



Youth Development Program imparts physical and mental discipline

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Paratrooper awarded Soldier's Medal

By Army Staff Sgt. Brian Ragin Jr. USARAK Public Affairs

Paratroopers of the 4th Infantry Brigade Combat Team (Airborne), 25th Infantry Division spend a lot of their free-time participating in recreational activities while in Alaska.

However, on a summer day in June 2014, one fishing trip turned into a rescue mission for a Spartan paratrooper.

Army Staff Sgt. Josh Schneiderman, a 43-year-old Sacramento, Calif. native and forward observer with the 2nd Battalion, 377th Parachute Field Artillery Regiment, 4th Infantry Brigade Combat Team (Airborne), 25th Infantry Division, was awarded the Soldier's Medal Jan. 8 at the Frontier Theater.

The Soldier's Medal is awarded to any person of the armed forces who, while serving in any capacity with the Army of the United States, distinguished himself or herself by heroism not involving actual conflict with an enemy.

Schneiderman was awarded the medal for his heroic actions during a river rescue on Alaska's Copper River.

"I heard screaming upriver, and I saw a couple of people running," said Schneiderman. "I looked over, and this gentleman was almost in the middle of the river. He was in up to his chin in the water and he still had his dip net in one hand flaring his hand out of the water with the other hand."

Schneiderman and his wife were dip-net fishing as part of a planned family trip.

"I screamed 'just let go of the net,' [but] the guy had this 'monster king' salmon in his net and that's why he didn't want to let go," explained Schneiderman.

According to Schneiderman, no one was making any effort to save the "drowning gentleman" so he ran to the man's rescue.

"I ran to the back of my truck," Schneiderman said. "I grabbed my



Staff Sgt. Joshua Schneiderman, a forward observer with 2nd Battalion, 377th Parachute Field Artillery Regiment, 4th Infantry Brigade Combat Team (Airborne), 25th Infantry Division is presented a Soldier's Medal by Army Maj. Gen. Bryan Owens, commanding general of U.S. Army Alaska, during an awards ceremony at Joint Base Elmendorf-Richardson Jan. 8. Schneiderman was honored for risking his own safety during the rescue of a fellow fisherman from the Copper River in June of 2014. (U.S. Army photo/Sgt. Daniel Love)

life-vest and I took an angle like you do in football: the shortest possible way to close the distance, and I got about 20 feet away from him. I threw the life vest, took about two more steps and jumped in the water."

Schneiderman then floated toward the endangered man and grabbed a rock that was jutting out of the water with his left hand and stuck his right hand out and made every effort he could to make fingertip contact.

"Somehow we were able to get fingertips," Schneiderman said. "I grabbed the gentleman, with one hand I pulled him out of the water back up to shore."

Schneiderman's wife, Gayle Schneiderman, a nurse, then took a quick assessment of him and wanted to make sure everything

was OK.

"It became real to me," Schneiderman said. "As my wife was checking him out, I continued walking back to my truck. It wasn't a big deal. As Soldiers, that's what we do - we take care of each other."

After returning to his truck, the gentleman hugged Schneiderman for a few moments and that's when he knew he had saved the man's life.

Several other Spartans made the trip to the river that day, joked and called him an over-achiever since this was Schneiderman's second rescue within in an hour.

He'd pulled someone's truck out of the same river earlier that day.

"We thought you came here to fish," Schneiderman recalled the

other Soldiers saying.

Word got around the office the following week and a warrant officer put Schneiderman in for the prestigious award.

During the ceremony, Maj. Gen. Bryan Owens, commanding general of U.S. Army Alaska, praised Schneiderman for his heroic actions.

The ceremony ended with a standing ovation by Schneiderman's peers and counterparts.

"It's liberating," Schneiderman said. "I joined the Army in 1997. I had a couple bumps and bruises, but this is a great way to end a 23-year career."

Schneiderman is scheduled to retire this year and plans to remain in Alaska - where he can continue enjoying the perks of hunting and fishing.

DoD bases no longer accepting IDs from 5 states

By Jim Garamone DoD News

WASHINGTON — Defense Department installations will no longer accept driver's licenses from Minnesota, Illinois, Missouri, New Mexico, and Washington as proof of identity, DoD officials said.

New federal policy

The ban, which also includes licenses from American Samoa, is a consequence of the REAL ID Act of 2005.

The REAL ID Act grew out of the Sept. 11, 2001, attacks - most of the terrorists involved had driver's licenses from Florida and Virginia.

Congress tightened up issuance processes and documentation needed to get a driver's license.

Compliant cards must have specific security features; these are designed to prevent tampering, counterfeiting or duplication of the document.

The licenses also must present data in a common, machine-readable format.

The REAL ID Act affects only access-control policies where individuals are required to present an identification document for accessing federal facilities, entering nuclear power plants or boarding federally regulated commercial aircraft.

The federal REAL ID Act implementation rules allow for exceptions, officials noted.

For example, they explained life or safety issues such as medical emergencies and situations in which physical access is necessary to apply for benefits are two exceptions.

Those attempting to gain physical access to DoD installations must show an alternate form of identification, such as a passport, officials said.

Service members, family members, DoD employees, and federal employees with the DoD Common Access Card, DoD uniformed services identification and privileges cards, federal personal identification verification cards or transportation workers' identification credentials are not affected, officials said.

These cards are authorized in DoD policy to facilitate physical access to installations.

"All federal agencies including DoD must comply with the law regarding the use of REAL IDs for official purposes," an official said. "For most DoD installations, an identification card or an installation pass is required to facilitate access."

Hence, where an ID or an installation pass is used for physical access, DoD installations are prohibited from accepting driver's licenses or state identification cards from states which are deemed non-REAL ID compliant.

"DoD policy allows commanders to waive the DoD access control requirements for special situations, circumstances, or emergencies," the official said. "Therefore, installations may authorize other alternatives to facilitate installation access, such as for a graduation ceremony guest list, escorts, etc."

For further information, contact the Base Access office.

Into the Wild Blue Yonder...



ABOVE: An F-22 Raptor takes off from Joint Base Elmendorf-Richardson Jan. 20. Due to the unique weather challenges units in Alaska face, squadrons look for other training opportunities in different locations. "Sometimes snow, fog, low clouds and freezing rain force us to cancel flying and it is difficult to make up those sorties," said Air Force Maj. Ryan Wick, 525th FS director of operations. (U.S. Air Force photo/Staff Sgt. Sheila deVera) RIGHT: An F-22 Raptor assigned to the 525th Fighter Squadron takes off Jan. 20. The Raptors are headed to Kadena Air Base, Japan for five weeks to train with other U.S. and foreign assets. (U.S. Air Force photo/Airman 1st Class Javier Alvarez)



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Air Force implements additional security measures

Secretary of the Air Force
Public Affairs
News release

WASHINGTON — In response to tragic events that have taken place on and off installations over the past few years, Air Force commanders can take additional measures to secure personnel and property on their installations through three programs that allow service members to carry weapons.

The Air Force Security Forces Integrated Defense team established and implemented the Unit Marshal, Security Forces Staff Arming and Law Enforcement Officer Safety Act programs that will enable commanders the ability to increase his or her force protection measures on their installations.

