

# MULESKINNERS MOVE OUT

By Sachel Harris  
USARAK Public Affairs

As rays of sun shine through the windows of the National Guard Armory, Danicka Gilmore holds her son, looking at her husband with pride as she prepares to say goodbye for nine months.

"This is our first deployment and I'm definitely nervous," she says.

Capt. Cameron Gilmore, support and operations officer for the 109th Transportation Company, will be deploying with more than 100 U.S. Army Alaska Soldiers to Kuwait for nine months. While there, the company will support the transportation needs of the U.S. and allied forces there with heavy equipment transportation systems, also known as HETs and tractor trucks. These vehicles are primarily used to rapidly and efficiently transport bulk supplies and other heavy vehicles.

"It's very nerve-racking," Gilmore said. "But it's also very exciting because we get to do our job, accomplish the mission and support the troops over there."

Though the unit has deployed five times since 2003, this is the first time the unit will deploy to Kuwait since the early 1990s.

While he will be away from his wife and son, who is about to celebrate his first birthday, the captain knows his family will be okay.

"We have a great Family Readiness Group here, and I know they will be very well taken care of," he says.

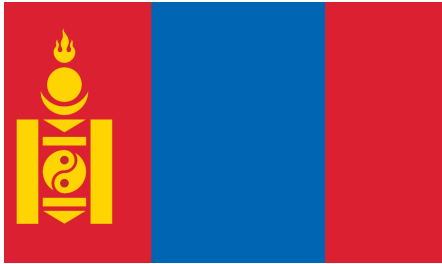
As other families, friends and fellow Soldiers fill the seats to bid farewell to her husband and the other Soldiers, Mrs. Gilmore admits that while she's ready for the deployment to be over, she's looking forward to keeping busy.

"I'm excited to see more of Alaska and immerse myself into the community," Mrs. Gilmore says. "I look forward to getting involved with the FRG and meeting and supporting other spouses."

The 109th TC, also known as the Mule-skinners, is part of the 17th Combat Sustainment Support Battalion and headquartered at JBER.



More than 100 U.S. Army Alaska Soldiers bid farewell to family, friends and fellow Soldiers during the 109th Transportation Company's deployment ceremony March 10 at Joint Base Elmendorf-Richardson. The unit is deploying to Kuwait, where they will support the transportation needs of U.S. and allied forces. (U.S. Army photo/Sachel Harris)



## Guardsmen participate in cold-weather exercise with Mongolian armed forces

By Staff Sgt. Dayton Will  
AKARNG Public Affairs

A five-man team from the Alaska Army National Guard's 1-297th Reconnaissance and Surveillance Squadron has returned from Mongolia after a cold weather subject-matter-expert exchange with the Mongolian Armed Forces last month.

The purpose of the exercise was to support the Alaska National Guard's state partnership with Mongolia, giving MAF soldiers the opportunity to learn about cold-weather and mountain tactics, techniques and procedures from Alaska National Guard Soldiers.

The four-day exchange was conducted at the Five Hills Training Area near Ulaanbaatar, Mongolia, Feb. 22 through 26.

"I think there is a lot of value in this type of training where both AKARNG and MAF Soldiers have the opportunity to learn from each other," said Maj. Samuel Scott, the 1-297th's executive officer. "And it supports two of the adjutant general's lines of effort – continuing to support the defense professionalization of the MAF, and development of Mongolia's peace-keeping operations capability."

Training events included equipment briefs, cold-weather injury classes, field demonstrations of the effects of cold weather on equipment and operations, avalanche safety, and skiing.

The culminating exercise was a climb of a local peak, during which troops from both nations had the opportunity to use the techniques they learned during the exchange.

Along with Scott, the Alaska team consisted of Staff Sgt. Cody Tirpak, Staff Sgt. Dayton Will, Sgt. Elijah Gutierrez and Sgt. Jacob Rukovichnikoff, all experts in different facets of cold-weather travel and mountaineering.

The exchange, coordinated by Capt. Amanda Plachek, the AKARNG state partnership program coordinator, was designed to broaden the knowledge base of not just the Mongolian Armed Forces, but of the participating Alaska Guardsmen as well.

"I was intrigued by their perspective on cold weather injuries," Rukovichnikoff said. "I'm not sure whether it's cultural or if they have a physiological structure that protects them from frostbite, but they laughed a little bit at our cold-weather injury class and the multiple layers of gloves that we have."

