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GETTING A MOVE ON



Army Staff Sgt. Gilbert Puente, of Bakersfield, Calif., assigned to the 4th Infantry Brigade Combat Team (Airborne), 25th Infantry Division, pushes a mirror to avoid reflection from the sun as he waits to drive in a convoy to the Port of Anchorage Dec. 17 for transport to the Joint Readiness Training Center at Fort Polk, La. (U.S. Air Force photos/Justin Connaher)

Army, Air Force team up to move gear to JRTC

By Air Force Staff Sgt. Sheila deVera
JBER Public Affairs

When the 4th Brigade Combat Team (Airborne), 25th Infantry Division is tasked to participate at the Joint Readiness Training Center at Fort Polk, Louisiana, the 773d Logistics Readiness Squadron Deployment Flight, is there to lend a helping hand.

The 773d LRS deployment flight remains an Air Force asset until a unit deploys; then they become a joint service asset known as a Movement Control Center. The MCC transports mission-critical cargo for all services to its final destination.

“The MCC’s goal is to meet the 4/25’s mission requirement in a timely manner,” said John Kim, 773d LRS mobility officer. “We have a wide range of equipment that we can ship such as a Humvee, a howitzer or any other mission requirement.”

In order for the MCC to move cargo, units have to provide a list of equipment through the Transportation Coordinator Automated Information Management System for inspection. Once this is complete, the cargo and containers will be inspected.

“The Coast Guard also comes to assist with the inspection,” Kim said. “If there’s any hazardous materials such as fuel cans, generators or anything with chemicals, the Coast Guard will come and inspect the container.”

Safety is the main concern during movement, Kim said.

While the MCC has a 100 percent success rate on safety, the extreme weather here in Alaska presents a challenge.

With equipment exposed to such a harsh environment, some don’t survive Mother Nature.

“When we send an initial deployment list through Surface Deployment and Distribution Center, they will start booking with the list we provided. Here at JBER, there are a lot more changes from the original list to the actual unit deployment list,” Kim said. “Because of the weather, equipment can be deemed non-mission capable.

“When a vehicle would not start, it has to either be changed or removed to have accurate accountability of equipment. So it

delays the operation if we are not careful. But due to the diligence of multiple agencies working together, we are able to meet the mission requirement with minimal delays.”

When everything is inspected and accounted for, the cargo movement teams take over to get it shipped out through the Port of Anchorage.

The cargo movement teams are mostly responsible for moving day-to-day Air Force and Army cargo – unless they are activated through the MCC to help ship equipment to a deployed location.

Then they work side-by-side with the MCC until the last cargo has been loaded onto the dock.

As a cargo movement chief, Air Force Master Sgt. Omar CortesAponteCabrera said their sections are the liaison between the Army, Air Force and SDDC.

“They [SDDC] do the booking for us for all the cargo,” said the 21-year veteran. “We have all the cargo process through here and get the booking from the SDDC. Then we match the information, inspect it and move it to the port.”

Before leaving the MCC location, the cargo movement personnel conduct a cargo line check to make sure everything has the correct paperwork.

If there’s missing paperwork or something was not booked, it has to stay at JBER; it will not be accepted at the Port of Anchorage.

Upon arrival at the port, the staff [cargo movement] will conduct a final inspection against the information in the documents to ensure 100-percent-accurate accountability.

CortesAponteCabrera said he can’t stress enough that cargo does not move without logistics. He takes pride in his unit’s skills, compliance and teamwork to make the mission successful.

“We have our warfighter skills by preparing, deploying or redeploying JBER’s capabilities to any location. We cannot move cargo if they are not in compliance, so it is



imperative we have the correct paperwork, accurate dimensions and weight,” he said. “We also work as a team supporting other agencies involved with any cargo movement, so when we get activated to support a real-world deployment or mission, we are ready.”

If a unit requires a cargo movement, the MCC is there to provide a helping hand.

The MCC was able to process more than 600 pieces in three weeks in preparation for JRTC.

Technical Sgt. Jesse Daughtry, 773d LRS cargo movement non-commissioned officer in charge, said that his first experience with the JRTC movement was a learning experience because they were able to show a joint effort supporting the Army and showing their capabilities.

Air Force announces more civilian job reductions at 48 bases

Secretary of the Air Force Public Affairs
News release

WASHINGTON — In a continuing effort to meet Defense Department funding targets and rebalance the civilian workforce, some Air Force installations will implement civilian reduction in force authorities through April 4.

Following a major command needs assessment in early August, more than 1,000 civilian overages were identified across 48 Air Force installations going into fiscal year 2016. Officials have not yet announced which installations will be affected.

Having the RIF authorities will assist in the placement of employees not assigned to funded positions and allow greater flexibilities for employees to be placed at their installations while retaining grade or pay.

“Voluntary efforts to balance the civilian workforce since fiscal year 2014 have moved us significantly closer to our target manning levels,” said Lt. Gen. Gina Grosso, the deputy chief of staff for manpower, personnel and services. “We have reduced the number of affected employees through several rounds of voluntary separation and retirement programs as well as reassignments to vacant positions.”

Overage positions have been reduced through pre-RIF placements, hiring controls and several rounds of Voluntary Early Retirement Authority and Voluntary Separation Incentive Pay in 2014 and 2015. The Air Force can no longer carry overages when the position is not funded and will use RIF authorities to help place most of the remaining civilians on funded positions.

The authority allows each location to use additional placement options such as: change to lower grade, retain pay/retain grade protections, and waiver of qualifications to place additional affected employees. The remaining employees will be offered registration in the DoD Priority Placement Program and receive consideration for future vacancies.

“Although we have made great strides, we still have a number of affected employees to place into funded vacancies, and RIF authorities will enable us to achieve that goal,” said Debra Warner, the director of civilian force management policy. “The Air Force recognizes and strives to balance the invaluable contributions of our civilian workforce with the fiscal realities under which the DoD and the government as a whole are operating.”

The processes use RIF procedures to determine employee placement rights into vacancies as well as provide the flexibility to waive qualifications to create options.

“We will take care of our civilian Airmen by using every possible measure to minimize personal financial hardship for our civilian workforce and their families,” Grosso said. “We are committed to assisting each individual through this transition.”

For information, visit the Air Force Personnel Center website at mypers.af.mil.



A Soldier puts fuel in a vehicle before driving it to the Port of Anchorage to be loaded for shipping to the Joint Readiness Training Center.

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Air Force goes green

Air Force rolls out Green Dot program to help combat interpersonal violence, Page A-3

GREEN DOT

Unapproved medical care could cost you

By Senior Master Sgt. Jill LaVoie
JBER Public Affairs

In the past few months, the 673d Medical Group has seen a spike in the number of unauthorized health care claims, due to military members receiving unapproved medical care off base.

These unauthorized claims could result in military members paying out of pocket for medical care.

“The confusion often stems from the verbiage that hospitals and clinics use.

Sometimes companies say ‘no standard out of pocket costs.’

This doesn’t mean free; someone still has to pay. Those companies collect insurance information from the patient and then they attempt to collect [payment for] those services from TRICARE,” said Air Force Maj. Mark Sabroski, 673d Medical Group Tricare Operations and Patient Administration Flight commander. “Those claims get denied for payment – rightfully so, because there is no prior authorization for that care. At that point it’s up to the company downtown if they are going to absorb that or turn around and bill the patient.”

Some of the bills Sabroski has seen reach nearly \$5,000.

To prevent patients from being responsible for these costs, TRICARE Prime patients must receive authorization.

“With any medical issue, the first thing you should do is make an appointment with your primary care manager,” Sabroski stressed. “Your primary care provider will



(Courtesy photo)

examine you, and if you require specialty care, they will put a referral in the system for specialty care. If we have the capability, then we will book you within the medical group with one of our specialty clinics. If we don’t have the capability, then we will defer that referral to the network.”

If they are referred to the network, patients will receive notification from United Health Care that they have authorized care at a civilian provider via the mail.

Often, patients will also receive a call from the civilian provider to schedule care, however they should ensure the care is authorized before receiving care.