“We looked at active-shooter incidents across the country and there are statistics out there that show where many ended without police intervention because there was somebody there who had a concealed carry permit or somebody interdicted the active shooter,” said Maj. Keith Quick, the Air Force Security Forces Integrated Defense action officer. “These programs allow commanders the ability to arm additional trained Airmen who could interdict before police arrive and are trained to stand down when police arrive.”

The Unit Marshal Program is the newest of these tools designed to enable commanders at every level, when approved by the installation commander, permission to work with security forces to train Airmen and allow them to open carry an M9 pistol in their duty location.

“We are calling it a subset of the security forces augmentee program,” Quick said. “The traditional augmentee program was established for security forces squadrons that didn’t have enough personnel to cover installation security and we would ask for personnel from other work centers across the base.”



Marines assigned to Delta Company, 4th Law Enforcement Battalion, search for an active shooter threat while conducting high-risk response training at the Exchange on Joint Base Elmendorf-Richardson May 15. The Air Force has authorized commanders to arm selected personnel working in non-security forces billets, to protect personnel and property on their installations. (U.S. Air Force photo/Alejandro Pena)

Unlike the security forces augmentee program, the UMP allows a squadron commander who has a perceived threat to request additional security.

Now a commander can train and arm Airmen in their unit that would remain at the squadron doing their primary job but also providing security for the location.

Members selected for the program will attend a training course that includes sections on use of force, weapons retention and weapons training.

“The goal of the UMP is to protect them, their immediate work space and the people within it,” Quick stressed. “They are not first responders; they are not to go to the sound of fire, they are not to chase bad guys. If an active shooter happened, these members are not authorized to engage unless confronted directly by the active shooter.”

The second program is the Security Forces Staff Arming program that would enable more security forces members who work

in staff billets at the squadron, group, wing or major command to carry a government-issued weapon while on duty with the approval of the installation commander.

Any Air Force security force member who has the appropriate Air Force specialty code and is current on all of their qualifications may qualify with the goal of putting trained defenders in places around the base where they could immediately interdict an active shooter or some type of other threat.

“If we can have a trained defender in the Exchange or commissary getting their lunch, or in the dry cleaners or library they can immediately interdict against an individual,” Quick said. “The goal is to have armed and trained service members carrying to respond if a need arises.”

The program that supports the Law Enforcement Officer Safety Act also applies to security forces members both past and present. LEOSA is a federal act that provides credentials for law enforce-

ment members to carry a concealed weapon to any state for personal protection against people who may want to harm them, as long as they obey state and local laws pertaining to firearms.

“The theory was that throughout their career they were arresting criminals, putting them in jail and creating enemies, and while they are allowed to carry in their jurisdictions they may not be able to go to another state or city and still have that same right to carry and defend themselves,” Quick said.

However, the Air Force now allows its members to request LEOSA credentialing.

There is a list of criteria that a security force member must meet. Active-duty Airmen can apply if they have the security forces AFSC, work a security forces position and maintain current weapons qualifications.

If an Airman is in the Reserves, Guard or retired, they must fulfill a minimum service requirement, as well as continuing to maintain weapons qualification through

their state’s requirements.

“This affects base personnel because we have given the option to the installation commander to allow security forces members to carry under LEOSA on the installation while they are off duty,” Quick said. “With installation commander’s approval, I could go to the commissary on Saturday and stay armed and concealed while conducting my business on the installation and leave ... it’s not for work purposes.”

Commanders can use these formalized programs at their discretion; the Air Force Integrated Defense team is also looking at how to authorize a member of the Air Force who is assigned to duty at off-installation, center or facility to carry an appropriate firearm.

“None of these programs gives the installation commander authorizations they didn’t already have the authorization to do,” Quick explained. “We are now formalizing it and telling them how they can use these types of programs more effectively.”

Army, Air Force collaborate on education, innovation programs

By Capt. José Davis
AETC Public Affairs

JOINT BASE SAN ANTONIO, Texas — Army Gen. David G. Perkins, commanding general of the U.S. Army Training and Doctrine Command, visited officials from Air Education and Training Command Jan. 7 and 8 to collaborate with Air Force leaders on advancing education and innovation within their respective military services.

Perkins spoke with Air Force Lt. Gen. Darryl Roberson, AETC commander, and Air University leaders on Maxwell Air Force Base, broaching on several subjects affecting both commands, from the future of recruiting to the emergence of new technologies.

TRADOC is the Army counterpart of AETC.

“As you deal with a very fast changing world, everybody wants to innovate so you want to be at the cutting edge,” Perkins said. “One of the keys to innovation is a wide-level of collaboration. Those units that collaborate a lot tend to innovate a lot.”

Army and Air Force leaders discussed

employing technologies to train and educate Soldiers and Airmen, not just in the classroom, but in perpetuity when they return to their units.

Leveraging new technologies for continual education is vital to reach and recruit younger generations entrenched in an information-saturated world.

“We talked about things like leveraging the Cloud and personal devices,” Perkins said. “The generation of Airmen and Soldiers we’re recruiting are very comfortable in doing things on their personal devices. They want the information right there in front of them; they want to be able to customize how they receive information, so we have to change our education systems to facilitate that.”

Recruiting is a challenge, as industry, colleges, and the military services vie for the same pool of potential applicants, Perkins said. Numbers for those who qualify for both the Air Force and Army have decreased in recent years.

AETC and TRADOC officials are adapting to the changing recruiting environment by directing recruiters to actively educate potential recruits on the many opportunities

offered through military service.

“The challenge in many ways in the recruiting environment is that as the military has gotten smaller, fewer and fewer Americans have any personal contact with the military whatsoever,” Perkins said. “They don’t have any first-hand experience, so many folks don’t think of it as an option. They don’t know about the professional development, leader development, and the educational opportunities offered in both the Army and the Air Force.

“So we have to get our recruiters to spend time educating parents, as well as recruits, about these opportunities.”

Perkins also traveled to Austin, Texas, meeting with retired Adm. William H. McRaven, University of Texas chancellor, to start a dialogue on the similar challenges each faces in administering a large, complex university system.

They shared ideas on developing learning tools that can be distributed in a very disperse manner, Perkins explained.

One of the topics of interest discussed between Perkins and AETC leaders was the relatively new Army University.

Army University officials integrated 70

separate TRADOC internal school programs under one university system while syncing instruction with a variety of other TRADOC institutions.

Air University is similar in structure.

Last year, Army officials began a process to understand, visualize and describe ideas framed by the Army Operating Concept.

The ideas in the AOC are foundational for shaping the strategy for the future of the Army, which includes developing adaptive and innovative leaders and officers.

Army University plays a huge role in that respect, Perkins said.

“What we need are adaptive leaders who are critical thinkers and can exploit the initiative,” Perkins said. “We not only have to train them to do certain tasks, but we have to educate them on how to learn because the world is changing so quickly. Great organizations are learning organizations. When people graduate from Army University, we don’t want them to leave Army University; we want them to take Army University with them to their unit.”

The Army University is located at Fort Leavenworth, Kansas, and was established July 7.

176th Wing engineers return to JBER from Middle East deployment

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

Members of the Alaska Air National Guard’s 176th Civil Engineer Squadron returned to Alaska from a six-month deployment to the Middle East in support of Operation Enduring Freedom Jan. 13.

