IBERTEANS PLAN DIAL CONTRACTOR OF CONTRACTO

By Air Force Staff Sgt. Sheila deVera JBER Public Affairs

A crew of six from the 249th Airlift Squadron flew to the Arctic Circle, 200 nautical miles north of Deadhorse, in support of Ice Exercise led by the U.S. Navy Submarine Forces, March 2.

One of the difficulties the Airmen overcame was zeroing in on the camp. Since it is on an ice floe moving about half a nautical mile per hour, navigation is difficult.

The crew was able to pinpoint the location, making this the first time a C-17 Globemaster III based at JBER has conducted an airdrop onto the polar ice cap.

According to the Navy website, the Arctic is experiencing a trend of diminishing sea ice extent and thickness, creating the likelihood of increased maritime activity in the region, including transoceanic shipping and resource extraction.

"Early this summer, the Navy asked for us to assist moving their equipment to the polar ice cap," said Air Force Master Sgt. Cecil Dickerson. "[During the planning conference], we decided to use the air delivery method."

The crew loaded up equipment and helped establish a temporary command center for conducting operations in the region.

"We had roughly 12,000 pounds of cargo and eight container delivery systems," added



Members of the U.S. Navy, the Arctic Submarine Laboratory, the Alaska Air National Guard and various contractors began the construction of a temporary camp on an ice floe in the Arctic Ocean March 2, in support of Ice Exercise 2016. ICEX allows the Navy to assess readiness to operate in the Arctic, increase operational experience in the region, develop partnerships and collaborative efforts, and advance understanding of the Arctic environment. (U.S. Air National Guard photo/Staff Sgt. Edward Eagerton)

Dickerson.

This is the first time the 249th AS had ever conducted an airdrop in the polar region; they logged roughly six hours of simulator training to see how the aircraft would react to the extreme northern latitude, said Air Force Capt. Joshua Flye, the 249th AS chief of tactics. "We did our best to look at our [technical] data for the aircraft," Flye said. "So everything was trialand-error in the simulator."

The squadron has been developing non-traditional methods of airdrop delivery to austere locations, by flying into these remote sites with no radio contact and locating the ground party. "The Navy is not used to dealing with Air Force logistics and airdrops, so we had to send some of our guys to the planning conferences to work the [logistics] of it," Flye added. "It's a unique cooperation between the Navy and the Air Force."

ICEX 2016 is a five-week biannual exercise designed to research, test and evaluate operational capabilities in the Arctic region.

The event enhances submarine readiness and supports Arctic objectives and initiatives.

The exercise includes more than 200 participants between the U.S. Army, U.S. Coast Guard, Alaska Air National Guard, Great Britain, Canada, and Norway.





ABOVE: Members of the U.S. Navy, the Arctic Submarine Laboratory, the Alaska Air National Guard and various contractors began the construction of a camp on an ice floe in the Arctic Ocean March 2, in support of Ice Exercise 2016. (U.S. Air National Guard photo/Staff Sgt. Edward Eagerton)

LEFT: More than 12,000 pounds of cargo falls out of the back of a C-17 Globemaster III over the Arctic Ocean in support of the U.S. Navy Submarine Forces' Ice Exercise 2016. ICEX 2016 is a five-week exercise designed to research, test and evaluate operational capabilities in the Arctic region. (U.S. Air Force photo/ Staff Sgt. Sheila deVera)

Getting it together: JBER spouses' clubs plan summer merger

By Airman Valerie Monroy JBER Public Affairs

The Joint Base Elmendorf-Richardson Spouses' Club and Richardson Spouses' Club have announced a merger, and will become the JBER Spouses' Club.

The new club shows JBER is a united installation, said Amanda Collier, RSC president.

In the next few months, the clubs will be working on drafting a new constitution and bylaws as well as merging financial procedures, protocols and policies. The new club will not officially conduct business as a single entity until late this summer.

JSC president Mandy Poulin said she'd only been president for a few months when she first began working on the union.

"I emailed Amanda to talk about possibly merging the two clubs," Poulin said. "This [process] has actually been going on for two to four years, but it just hasn't happened until now."

For the plan to move forward, it had to be

know that [spouses of] all ranks and from lubs will all branches are welcome," Collier said. "We're leaving former affiliation at the door

branch, she continued.

Poulin said.

and looking forward to this new and exciting adventure." During the next few months, monthly socials will be joint events where JSC members will be welcomed to gatherings hosted by the RSC.

approved by both clubs' executive and gov-

erning boards, and be general membership.

of each club being only Air Force or Army,

club they can join because of their affiliated

The joint venture aims to drop the stigma

Spouses often get confused as to which

With the new club, members should

Spouses who are not now members of either club and who would like to participate in either club before the official merger can pay the half-year price with either the JSC or RSC.

At the end of August the new club will host a sign-up event to invite new members,

as well as former members of the RSC and JSC, to join.

Collier explained this will be a fresh start.

The first activity of the new club will be to select their leaders. A nomination committee with members from both the current clubs will be getting together in the spring to discuss how the new club's executive and governing boards will be coming together for the next year.

"All positions are currently available for nomination," Collier said. "If someone feels they would like to be a part of either the executive or governing boards, we ask they submit a [biography] to either president."