Obtaining authorization doesn’t only prevent military members from paying out of pocket; it also ensures it doesn’t cost them money later.

“Receiving unauthorized care could affect their VA disability status,” said Maria Hughes, 673d Medical Group benefits advisors and debt collection officer.

For instance, if the VA determines a condition or injury is due to unauthorized care, they may not cover treatment for that condition.

In short, to ensure readiness, there is a process active-duty members must follow to receive care from non-network providers.

Referrals or prior authorizations are required for most services for TRICARE Prime beneficiaries.

Beneficiaries who decide to self-refer and receive care from any civilian provider, without a referral and authorization, may be responsible for costs related to the care they received.

TRICARE copays to increase Feb. 1

TRICARE News release

WASHINGTON — Military pharmacies and TRICARE Pharmacy Home Delivery will remain the lowest cost pharmacy option for beneficiaries when some TRICARE pharmacy copays change Feb. 1. Most copays for prescription drugs in the home delivery program and retail network pharmacies will increase slightly.

The 2016 National Defense Authorization Act requires TRICARE to change its prescription copays. All drugs at military pharmacies and generic drugs through home delivery are still available at no cost to beneficiaries. Copays for brand-name drugs through home delivery increase from \$16 to \$20, for up to a 90-day supply. At retail pharmacies, generic drug copays go from \$8 to \$10, and brand name drug copays go from \$20 to \$24, for up to a 30-day supply. Copays for non-formulary drugs and for drugs at non-network pharmacies will also change.

Beneficiaries can save up to \$208 in 2016 for each brand-name prescription they switch from retail pharmacy to home delivery. This offers safe, convenient delivery of your prescriptions to your mailbox.

To learn more about the TRICARE pharmacy benefit, or move your prescription to home delivery, visit tricare.mil.

Customer service evaluation program effects change on JBER

By Airman 1st Class Kyle Johnson
JBER Public Affairs

Customer service is a relationship between the servicing agency and the recipient of that service. A relationship, by definition, cannot exist without communication between the two parties.

To achieve this communication, Joint Base Elmendorf-Richardson has the Interactive Customer Evaluation program.

“The ICE program was something we inherited from the Army side when we joint-based,” said Bernadette Simmons, JBER’s customer service officer and ICE administrator since September, 2015. “People need to have a way to express their feedback in order for services on base to improve. ICE provides a voice to the customers.”

Even though Simmons is relatively new to the position, it is apparent she has taken ownership of the program and what it stands for. Hanging from the back of the monitor where she reviews roughly 1,800 comments per month is a quotation attributed to Mohandas Gandhi which reads “A customer is the most important visitor on our premises. He is not an interruption

of work; he is the purpose of it.”

With so many comments streaming in per month, the ICE program has plenty of such purpose.

“We received an ICE complaint that said the hospital has reserved parking for pregnant [women] on the Bear Entrance, which is good” Jeff Liddle, a hospital engineer with the 673d Medical Group. “But the women’s health clinic is by the Moose Entrance and there is no pregnant parking there.”

Expectant mothers got preferred parking by the Bear Entrance, but they still had to walk to the other side of the hospital to get to the women’s health clinic, Liddle said. This is an example of a simple problem with a simple solution, simply overlooked.

“It’s one of those day-to-day things, we all get busy doing our jobs and sometimes you don’t see the big picture. This is a big-picture item,” Liddle said. “This is, in my opinion, one of the positives from the ICE program.”

“I verified we had five at Bear and none at [the] Moose [entrance],” Liddle said. “I clarified with command to convert some open parking near Moose Entrance to [expectant mother] parking,



procured the parking signs and put them up.”

And just like that, a complaint was provided a solution, and because one person filed an ICE complaint, many expectant mothers will benefit for years to come. Here’s how it works.

Each of JBER’s 231 service providers has an ICE account – tracked by Simmons – where complaints and compliments are tracked, Simmons said.

At each location, there is a little box where a customer can leave a comment card wherein they can ex-

plain what made their experience pleasantly delightful, or regrettably insufficient.

If an individual customer doesn’t want to leave a card in person, can’t find the box, or perhaps doesn’t think to file a comment until after they’ve left the premises, they can go to the JBER website, www.jber.af.mil and click on the Interactive Customer Evaluation button on the right side of the screen.

Once in the ICE page, simply locate the service in question either by clicking on “All Services” or

clicking on the appropriate service category from the left hand side.

“When customers request a response on a comment card, the service provider has three business days to respond,” Simmons said. “If they can’t fix the issue right there and then, they at least need to touch base and let the customer know they are working on it and will get back in touch when the issue is resolved.”

For more information on the ICE program and JBER’s standards of customer service, visit <http://tiny.cc/jyzx7x>.

Pentagon announces changes to military decorations, awards program

By Lisa Ferdinando
Defense Media Activity

WASHINGTON — The Pentagon has made a number of changes to the military decorations and awards program to ensure service members receive appropriate recognition of their actions, according to a statement released Thursday.

The changes come after a long and deliberate review, a defense official told reporters in a Jan. 6 background briefing. Then-Defense Secretary Chuck Hagel initiated the review in 2014 to improve the military awards program by harnessing lessons learned from conflicts in Iraq and Afghanistan, the official said.

“He wanted to ensure that we’re appropriately recognizing our service members for their services, actions and sacrifices,” the defense official added.

The Pentagon statement points out key changes to the program:

- Implementation of new goals and processes to improve timeliness of the Medal of Honor and other valor awards
- Standardization of the meaning and use of the Combat Distinguishing Device, or “V” device, as a valor-only device to ensure unambiguous and distinctive recognition for preeminent acts of combat valor
- Creation of a new combat device, to be represented by a “C” worn on the relevant decoration, to distinctly recognize those service members performing meritoriously under the most arduous combat conditions
- Introduction of a “remote impacts”



(Courtesy photo)

device, signified by an “R” to be worn on the relevant decoration, to recognize service members who use remote technology to directly impact combat operations

- Adoption of a common definition of Meritorious Service Under Combat Conditions to determine eligibility for personal combat awards.

Service cross, Silver Star review

To “ensure that those service members who performed valorously were recognized at the appropriate level,” the defense official said that Defense Secretary Ash Carter has directed the military departments to review all the Distinguished Service Cross, Navy Cross, Air Force Cross and Silver Star Medal recommendations since Sept. 11, 2001, for actions in Iraq and Afghanistan.

There are approximately 1,000 Silver Star and 100 service cross recommendations under review, the official said. While there

is a possibility a medal could get upgraded, no service member will have the award downgraded, he said.

The defense official noted “unusual Medal of Honor awards trends,” as a one reason for the review.

The first seven Medal of Honor awards for actions in Iraq and Afghanistan were posthumous, he said.

There may have been a perception that only a fallen service member could receive the nation’s highest military award for valor, Carter said.

After the Defense Department clarified the “risk of life” portion for the Medal of Honor’s criteria in 2010, all 10 recipients have been living, he noted. The review is to ensure that no one deserving of a higher honor has been overlooked, Carter said.

The results of the reviews are due to the secretary of defense on Sept. 30, 2017, he said.

Award criteria

Service crosses

The Distinguished Service Cross, Air Force Cross, or Navy Cross is awarded to a person who, while serving in any capacity, distinguishes himself or herself by extraordinary heroism not justifying the award of a Medal of Honor; while engaged in an action against an enemy of the United States; while engaged in military operations involving conflict with an opposing/foreign force; or while serving with friendly foreign forces engaged in an armed conflict against an opposing armed force in which the United States is not a belligerent party. The act or acts must have been so notable and have involved risk of life so extraordinary as to set the individual apart from his or her comrades.

Silver Star

The Silver Star is awarded for gallantry not justifying the award of one of the next higher valor awards: the Distinguished Service Cross, the Navy Cross, or the Air Force Cross. The gallantry must have taken place while in action against an enemy of the United States, while engaged in military operations involving conflict with an opposing foreign force, or while serving with friendly foreign forces engaged in an armed conflict against an opposing armed force in which the United States is not a belligerent party.