Approximately 25 Guardsmen deployed with the 176th CES to support U.S. Central Command with minor construction projects in their area of operations, according to Lt. Col. Jack Evans, commander of the 176th CES.

The 176th CES combined with 16 other units from the active duty, Reserves and the Air National Guard to form the 577th Expeditionary Prime Beef Squadron, based out of Al Udeid Air Base, Qatar. Evans served as the com-

mander of the unit while deployed.

“Fifty-nine percent of us were Guardsmen, 24 percent Reservists, and 13 percent active duty,” he said.

According to Evans, the expeditionary civil engineer unit completed approximately \$6 million in projects in eight different countries in the region, including Qatar, the United Arab Emirates and Afghanistan.

“This deployment was so much different than normal for a CES squadron,” he said. “Normally we’d be tasked to just perform maintenance at one airfield. This time we were all over the place, and doing all construction. Our guys were very busy. And you know, as engineers, that’s what we like – to build things and make a difference.”

Senior Airman Amado Cor-

dero, a heating, ventilation, air conditioning and refrigeration specialist, was one of the 176th CES members on this deployment. Like many Guardsmen, Cordero works full-time in the civilian workforce and performs his Air National Guard career one weekend a month and two weeks per year.

“I think the deployment went really well,” said Cordero. “I did a lot of work, it wasn’t really in my career field, but it’s about supporting the mission and doing what was needed down there.”

“On the civilian side, I do construction,” he said. “That’s why HVAC works well for me, because I do a little bit of everything. I do plumbing, insulation, heavy-equipment operation, and structural and electrical work. This is all pretty familiar to me.”

Cordero said what he most appreciated about this deployment, his second, were the connections he made with other service members.

“The highlight for me was the bonds you make with the people you meet there,” he explained. “You get to know them and get to learn about their lives and experiences. Then you become great friends, and they pass on their experiences to you. For instance, I met an individual who was from the Puerto Rico Guard who was in HVAC outside the military, and some of the things he knows, he passed on to me, so I have a better understanding of some things in my career field that I wasn’t as strong at before.”

Now that he is back, Cordero said he hopes to pursue a full-time job with the Air National Guard,

and hopes to put on his sergeant’s stripes. He said he thinks this deployment helped him learn new mentorship skills, a priority of non-commissioned officers.

“This deployment was a little different this time, but a lot of it was the same,” he said. “Having that prior experience helped me to pass on some of that knowledge to other Airmen who were on their first deployment.”

Cordero felt the deployment was a successful one.

“Overall, I think my unit did really well,” he said. “Our unit was leading this, and we heard nothing but good things about the job we did.”

“I really appreciate the great job everyone did,” added Evans. “Everyone had great attitudes and were really engaged. I’m very proud of our guys.”

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Balikatan 2016 offers Airmen a chance to teach, learn

673d Civil Engineers rebuild school

By Airman Valerie Monroy
JBER Public Affairs

As part of exercise Balikatan 2016, personnel with the 673d Civil Engineer Group will renovate a Jaena Norte Elementary school building on the island of Panay in the Philippines.

Balikatan is Filipino for “shoulder-to-shoulder” and is an annual training exercise and humanitarian assistance engagement between the Philippines and the U.S. military.

During the exercise, Philippine and U.S. service members conduct tactical-level combat training and humanitarian civic assistance projects throughout the Philippines.

“We are one of the teams working what is called ‘Engineering Civic Assistance Projects’ which falls under the Humanitarian and Civic Assistance portion of the exercise,” said Senior Master Sgt. Jason Putt, 773d Civil Engineer Squadron operations flight superintendent.

The 673d CEG will bring a 25-man team for the renovation, said Air Force 1st Lt. Joy Johnson, 773d CES operations engineering officer in charge. A member with the 673d Medical Group is also be assigned to the team.

“The main purpose is to work hand-in-hand with people of the Philippines and teach them our ways and learn from them as well,” Johnson said.

Putt explained building relations with the host nation community and armed forces of the Philippines is one of the most important aspects of the mission.

Before the renovations can begin, site visits are needed to make the future plans.

“I have gone on two site visits,” said Johnson. “I went in September and again in November; both were two weeks long.”

There are two parts to the visits for preparation, continued Johnson. The first week is the site visit and the second week is a conference. Johnson explained the group flew into Manila on the first day then flew into Panay the following day.

During the visit they checked the life support available for the mission, including food, housing and safe water.

“Then we look at the school to see what’s feasible and within our budget,” said Johnson. “We also get a list of things that are needed.”

A great way to find out the concerns or priorities of the school is to talk to the principal and staff members, Johnson explained.

“That way we can get the history of the school and see what is important to them,” Johnson said.

In this particular school, the gardens surrounding the building are a significant part of their life, she said. The school maintains both



Students play in the gardens at Jaena Norte elementary school, in Panay, Philippines during a site visit. Personnel with the 673d Civil Engineer Group conducted site visits prior to starting a renovation project for the school, scheduled for March 28, as part of a humanitarian and civic assistance portion of exercise Balikatan 2016. (Courtesy photo)



Air Force 1st Lt. Joy Johnson, 773d Civil Engineer Squadron operations engineering officer in charge, poses with school staff outside Jaena Norte elementary school, in Panay, Philippines during a site visit. Personnel with the 673d Civil Engineer Group conducted site visits prior to starting a renovation project for the school, scheduled for March 28, as part of a humanitarian and civic assistance portion of exercise Balikatan 2016. (Courtesy photo)

flower and vegetable gardens.

“With that knowledge we [will] be careful with the flowers surrounding the school when it’s time for the renovation,” Johnson said.

Whether the children are keeping the garden clean or playing outside, dirt is always a factor. That’s why Johnson said they have decided to make a handwashing station during their project.

“Getting to know what they need and their ways actually helps us to tailor our project to the community,” Johnson said.

One big request from the students was to have a basketball court. They were willing to give up other things around the site for it, Johnson said.

“Fortunately we were able to move things around, get the basketball court and still keep everything else,” Johnson said.

Johnson said she enjoys many different aspects of the trip.

“It’s exciting,” Johnson said. “For me it’s the experience, especially the engineering experience.”

Apart from learning new

things, being in a different country provides many opportunities for trying unfamiliar things.

“It opens your eyes, honestly, and it’s an amazing experience,” Johnson said. “You completely immerse yourself in their culture and get to try their food.”

Johnson explained that the principal of the school would set out a full meal for them on several occasions during the visit.

“You get to see what you like and what you don’t like,” Johnson said.

Two years ago, a typhoon destroyed many buildings in the area and ruined the school’s roof. Because most of the school is still stable, the building will only be renovated and not rebuilt from the ground up, Johnson said.

The renovation project will begin on March 28 and be finished by April 16.

“We’re just hitting the ground running,” Johnson said. “And the [Armed Forces of the Philippines] will be right by our side the whole time.”

Many of the students at the school are children of the armed forces of the Philippines and therefore the parents are big contributors when it comes to getting things done throughout the building.

“Everything in the school so far, the parents have done,” Johnson said.

The AFP will also share all their construction equipment with the CEG personnel for the project which will cut costs.