A large part of both the RSC and JSC is providing scholarships. Last year the JSC awarded more than \$25,000 in scholarships and the RSC awarded about \$13,000 in scholarships.

"With the new club we'll be able to combine our efforts and reach even more people," Poulin said.

Collier explained this will remain a

priority but the club is still in the process of deciding how they will proceed with the scholarships.

When it came to giving back to the community, both the JSC and RSC participated in several events such as the annual cookie drive for military members away from home, donating to the Food Bank of Alaska, and donating to the Alaska Fisher House.

"We will continue to stay involved in the local Anchorage community and JBER," Collier said. "The union of the club will only make our participation stronger."

Despite the effort that has already gone into making the merge possible, there is still a lot of work left to be done.

"This was a long time coming and it's just the final piece of a joint-base installation," Collier said. "We hope to be a frontrunner for further joint bases throughout the military."

For more information on how to sign up or to apply for a board position, visit www.richardsonspousesclub.com or www. jberspousesclub.com.

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urture your noggin

Most TBIs don't happen during deployments; get smart with Brain Injury Awareness month, page A2



Not just a deployment problem: It's brain injury awareness month

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

The brain is the most important organ in the human body. If it is injured, death or long-term problems may ensue.

March is Brain Injury Awareness month, and this year's motto is "Think ahead: be safe, know the signs, get help." Brain injuries are classified as either acquired or traumatic.

ABI is a brain injury caused by tumors, toxins, diseases or lack of oxygen, while TBI is a disruption of function resulting from a blow or jolt to the head by external force.

At least 2.5 million children and adults suffer TBIs each year in the U.S., according to the Brain Injury Association of America.

"Alaska - both in the civilian and military population - has one of the highest rates of TBI in the country," said Patricia Raymond, Defense and Veterans Brain Injury Center regional education coordinator. "More than 80 percent of TBI in the Department of Defense are concussions - mild TBI.'

Most injuries here result from bad falls on ice or airborne operations, but other recreational activities like snowmachining, skiing, snowboarding, sledding and motorcycling are also common causes, Raymond said.

"A lot of people think military [members] get their TBI while they are deployed, [but] actually only 20 percent are diagnosed in theater," Raymond said. "In deployed settings, the two most common causes for TBI are vehicle crashes and exposure to blasts.'

TBIs are classified as either penetrative or closed-head, and rated mild, moderate and severe.

"[Penetrative] is exactly what it sounds like, when something goes through the hard tissue of the skull and into the soft tissue of the brain," Raymond said.

She said a loose rule for distinction between mild, moderate and severe is how long the person was unconscious. Mild TBIs result in either not losing consciousness or blacking out for up to 30 minutes. Moderate



A Soldier takes a cognitive hand-eye coordination test on a virtual driving simulator at the traumatic brain injury clinic in the Joint Base Elmendorf-Richardson hospital March 2. Physicians or nurse practitioners develop treatment plans for those with brain injuries by testing patients on multiple cognitive levels, while allowing for physical and emotional symptoms. (U.S. Air Force photo/Airman 1st Class Christopher Morales)

can be measured by being unconscious for 30 minutes to 24 hours, and severe for more than 24 hours

Symptoms of TBI are split into three sections; physical, cognitive and emotional.

The physical symptoms are headache, sleep disturbances, dizziness, balance problems, nausea or vomiting, fatigue, visual disturbances, light sensitivity and a ringing in the ears. The cognitive symptoms are slowed thinking, poor concentration, memory problems, and a difficulty finding words. The emotional symptoms are anxiety, depression, irritability and mood swings.

Headaches are the most common symptom for TBI patients, Raymond said.

"Almost everybody who walks through the door deals with some kind of headache," Raymond said. "Some people have migraines or an occasional tension headache. In who did not have headache as a symptom."

After a traumatic injury – when a person is affected by many of these symptoms - it might be difficult to discern the next step.

"If you have hit your head ... just get checked out by medical as soon as possible," Raymond said. "Spouses are usually the first to know if something is wrong."

If someone is experiencing more than one of these symptoms after a fall or jolt to the head, despite their protests, it's better to take them to a hospital in case it was a concussion or worse.

Patients should go to their personal care manager, unit medic, the mental health clinic or emergency room, to be referred to the TBI clinic if treatment is necessary.

The TBI clinic offers several types of therapy and rehabilitation, as well as a recovery support program, nurse case my four years here, I've met with one patient management, pain management, and many

education resources.

"Patients need to work with their provider and follow their medical instructions because it will lead to the fastest and fullest healing possible," Raymond said. "They will also be back to full duty sooner with full capacity.3

Some individual coping tips for brain injury recovery from the Defense and Veterans Brain Injury Center are writing things down, storing important things in one designated place to reduce losing them, pacing oneself with needed breaks, focusing on one thing at a time, and being patient with one's surroundings, the healing process and oneself.

Most people heal from a concussion within a few days to a week, but a small percentage could take months, Raymond said. This could be due to increased severity or prior injury

Participating in vigorous activities while impaired increases the risk of another injury.

"If someone has already had one or more concussions, they are more likely to get another one," Raymond said. "Prevention becomes even more important."

Some preventive tips are to wear a seatbelt at all times in a moving vehicle, have children in age-appropriate safety seats, do not mix alcohol, drugs or driving in any order, and wear the appropriate protective gear for the occasion.