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Air Force begins service-wide rollout of Green Dot training

Secretary of the Air Force Public Affairs
News release

WASHINGTON — Airmen will take the first step of a five-year strategy to decrease interpersonal violence across the service in January when 1,500 Airman implementers attend one of 22 Green Dot prep sessions worldwide.

The Air Force contracted the non-profit Green Dot organization to provide these violence prevention tools to the total Air Force over the next three years.

“As a service, our number one priority has been, and will continue to be, response. However, in order to stop violence before it occurs, we must dedicate time to prevention,” said Chief Master Sgt. Melanie Noel, the Air Force Sexual Assault Prevention and Response program’s senior-enlisted advisor. “Helping our Airmen understand what they can do to prevent violence and how they can do it is the first step.”

Green Dot prepares organizations to implement a strategy of violence prevention that reduces power-based interpersonal violence, which includes not only sexual violence, but also domestic violence, dating violence, stalking, child abuse, elder abuse, and bullying.

The idea is that every act of violence

could be represented by a red dot on a map. Each would multiply, overwhelming the map.

But preventing such an act, by helping others, intervening in a situation, or other helpful action, would generate a green dot – and those would multiply too.

The intent is to overwhelm the red dots on the map with green dots – changing the culture.

“Green Dot is the Air Force’s first step in arming Airmen for violence prevention using an evidence based public health model,” said Dr. Andra Tharp, the Air Force’s highly qualified prevention expert. “Although that sounds complicated, really what it means is that we know Airmen are a vital part of the solution and we will use methods like this that have been subjected to rigorous scientific testing and were proven to be effective in reducing violence.”

Reflective of Green Dot’s wider scope, command-designated Airmen at each installation will conduct 50-minute long sessions across the Air Force.

Installation leadership will also have



oversight of Green Dot through the Community Action Information Board and Integrated Delivery System, and track completion through the Advanced Distrib-

uted Learning System.
“It’s on all of us to take responsibility to prevent interpersonal violence in our Air Force,” said Air Force CAIB chair, Brig. Gen. Lenny Richoux.
“There are more good Airmen out there who want to take care of their wingman than there are predators seeking to inflict acts of violence inside our family, and I have confidence our Airmen won’t let me or each other stand-alone against this criminal behavior.”
The 1,500 Airman implementers will complete training by March 2016.
They will then return to their units to train peer leader Airmen at each base, followed by training for all Airmen.
“Taking care of one another requires an integrated approach, using the expertise of the medical community, sexual assault prevention [programs] and the Profession of Arms Center of Excellence,” Richoux said. “Old-school analog leadership from commanders and supervisors, and between Airmen, is the key to our success.”

Marine Highway System policies ease travel for service members

By Airman Valerie Monroy
JBER Public Affairs

Recently, changes to the Alaska Marine Highway System’s policies have caused stress for service members.

In an effort to assist them, Alaska Marine Highway System officials have exempted military members from their new pay-in-advance policy.

Though personal travel on the popular transportation method will still fall under the pay-in-advance policy, military members making a permanent change-of-station move can call the AMHS Juneau Reservations Central Office to avoid these charges.

In a letter to installation leadership, Alaska Department of Transportation Deputy Commissioner Michael Neussl said once a reservation is made, AMHS will hold the reservation until 60 days prior to the sailing date without payment. At 60 days before the sailing date, unless other arrangements are made, unpaid reservations will be canceled to allow AMHS to sell the space in an effort to improve capacity utilization.

“Before the new standards were implemented a customer could potentially make and break as many reservations as they desired without any fees,” said Tech. Sgt. William Sousa, 673d Comptroller Squadron flight chief.

The AMHS noticed individuals making numerous reservations because they didn’t know exactly when they were going to move.

With so many reservations going unused, AMHS lost revenue and other travelers were unable to travel when they needed to. This led to travelers needing to



The Alaska Marine Highway System’s M/V Malaspina is one of several ferries which serve Southcentral and Southeast Alaska. Many service members moving to Alaska use the ferry to bring families and vehicles rather than make the drive up the Alaska Highway. (Courtesy photo)

book their ferry itinerary up to six months out.

The intent the new policy was to limit lost revenue due to late cancellations or no-shows and free unused space for additional travelers. However, because ferries are often booked months in advance, this made PCS booking with a government travel card nearly impossible.

In the letter, Neussl explained

they wanted to continue to ensure Alaska remained a military-friendly state.

For this reason, military members can book official travel by providing the service member’s name and phone number, as well as the phone number of the service member’s first sergeant, company commander or executive officer, or another senior leader who can verify their status during AMHS

spot checks.

Though military members cannot receive orders six months out, they should be able to meet the new 60-day requirement.

“We asked Air Force Personnel Center if it is possible to get orders earlier so military members may legally charge their GTC for the ferry reservations,” said Sousa. “AFPC replied that members may have their orders up to 120 days

in advance if they complete all requirements in a timely manner. We have confirmed with the MPF that the primary reason for delay in obtaining PCS orders is not completing all requirements identified when notified of an assignment.”

Exempt reservations cannot be made on-line.

Military members must call the AMHS Juneau Reservations Central Office at (800) 642-0066.

First female commandant takes reins at the U.S. Military Academy

By C. Todd Lopez
Army News Service

WASHINGTON — For the first time in history, the Army has installed a female officer as the commandant of cadets at the U.S. Military Academy at West Point, New York.

Brig. Gen. Diana M. Holland, herself a 1990 graduate of the school, assumed the role of commandant of cadets during a ceremony there, Jan. 5. She is the 76th officer to hold the position.

Last year, when the announcement was made that Holland would assume the role, acting Army Secretary Eric K. Fanning said the officer was well-suited for the position.

“Diana’s operational and command experiences will bring a new and diverse perspective to West Point’s leadership team,” Fanning said. “She is absolutely the right person for this critical position.”

Lt. Gen. Robert L. Caslen Jr., the academy’s superintendent, said Holland is “immensely qualified” for the position, which has a tremendous impact on the development of future Army officers.

“The commandant of cadets has such a significant role in our mission to train, educate and inspire leaders of character for service to the nation as Army officers, as they prepare to fight in America’s wars,” Caslen said. “The commandant is the ‘M’ in military in the United States Military Academy.”

He said the job carries with it the burden of responsibility for the military, physical, character and social development of more

than 4,400 cadets.

Caslen said he felt that Holland’s past performance demonstrates her suitability for leading so many young Americans in their training and development as Army officers.

“[She] has a phenomenal reputation throughout the Army,” he said. “The Corps of Cadets is getting a great commander and an outstanding leader.”

In the 1990 “Howitzer,” the USMA yearbook, an entry for Holland, written by one of her peers, came near to predicting her assumption of the role of commandant. Caslen read that entry to show just how close to true the prediction came.

“We knew Diana was destined for greatness when she won the drill off in Beast,” Caslen read. “And now she is charge of the regimental drill. Look for her 5’11” frame in her pickup truck back at West Point in a few years as a history [professor] and many years later as the [superintendent].”

Caslen pointed out Holland still drives a pickup truck, and she had returned to the school in 1999 as a history instructor.

“Returning to West Point this time has been quite surreal for a number of reasons, not the least of which that’s it’s eerily close to fulfilling my Howitzer entry,” Holland said. “That entry was written by Beth Richards, my roommate of three and half years, and very close friend. She couldn’t be here today, but I can hear her right now, shouting from afar, ‘I told you so.’”

Holland said accepting the position is humbling. She said she was only able to

achieve what was needed for the appointment because of the support and mentorship of those she has worked with and for over the last quarter of a century.

She started off by citing her classmates at the academy – many of whom attended the ceremony – as having had great influence on her.

“I so appreciate your demonstration of support. That sense of teamwork really started the day we came together in 1986. ‘The Proud and the Mighty,’ proved to be an appropriate motto,” she said. “I distinctly remember challenging myself to work harder, to be as fast or as strong or as skilled or as smart as many of you. It was a healthy competition that inspired me to be better every single day. But when I wasn’t as strong or skilled or smart I could always turn to one of you for help or advice. I am grateful to have served with you and most importantly, to be counted as one of you.”