Renovations for the school will include replacing the roof completely, painting interior and exterior walls, renovating two bathrooms, replacing the floors, and re-doing the surrounding sidewalks, Johnson explained.

The water for the school comes from a well and is pumped electronically. In an effort to reduce the electric bill for the future, gutters will be built around the entire building that will feed into the handwashing station.

One facility was destroyed beyond repair by the typhoon and will be brought down.

“We’re hoping in the future, another Balikatan project can rebuild it from the ground up, but we’ll just be doing the pre-work for that,” Johnson said.

At the end of the project the gardens will be replanted for the children.

All the supplies for the rebuild will be bought locally which helps the local economy, Johnson said.

Johnson said she will remember this project for its experience and the new culture but also for the many friendly people she has interacted with.

“I’m even friends on Facebook with the principal,” Johnson said.

673d CEG personnel are accepting donations in support of the mission up until March 4.

“We are serving a seven member facility, with 136 students and they are in need of school supplies, backpacks, sports balls [and] monetary donations for new chalkboards to enhance their education,” Johnson said.

For more information on how to donate, call 552-5612.

Pharmacy renovations complete; new system proves popular

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

The new Joint Base Elmendorf-Richardson hospital outpatient pharmacy redesign finished in November.

The pharmacy now offers double the waiting space, six windows, two kiosks, and a new kiosk system.

The kiosks are the biggest change, and the system now gives patients the option to leave and re-enter the queue. Patients only need to go to the counter once, instead of twice.

“We’ve seen a lot of positive comments,” said Air Force Master Sgt. Michelle Frisby, 673d Medical Support Squadron pharmacy flight chief.

Positive Interactive Customer Evaluation comments concerning the new process remark on the efficiency of the reception system, the speed of service, and the reduction of trips to the service window.

The only setback to this faster and more efficient system is the time it will take for the populace to adjust.

“Some people may say something like ‘that’s a lot of questions,’” Frisby said. “The reason there are a lot of questions is because it replaces the whole check-in process; we have to get the same amount of information from the patient to process [for] them safely and effectively.”

Before the redesign, patients just took a ticket from the kiosk, wait to be called, provide information at the window, and then wait to pick up their prescription.

“Now, they go to the kiosk and are asked a set of questions, scan [their] I.D. cards, [answer] more personal questions – the questions we used to ask at the windows – and as soon as they hit that ‘submit’ button, we start filling the prescription,” said Air Force Maj. Amanda Rust, 673d Medical Support Squadron outpatient pharmacy chief.

“[Once] they submit all their information at the kiosk they can leave and go the commissary, pick up their child from school or go to the radiology clinic, and come back within seven days to pick up their prescription,” she explained.

If patients leave and come back in the same day, they use the same ticket to re-enter the queue.

“If they come back [later that day] and everything is finished, they go straight to the top of the queue,” Rust said. “If they come back a different day or lose their ticket, they go into a different queue, but everything should be ready by then.”

The system asks for a phone number so the pharmacy can call patients if there are any complications and later text patients the status of their prescription.



ABOVE: Patients sit in the expanded waiting area during the busiest time of day, lunch time, at the hospital on Joint Base Elmendorf-Richardson Jan. 19. The seating area was recently doubled by a redesign. (U.S. Air Force photos/Airman 1st Class Christopher R. Morales) **LEFT:** Trixy Buttane, 673d Medical Support Squadron pharmacy technician, assists a patient navigating the new kiosk system. For the first three months, technical assistants helped patients learn the new system to effectively transition the populace to the change.

The new system reduces wait time for both the patients and the workers.

“It cuts down on staff wait time because we’re not seeing the patient twice and asking questions twice,” Rust said. “It [has] eliminated a lot of double work.”

While the pharmacy grew almost double the size and implemented the brand-new system, it all still requires adaption and patience from not only the workers, but also the patients.

“Since May, [patients] have been very

patient and very understanding with us and we’re thankful for that,” Rust said. “It made the transition for everyone a whole lot easier.”

For information, call the pharmacy at 580-3012.

Tax center to open

Active duty members, reservists, retirees, and their family members can receive free tax return assistance and preparation at JBER’s tax centers beginning Jan. 25 for single service members and Feb. 1 for all other non-complex returns.

Volunteers are trained to prepare 1040 EZ and 1040 tax returns, and can provide advice on military specific tax issues, such as combat zone tax benefits and the effect of the Earned Income Credit. Volunteers are also trained on how to deal with the Alaska Permanent Fund Dividend.

All tax returns done through the tax center are forwarded electronically to the IRS, and by selecting direct deposit, taxpayers can receive their refunds in as little as one week.

The JBER Tax Center is located on the third floor of Building 600 and will be open Monday, Tuesday, Wednesday and Friday from 9 a.m. to 4:30 p.m. and Thursday from 1 to 8 p.m.

Taxpayers will need proof of identity (military ID); social security cards and birth dates for all dependents; last year’s federal income tax return; wage and earning statements from W-2s, W-2Gs, and 1099-Rs; interest and dividend statements; bank routing and account numbers for direct deposit; amounts paid to day care providers; and day care providers’ tax identification numbers.

Filers can make appointments beginning Jan. 21 by calling 384-1040. Alternatively, customers can make an appointment with one of the unit tax advisors, who may be able to complete tax returns at his or her workplace and forward it to the tax center.

Exchange closures

The main Exchange will close at 6 p.m. Thursday for annual inventory and reopen at 9 a.m. Friday. The Express at the Joint Military Mall will close at 10 p.m. Tuesday and reopen at 6 a.m. Wednesday.

Legal services available

The Anchorage team of the Army’s 6th Legal Operations De-

tachment 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.

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.

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 utility and sometimes cable costs, providing an easier budget with a set 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 provides 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, 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.

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.