Because children are constantly growing, it is important to buy them gear that fits at the time.

'Make sure that your children have all of the necessary gear and if they have outgrown [it], it's time to buy them gear that fits well because it will do the best job protecting them," Raymond said.

Adults also need the same amount of protection, so always make sure personal protective equipment is up to date.

"If they make a helmet for it, wear it," Raymond said.

No matter the activity, be safe; in case of injury, know the signs; and do not hesitate to get help. Always think ahead.

Screenings prevent small problems from turning into colon cancer

By Airman 1st Class Javier Alvarez JBER Public Affairs

March is Colon Cancer Awareness Month.

To raise awareness of the threat colon cancer presents, the gastroenterology clinic at the Joint Base Elmendorf-Richardson hospital is encouraging people to get screened

According to the Centers for Disease Control and Prevention, colon cancer is the second leading cause of cancer death in the United States for cancers that affect both men and women.

On average, 140,000 Americans are diagnosed with colon cancer and more than 50,000 people die from it each year.

Despite how damaging colon



Abdominal pains, blood in the stool, change in size of the stool and unexplained weight loss are common symptoms associated with colon cancer. (U.S. Air Force photo by Airman 1st Class Javier Alvarez)

Some of the symptoms of colon cancer include blood in the stool, change in the [size] of your stool, as well as unexplained weight loss and abdominal pain, Nelson said. But what makes colon cancer particularly dangerous is it often does not show symptoms.

"Everybody should get a colonoscopy at the age of 50," Nelson said.

People with a family history of colon cancer are encouraged to speak with their health care professional to schedule an earlier screening, he said. Individuals who smoke or are obese are at a greater risk, however, they do not need to get screened earlier.

To schedule a screening, contact your primary care doctor and request a referral to the gastroen-

cancer can be, it is preventable, said Air Force Maj. Austin Nelson, 673d Medical Operations Squadron gastroenterology clinic chief. Screenings can lead to early detection, which helps eliminate the threat.

Colon cancer is most common in people age 50 or older, he said.

According to the CDC website, if everyone 50 or older had a regular screening test, at least 60 percent of deaths from this cancer could be avoided.

There are different tests that screen for the presence of colon cancer, Nelson said. But the test that has proven to be the most thorough, and is preferred, is the colonoscopy.

"With the colonoscopy, we look for something called polyps (an abnormal growth inside the colon)," said Air Force 1st Lt. Jessica Henley, 673d MDOS gastroenterology nurse manager. "[These growths] can be precancerous or benign. If we find a polyp we remove it, and by removing it we can prevent colon cancer."

Preventive measures to lower the risk of developing colon cancer include exercise, weight loss, quitting smoking and having a well-balanced, healthy diet, Henlev said.

CYBER

terologist.

Male and female gastroenterology doctors are available to provide full GI services on JBER.

"[Patients] can get a referral and come and see what it's all about," Henley said. "If they have any reservations, we can answer any questions or concerns."

DoD-wide rapid deployment of Windows 10 planned to boost cybersecurity

By Cheryl Pellerin Defense Media Activity

The Defense Department will deploy Windows 10 departmentwide by January 2017 to strengthen cybersecurity and streamline the information technology operating environment, according to a Feb. 26 memo by Deputy Defense Secretary Bob Work.

Work addressed the memo to secretaries of the military departments, the chairman of the Joint Chiefs of Staff, defense under secretaries, defense agency directors, DoD field activity directors and other senior leaders.

"After consultation with department leadership and through discussions with the DoD chief information officer, I am directing the department to complete a rapid deployment and transition to Microsoft Windows 10 Secure Host Baseline," Work wrote.

"This decision," he added, "is based on the need to strengthen our cybersecurity posture while concurrently streamlining the IT operating environment."

Strengthening cybersecurity

The secure host baseline approach to the transition was developed in partnership with the military departments and other DoD components, including the DoD Chief Information Office, National Security Agency and Defense Information Systems Agency.

The deputy secretary directed U.S. Cyber Command, through U.S. Strategic Command, and in consultation with the CJCS and DoD CIO Terry Halvorsen, to lead the directive's implementation.

Halvorsen said the DoD-wide shift to a single operating system is unprecedented and offers several benefits.

"Transitioning to a single operating system across the department will improve our cybersecurity posture by establishing a common baseline," the CIO said, adding that deploying Windows 10 also will help lower the cost of DoD information technology.

Pass the hash

DoD will transition more than 3 million Windows-based desktops, laptops and tablets to Windows 10, a cross-platform release that does not include mobile phones, said David Cotton, the deputy CIO for information enterprise.

New security features in Windows 10 will help enable faster software patching, he said, and counter a major cyber-intrusion technique called "pass the hash.'

In this hack,

an attacker accesses a re-UNITED mote server by using a stored hash, or a one-way transformation, of a user's password rather than the standard plain-text password.

The operating system also will increase accountability and transparency across DoD networks, allowing cyber defenders to better detect malicious activity, Cotton said.

Critical implementation

Work said in his memo he expects the full cooperation of all critical implementation components, including DISA and NSA.

"DoD components are responsible for planning, re-COMMAN sourcing and executing the Microsoft Windows 10 SHB deployment consistent with this memorandum," he said, noting that the DoD CIO may update and refine the deputy secretary's direction as needed during the implementation.