Holland also cited a litany of Army leaders, both officer and enlisted, who influenced and mentored her throughout her career. She also named her own father, who she said was instrumental in steering her toward West Point and an Army career.

“It was my dad who first suggested to me that I consider attending one of the service academies, back when they began admitting women. I was only 8 at the time,” she said. “But remarkably, I had already expressed the desire to serve in the military. His suggestion immediately took hold. And it was he who dropped me off here almost 30 years ago to

become a West Point cadet. I appreciate your love and support for convincing me early on that I could achieve anything – I just had to work hard and treat people right.”

As the 76th commandant of cadets, Holland is responsible for the development into Army officers of more than 4,400 cadets. It’s a mission she said she is ready for, and excited to take part in for several reasons.

“First, to be part of a winning team that demonstrates continuous excellence and contributes to our nation in such significant ways in times of peace and conflict,” she said. “Second, the opportunity to work with incredible, talented young men and women such that you find here – they are an inspiration, and serve as a constant reminder that the future of our Army will be in good hands. And finally, to contribute to a purpose that is so consequential for our Soldiers.

“Our Soldiers, who achieve amazing things, overcome incredible obstacles around the world and make great sacrifices every single day. They ask for very little in return, really only that they be well-led. It is particularly gratifying to support a mission that answers that call. For those reasons, and then some, I appreciate this portent and look forward to working with this team.”

Holland was commissioned in 1990. She has served as a company, battalion and brigade commander.

In her most recent assignment, she served as deputy commanding general (Support), for 10th Mountain Division (Light), Fort Drum, New York, and in Afghanistan.

Throughout Alaska, potholes are almost always in season

By Tech. Sgt. Raymond Mills
JBER Public Affairs

Being stationed at Joint Base Elmendorf-Richardson comes with various challenges. Severe winters, hot summers and constant use take their toll on JBER’s road systems, which can result in potholes and other issues.

When it comes to dealing with damaged roads, look no further than the 773d Civil Engineers.

“The horizontal construction section of the 773d CES is responsible for a myriad of functions,” said Dennis Sessler, 773d CES heavy repair foreman. “It seems that we have a hand in almost every aspect of the mission to include maintaining all JBER roads, all parking lots, airfield pavements, fence lines and ground maintenance.”

During the warm season engineers focus on repairing damaged infrastructure.

Sessler said, “During the non-winter seasons we employ less personnel and we log over 90,000 man hours. There is a cost associated with both civilian and military personnel – the cost for material and supplies to maintain all of JBER for our section is around \$4 million annually.”

In an effort to reduce costs, increase efficiency and better protect the environment, an asphalt recycler, a hot storage trailer, and an infrared asphalt heater have been added to the inventory. The new equipment will enable crews to recycle old asphalt by reheating it;



ABOVE: Airman 1st Class Jeremy Clapham, assigned to the 773rd Civil Engineer Squadron, uses a saw to cut into the asphalt around a pothole while performing road improvements on Joint Base Elmendorf-Richardson last April. The 773rd CES Airmen repaired potholes around base to maintain safe road conditions. (U.S. Air Force photo/Alejandro Pena)

LEFT: Airman 1st Class Michael Ramseur, 773d Civil Engineer Squadron structures apprentice, signals traffic on Provider Drive while 773d CES personnel repaint lines in 2014. Alaska’s weather is tough on roads, necessitating frequent repair.— (U.S. Air Force photo/Airman 1st Class Tammie Ramsouer)

by using old shingles as a bonding agent, they can produce hot mix, a more durable form of asphalt.

“In past years, due to technology, we were relegated to purchasing cold mix asphalt so we could complete winter season pothole repairs,” Sessler said. “Cold mix asphalt remains flexible even during cold months. The temporary repairs made during the winter season must be replaced with hot mix asphalt during the following summer to ensure a permanent

repair. Our average expenditures on cold mix asphalt were \$50 to \$70 thousand per fiscal year. The purchase price of the trio of asphalt repair equipment will show a real-world savings in less than 18 months.

“Recycled asphalt only costs around \$4 to \$8 per ton to reheat the material into usable form,” Sessler said. “The cold mix we used to purchase averaged around \$3,600 per ton.”

In addition to the environmen-

tal and financial benefits, there is also a safety impact as crews spend less time on the roads fixing the same issues.

“The equipment benefits our mission,” said Dan Mallonee, 773d Civil Engineer equipment operator. “By being able to create our own hot mix, we are able to make permanent patches which will last quite a while.”

Road work happens throughout the year, and 773d engineers remind people to take their time

and be cautious around road crews.

“Be safe, drive wisely and please slow down for our maintenance crews,” Sessler said. “I want to remind JBER drivers to not pass our equipment during removal operations; you put yourself at risk when you do. There is a reason all our equipment is posted with signage warning drivers to stay back 50 to 75 feet.

“Our operators are working their best to provide you safe passage as your transit JBER.”

Legal services available

The Anchorage team of the Army’s 6th Legal Operations Detachment will offer legal services for eligible members of the JBER community beginning Saturday. Services are hosted once a month at the USARAK legal office; for appointments, call 384-0371.

Those eligible are retirees (medical or full term), active duty, and reservists, plus their family members who have a valid ID card.

Attorneys can help with will preparation, estate planning, divorce and separation issues, child custody or support issues, adoption, landlord/tenant issues, and debt.

Volunteer submissions

Volunteer coordinators urge volunteers to ensure all hours for December 2015 and January 2016 are submitted to Unit Volunteer Coordinators or organizational points of contact by Feb. 9 for eligibility at the April awards ceremony. For more information, call 384-1517 or 552-4943.

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, 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.

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 about the program, call 552-9203.



Army 1st Lt. John Bolding a platoon leader with C Company, 1st Battalion (Airborne), 501st Infantry Regiment does muscle-ups in Hangar 5 December 31. As the new year begins, many will find the different fitness locations around JBER to be more trafficked. For information on what fitness centers are available, consult the front desk at either Buckner Physical Fitness Center or Elmendorf Physical Fitness Center. (U.S. Air Force photo/Airman 1st Class Kyle Johnson)

By Airman 1st Class Kyle Johnson
JBER Public Affairs

The year 2016 has descended on Joint Base Elmendorf-Richardson, and along with it, countless resolutions. One of the more common ones is to lead a healthier life.

The resolution itself may be simple, but can also be daunting. However, JBER offers a plethora of resources for families and service members to face the challenge head-on.

“The first thing we address when someone comes to us wanting to make a change is goal setting,” said John Limon, director of Buckner Physical Fitness Center. “Many times these goals are either unrealistic, bloated, seem to be unachievable after a short time, [or] eventually lead to the person failing.”

So the first step a person should take is to evaluate their resolution and make SMART goals.”

SMART is an acronym which means goals should be specific, measurable, adjustable, realistic, and time-specific. The idea is to outline fitness goals in a measurable manner, so progress can be easily seen. This can give realistic perspective on a diet or workout regimen and allow for adjustments to be made.

Writing down one’s goals, daily diet and exercises will equip fitness center staff with a way to provide accurate advice down the road if the individual is not getting the results they’d hoped for, Limon said. By approaching health goals much as a scientist would approach an experiment, one can turn their resolution into a reality. There are two main components to a healthy lifestyle – exercise and diet; JBER offers resources for maintaining both.

The health promotions team,

located in the Health and Wellness Center at the Arctic Oasis can provide valuable advice and resources regarding nutrition and lifestyle choices.

One of their programs is “Better Body, Better Life,” a five-session class that may prove to be a great way to kick-start a health resolution. “Each session covers nutrition, a little bit on fitness, and behavioral modification,” said Lisa Schuette, a JBER public health educator on the health promotions team.

BBBL provides general information and guidelines in a group setting for those who are looking for education, encouragement, and a sense of community. Part of going to BBBL is connecting with other assets JBER has to offer.

“We also have the Behavioral Health Optimization Program,” Schuette said. “A clinical psychologist talks about the behavioral aspects [of nutrition management.]”

