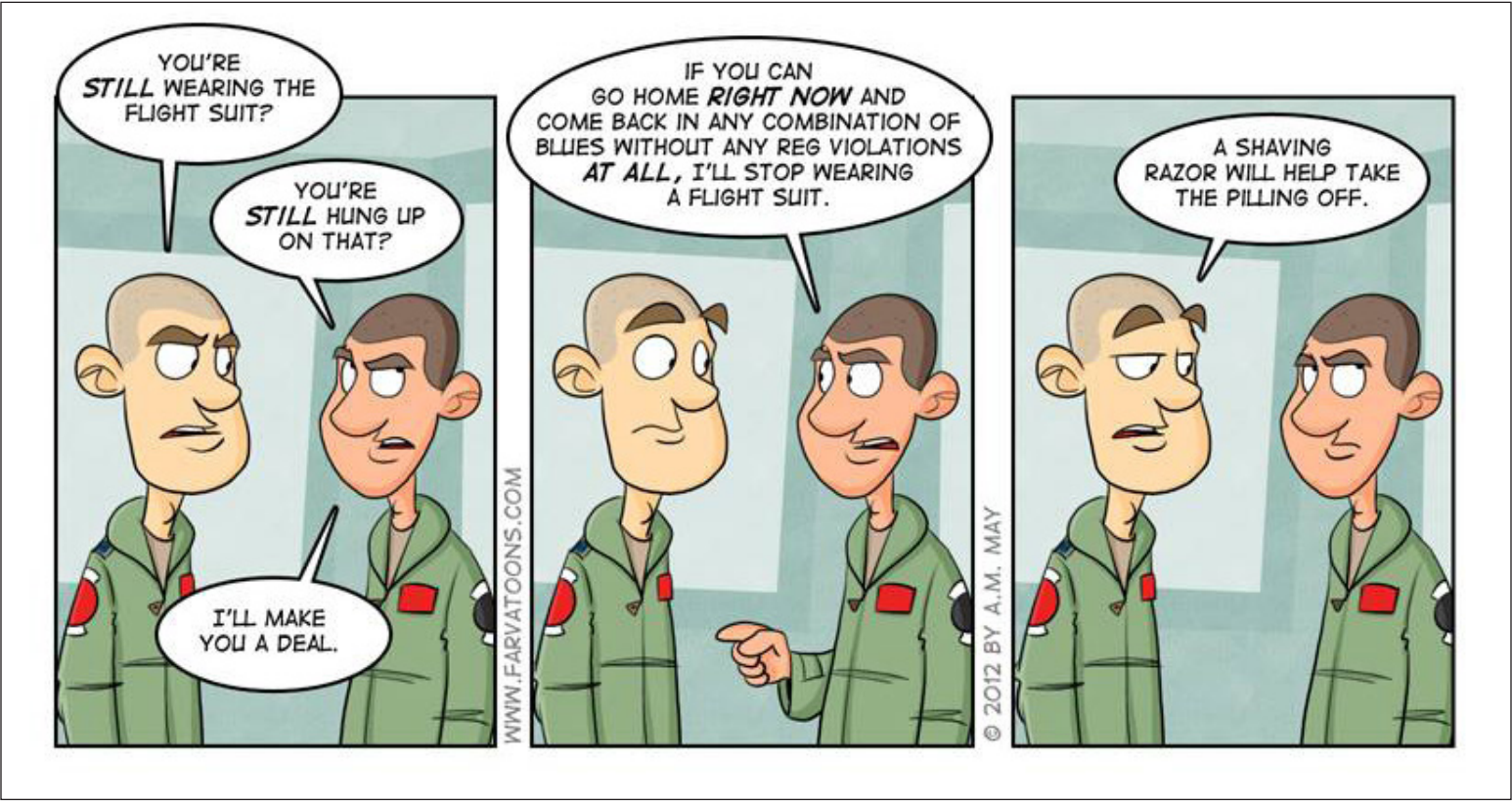
a time to gather stones. A time to embrace and a time to turn away. A time to search and a time to quit searching. A time to keep and a time to throw away. A time to tear and a time to mend. A time to be

quiet and a time to speak. A time to love and a time to hate. A time for war and a time for peace.”

Indeed all people experience good times and bad, happy and sad and this author, King Solomon – the wisest man to ever live – also reminds us that there's nothing new under the sun. Such is life and isn't it all so exciting – like that rollercoaster? Yes, there will be ups and downs. The Bible tells us that we will have trials and sorrows on earth, but Jesus says we can have peace amidst the storm because he overcame the world.

I don't know what the future holds, but I know who holds the future and I can look forward with great hope because my faith surpasses my fear in my most trying times, no matter what the headlines or bank account read.