From his perspective as STRATCOM commander, Navy Adm. Cecil D. Haney said that cyberspace underpins all his mission areas and has become a critical

facet of national power.

"This transition is another step toward ensuring we strengthen our cybersecurity posture," he said. "It is also another example of a number of partners, including the DoD Chief Information Office, NSA, DISA, Cybercom, and DoD components, successfully working together to ensure our networks are resilient and secure."

Joint Base Elmendorf-Richardson/ 673d Air Base Wing Commander Col. Brian R. Bruckbauer (USAF)

Joint Base Elmendorf-Richardson/ 673d Air Base Wing Vice Commander Col. Timothy R. Wulff (USA)

Joint Base Elmendorf-Richardson/ 673d Air Base Wing Command Chief Command Chief Master Sgt. Garry E. Berry II

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Arctic Warrior



OLICE Lance Cpl. Matthew Rogers, as-signed to Military Police Com-pany D, 4th Law Enforcement Battalion, provides security while fellow Marines clear a complex during military opera-tions on urban terrain training at Joint Base Elmendorf-Rich-ardson March 6. The MOUT training prepared the Marines for their upcoming deployment to Serbia where they will serve as military police advisors. (U.S. Air Force photos/Alejan-dro Pena)

RIGHT: Marines assigned to Military Police Company D, 4th Law Enforcement Battalion, assault and clear a com-plex during military operations on urban terrain training. BELOW: Marines travel to the MOUT site. BOTTOM: A Marine assigned to Military Police Company D, 4th Law Enforcement Battalion, provides overwatch security while fellow Marines clear a complex.









A C-17 Globemaster III aircraft of the 517th Airlift Squadron takes off from Bryant Army Airfield on Joint Base Elmendorf-Richardson Monday while practicing landing and taking off from a short runway. (U.S. Air Force photo/Justin Connaher)

Keeping work spaces safe critical to overall mission, personnel

By Airman 1st Class Javier Alvarez JBER Public Affairs

Making sure workcenters are free of hazards and deficiencies is just as necessary for mission readiness as a trip to the doctor.

To ensure the safety of base personnel and continue mission readiness, the Joint Base Elmendorf-Richardson occupational safety office is encouraging people to correct or report hazards in workcenters.

"The importance of timely identification and reporting of hazards is that it contributes greatly to effective mishap prevention," said Curtis Wolford, 673d Air Base Wing Safety Office specialist. "Mishap prevention is the minimization of loss of Air Force resources and protecting Air Force personnel from death, injuries or occupational illnesses by managing risks on- and off-duty.

"Mishap prevention depends



Icy exterior walkways are one of the most reported unsafe work conditions. (U.S. Air Force photo/Airman 1st Class Javier Alvarez)

on personnel identifying, reporting and correcting hazards promptly and efficiently," he said.

As with any action, there are appropriate procedures for reporting workplace hazards.

"The first step is for individuals

to utilize their chain of command," Wolford said. "It's important I mention both managers and supervisors will not allow coercion, discrimination or reprisal against an Airman who exercises their right to report hazards." "If, however, the individual feels that their chain of command has not adequately addressed their concern, they can submit an Air Force Form 457 to their local safety office," he said. "That process is defined in [Air Force Instruction] 91-202."

At this point in 2016, icy exterior walkways are one of the most common reported unsafe work conditions, Wolford said.

Slips on the ice are much more common as the seasons change from winter to spring because people assume they don't need traction devices, said Staff Sgt. Jonathan Murphy, 673d ABW Safety Office occupational safety technician.

But slips are not exclusive to outdoor walkways.

"In an office environment, we are going to have different materials on the ground," he said.

"Preventing these issues involves self-policing. By keeping [unnecessary things] off the floor, and keeping pathways clear, we can eliminate a lot of our tripping hazards."

The potential hazards found in workcenters are more than just slips trips and falls.

"Someone might want their office configured a certain way, but when there aren't enough outlets, they are forced to daisy-chain power strips [causing a fire hazard]," Murphy said. "By reorganizing their workspace, they can eliminate a lot of their safety hazards."

In general, anything that could potentially be a hazard should be corrected or reported.

"It's important that personnel not view hazard reporting as only a workplace item," Wolford said. "If someone is at the base gym, [Exchange] or anywhere else on base and feels there may be a hazard, they should contact the area supervisor or [NCO in charge] if possible. If not, they should contact 673d ABW Safety."

Briefs & Announcements March 11, 2016

Munitions inventory

The 3rd Munitions Squadron will conduct a semi-annual inventory of the munitions stockpile March 18 through 25. During the inventory, only emergency requests will be processed. Requests during that time must be submitted in writing and approved by the group commander or equivalent.

For information, call 552-3098 or email *jber.fv5000@elmendorf. af.mil.*

Express closure

The JBER-Elmendorf Express on 9th St. is closed for renovation until 8 a.m. March 26. The gas station will remain open for fueling. The 24-hour Express at the Joint Military Mall and the JBER-Richardson Express remain open.

For information, call 753-0232.

Palace Chase/Front

In-service Air Force Reserve recruiters will host Palace Chase/ Palace Front briefings at the PME auditorium April 4 and 18, beginning at 8 a.m. and noon. The program allows active Airmen to transfer to National Guard or Reserve duty.