If an individual is unable to make it to all five sessions consecutively, they can hop into their missed session as part of a different cycle, Schuette said. “For those who can’t make it to the five BBBL sessions, I also offer a one-session class,” Schuette said.

However, BBBL is a single resource amongst the many available. Some may be looking for education without a formal time commitment, for such folks, a quick stop at the HAWC may be in order.

Bring a bag though, because without some form of assistance, one may find there to be too many resources to carry. Not into having piles of paper pamphlets around? That’s fine, the health promotions team can offer plenty of digital resources as well.

“If you go to *choosemyplate.gov*, it can tell you the servings

for all the different food groups for losing or maintaining health,” Schuette said. “It is a great, overall healthy eating website. I also like the Human Performance Resource Center, *HPRC-online.org*, which is a [Department of Defense] website on anything to do with performance. How many grams of protein do I need before or after a workout? You can find it there. It also has a database of supplements where products are catalogued based on whether they are effective or ineffective.

“People think: I want to be healthy; I’m going to take supplements. That’s not necessarily correct.”

Another common health resolution is tobacco cessation, Schuette said. Some people may not think about that when considering a healthier life, but there is assistance for that as well.

“It is common for people to not want to come to a class,” Schuette said. “There are a variety of quit lines, there’s an Alaska quit line and a research study which is a proactive quit line. They will send nicotine supplements to your house.” Tobacco cessation classes are offered on both sides of JBER.

“I talk a little on fitness, but generally I refer them to the fitness specialists at the fitness centers,” Schuette said.

There are four fitness locations on JBER.

The Elmendorf Fitness Center has an indoor track, extensive weightlifting and cardiovascular machines, several class rooms, a spin room, racquetball and basketball courts, saunas, and massage therapy rooms available for service members and their families.

The gym’s facilities are free to anyone with a common access

card, and services like contracted personal trainers and massage therapists are available for a fee.

The Arctic Oasis is a child-friendly facility, with cardiovascular and weightlifting machines around an indoor playground for the kids while mom and dad work out. The health promotions team is also located there and available for consult at the Health and Wellness Center. The Arctic Oasis is located next door to the Elmendorf Fitness Center.

The Buckner Physical Fitness Center has many of the same facilities as the Elmendorf Fitness Center and is currently receiving substantial additions to its services including a new swimming pool.

Hangar 5, near the Aurora Housing offices offers extreme conditioning training classes as well as resources like tires for flipping and weighted sleds. There is also a larger indoor track in the hangar for those who would prefer a bit more space to run in.

“We have exercise professionals at both gyms,” said a former professional rock climber. “By exercise professionals, I mean highly qualified, highly certified individuals.”

If someone were unsure as to what an achievable fitness goal looks like, the exercise physiologists at the gym can provide that perspective, Limon said.

These professionals are at the fitness centers to help, Limon said. Due to the sheer number of active duty troops on JBER, they don’t have the resources to provide personal training sessions in the classic sense – that task falls under specific contractors who work for the gyms – but they do offer consultations and interviews where they address concerns, goals, workouts, and provide advice.

The contracted physical train-

ers, exercise physiologists and the strength coaches are all there to help, each with their own specific mission.

“We can give the customer a lot of very good knowledge,” Limon said. “We provide a way forward with these consultations. Whatever you want to know, we will answer to the best of our abilities – and our abilities are strong.”

Such consultations can add up, especially in the new year, so they are scheduled ahead of time, Limon said.

“We equip our service desk staff with as much knowledge as possible,” Limon said. “Form and exercise technique questions can be handled by them, if the question is outside of their expertise, they will refer you to one of our exercise professionals.”

A healthier life doesn’t have to be limited to the confines of a gym though; JBER’s unique location allows for a wide variety of unique opportunities. Want to climb a mountain after work? Here, that’s possible.

There are also competitive events year-round where JBER service members and families can compete to be the best, or just want to get out and about.

“We have 16 intramural sports programs each year, several 5-kilometer races and longer, and we have an indoor triathlon and an outdoor triathlon,” Limon said. “We also have a push/pull weightlifting competition coming [Saturday].”

“You should stay physically active with regularity, and that will prepare you for the fitness event you are shooting for,” Limon said.

For professional advice and resources on maintaining a healthier life, call the health promotions team at 552-5006 or by speaking to someone at a fitness center service desk.

Paws to Read events give children confidence

By Airman Valerie Monroy
JBER Public Affairs

The Joint Base Elmendorf-Richardson Library, along with Midnight Sun Service Dogs, is offering the opportunity for children in kindergarten through third grade to read to service dogs.

“Paws to Read is a program, where children who are having difficulty reading are able to come in and read to therapy and service dogs,” said Phyllis Talas, 673d Force Support Squadron library technician. “It gets them over their fear of reading out loud and gives them confidence when they’re just learning to read.”

During the reading session, the children don’t have to be worried about making mistakes or stumbling because the dogs don’t mind. If the children need help with certain words they can get assistance from the dog handlers.

“If they look to the [dog] handler for help the handler will help them, but we request that the parents don’t correct or intervene,” Talas said.

The JBER Library plans to have three dogs at most sessions and to slot 15 to 20 minute sessions for each child. If there is extra time throughout the program or at the end, children are allowed extra time with the dogs. “We have one little man that is extremely anxious to get in there every time,” said Talas.

So far, there have been three Paws to

Read events.

For a program that is just beginning, many people have been pre-registering and bringing in their children.

“We believe it’s progressing well,” said Marcia Lee, 673d FSS library director. “We have pre-registration and people are showing up because they’re interested in their children having this opportunity.”

Pre-registration lets the librarians know how many dogs they need at each session. For parents, it guarantees their child a slot, versus coming in and waiting for an open spot. “If people make the effort to call, they are guaranteed [a] spot for their child,” said Lee.

The JBER Library has received only positive comments and feedback from the parents and children. “We have a lot of repeat readers [because] the parents feel that this is a worthwhile program and keep bringing their children back,” said Lee. In an effort to bring this program to more children, the library is informing local schools about the opportunities. “We’re going to expand our offerings to the schools and take our information there,” said Lee.

The Paws to Read program is every third Saturday of the month.

Jan. 16 will be the next opportunity for children to participate and read to the service dogs uninterrupted.

To register or for information on more programs offered by the JBER Library, call 384-2665.



Braden Blair, 8, reads to Swivelshot, a goldendoodle therapy dog, and Sheila Barrett, dog handler, at the Paws to Read Program. The JBER Library and Midnight Sun Service Dogs work together to make this program possible. Braden is the son of Air Force Master Sgt. Daniel Blair, 673d Civil Engineer Squadron firefighter. (U.S. Air Force photo/Airman Valerie Monroy)

Another year: a tale of three journeys

Commentary by Air Force Chaplain (Lt. Col) Greg Thogmartin USARAK Deputy Command Chaplain

This is the tale of three journeys. All of us will take the first journey of the three. The other two are choices and each of us will decide what to do with these journeys and how much of ourselves we will invest in them. We may even decide to ignore them.

With the beginning of another year, you have undertaken a journey. It is a journey through the calendar year of 2016. This movement through time will afford you occasion to remember as you encounter anniversaries of significant events. Hopefully, there will be memories that you treasure and savor and from which you draw strength and encouragement. You will also be able to put new marks on the calendar as new experiences and new opportunities for challenge and growth come your way. If you are living and breathing then you are on this journey. It is not optional.

Along the way on this journey through time, you will have the prospect of defining or perhaps redefining yourself and what you value by adding two additional journeys that are in some sense optional. One is a journey inward; the other is a journey outward.

This inward journey relates to the choices we make to give time



With the beginning of another year you have undertaken a journey. It is a journey through across the calendar year of 2016. (Courtesy photo)

and attention to what the Bible refers to as the heart or the inner person. All of us need to give time and attention to individual growth and enrichment.