Truly, I am running back to the rollercoaster line with great enthusiasm because Jeremiah 29:11 says, “For I know the plans I have for you,” says the Lord. They are plans for good and not for disaster, to give you a future and a hope.” And I am going to enjoy every minute of it and live life fully.



FRIDAY
Youth Movie Night

Children ages nine through twelve are invited to watch a movie at Two Rivers Youth Center, Building 297 from 5 p.m. to 7 p.m. and at Kennecott Youth Center, Building 6104 from 5 p.m. to 7 p.m. This event is free. For more information, call 384-1508 or 522-2266.

SATURDAY
Paws to Read

Children in kindergarten through grade three are invited to read with a service/therapy dog. Preregister at the library for this event hosted by the JBER Library and Midnight Sun Service Dogs. For more information, call 384-1640.

SUNDAY THROUGH THURSDAY
Epice Snow Camp

This three-day ski and snowboard camp takes place from 12 p.m. to 5 p.m. at Hillberg Ski Area. Registration includes rentals and lift tickets. For more information call 522-4838.

MONDAY
Alyeska Ski trip

Take a fun filled trip to Alyeska Resort. Meets at Two Rivers Youth Center and takes place from 9 a.m. to 6 p.m. Sign up prior to the trip. For more information, call 384-1508.

TUESDAY
Lunch and line dancing

Kids nine through twelve, join your friends for lunch and line dancing from 12:30 p.m. to 2:30 p.m.; Meet at Two Rivers Youth Center. Space is limited. Register before Dec. 21. For more information, call 384-1508.

Snow Machine Safety Class
This snow machine safety class is held at 5 p.m. to 7 p.m. at Eagle Glen Fitness Park. For more information or to sign up, call 522-4599 or 522-2023.

WEDNESDAY
Anchorage Zoo Lights

Visit the lighted parade of animals that take over the zoo each winter. Register before December 21. For more information call 384-1508.

JANUNARY 21
Cabin Fever Reliever

Service members, spouses and their families are invited to Cabin Fever Reliever Night in the basement of Bldg. 600. Enjoy free sandwiches and learn resiliency tactics and suicide prevention techniques. Takes place 5:30 p.m. to 8 p.m. For more information call 306-3442.

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 anchorage-museum.org.

THROUGH DEC. 27
Life: A Cosmic Story

How did life on Earth begin? Find out on this journey through time at Anchorage Museum's planetarium, Saturdays and Sundays at 3 p.m. Witness key events since the Big Bang that set the stage for life. See the first stars ignite, galaxies coalesce and entire worlds take shape. 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.

Scholarship Applications

Scholarships for Military Children Program is accepting applications from eligible students at commissaries or online at militaryscholar.org.

militaryscholar.org.

For more information call 856-616-9311.

NAF jobs

Looking for a fun job? Check out nafjobs.org for fun and exciting positions within the JBER Force Support Squadron. FSS is an equal opportunity employer.

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.

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/msmurre.

Eat and play weekdays

What goes great with lunch? A free game of bowling. Present your receipt at the front counter totaling more than \$5 from Ten Pins or Topios (located inside the Polar Bowl) between 11 a.m. and 1 p.m., Monday, Thursday, or Friday and receive one free game. For information, call 753-7467.

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.

Christmas services

Christmas Eve Mass
Dec. 24, 6:00 p.m. and
Midnight – Midnight
Sun Chapel

Christmas Mass
Dec. 25, 11:00 a.m. –
Arctic Warrior Chapel

Protestant Christmas
Eve
Dec. 24, 6:00 p.m. –
Arctic Warrior Chapel

Family Christmas
Celebration
Dec. 20, 1:00 p.m. and
3:00 p.m. – Arctic Oasis



673d FORCE SUPPORT SQUADRON

JBER Presents

Winter Fest

Holidays on the Hill

December 18

12 - 4 p.m.

Everything is FREE!

Bldg. 23400

552.4838

- Dog Sleds
- Hank the Moose
- Face Painting
- Pictures with Santa
- Gingerbread House
- Decorating
- Ice Fishing
- Outhouse Races
- Snowmachine Rides
- "Snowmen" building
- Ornament Making
- Coloring
- Tubing
- Skiing
- Snowboarding

Held at Hillberg Ski Area

Hillberg Fun!

December 19 • FREE • 2 - 8 p.m.

Meet up at Hillberg, Bldg. 23400

14 slots available!

Must sign up prior to event.

Bldg. 655 • 384.9023

the Polar Bowl

Bowling With Santa

December 19 - 12 - 4 p.m.

\$7.99 per person for 1 hour & shoes included!

Come out & Bowl with santa & receive a special treat, take pictures, & tell Santa your wish list!