The MAF fielded 10 noncommissioned officers from the 084th Special Task Battalion and 150th Peacekeeping Battalion.

Several of the Alaska Guardsmen have been involved with training with the MAF on previous exercises. They said they were pleasantly surprised to learn several of the MAF participants were NCOs with whom they had worked in the past.

"I was very impressed with the growth of the MAF NCO corps since the first time I trained here in 2012," Rukovichnikoff said. "They are true professionals and are paving the way for the future of the Mongolian Armed Forces."

While the event was the first cold weather subject-matter-expert trip to Mongolia, Scott said he hopes there will be many more similar opportunities in the future.

"I would love to get some of the MAF soldiers to travel to Alaska and train with us in our environment," he said.

# Exercising mobility readiness

## Units brush up on moving personnel

By Airman 1st Class Kyle Johnson  
JBER Public Affairs

The 773d Logistics Readiness Squadron conducted the 673d Mission Support Group's annual mobility exercise March 10.

Each support group on Joint Base Elmendorf-Richardson who own deployable assets, but may not regularly deploy cargo, participates in these exercises to ensure maximum readiness, said Air Force Master Sgt. Rachel Palumbo, noncommissioned officer in charge of plans and programs for the 773d LRS.

"This mobility exercise is actually JBER-specific," Palumbo said. "The fact that we do this makes us stand out against other bases because other bases don't do this. Not a lot of bases have exercises to dust off the cobwebs and take a look at their cargo between deployments, operations, and maintenance, so this is a really unique process we have here and it makes us healthier as far as deploying as an installation."

Each group participates in the exercise annually, but the LRS hosts every one, so for them, it's a quarterly training, said Air Force 2nd Lt. Nichole Nicholson, deployments flight alternate installation deployment officer for the 773d LRS. This particular iteration is unique because it's the



Senior Airman Allen De Palmer, a travel center clerk with the Traffic Management Office, augments the 773d Logistics Readiness Squadron and processes 673d Security Forces Squadron members as part of the Mission Support Group's annual mobility exercise, March 10 at the Joint Mobility Center. This particular iteration of the exercise was the first time they processed people, not just cargo. (U.S. Air Force photo/Airman 1st Class Kyle Johnson)

first time they are processing personnel as well as cargo.

Because deployments are so common, it's not standard procedure to incorporate personnel in these exercises, Palumbo said.

However, in the interest of providing the best possible training, they have been incorporated this time.

"The Air Force does a really good job of moving us a lot of different places, so you never know where you're going to end up or what you're going to be doing. So it's important to practice that muscle memory," Nicholson said.

"It's not just good practice for that unit, it's also really good training for us and our augmentees. It's good for them to know what they need to do as well – what they need to be looking at and what they need to be looking for."

With these regular exercises, every group can deploy with minimum delay.

"At some point we will be required to do this, real-life," said Senior Airman Allen De Palma, a travel clerk with the Traffic Management Office and augmentee assisting with processing the MSG. "Once that happens we'll be spun up, there won't be any issues and it'll be smooth sailing."

### Inside Dog handling not a 9-to-5 job: A-3

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### Spring tour visits JBER

Star-studded group visits new USO facilities on JBER, perform and greet troops and families, page B1



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# Junior NCOs: critical linchpin to stronger warfighters

Editorial by Maj. Gen. Bryan R. Owens  
U.S. Army Alaska Commanding General

During my first seven months leading America’s Arctic Warriors, I have been very impressed with the level of professionalism and tenacity U.S. Army Alaska Soldiers employ to achieve mission success.

Thank you for working hard toward our shared goals of readiness: training, accountability, and maintenance.

USARAK is entering a state of complex and extremely high operational tempo through the summer, which will confirm our readiness to support the Army’s primary purpose – to fight and win our nation’s wars.

Spartan Brigade paratroopers and support personnel returned from a successful rotation at the Joint Readiness Training Center in Louisiana.

USARAK Aviation Task Force is working hard to certify and validate Apache helicopters, and just activated a new Gray Eagle unmanned aerial surveillance company, all while supporting National Training Center rotations.

First Stryker Brigade Combat Team is gearing up for Arctic Anvil, an exercise resembling a combined training center event right here in Alaska this summer, which will affect just about everyone in USARAK.

Junior noncommissioned officers are the most critical linchpin to achieving strong warfighters. I’m relying on junior NCOs, our sergeants and staff sergeants, to own their organizations’ training and standards.