However, my experience teaches me that not all of us do – and even those who do pursue this growth are not always consistent with the process. The inward journey is the time given to building strength from the inside out. It is the work done to keep us from becoming rigid in our hearts and in-

stead promotes a certain elasticity and flexibility. The inward journey uses spiritual disciplines, like regular experiences of prayer and worship, confession and repentance, reading Scripture and meditating on it, and relational accountability to foster strength and change and growth. The inward journey provides resources of grace and compassion and perspective for the outward journey as well as a vision for how your life might impact the lives of others. The inward journey

leads to the building of faith and resilience.

The outward journey relates to our choices lived out in relationship to those around us – family, friends, fellow service members, and our community both near and far.

The outward journey provides an opportunity to practice values like selfless service and honor as we related to others, care for and about others. Really, the outward journey is in many ways about our

willingness to be inconvenienced by others, with the hope that as we respond to those “inconveniences” we make a difference by our responses.

I think that the inward journey provides the fuel for the outward journey and that the outward journey provides the expression as well as the refining of the effects of the inward journey. After all, no one ever learned selfless service in a vacuum. The outward journey is where our faith and our resilience are tested; in those tests we learn, and others see, if we are the real deal or not.

I hope that you will choose these two other journeys as you move through 2016. I pray that you will find them rewarding. And, I trust that along the way you will realize that the inward journey is not about pulling yourself up by your boot straps, but about encountering and being shaped by the grace of God that freely offered to all of us.

As you journey through this New Year – “may the Lord of peace himself give you peace always in every way. The Lord be with all of you.” (2 Thessalonians 3:16)

GUNSTON st. by ZAVISKI

COULD YOU LIVE ON A DESERTED ISLAND?

SURE.

I THINK WE WOULD GO NUTS...

WE? "WE" ON A DESERTED ISLAND?

OH NO, NO WAY...

HA, YOU SAID WE.

SATURDAY
Snow Machine Ride

This weather-dependent ride takes place in Willow or Spencer Glacier. Minimum and maximum sign-up numbers apply to all trips and classes. Meet at the Outdoor Adventure Program Building at 8 a.m. and ends at 5 p.m.

For more information call 552-4599 or 522-2023.

Push/Pull Competition

This competition consists of deadlifting and bench pressing takes place at Buckner Physical Fitness Center at 9 a.m. Sign up deadline and mandatory weigh-in is on Friday from 4 p.m. to 7 p.m.

For more information call 384-1308.

Fat Tire Snow Bike Ride

Meet up at the Outdoor Adventure Program Building for this ride from 12 p.m. to 4 p.m. Ride takes place at Kincaid Park. This event is weather dependent. Minimum and maximum sign-up numbers apply to all trips and classes.

For more information call 552-4599 or 522-2023.

Light the Night – Rail Jam/Terrain Park Competition

Come out to Hillberg to show off your skills and perfect your jumps and tricks. Sign up at Hillberg Ski Area beginning at 11:30 a.m.; event starts at 4 p.m. Prizes will be given for 1st, 2nd, and 3rd place. Open to ages 13 and up.

For more information call 552-4838.

THROUGH SUNDAY
Van Gogh Alive

The Anchorage Museum transforms the traditional museum experience with Van Gogh Alive, The Experience, a multi-sensory exhibition. Visitors are surrounded by a powerful and vibrant symphony of light, color and sound immersing them in Van Gogh's masterpieces.

For information, visit anchoragemuseum.org.

MONDAY
Couples Communication

This four week series will focus on ways to improve communication, and handle conflict in a healthy way. Takes place Monday, Jan. 25, Feb. 1, and Feb. 8 from 9:30 a.m. to 11:30 a.m. at the JBER Education Center.

For more information and to register call 580-5858.

TUESDAY
Snow-Machine Safety Class

This class at Eagleleg Fitness Park from 5 p.m. to 7 p.m. teaches the basics of safety for all riders. Minimum and maximum sign-up numbers apply to all trips and classes, and is weather-dependent.

For more information call 552-4599 or 522-2023.

EFMP FREE Tubing

This free tubing event takes place from 5:30 p.m. to 7:30 p.m. at Hillberg Ski Area. Snow tubes and lift tickets will be provided to all family members of EFMP.

For more information call 384-1517 or 552-4943.

WEDNESDAY
Indoor rock climbing

Learn to climb from 5 p.m. to 7 p.m. at the Outdoor Adventure Program Building. Minimum and maximum sign-up numbers apply.

For more information call 552-4599 or 522-2023.

JANUARY 21
Cabin Fever Reliever

Service members, spouses and their families are invited to Cabin Fever Reliever Night in the basement of Building 600. Enjoy free sandwiches and learn resiliency tactics and suicide prevention techniques. From 5:30 p.m. to 8 p.m.

For more information call 306-3442.

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 ap-

plications from eligible students at commissaries or online at 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.

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/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.

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.

Library Story Times

Family Homecare Series: Tuesdays 10 a.m. to 11 a.m.

Toddler Tales: Wednesdays 10 a.m. to 11 a.m.

Preschool Story Time: Thursdays 10 a.m. to 11 a.m.

Surprising Science: Tuesdays 3 p.m. to 4 p.m. and Thursdays 6:30 p.m. to 7:30 p.m.

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

January 9
4th Annual Arctic Warrior
Push/Pull Competition
Buckner FC
384.1308

Sign Up deadline - January 8!
Mandatory weigh-in: Jan. 8 from 4 - 7 p.m.

Located at Buckner FC
• Lifters Meeting (mandatory) at 9 a.m.
• Lifting begins at 10 a.m.
• Competition consists of deadlifting and bench press!

2016

BLDG. 23400 • 552.4838

LIGHT THE NIGHT
THE NIGHT
RAIL JAM/TERRAIN PARK COMPETITION

HILLBERG SKI AREA
LITTLE HILL...BIG FUN!

JANUARY 9
4 P.M.

SIGN UP THE DAY OF THE EVENT
SIGN UPS BEGIN AT 11:30 A.M.
PRIZES FOR 1ST, 2ND, & 3RD PLACE
FOR AGES 13 & UP

THIS EVENT IS WEATHER DEPENDENT

Pico'n Salsa
Grand Opening!

JANUARY 11
Open Monday - Friday
10:30 a.m. - 2:30 p.m.

ESM Cards Accepted

Map showing location at Hillberg Ski Area, near Arctic Warrior Drive and Boniface Gate.

January 12
5:30 - 7:30 p.m.

EFMP
Snow Tubing
at Hillberg Ski Area

FREE!

• Snow tubes and lifts provided to all family members of EFMP
• MUST call 384.0225 to register for this event!

For more info please call 384.1517/552.4943

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!

76,251

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

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

Birth Announcements

ARCTIC WARRIOR

January 8, 2016 **B-4**

Nov. 30

A daughter, Evelyn Marie Neely, was born 21.5 inches long and weighing 7 pounds, 15 ounces at 7:03 p.m. to Catherine Elizabeth Neely and Pfc. Christopher Edward Neely of the 6th Brigade Engineer Battalion (Airborne).

Dec. 1

A son, Eason Josiah Brown, was born 21 inches long and weighing 7 pounds, 5 ounces at 3:58 a.m. to Spc. Sakinah Latifa Brown of the 725th Brigade Support Battalion (Airborne).

Dec. 2

A daughter, Haven Allena Smith, was born 20 inches long and weighing 7 pounds, 15 ounces at 7:55 a.m. to Kimberly Amanda Smith and Air Force Staff Sgt. Bryan Andrew Smith of the 3rd Munitions Squadron.

Dec. 3

A son, Kellan Joseph Turner, was born 21 inches long and weighing 8 pounds, at 2:15 p.m. to Army 1st Lt. Calista S. Turner of the 725th Brigade Support Battalion airborne and Air Force Capt. Gary J. Turner of Alaskan Command.

Dec. 7

A son, Jeremiah Domingo Diaz, was born 21 inches long and weighing 8 pounds, 6 ounces at 6:19 p.m. to Priscilla J. Diaz and Sgt. Edward Domingo Diaz of Army Dental Command Alaska.

Dec. 7

A son, Quincy Nathaniel Williams, was born 20.5 inches long and weighing 7 pounds, 2 ounces

at 8:11 a.m. to Melissa Ann Williams and Spc. Quenton Eugene Williams of the 6th Brigade Engineer Battalion (Airborne).