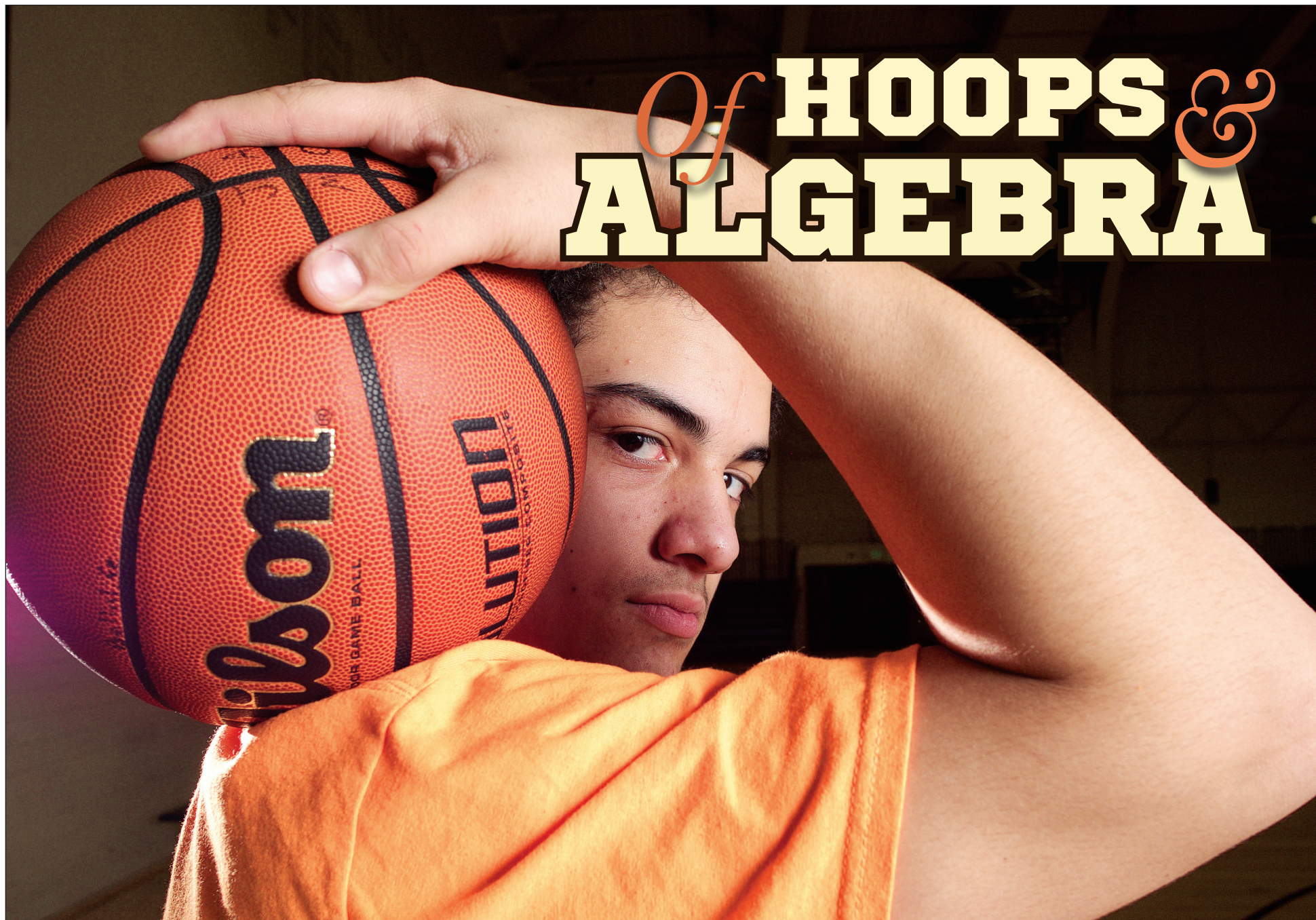
The program allows spouses to register for Department of Defense positions and be considered for jobs offered internally.

Spouses are matched with jobs based on their qualifications and preferences.

The spouse is eligible for a maximum of two years from the date of the PCS orders and is in the program for one year.

Spouses, even those who have never filled a federal position, can now register at either JBER personnel office.

For more information about the program or to register, call 552-9203.



Of HOOPS & ALGEBRA

Abad Senquiz III, an eighth-grader at Clark Middle School, stands 6 feet 2 inches tall. He practices with The Youth Development Program at the Elmendorf Fitness Center. (U.S. Air Force photos/David Bedard)



Seven-year-old Carmelo Mason, a Youth Development Program athlete, carries out a drill Jan. 7 at the Elmendorf Fitness Center. Mason and other TYDP participants focus on basketball fundamentals courtside while working to get good marks in school.

Youth program teaches more than basketball

By David Bedard
JBER Public Affairs

STANDING 6 FEET 2 INCHES tall, eighth-grader Abad Senquiz III towers over Clark Middle School classmates like Gandalf over a shire of hobbits. With his stratospheric height came an avid interest in all things sports from a young age.

Dabbling in other forms of competition, Senquiz didn't settle on basketball until sixth grade when his pastime penchant turned into a lifelong passion.

"I suddenly had a love for the game," Senquiz remembered. "I started watching it a lot and realized, wow, I want to be really good at that."

What Senquiz watched was the New York Knicks storming down the offensive lane bound for the hoop. For decades his father and grandfather, both from New York, fired up the television to witness legends like Walter "Clyde" Frazier and Patrick Ewing lead the Knicks to NBA glory.

Today, the younger Senquiz harbors hopes to someday lace up and venture out onto the court at Madison Square Garden. Helping him strive for his goal are the coaches and staff of The Youth Development Program, a non-profit organization that meets at Joint Base Elmendorf-Richardson's Elmendorf Fitness Center.

Darryl Sample, TYDP vice president and a retired technical sergeant, said basketball serves as a strong basis for an active and academically driven youth community.

"The Youth Development Program helps guide and mentor youth in the Alaska and Anchorage area," Sample explained. "We try to instill confidence in their capabilities. We try to keep them active using sports as a vehicle."

Sample said athletics is one of three pillars TYDP instills in their youth, with strong academics and responsibility at home rounding out the other two. Though coaches

shepherd the effort, Sample said other youths are instrumental in the process.

"Peer pressure can be either negative or positive, and we try to use positive peer pressure," he said. "When it comes to academics, we really believe that there are certain things you need to do before you come out on the basketball court — that's do your job at home and do your job at school."

"If those two things aren't in sync, then you can't come out here on the basketball court, because it's a privilege," Sample continued. "We really do believe in having your grades in order, and if there's a concern early on, then we encourage the kids to let us know, so that we can work with them to build their confidence up from an academic standpoint."

Sample said TYDP offers tutoring services to young athletes like Senquiz, who said he struggled with algebra. With the help of TYDP tutors, Senquiz said it soon became as easy for him to find "x" as the hoop.

"This program has really helped me academically," Senquiz said. "Now, my grades are improving, and I'm starting to become more focused."

That sense of focus is honed in all TYDP participants through a disciplined focus on the fundamentals, Sample said, fundamentals like ball handling and agility.

"We want them to be able to be functional on a basketball court," he said. "Sometimes, it may cause you to move differently than what you're used to."

During one practice, TYDP youth don't shoot a single hoop, because they were laser focused on dribbling. The young athletes lined up on opposite ends of the court and raced toward small orange cones. Their task? To seamlessly pick up the cones without interrupting their dribbling tempo.

The competition motivated the youths to do it quickly, while coaches watched to ensure they did it right. When one side won, the other was required to complete a lap around the gym.

While the vanquished youth completed their penance lap, the victors would beat their basketballs in exultation. It read like a scene out of Lord of the Flies, but it highlighted the sense of teamwork and accomplishment built into the program's methodologies.

Senquiz said he feels those methodologies work. Many talk about a holistic ap-



Eight-year-old Braeden Speakman, a Youth Development Program athlete, carries out a drill. The drill involved picking up the cones at speed while maintaining a constant dribble.

proach, but TYDP's emphases on athletics, academics and citizenship seem to fold into and reinforce each other.

"It was a lot better than I expected," the young athlete said of his experience with the program. "They don't just focus on basketball, they also focus on you at school and you at home. They want to make sure that the things you have off the court are right, and they want to get you better on the court."

Senquiz said he has suffered difficult circumstances off the court since he joined the program. Coaches came along side the youth during his travails, helping him to understand how the youngster's faith and

wisdom acquired through experience can help him successfully navigate life.

"Sometimes, I'm really glad to have had the problem, because now I know better and I'm smarter for it," Senquiz said. "Through the experience, I gain knowledge, so I know what to do."