For information, call 552-3595.

Corrective maintenance

A new contract for preventive and corrective maintenance for facilities is in effect. Wolf Creek Federal Services will assist the 773d Civil Engineer Squadron to clear the backlog of high-priority corrective maintenance work and provide robust preventive maintenance. To submit a new work request, contact the 773d CES.at 773ces.csu@us.af.mil. In case of emergencies, call 552-3727.

JBER Tax Center open

Active duty members, Reserve component members, retirees, and family members can receive free tax return preparation and electronic filing at the Tax Center.

Volunteers are trained to prepare federal and state 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 to deal with Permanent Fund Dividends.

All tax returns through the tax center are forwarded electronically

to the IRS and by selecting direct deposit, taxpayers can receive their refunds in as little as seven to 10 days.

The 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., Thursday from 1 to 8 p.m., and the second and fourth Saturdays of the month from 10 a.m. to 2 p.m.

Taxpayers will need military ID; social security cards and birth dates for all dependents; last year's federal income tax return; wage and earning statement(s) from W-2s, W-2Gs, and 1099-Rs; any Forms 1098, interest and dividend statements; bank routing and account numbers for direct deposit; amounts paid to day care providers and the day care providers' tax identification numbers. To itemize deductions, bring evidence of the expenses.

The Affordable Care Act requires proof of essential health coverage. Your proof of coverage is the Internal Revenue Service Form 1095: Employer Provided Health Insurance Offer and Coverage. Active duty, National Guard, Reserve, retiree and civilian employees must bring this form, available in MyPay.

Walk-ins are welcome; to make an appointment, call 384-1040.

Legal services available

The Anchorage team of the 6th Legal Operations Detachment offers legal services for eligible members of the JBER community. Services are hosted monthly 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, adoption, landlord/tenant issues, and debt.

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. All other requests will be tracked by

t 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), has relocated to Building 8124 Doolittle Avenue. The temporary location is 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 hourlong 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 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; recieving 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 do design, printing and distribution of business cards, l etterhead, 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 is available to all eligible active-duty members. 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 activeduty military personnel, enlisted and officers, accompanied and unaccompanied with affordable off-base housing.

An allotment must be executed under either option for the rental

ARCTIC WARRIOR A-5

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 information and assistance.

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

U-Fix-It Store

The U-Fix-it stores, open to all Aurora Military Housing tenants, issue home maintenance items.

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 and cut down on service orders. 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 of-

fice 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; priority goes to those PCSing. For information, call 375-5540.

Tor mormation, can 575-5540

Giant Voice testing

Giant Voice mass notification system testing occurs Wednesdays at noon. If the announcement is difficult to hear or understand, please call 552-3000.

If the announcement is difficult to hear or understand in any of the base housing areas, contact JBER at *Facebook.com/JBERAK*.

Richardson Thrift Shop

The JBER-Richardson Thrift Shop, in Building 724 on Quartermaster Drive, is open Monday through Thursday from 10 a.m. to 2 p.m., and first and third Saturdays from 11 a.m. to 2 p.m. Consignments are accepted Tuesdays and Thursdays.

For information, call 384-7000.

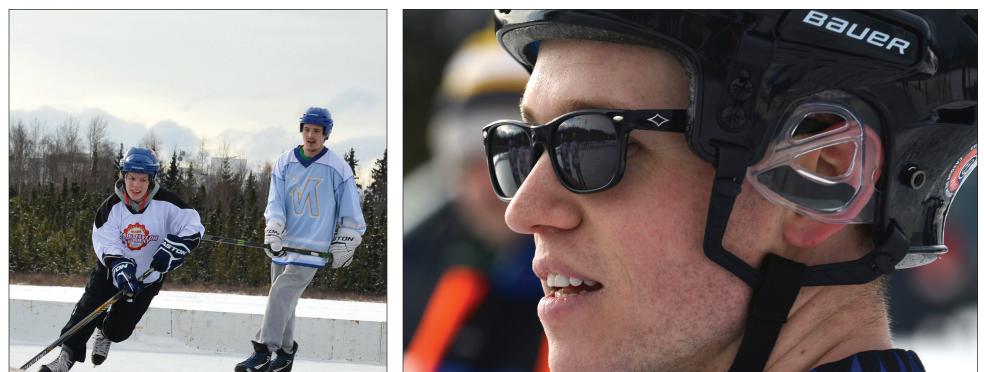
COMMUNITY

March 11, 2016

Volume 7, No. 10



Senior Airman James Richardson, a photojournalist with the 673d Air Base Wing Public Affairs Office, dips the puck past an opponent at The Last Frontier Pond Hockey Classic hosted in Anchorage March 5. The tournament was part of the Fur Rendezvous festivities, and featured eight separate divisions, each with multiple groups of teams competing to be the best in their respective division. (U.S. Air Force photos/Airman 1st Class Kyle Johnson)





posing player in her team's third match.

Senior Airman Therese Holm, (left) a mental health technician with the 673d Mental Operations Squadron, skates the puck past an op-

Airman 1st Class Robin Knight, a cargo specialist with the 773rd Logistics Readiness Squadron, waits outside the rink for a chance to relieve one of his teammates. Knight and several other service members from Joint Base Elmendorf-Richardson, along with their friend Timothy McLain, formed a six-man team as one of 17 teams competing in the open division.