Dec. 9

A daughter, Silviane Juliette Aquino, was born 22 inches long and weighing 7 pounds, 11 ounces at 2:46 a.m. to Diana Laura Martinez and Pfc. Silvino Aquino of the 3rd Battalion (Airborne), 509th Infantry Regiment.

Dec. 10

A son, Mason Jack Raymundo, was born 21 inches long and weighing 8 pounds, 11 ounces at 2:04 a.m. to Taylor Faye Simmons and Juan Raymundo.

Dec. 11

A son, Braxten Kai Varner, was born 19.5 inches long and weighing 7 pounds, 2 ounces at 1:48 p.m. to Master Sgt. Stephanie Cynthia Varner of the 673d Surgical Operations Squadron and David Karl Varner II.

Dec. 12

A daughter, Mckinley Nicole Hayman, was born 19 inches long and weighing 6 pounds, 6 ounces at 11:13 a.m. to Katherine Nicole Hayman and Air Force Staff Sgt. Jarrett Daniel Hayman of the 3rd Aircraft Maintenance Squadron.

Dec. 14

A daughter, Emmalyn Grace Paddock, was born 21 inches long and weighing 7 pounds, 13 ounces at 7:56 a.m. to Katie Lynn Paddock and Air Force 1st Lt. Johnathan Michael Paddock of the 517th Airlift Squadron.

A son, Jalani Maurice Pritchett II, was born 21.5 inches long and weighing 8 pounds, 11 ounces at

12:59 p.m. to LaShonai Michelle Pritchett and Army Reserve Capt. Jelani Pritchett.

Dec. 15

A son, Nolan John Bainbridge, was born 21.5 inches long and weighing 8 pounds, 11 ounces at 2:01 a.m. to Heidi Ann Bainbridge and Sgt. Justin John Bainbridge of the 1st Squadron (Airborne), 40th Cavalry Regiment.

A daughter, Evelyn Hope Schwab, was born 22 inches long and weighing 8 pounds, 6 ounces at 8:23 a.m. to Danielle Marie Schwab and Air Force Staff Sgt. Edward John Schwab of the 3rd Oerations Support Squadron.

Dec. 17

A son, Thomas J.C. Seedorf, was born 20 inches long and weighing 6 pounds, 12 ounces to Rachel R. Seedorf and Tech. Sgt. Daniel K. Seedorf of the 732nd Aircraft Maintenance Squadron.

A son, DéJuan Malotu’upule Mapp, was born 21.5 inches long and weighing 8 pounds, 14 ounces at 9:50 a.m. to Faleulu Mapp and Cpl. Kejuan Ahmad Mapp of the 24th Corps Support Group, Fort Stewart, Georgia.

A son, Finley John Riley, was born 21 inches long and weighing 7 pounds, 14 ounces at 3:21 p.m. to Brittany Jo Riley and Army Staff Sgt. David George Riley of the 17th Combat Sustainment Support Battalion.

Dec. 18

A daughter, Layla Grace Perez, was born 21 inches long and weighing 7 pounds, 15 ounces at 6:02 p.m. to Christina Dawn Perez and Army Staff Sgt. Anthony Orido Perez of the 4th Brigade Combat Team (Airborne), 25th Infantry Division.

Dec. 23

A daughter, Chandler McKenzi Fitz-Ritson, was born 19.5 inches long and weighing 6 pounds, 2 ounces at 12:27 a.m. to Aja Nicole Fitz-Ritson and Petty Officer 3rd Class Kurtis Everette Fitz-Ritson of the U.S. Coast Guard Sector Anchorage.

A daughter, Madeline Kaye Taylor, was born 19 inches long and weighing 6 pounds, at 6:04 p.m. to Sarah Taylor and Air Force Capt. James Taylor of the 673d Security Forces Squadron.

Dec. 24

A son, Bryce William Reeder, was born 21 inches long and weighing 7 pounds, 13 ounces at 1:14 a.m. to Kelly Ann Reeder and 1st Sgt. Todd D. Reeder of the 6th Recruiting Brigade.

Dec. 25

A daughter, Isabella Kathryn Kennedy, was born 21 inches long and weighing 8 pounds, at 4:01 a.m. to Victoria Kathryn Robinson and Spc. Eric D. Kennedy of the 6th Brigade Engineer Battalion (Airborne).

A son, Kaeden James Hubbert, was born 22 inches long and weighing 9 pounds, 7 ounces at 10:24 a.m. to Brandi Hubbert and Spc. Anthony James Hubbert of the 59th Signal Battalion.

A daughter, Savannah Rose Can-

delaria, was born 20 inches long and weighing 7 pounds, 5 ounces at 2:08 p.m. to Joanna Elizabeth Candelaria and Army Capt. Kristopher John Candelaria of the 4th Brigade Combat Team (Airborne), 25th Infantry Division.

Dec. 26

A Daughter, Grace Kelly White, was born 22.75 inches long and weighing 9 pounds, 5 ounces at 2:39 a.m. to Tech. Sgt. Jessica Lynn White and Air Force Staff Sgt. Michael Andrew White of the 673d Medical Operations Squadron.

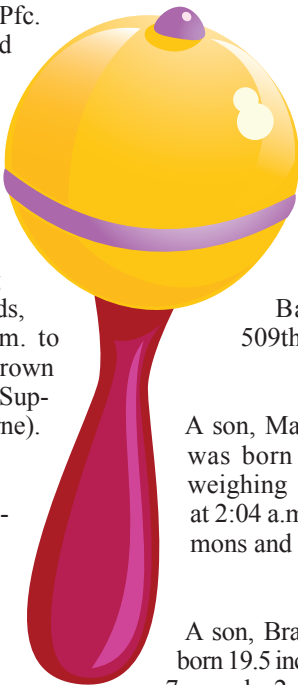
Dec. 27

A son, Jack McKai Slaton, was born 19.5 inches long and weighing 7 pounds, 5 ounces at 7:39 a.m. to Air Force Staff Sgt. Kasama Maria Slaton of the 673d Inpatient Squadron and Air Force Staff Sgt. Joshua Charles Slaton of the 673d Medical Support Squadron.

Dec. 30

A son, Alexander Leyland Conway, was born 21.5 inches long and weighing 8 pounds, 8 ounces at 9:27 a.m. to Senior Airman Heather Ann Conway of the 381st Intelligence Squadron and Brian Alexander Conway.

A son, Kasen Huntley Archbold, was born 22 inches long and weighing 8 pounds, 12 ounces at 10:05 a.m. to Crystal May Archbold and Tech. Sgt. Ryan Dennis Archbold of the 3rd Maintenance Squadron.



New to parenting? The New Parent Support Program can help

By Chris McCann
JBER Public Affairs

There’s no test required, no certification necessary, to have a child. Children don’t come with owner’s manuals either.

Raising children can be stressful and confusing, and when a new parent doesn’t have family support, it can make it even harder.

Children can be neglected or even abused

when a parent doesn’t know where to turn.

The New Parent Support Program on Joint Base Elmendorf-Richardson tries to remedy this problem by assisting those new to the process, from pre-natal care through the third year of a child’s life.

The nature of the military means that people – both service members and their families – are often separated from their natural support systems.

When you’ve just changed duty stations,

it takes time to make new friends, and parents and siblings usually aren’t nearby to help with babysitting or advice.

The JBER Family Advocacy program provides child abuse prevention training to all service members, and focuses on it strongly during Child Abuse Prevention Month in April.

Perhaps more importantly, they provide outreach to all military families to help parents learn what’s normal and how to

focus on spending time with their children and enjoying it. The NPSP provides plenty of assistance, with events for parents and children to spend time together.

They also provide home visits from nurses and social workers – all voluntary – to help new parents with pregnancy, postpartum care, and support and respite care.

For further information about JBER Family Advocacy programs and assistance, call 580-5858.