7176 Fighter Dr. 753.7467 (PINS)

WORLD SNOWBOARD DAY

// SUNDAY

// DECEMBER 20

FREE FIRST-TIME SNOWBOARD LESSONS

SNOWBOARD MOVIES PLAYING UPSTAIRS ALL DAY

FREE SNOWBOARD RENTALS

BLDG. 23400 • 552-4838

the Polar Bowl

9 Pins No Tap Tournament

December 19 • Sign up at 6 p.m.

Tournament begins at 6:30 p.m.

\$15 per person, CASH ONLY! This is a type of competition where nine pins on the first ball is scored as a strike.

7176 Fighter Dr. • 753.7467 (PINS)

Christmas Eve

LOCK-IN

December 24 9 p.m. until 7 a.m.

LET'S CELEBRATE

Held inside the Warrior Zone

Join us for games, movies, computers, food & more!
Must be inside the Warrior Zone by 9 p.m.

Bldg. 655 • 384.9023



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



FSS/MWR events & activities

JBER hospital provides free child care

By Airman Valerie Monroy
JBER Public Affairs

When doctor appointments pop up, many parents might worry about where to leave their children. Teddy’s Child Watch is a free service provided by the Armed Services YMCA of Alaska that offers a safe place for children to stay while parents are attending a scheduled medical appointment in one of the clinics located in the hospital.

Parents can drop off their children, from ages 6 weeks to 12 years old, 20 minutes prior to their appointment and are allowed two hours of child care service daily. Though the program began in 2004, not many parents know about it.

The program, hosted at several installations, helps alleviate the stress of many parents who have no one available to watch their children when making trips to the hospital, said Danielle Ayala, child watch specialist with Teddy’s Child Watch.

“Whether their spouse is gone or just working, they’re still able to go to their appointments,” Ayala said.

Active duty military are not the only ones who can benefit from Teddy’s Child Watch. Veterans and retirees from all services are also welcome.

“Anyone going to an appointment here in the hospital can use the program,” Ayala said. Many people here are far away from home and don’t have a family network, so it’s nice to have this support for the children, Ayala said.

With parents coming in for appointments regularly and bringing their children to the care center, the child care specialists get to know each family personally.

“It’s a great program,” said Tanisha Powell, wife of Damian Powell with the 673d Surgical Operations Squadron. “[The child care specialists] are amazing.”

Teddy’s Child Watch recommends making a reservation as



Tania Leslie, child watch specialist, plays with Olivia Powell, 2, at the Teddy’s Child Watch care center at Joint-Base Elmendorf-Richardson, Dec. 9. Teddy’s Child Watch is a free service that offers a safe place for children to be watched during appointments at the hospital. Olivia is the daughter of Damian Powell, with the 673d Surgical Operations Squadron, and Tanisha Powell. (U.S. Air Force photos/Airman Valerie Monroy)

soon as an appointment at the clinic is made.

Walk-ins are accepted in case of emergencies or a change in an appointment time, but are based on availability. Teddy’s Child Watch cannot accept reservations for appointments at the emergency room, lab, labor and delivery, or surgery.

Those interested in taking advantage of the program must fill out a two-page form and provide shot records if the child is more than one year old.

Teddy’s Child Watch is open Monday through Thursday from 7:45 to 3 and Friday from 7:45 to 2, but all children must be picked up a half- hour before closing.

For more information about the program or to make an appointment, call 580-6455.



Leah Powell, left, and Olivia Powell, right, play at the Teddy’s Child Watch care center at Joint Base Elmendorf-Richardson, Dec. 9. Leah and Olivia, ages 4 and 2 respectively, are the daughters of Damian Powell, with the 673d Surgical Operations Squadron, and Tanisha Powell.





BREAKFAST WITH SANTA

CLOCKWISE FROM TOP:
Families wait in line for Breakfast with Santa at the Arctic Oasis at Joint Base Elmendorf-Richardson, Dec. 12. (U.S. Air Force photos/Airman 1st Class Christopher R. Morales)

Wooden moose line up for judging during Breakfast with Santa. The first, second and third place winners earn a cash prize after the votes have been cast.

An inflatable elf welcomes families to Breakfast with Santa. Breakfast consisted of pancakes, bacon, apples, cereal and syrup.

Families create crafts during Breakfast with Santa. The most common craft created were tree decorations.

A volunteer paints a child's face. The Arctic Oasis provided breakfast, crafts, face painting, a photo booth and photo opportunity with Santa.





Children meet Santa during the Holiday Cookie Swap. The USO and other donors provided gifts for children attending the event.



Yahdiel Landrau, 3, and mother Alexandra share a cookie with Santa for the first time during the Holiday Cookie Swap.



Grayson Reed and mother Christy color prior to the start the Holiday Cookie Swap.



The event featured a wide variety of homemade cookies and other goodies.