Senior Airman Joe Dumancas, a dental laboratory technician with the 673d Dental Squadron (right) and Airman 1st Class Robin Knight, a cargo specialist with the 773rd Logistics Readiness Squadron, (center) laugh as they take a break in between matches.



Players warm up in between matches at The Last Frontier Pond Hockey Classic hosted in Anchorage.



Senior Airman James Richardson, a photojournalist with the 673d Air Base Wing Public Affairs Office, and Air Force Staff Sgt. Tony Zubriski, an air traffic controller with the 3rd Operational Support Squadron shake hands with the opposing team after their first victory.



Air Force Staff Sgt. Tony Zubriski, an air traffic controller with the 3rd Operational Support Squadron skates the puck past an opposing player in her team's third match of The Last Frontier Pond Hockey Classic. Zubriski's team finished the tournament with a match score of two losses, one win, and a tie in the open division.

Matters of Faith

What does spirituality mean to each of us?

By Air Force Staff Sgt. William Banton JBER Public Affairs with reporting by Staff Sgt. Benjamin W. Stratton 92nd Air Refueling Wing Public Affairs

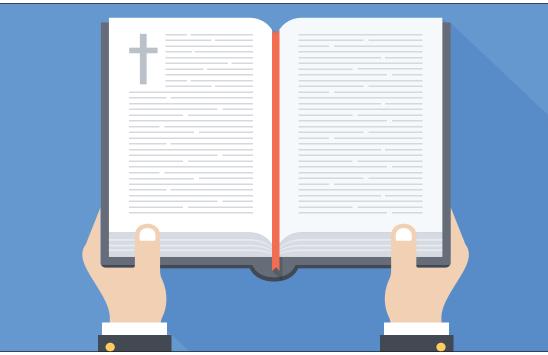
The textbook definition of spiritual resiliency says individuals with a clear professional identity will be strong of spirit and more resilient in challenging circumstances.

This definition of spirituality comes straight from *af.mil* and the pillars of strength, but what does this really mean and who can help Airmen stay resilient?

The mission of the Air Force Chaplain corps on Joint Base Elmendorf-Richardson is to provide spiritual care for service members and their families.

Chaplains do this by supporting religious observances, providing pastoral care, and advising leadership on spiritual, ethical, moral, morale, core values, and religious accommodation issues.

"For me it comes down to three words: meaning, purpose and hope," said Air Force Chaplain (Maj.) Steven Richardson, JBER's senior Protestant chaplain.

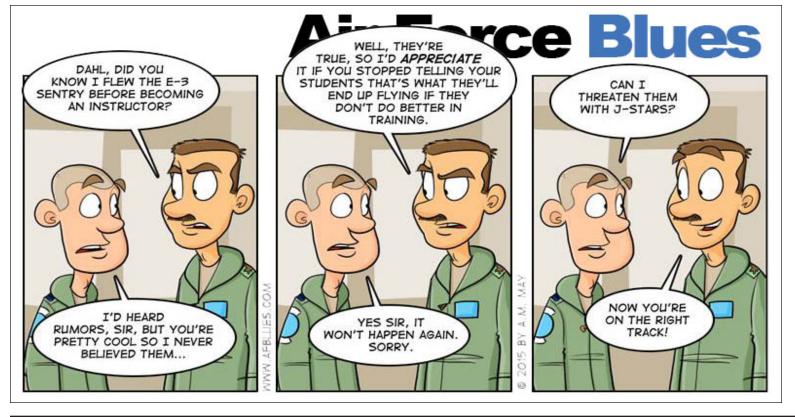


In 2009, the Defense Department conducted a psychological study showing how spirituality has helped service members cope with difficult situations and traumatic events. (Courtesy image)

"Can a person truly find meaning in the world, in their life and in what they are doing?"

It's important to have some sort of belief that tomorrow can be, or will be, better than today and that there is something to look forward to, Richardson said. "I think the biggest thing for me is that my spiritual health is much better when I'm also around like-minded people," said Airman 1st Class Ryan Harper, 673rd Communication Squadron cyber system operations specialist. "Knowing there's a place where I can have discussions about my spiritual beliefs."

According to *spiritfit.army.mil*, the Army's Virtual Spiritual Fitness Center web page, the predominant goal of spiritual resiliency programs is to provide service members with resources so they



can remain active – while leading to spiritual and comprehensive fitness for service members, family members and civilian Department of Defense employees.

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Air Force Chaplain (Maj.) James Hendrick, JBER staff chaplain, compared the relationship of spiritual and comprehensive health and healing in a commentary this past fall.

In 2009, the DoD conducted a psychological study which showed how spirituality has helped service members cope with difficult situations and traumatic events.

The study found most service members use spirituality to help cope with multiple deployments, combat stress or injury.

The research also foun it helps protect from experiencing what they called "moral injuries," which can occur from either participating in or witnessing certain acts during war that may conflict with one's moral compass.

The goal of the spiritual resiliency is to develop and determine a sense of purpose in life and the mission.

This may include highlighting an individual's connection to the mission, teaching goal setting, encouraging mindfulness, showcasing mission highlights, emphasizing religious accommodations and developing spiritual reminders.