Whether he's experiencing hardship or his life is smooth as the backboard, Senquiz said he can put it all behind him when he steps onto the court.

"When I play basketball, everything else is out of my mind," he said. "I feel really good about it."

For more information, call Arnold Dade, TYDP president, at 764-3010.



Arnold Dade, The Youth Development Program president, coaches TYDP athletes. The staff of TYDP includes coaches as well as tutors to help athletes excel academically.

Do I matter and am I making a difference?

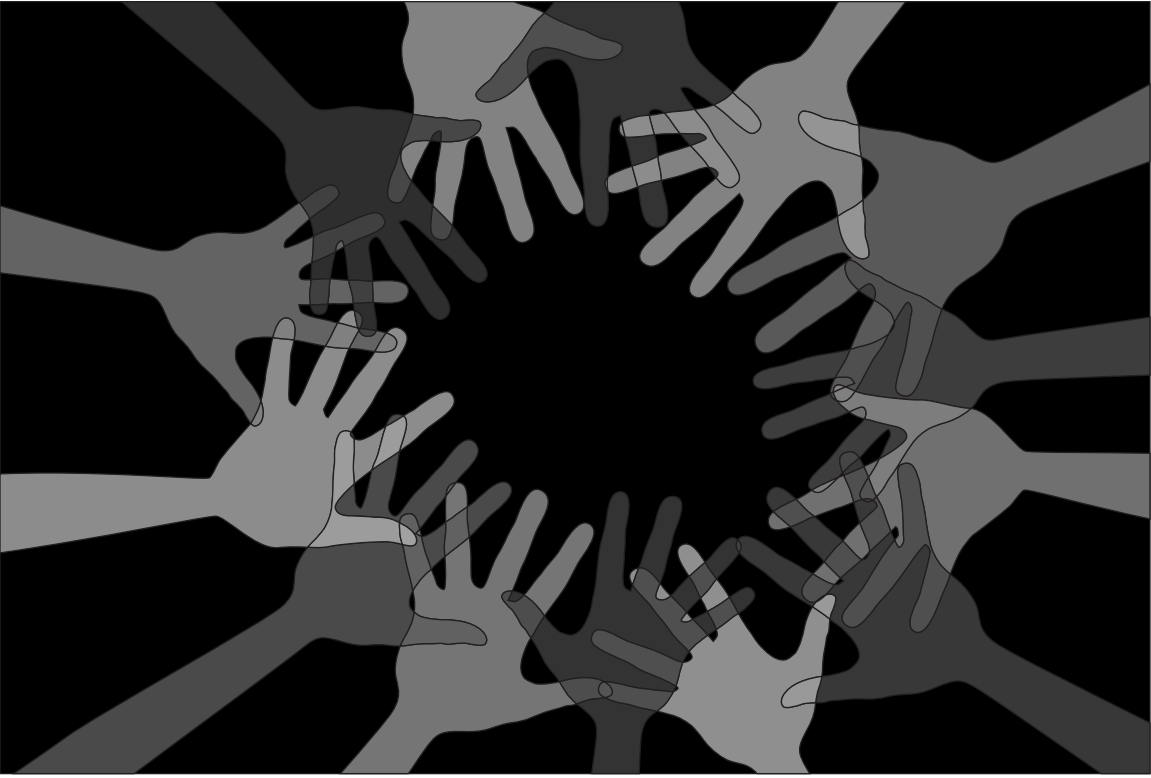
Commentary by Air Force Chaplain (Capt.) Ronald Lawrence JBER Protestant Chaplain

As I continue on my journey of being a man of faith and doing the job I do, I ask myself: ‘Do I matter? And am I making a difference?’ Perhaps this is a question that weighs on the hearts and minds of many who are in military service today.

If we're really honest with ourselves, these are questions people all over the world are pondering. In the latter days of our lives we want to look back and see that we have contributed something. For many of us, we want that ‘something’ to have meaning and significance.

We just wrapped up another year with a big holiday season with Thanksgiving, Hanukkah, Saturnalia, Kwanzaa, and Christmas ... and rang in the new year. Believe it or not, these holidays are significant in the lives of many people on our installation.

The holidays call for great reflection upon one's life. We have memories of great holiday times with family and friends but we could also have memories of not such good times. All of these memories, coupled with the memories of life's experiences in general, bring us back to the questions:



Memories of life's experiences in general bring us back to the questions: ‘Do I matter and am I making a difference?’ (Courtesy image)

‘Do I matter and am I making a difference?’

In the Christian Scriptures, specifically in the Old Testament, can be found a story of a young woman who found herself in a very dire situation in which she

had the opportunity to save not only herself and her family, but her people as well.

In the book of Esther, Esther became queen to King Ahasuerus, ruler of the kingdom of Media-Persia. She was in the right place

to make some significant contributions. On one particular occasion, she was instrumental in making sure that a plot against her nation was thwarted. Her uncle/foster father, Mordecai, communicated something to her that was power-

ful to her, “Who can say but that God has brought you into the palace for such a time as this?” He was telling her that perhaps it was God’s plan to use her in this way in order to help save her people.

As a chaplain serving in our military, I count it an honor and a privilege to serve as a reminder of the holy.

It is my conviction that we have all been created in the image of the holy. As such, I believe wholeheartedly that for such a time as we are in now, I am here to serve those created in the image of the holy ... everyone. This helps me to answer the questions of do I matter and am I making a difference.

We all have a common mission and that is to support and defend the Constitution of the United States of America for the common good of our nation and her citizens. I hope that even this common mission helps each of us answer the questions of individual significance.

Perhaps you will never find yourself in a situation quite like Esther, but your contributions here at JBER at this time could be very significant and can very well save lives—even if it’s the person that occupies the workstation next to you.

GUNSTON st.

by ZAVISKI

WHEN I WAS A KID THEY PUT TOYS INSIDE CEREAL BOXES...

YOUR GENERATION WAS EASILY BOUGHT OFF. NO OFFENSE BUT WE ARE MUCH SMARTER...

WOW, YOU WANT THAT?

YEP.

FRIDAY
Movie night

The Minions are the feature film at 6:30 p.m. for this free movie night at the Talkeetna Theatre. Concessions will be available and a drawing offers a chance to get the Minions DVD. Doors open at 5:30 p.m.

For more information call 552-8529.

SATURDAY
Intro to fat tire biking

Meet up at the Outdoor Adventure Program Building for this ride from 11 a.m. to 2 p.m. Ride takes place at Eagleleglen and is weather dependent. Minimum and maximum sign-up numbers apply to all trips and classes. For more information call 552-4599 or 522-2023.

Snow-machine ride

Head to Willow or Spencer Glacier on this weather-dependent snow-machine ride. Minimum and maximum sign-up numbers apply to all trips and classes. Meet at the Outdoor Adventure Program Building at 8 a.m.; ride ends at 5 p.m.

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

Mini golf tournament

Head to the Warrior Zone for this free mini golf tournament. Cash prizes will be awarded to 1st, 2nd, and 3rd place winners. Must be 18 or older to participate.

For more information, call 384-9006.

TUESDAY
Snow Machine Safety

This class covering snow machine safety at Eagleleglen Fitness Park takes place from 5 p.m. to 7 p.m. For more information or to sign up, call 522-4599 or 522-2023.