The key to mission success in both training and combat is strong crews, squads and platoons. If those formations are well-trained, then I am confident we can fight and win.

When NCOs own training, I know we will obtain our objectives and overcome whatever trials we face.

I challenge our great junior NCOs and all leaders to never quit training early, and to always look for what you can accomplish with the time you have.

For instance, we’ve all been to ranges where Soldiers sit around for extended



Cpl. Johnny Hurst, assigned to A Company, 3rd Battalion (Airborne), 509th Infantry Regiment, and a native of Chicago, Ill., yells a shift-fire command to his fireteam during a live-fire and movement-to-contact operation on the Infantry Squad Battle Course at Joint Base Elmendorf-Richardson in 2013. Junior NCOs are the first line in training their Soldiers. (U.S. Air Force photo/Justin Connahey)

intervals waiting to fire or to ride back to the company.

This is prime training time for junior NCOs to take their Soldiers aside for opportunity (hip pocket) training. NCOs can instantly turn “hurry-up and wait” into practicing call for fire, requesting a nine-line medevac, or reviewing sexual harassment/assault reporting and prevention procedures with little to no materials or notice.

It’s called hip-pocket training because all you need is a smartbook or a phone app to be successful.

In my five combat tours, I never once ran into a Soldier who told me that they had trained too much. You can never be too ready for combat.

We don’t have the luxury of knowing who our next enemy will be, but as long as we have well-trained NCOs who can execute critical tasks and leaders who can outthink the enemy, we will be ready to face any challenge.

Leaders at all levels must facilitate training which requires junior NCOs to make tough decisions and make the right calls, especially in the interest of safety.

We must provide them with opportunities to develop knowledge, confidence and technical expertise with our kit and equipment.

Keep in mind that your junior leaders will be you someday.

Encourage them to own all the issues they face and to develop their ability to

manage challenges. Don’t assume it – teach.

I have provided you with my intent and the reasoning behind it.

Now it is on you as professional Soldiers and arctic tough leaders to develop and execute the plan for your units. You are the future of our great Army, and will ensure our success on any battlefield.

I am extremely proud to lead this organization, and I appreciate all the hard work each Soldier puts into accomplishing our missions.

Thank you for your service to our nation and Army. I ask that you give your very best to your fellow Soldiers, unit and families every day, and I promise to do the same.

Arctic Warriors, Arctic Tough!

## AER, AFAF campaigns ready to kick off 2016 fundraising seasons

*Programs help Soldiers, Airmen and retirees in distress or need*

By Airman Valerie Monroy  
JBER Public Affairs

The Army Emergency Relief and the Air Force Assistance Fund campaigns will soon be underway.

The objective of both campaigns is to provide information about what these organizations support and to request donations.

The AER campaign will run from April 1 to May 15 and the AFAF campaign will run from March 21 to April 30.

“AER was incorporated in 1942 for the purpose of collecting and holding funds to relieve distress of members of the Army and their dependents,” said Jennifer Hutchinson-Wilson, assistant Army Emergency Relief officer. “It’s an organization dedicated to helping the Army take care of its own.”

The campaign gives each active duty military and retired

service member of the Army the opportunity – through on-the-job solicitations – to contribute voluntarily to the program. The collected funds are then made available to commanders to provide financial assistance to Soldiers based on a valid need.

In addition to emergency relief, AER maintains two scholarship programs, the Spouse Education Assistance Program and the Major General James Ursano Scholarship Program for dependent children.

Both provide financial assistance for students pursuing their first undergraduate degree.

“Scholarship applications for the 2016 to 2017 academic year will be accepted until 3 p.m. Eastern time on May 1st,” Hutchinson-Wilson said.

The AFAF aims to accomplish a similar mission.

“The AFAF campaign is an annual, on-the-job fundraising appeal conducted among Air Force personnel for the benefit of Air Force personnel,” said Air Force Master Sgt. Matthew Brooker, 773d Civil Engineer Squadron first sergeant and JBER’s AFAF installation project officer this year. “It’s Airmen helping Airmen.”

Air Force Assistance Fund



contributions provide financial support to four AFAF affiliates: the Air Force Aid Society, the Air Force Village, the Air Force Enlisted Village and the General and Mrs. Curtis E. LeMay Foundation.

The Air Force Aid Society provides Airmen and their families worldwide emergency financial assistance, education assistance and various base-level community-enhancement programs.