"If our purpose is only found in our relationships, without a sense of connection to something greater than ourselves, our purpose in life could falter if our relationships falter," Richardson said.

"The same can be true if someone's only sense of purpose comes from serving in the military."

According to JBER's resiliency resources web page, the chapel aims to meet the needs of those exploring their spiritual growth and resiliency by providing a place to worship, learn, socialize and question.

"We want to elicit and encourage hope," Richardson said. "We want to help others develop hope and purpose in their lives."

For more information on spiritual growth and resiliency please visit www.jber.af.mil/resiliency.asp or call 552-5762.

Community Happenings March 11, 2016

The Arctic Warrior Chapel will undergo a renovation through June. The 8:30 a.m. Catholic Mass and 11 a.m. Collective Chapel Services will meet at the Richardson Community Center on Hoonah Ave. during the renovation.

Express Closure

The JBER-Elmendorf Express on 9th St. is closed for renovation and will re-open at 8 a.m. March 26. The gas station will remain open for fueling. The 24-hour Express at the Joint Military Mall and the JBER-Richardson Express will remain open.

For information, call 753-0232.

FRIDAY

Spring break bowling

Come in for bowling specials at the Polar Bowl from 11 a.m. to 4 p.m. on March 11, 14, 17, and 18. For more information call 753-7467.

SATURDAY Dog Sledding

Take a ride around Hillberg Lake for a true Alaska experience at Hillberg Ski Area on Saturday and Sunday. This event is weatherdependent.

For more information call 552-4838.

WEDNESDAY Wibbly Wobbly Timey Wimey Teens

Dress in your best Dr. Who costume and head to the JBER Library for games and pizza.

For more information call 384-1640.

Parents Night Out Deadline

Registration deadline at noon for the Parents Night Out/Give Parents a Break event on March 19th for ages six weeks to five years old. For more information or to reg-

ister, call 552-5113 or 552-5091. Thursday

Lucky Charms Slalom Race

Ski or board down the hill at Hillberg Ski Area through slalom gates on a set course. The fastest time wins, with prizes are awarded to 1st, 2nd, and 3rd place. Race takes place at 4 p.m. with sign up beginning at noon. Ages 14 and up. Participants 16 and under must have a parents signature to participate.

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

Youth Parent Advisory Board

Learn more about JBER's exciting youth programs and activities and take a look at upcoming installation wide events, programs, and school district happenings.

Open to all parents/guardians of JBER youth members and community partners.

For more information call 552-2266 or 384-1508.

March 19

Earth Hour at the Alaska Zoo

Join the Alaska Zoo and millions of people, businesses and governments around the world to support Earth Hour from 8 to 10 p.m. at the Alaska Zoo with free admission.

Enjoy a presentation on Earth Hour, a candlelit walk through the zoo, and some symbolic animal enrichment with the zoo's polar bears. Bring a 100-percent beeswax or soy candle to light at the event.

For more information call 341-6463, or visit *earthhour.org*.

ONGOING Lunch at the Museum

Bring a sack lunch and check out the JBER Wildlife Education Center, Building 8141, 19th St., on March 24 and April 21, from 12 to 2 p.m. Kids are welcome and admission is free, with more than 200 wildlife mounts, educational displays, and wildlife movies playing March 18 and 29 at noon.

Open most Tuesday, Thursday, and Friday afternoons (subject to staffing availability). Visit the Facebook page at 'JBER Wildlife Education Center.'

For more information contact *jberwildlife@gmail.com*.

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 more information, visit *alaskazoo.org*.

Military Children Program scholarship

The 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;* submisison deadline is May 1.

For information, call 384-7478.

Sunday bowling bingo

Enjoy discounted bowling every Sunday 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? 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 Richardson Community Center.

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 to 11 a.m.

Toddler Tales: Wednesdays 10 to 11 a.m.

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

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

Chapel services

Catholic Mass

Sunday 8:30 a.m. – Richardson Community Center 11:30 a.m. – Midnight Sun Chapel

Monday and Wednesday 11:40 a.m. – Richardson Community Center 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

Lunch and Learn Fridays at 11:30 a.m. Kosher lunch provided. At the CFLTC 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



LUCKY CHARMS SLALOM RACE March 17 • 4 p.m.

Sign-ups begin at: 12 p.m. Contestants will ski or board down the hill through slalom gates on a set course. Fastest time wins. Prizes for 1st, 2nd, & 3rd place. This event is for ages 14 & up. Participants 16 & under must have a parent's signature to participate.

LAST DAY OF SEASON: MARCH 20 Bldg. 23400 • 552.4838

March 16 · 3 - 4:30 *p.m.*

Dr. Who Wibbly Wobbly Timey Wimey Teen Program

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www.facebook.com/JBERLife

Rent at least 3 items from the list below and we will add 2 ice fishing poles, 2 chairs, and





Senior Airman Brian Sanchez, a 732d Air Mobility Squadron aircraft services specialist, removes a tire from his vehicle at the Automotive Skills Center on Joint Base Elmendorf-Richardson Feb 24. The ASC can assist with many car repair and maintenance needs. (U.S. Air Force photos/Airman 1st Class Javier Alvarez)

Turn a repair into a learning opportunity

By Airman 1st Class Javier Alvarez JBER Public Affairs

People who don't want to rely on public transportation might visit a used-car lot in search of a diamond in the rough.