Army Capt. William Conkright, back row, center, chief, Tripler Nutrition Outpatient Clinic, stands alongside other Hawaii-based Soldiers, representing Tripler and the Army in Hawaii, at the 31st annual Army Ten-Miler in Washington, D.C., Oct. 11, 2015. (photo courtesy/Tripler Public Affairs)

Clinic offers lifestyle improvement advice

By Emily Yeh,
Tripler Public Affairs Office

FORT SHAFTER, Hawaii — Another new year is about to begin and resolutions are being made.

Is going on a diet, losing weight and being healthier at the top of your list again or for the first time?

Tripler Army Medical Center's Capt. William Conkright, chief, Nutrition Outpatient Clinic, offers some advice and tips on how to make improving your health a successful journey.

Conkright is a model of what he teaches beneficiaries who seek his assistance. He is an exercise enthusiast who sets realistic expectations to

maintain a healthy lifestyle; incorporating a healthy balance of fitness and nutrition.

His commitment to his health and well-being has paid off.

He often receives a perfect score on the Army Physical Fitness Test, and represented TAMC at the 31st annual Army Ten-Miler race in Washington, D.C., completing the race in under an hour.

What Conkright does to keep fit and maintain his health is no secret.

His habits follow closely with the components of the Army's Performance Triad: sleep, activity and nutrition.

"I make sure I have a consistent well-balanced lifestyle, not just a healthy diet. I eat plenty of vegetables, alongside proportional amounts of protein

and carbohydrates to fuel and recover from activity. I exercise smartly, sleep at least seven to eight hours each day and manage my stress," Conkright said.

He admits that he is not perfect but instead, "I stick to a healthy, consistent eating habit about 80 percent of the time. I allow myself 'outside the norm' behavior about 20 percent of the time, such as on special occasions like birthdays," Conkright said.

Changes in diet require consistency and setting specific goals to maximize benefits and to help manage expectations.

Those changes should be made with one or two, small, specific, sustainable changes — succeeding at those changes — then making another one or two small specific changes.

For example, don't say "I want to lose weight," instead say, "I want to lose 25 pounds in six months, losing two pounds per week" and make adjustments so the goals remain relevant and attainable, which should produce positive results.

"Diet affects a wide range of health-related measures. Most people don't realize that

their diet can affect everything from joint pain, to sinuses, to skin clarity, to mental clarity and so much more," Conkright said. "It's also one of the most powerful prevention measures against most common diseases. There is a reason many of our chronic diseases are known as 'diseases of western civilization' and it has a lot to do with diet."

There are a million ways to approach health and fitness; an individual needs to figure out what works best for them.

But Conkright stresses that you shouldn't fixate solely on numbers, like calorie counting. Instead make sure the calories you are counting are from nutrient-dense foods, which assist the body in processing the calories consumed, otherwise you may deprive yourself of vital nutrients.

If you are not sure where to start, JBER's health promotions team at 552-5006 can help you do the figuring.

Dietitians in the clinic offer beneficiaries the tools to help them develop an individualized plan and even incorporate fitness objectives into the plan.

Childhood adversity tests Airman's resilience

By Airman 1st Class Jake Carter,
99th Air Base Wing Public Affairs

The alarm rings. Yelling is heard from the nearby hallway. As footsteps get closer, Vickie Tippitt knows she is in a world of trouble.

Her grandmother bursts through the door. With a rope in hand, Tippitt feels the wrath of child abuse come down on her by her own flesh and blood.

That was the life of one woman until she finally found her calling in the Air Force.

Tippitt, now a master sergeant and member of the 926th Force Support Squadron and the Nellis Air Force Base Yellow Ribbon representative, said life wasn't always easy growing up in Fort Worth, Texas.

“I remember having a good childhood at three years old all the way until I was seven. Once I turned seven, that's when a lot of things changed for me,” Tippitt said. “That's when my mother and father decided to separate. There was a lot of fighting, and my dad was very, very abusive to my mother. Then we moved to Arlington, Texas, into an apartment where it was my mother, four siblings and me. That's when everything was just really confusing.”

Tippitt's mother worked the night shift every day and still holds the same job today. Tippitt and her siblings were often alone, before her grandmother came for them.

“All of the sudden, I could remember being whisked away from school one day by my grandmother and when we left with her we never got to come back,” Tippitt said. “She took us to this house in Fort Worth, and all of a sudden we were in this house for at least a month or two, where all of us kids were alone. We had no lights, no gas, there was nothing really. We had to eat lemon cake mix.”

With Tippitt's grandmother scarcely around, the house became a wreck.

“At that age, you do whatever you want. If there is no gas and no water, you are outside going to the bathroom, using the neighbor's water. One time, my brother set the mattress on fire because he was upset,” Tippitt said. “More than anything, I remember my grandmother finally coming back to the house after being away for a while and she was very upset. She put us all in a row and beat the hell out of us with a very thick rope that they use to lasso horses or cows.”

After being beaten by her grandmother, Tippitt and the rest of her siblings moved from place to place before settling in the housing projects.

“We moved to some apartments, and the abuse continued. Mean things were said and



Airforce Master Sgt. Vickie Tippitt, of the 926th Force Support Squadron and the Nellis Air Force Base Yellow Ribbon representative, sheds a tear during an interview Oct. 20, 2015 to discuss her rough childhood and how the Air Force saved her. Tippitt, who plans on sharing her story with the base populace Jan. 21 as part of a new Storytellers program, hopes to connect with other Airmen who might have gone through the same struggles through their childhood. (Courtesy photo)

done. Then we moved from the apartments to the Butler housing projects,” Tippitt said. “It was a chaotic home. I will say that there were a lot of drugs, alcohol, a lot of partying, and drug addicts. There was always someone in the home.”

With the house always full of people, Tippitt was counted on to clean up and serve guests while they were there.

“When people came to the house, I always had to keep the house clean, wash the dishes, and basically be a servant to anyone that was there,” Tippitt said. “If it wasn't done, I would get the hell beat out of me and also I wasn't able to go to school. School, for me, was a great place to go.”

Tippitt and her sister were often subjected to sexual passes made by the male guests.

“There were several nights where men would try to come into me and my sister's room and they would try to talk us into being with them or touching them,” Tippitt said. “I'm blessed that I never got molested. It was like that from seven to fifteen years old.”

When Tippitt was fifteen, she would sneak out of the house with her sister and see her mom to escape the harsh environment in which they lived.

“I finally ran away when I was 15 years old. We piled our clothes into trash bags and threw them out of our window. When it was time to go to school, we were standing at the bus stop with our trash bags waiting to run away to our mom,” Tippitt said.

When Tippitt was a teenager, she worked as a lifeguard in the summer and then, on a whim, she decided to check out an Air Force recruiter's office.

“I was a lifeguard and I was going for lunch one particular day, so I decided to go to the mall to go shopping and I went to a different area of the mall near the back where I noticed there were all these different recruiting agencies,” Tippitt said. “They had Navy, Army and then I saw Air Force. I knew when summer time was over I had no idea what I would be doing. So I decided to go into the Air Force recruiting office, as soon as I walked in I told the recruiter I wanted to join the Air Force.”

After joining, Tippitt found out how her grandmother had been able to take her and her siblings away from her mother.

“My grandmother called the welfare office and had informed them that my mother had died. She told them that she wanted full

guardianship of all of us kids. They told her she needed to produce a death certificate,” Tippitt said. “At one point, she used to be a mortician and that fell into her profession. However, she wasn't able to produce a certificate and called back saying that she thought she was dead because she was a drug addict. They believed her and she took full guardianship. My mother spent time in jail ... [but] she never did drugs.”

Tippitt is part of a new Storytellers program at Nellis Air Force Base and hopes to connect with other Airmen who have experienced similar struggles.

“When Airmen hear these stories, it's going to transform lives,” said Air Force Lt. Col. Dwayne Jones, the 99th Air Base Wing chaplain. “We are going to hear that there is hope. We can be resilient in difficult times. If life dealt you a bad hand, there is always an opportunity for a new beginning.”

Now that Tippitt has fully left her past behind, she looks back in astonishment.

“I never thought I would be smart enough or courageous enough to leave that type of environment,” Tippitt said. “Today, I don't consider myself a victim, I just consider myself being able to take care of myself.”