THURSDAY
JBER Spouse Orientation

Make new friends, meet people who can help you, and enjoy free lunch and prizes during this event at the Army Reserve Center, Building 45580 from 9 a.m. to 3 p.m. Call ahead to make reservations.

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

FEBRUARY 23
Blood Drive

Make a difference and donate

with a friend in the Blood Bank of Alaska's LIFEmobile at the corner of 20th Street and Pease Avenue from 8:30 a.m. to 3:30 p.m.

Eat well the day of the blood drive, stay hydrated, and bring a photo ID. To make an appointment, visit tinyurl.com/zrszwpf.

For more information call 580-2060, or 580-6353.

ONGOING
Football on NFL Ticket

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

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

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.

Military Children Program scholarship

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

For more information call 856-616-9311.

AER scholarships

Army Emergency Relief is taking applications for scholarships. Scholarships are available for children, spouses and other dependents of active, retired and deceased Soldiers. Applications and instructions are available at aerhq.org; submission deadline is May 1.

For information, call 384-7478.

Richardson Spouses' Club scholarship opportunity

Applications are being accepted for the Richardson Spouses' Club Scholarship. Applicants must be military dependents, either graduating high school seniors or currently enrolled college students pursuing full time undergraduate studies.

Visit richardsonspousesclub.com/scholarship to download full

eligibility requirements along with the application.

Applications must be postmarked by February 26.

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/msmrre.

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

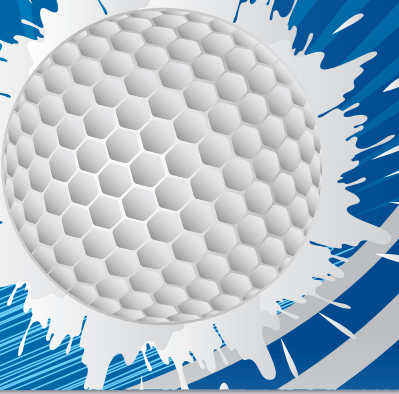
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JANUARY 23 • 2 P.M.

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1ST PLACE: \$100
2ND PLACE: \$75
3RD PLACE: \$50

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Join us for all day fun, retro music, and tubing!

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January - March

Rent at least 3 items and we will add 2 ice fishing poles, 2 chairs, and an ice scoop for FREE! Also, save 10% on all other purchases!



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1 small ice tent (2 person) • \$15
1 medium ice tent (2 person) • \$20
1 large ice tent (4 - 6 person) • \$25
Ice fishing pole • \$3
Ice scoop • \$1
Manual Auger • \$5
Gas Auger • \$20
Small cargo sled • \$8
Medium cargo sled • \$12
Mr. Heater • \$5
Camp chair • \$1

JBER SPOUSE ORIENTATION

LIKE ANY COMMUNITY, WE HAVE OUR TRADITIONS, CUSTOMS, LINGO, AND WAYS OF WORKING WITH EACH OTHER.

COME DISCOVER THE MEANING OF "MARRIED TO THE MILITARY."



- FIND OUT HOW TO MAKE MILITARY LIFE EASIER ON YOU & YOUR FAMILY
- MEET THE PEOPLE THAT CAN HELP YOU
 - MAKE NEW FRIENDS
 - FREE LUNCH & PRIZES

JANUARY 28
9 A.M. - 3 P.M.
ARMY RESERVE CENTER - 45580 OTTER LAKE RD.
CALL 552.4943 OR 384.1517 TO REGISTER TODAY!

Library Story Times

JBER Library, bldg. 7, 384.1640

Toddler Tales
Wednesdays • 10 - 11 a.m.

Preschool Story Time
Thursdays • 10 - 11 a.m.

Surprising Science
Tuesdays • 3 - 4 p.m. & Thursdays • 6:30 - 7:30

FSS:SMWR

ELMENDORF-RICHARDSON
FORCE
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www.facebook.com/JBERLife

www.jberlife.com

Anger management classes: valuable for anyone

By Airman 1st Class Kyle Johnson
JBER Public Affairs

The Family Advocacy Program on Joint Base Elmendorf-Richardson is hosting its quarterly anger management classes this month at the JBER Education Center.

The next set of classes is scheduled to begin April 26.

The classes occur weekly and consist of four two-hour sessions.

“There’s a quote in one of the books we use in this class that says – not word for word – ‘Anger is a really good indicator of a problem, but a very poor solution,’” said Sarah Blanning, JBER Family Advocacy Program outreach manager. “The whole class is based around that concept. It’s normal; don’t feel guilty about being angry. When you try to use that anger to fix whatever is making you angry, that’s when you run into problems.”

Anger management classes are offered quarterly and can prove valuable for anyone.

“Anger is a very normal human emotion, everybody experiences it,” Blanning said. “What are some of the ways we can learn to take that anger and manage it when it is causing us harm or use it in a way that prompts us to do the right thing?”

Each session covers a different topic, provides a week for participants to apply what they’ve learned, and progressively acquire more skills the following week.



Sarah Blanning, a family outreach coordinator at the Joint Base Elmendorf-Richardson Family Advocacy Program teaches an anger management class Jan. 12 at the JBER Education Center. Classes like this are offered year-round at a variety of locations by the Family Advocacy Program. (U.S. Air Force photo/Airman 1st Class Kyle Johnson)

“The first session focuses primarily on identifying and recognizing anger,” Blanning said. “How is your anger different from other people, and what does it look like for you?”

Throughout the class, students will

be interacting with each other, and the instructor.

“In the second session, we do cognitive-behavioral therapy which is changing your thought process,” Blanning said. “Your thoughts impact your feelings which impact your behaviors. Our thought is the first piece in the puzzle that we can make a change in and it will affect everything that follows.”

The third session explains some calming and relaxing techniques which have a direct benefit to stress management, not just anger management, Blanning said. The last session ties it all together.

“It’s a prevention-based class, so it’s not run like a process group,” Blanning said. “We’re not discussing our emotions and whatnot, it’s skills-based.”

“The class is a lot different than I expected it to be,” said Air Force Staff Sgt. Kyle Perry, an electrical power production technician with the 773rd Civil Engineering Squadron. “You expect a lot of negative energy from an anger management class, but it’s been quite educational.”

“Who in this world has not done something they regretted when they were angry?” Blanning said. “Nobody. Everybody has done that. This is an opportunity to learn some skills. It’s not a bad thing to want to improve yourself.”

For more information on JBER’s anger management classes or any other Family Advocacy Programs, call 552-5858.

Standing up for the right thing

By Airman 1st Class Kyle Johnson
JBER Public Affairs

The Joint Base Elmendorf-Richardson observance of Martin Luther King Jr. day is scheduled for 1 p.m., Jan. 28 at the Frontier Theater.

The guest speaker for the event is Sgt. 1st Class Kevin Mitchell, operations noncommissioned officer for the 6th Brigade Engineer Battalion. The 1st Squadron (Airborne) 40th Cavalry, 4th Brigade Combat Team, 25th Infantry Division is hosting the observance.