Owning a car can be financially exhausting, and if a person's gem turns out to be a lemon, shop fees can leave them in financial ruin

Fortunately, the Automotive Skills Center on Joint Base Elmendorf-Richardson can alleviate the financial burden of car repair while promoting self-reliance.

"Last week, I put a different transmission in my truck," said Tony Johnson, a retired Air Force C-130 crew chief. "I think I spent around \$1,200 here. At a shop in town it would have cost me upwards of \$3,000."

The potential savings are substantial. "There's a customer who came here to

dollars for the parts. He was quoted \$2,000 at a local shop."

After paying \$5 per hour for a flat bay or \$7.50 per hour to use a lift, patrons are afforded access to all the tools the shop has to offer, said Pat Clare, ASC automotive mechanic.

The staff of automotive repair technicians can provide a substantial amount of car repair and maintenance knowledge.

"We can help with brakes, oil changes, tire rotations, clutch work - we can pull engines out and help customers put them back together," Clare said. "We can help with just about anything."

The ASC is more than just a place to save money; each maintenance job or fix can be a potential learning opportunity.

The ASC staff don't fix the vehicles that come into the shop, said Bob Burek, ASC shop leader. Instead they use their knowledge of car repair to assist customers, which makes customers self-reliant.

"Even if somebody doesn't have something to work on, they can come down and look around or ask questions," Peluso said. "If they have a project down the road they can prepare for it and see if it benefits them to come in."

The ASC won the JBER January 2016 Interactive Customer Evaluation customer son said. "They come by and check up on vou constantly to make sure everything is going okay. If you run into a problem there's someone here that knows how to help. And if they don't know the answer, they know where to find it."

There's peace of mind in knowing the

work that went into the vehicle repair was

done first hand, said Senior Airman Brian

Sanchez, a 732d Air Mobility Squadron

aircraft services specialist.

"I studied automotives before joining the Air Force," he said. "This place allows me to pick up where I left off."

As winter comes to an end, the staff at the ASC expect an influx of patrons looking to change from winter to summer tires.

People can rest assured the ASC will be open, assisting customers with their carrepair needs.



fix his radiator," said Quirt Peluso, ASC automotive mechanic. "We helped him with ment to their work and customers. that and in the end he paid a few hundred

service award - a testament to their commit-



Staff at the ASC assist customers performing repairs and maintenance on personally "It's a good bunch of guys here," John- owned vehicles, which makes customers self-reliant.

Arctic Warrior All Stars cheerleaders to compete nationally

By Airman Valerie Monroy JBER Public Affairs

The Joint Base Elmendorf-Richardson Arctic Warrior All Stars prepare to head out for their first national championship on April 16 and 17.

The American Showcase National Championship in Anaheim, California, provides the cheerleaders their first opportunity to travel outside Alaska as a team.

The Arctic Warrior All Stars is composed of 14 students, ages 6to 14, chosen from cheerleading classes provided by JBER Instructional Youth Programs.

"The cheerleaders are added to the competition team based on skill level and attitude," said Kristen Bryant, the team's coach. "They move to the team when they're ready."

All team members are the children of military and Department of Defense members, which means the team goes through constant turnover.

"We always have kids in and out," Bryant said. "This specific group has been together since August, but the team is constantly changing."

"It takes a lot of work and dedication for all involved but it's been wonderful to see my girls grow and take so much pride in what they're doing," said Tech. Sgt. Nicole Jordan, 673d Contracting Squadron and mother of three children in the cheerleading program.

During the summer, many families go home to other parts of the country and miss out on practices.

"That just means we get a later start to prepare for the competition season than other teams," Bryant said.

Though the team may have obstacles, they continue to put their best foot forward.

Recently, the team received the Judges Choice award for overall performance, 2nd place in Group Stunt and 2nd place in Junior Two Team division, during the Top of the World cheerleading competition on Feb. 5. Certain team members also received 1st place in Tiny Individual, 3rd place in Tiny Individual and 1st place in Mini Duo.

"Really we just have great families that bend over backwards to make all this happen," Bryant said. "The level of commitment and investment from both the



The Arctic Warrior All Stars practice a stunt at the Arctic Warrior Combative Academy, March 3 at Joint Base Elmendorf-Richardson. All team members are the children of military and Department of Defense members. (U.S. Air Force photos/Airman Valerie Monroy)

parents and the children, are the reason we've had such a success-ful season."

For Heidi Addotta, Arctic Warrior All Star cheerleader, the most rewarding part is growing with her teammates.

"I like that we're all a family," Addotta said. "We focus on winning together and improving together as a team."

Bryant explained she can see how much the team has developed together and how ready they are for this competition.

"Our experience with the team has been amazing, and as a parent I am beyond proud of my daughter and the entire team for their dedication and determination," said Adrianne Hoefler, mother of Abbigale Hoefer, 9. "I am proud to have our daughter be a part of something so remarkable."

For more information on classes offered by JBER Instructional Youth Programs call, 384-1508.



The Arctic Warrior All Stars attend a practice at the Arctic Warrior Combatives Academy March 3 at Joint Base Elmendorf-Richardson. The cheerleaders range in age 6 to 14.