“Sgt. 1st Class Mitchell is actually a member of the 4/25, he’s from the 6th [Brigade Engineer Battalion], he’s a pastor, he’s also working at one of the schools with the ROTC program,” said Army

Master Sgt. Erik Knight, U.S. Army Alaska Equal Opportunity Program manager.

“He’s very involved in the community kind of along the same lines as Dr. King, who was also a pastor and involved in the community; he symbolizes what the observance is all about.”

All around Anchorage, companies and nonprofits are extending their services to the community in honor of this very thought process. Legal advice is being offered, food is being distributed, and people are speaking out to encourage others to do the same.

“Later on in his time, he was working to get rid of poverty too,” Knight said. “That’s what the federal holiday has turned into; community service, giving back. Those that are

able to help out, help out where you can and try to make things better for everybody. That’s what this observance focuses on.”

Observances similar to this one are held year-round on both sides of JBER, each with their own message, but all with a common mission.

“We’re trying to educate people about where we came from,” Knight said. “Part of that is understanding the struggles that different groups of people have gone through. This holiday is not about a race, it’s not about a people; it’s about the people,” Knight said. “It’s about one man and his contributions to an entire society. He was trying to eliminate discrimination for all people.”

For more information on

“Those that are able to help out, help out where you can and try to make things better for everybody.”



The Joint Base Elmendorf-Richardson observance of Martin Luther King Jr. Day is scheduled for 1 p.m. Jan. 28 at the Frontier Theater. (Courtesy image)

JBER observances, contact the Equal Opportunity office at 552-2115 or the USARAK EO office at 353-9264.



Exercising your right to vote

By Tech. Sgt. Raymond Mills
JBER Public Affairs

Every few years, Americans exercise their constitutional right to vote in federal and state elections. For service members stationed away from their home of record, voting can be a challenge. The Federal Voting Assistance Program provides Joint Base Elmendorf-Richardson service members and their families with tools and resources to cast

ballots from anywhere in the world.

The FVAP streamlines and simplifies the voting process, allowing service members to find all the necessary resources in one location.

“The Federal Voting Assistance Program is a designed to assist service members and their families as well as overseas-assigned civilians with the voting process,” said Senior Master Sgt. Adam Page, 673d Medical Group unit voting assistance officer. “The program provides tools, assistance and resources required to vote. The program is important because it assists uniformed services and overseas voters to exercise their right to vote so that they have an equal opportunity with the general population to have their vote counted. FVAP also ensures states comply with relevant federal laws by providing current information.”

Military units facilitate the FVAP by training unit voting assistance officers. All units are assigned a UVAO who is required

to make 100-percent contact with unit members. The UVAO is the subject matter expert for the FVAP and is prepared to assist with any voting-related questions or concerns.

“Voting assistance officers are your primary link to the FVAP,” said Air Force Maj. Steven Shea, 673d Medical Group voting assistance officer. “They are members of your own unit who are ready and willing to assist you in any way possible. Unit voting assistance officers are trained to be familiar with the absentee voting process, provide their unit members with accurate and non-partisan voting information and assistance, and promote activities related to voting awareness. They also have forms on hand that you can fill out to register to vote. If you don't receive your absentee ballot within 30 days of an election, they can provide you with a federal write-in absentee ballot, which is a backup ballot.”

Shea said he anticipates this year many people will register to vote and cast absen-

tee ballots for their state primaries and the general presidential election.

“JBER voting assistance officers are here to address any questions they may have about the national election in general, as well as the local elections taking place back in their communities back home. FVAP was designed to put absentee voters in contact with their local election officials. This process allows Airman Snuffy to cast his vote for the candidates and measures that will be on the ballot at the state, county, and local levels in his home town, as well as for the next president of the United States.”

Voting is the right of all service members and their families. To learn more about the voting process, contact your UVAO, the JBER Voting Assistance Office at *vote.jber@us.af.mil* or the JBER Voting Assistance line at 552-8683.

For additional information about the FVAP, visit *<https://www.fvap.gov/>*.

Buckner Physical Fitness Center to open this spring

By Airman 1st Class Javier Alvarez
JBER Public Affairs

A lone patron approaches the Buckner Physical Fitness Center on Joint Base Elmendorf-Richardson.

He proceeds with caution after hearing renovations to the gym have been underway for the past few years. But upon entering the facility, nothing seems out of place. Might this suggest the additions are nearing completion?

The BPFC is scheduled for completion in spring 2016; additions to the fitness center will expand the 87,000 square-foot facility by an additional 36,720 square feet.

Groundbreaking began in 2013, and it was scheduled to open last year, but complications with weather and water access delayed the project.

“Harsh winters since 2013 have delayed construction,” said William Leider, quality assurance representative for the Army Corps of Engineers. “The ground froze early and froze hard, which [led to further] delays. There were some [complications when] getting the sewer and water lines to the building.”

While there may have been time delays, there were minimal changes to the original plan and cost, Leider said.

Minimal changes to the BPFC will lead gym goers to experience the original product contractors and engineers envisioned when renovations were first conceived. Renovations will further allow for a larger audience to reach their fitness goals.

“The renovations will bring some necessary additions to the fitness center weight room,” said John Limon director at Buckner. “We are severely limited by the amount of equipment we can fit in the space we have. Currently ... our weight room has a maximum capacity of roughly 70 people. By our best estimate, when our new fitness space is open, we will have roughly 300 to 350 people in there to do a workout.”

There have been few interruptions to gym functions throughout the renovation process, Limon said.

The BPFC additions are intend for more than just an ordinary gym experience.

“In terms of fitness, our equipment layout and our scheme are oriented toward military human performance,” Limon said. “We are

geared toward making the fighting force better performing rather than [building a place for] somebody to lift weight and look good. You can do that too, but we are very focused on the mission.”

“The focus of this new [pool] is family recreation,” Leider said. “There’s a water-slide, lazy river, a diving board, a wave pool. There is also a play feature that shoots water like a water gun.”

While family recreation was a consideration with respect to pool design, the new pool area will also help with physical rehabilitation.

“There are parts dedicated for wounded warriors,” Leider said. “There’s a [motorized] chair [which lowers people] into the pool. They can float, and they can swim and build the strength back into their body.”

“[The lazy river section ...] has a current,” Limon said. “We [plan] to put Airmen and Soldiers there who are rehabilitating from leg and lower-body injuries. They [will be able to perform] weight-assisted walking or jogging against the current. They can work those muscles without getting that load.”

Further additions to the fitness center include an indoor running track, rock-climbing wall, basketball court, volleyball court and pull-up bars. Three baseball/softball fields, a multi-purpose field and additional parking area are being built in coordination with the fitness center additions across the street.

“We are expecting a 50-percent increase in patronage per day,” Limon said. “On weekends, it could very well double. Department of Defense ID card holders are able to use the facility. Each card holder may sign in two guests.”

TOP RIGHT: The new rock-climbing wall in the expanded Buckner Physical Fitness Center dwarfs William Leider, quality assurance representative with the Army Corps of Engineers; Joel Spano, project engineer with the Army Corps of Engineers; and John Limon, director at BPFC, Jan. 13. The BPFC is scheduled to open this spring. (U.S. Air Force photos/Airman 1st Class Javier Alvarez)

BOTTOM RIGHT: The new pool area at Buckner was built with family recreation in mind, and includes a water park with slides and toys.