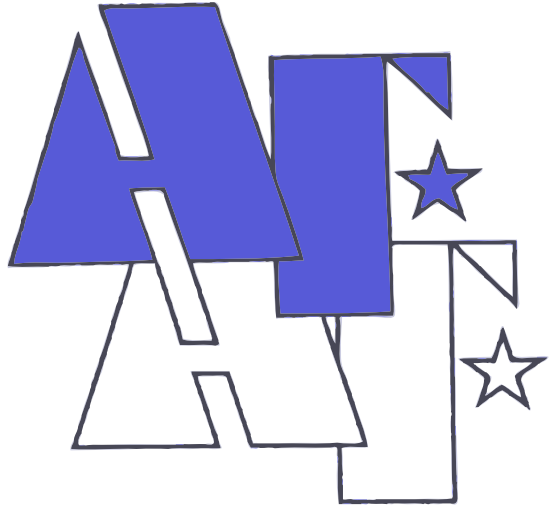
The Air Force Villages support independent and assisted living needs for retired officers and their spouses, widows or widowers and family members.

The Air Force Enlisted Village

provides homes and financial assistance to retired enlisted members and their widows and widowers who are 55 and older.

The General and Mrs. Curtis E. LeMay Foundation provides rent and financial assistance to widows and widowers of retirees in their homes and communities through financial grants of assistance.

Since only active duty and retirees from the Army and Air force can benefit from the funds, representatives can only solicit active duty and retirees for donations. Civilians and military members from other services can donate, but should not be asked to.



“AER contribution forms will be handed out to all Soldiers interested in donating throughout the campaign period,” Hutchinson-Wilson said.

Similarly, during the AFAF campaign, every unit will have a representative who will make contact with all active duty and retirees to solicit donations, Brooker explained.

“Our goal for [the AFAF] this year is \$115,423,” Brooker said.

For more information on the AER campaign and scholarships, visit [www.aerhq.org](http://www.aerhq.org).

For information on AFAF, visit [www.afassistancefund.org](http://www.afassistancefund.org).

## Chairman of Joint Chiefs discusses DoD budget request at Senate hearing

By Jim Garamone  
Defense Media Activity

WASHINGTON — There is a coming wave of defense procurement that Congress must adequately fund, the chairman of the Joint Chiefs of Staff told the Senate Armed Services Committee Thursday.

Marine Corps Gen. Joseph F. Dunford Jr. testified on the fiscal year 2017 defense department budget request of \$583 billion. That funding will enable the joint force to confront today’s threats and plan for the future, the chairman said.

Dunford expressed his working premise on the budget succinctly.

“I don’t believe we ever should send Americans into a fair fight,” he said.

The United States has a require-

ment to maintain joint forces that have the capability and credibility to assure allies and partners, deter aggression, and overmatch any potential adversary, the chairman said. “This requires us to continually improve our joint warfighting capabilities, restore full spectrum readiness and develop the leaders who will serve as the foundation for the future,” he said.

### Numerous threats

Dunford, who testified alongside Defense Secretary Ash Carter, said America is confronted with a multitude of threats from state and non-state actors. The five strategic challenges, he said, are Russia, China, Iran, North Korea and defeating extremism.

“Russia, China, Iran and North Korea continue to invest in military

capabilities that reduce our competitive advantage,” the chairman said. “They are also advancing their interests through competition with a military dimension that falls short of traditional armed conflict and the threshold for a traditional military response.”

Russia’s annexation of Crimea and actions in Ukraine, and China’s militarization of the South China Sea are two examples of this, he said, noting Iran’s malign activity across the Middle East is another.

“At the same time, non-state actors such as [the Islamic State of Iraq and the Levant and al-Qaida pose a threat to the homeland, the American people, our partners and our allies,” he said. “Given the opportunity, such extremist groups would fundamentally change our way of life.”

On top of these threats is the need to modernize the nation’s nuclear deterrent, and the need to keep conventional forces capable, ready and agile, the general said.

### Space, cyber domain

Potential adversaries are also increasingly contesting the United States in space and the cyber domain, the chairman said.

“As the joint force acts to mitigate and respond to challenges, we do so in the context of a fiscal environment that has hampered our ability to plan and allocate resources most effectively,” Dunford said. “Despite partial relief by Congress from sequester-level funding, the department has absorbed \$800 billion in cuts and faces an additional \$100 billion of sequestration-induced risk through

fiscal year ’21.”

The cuts that have already happened have “resulted in our underinvesting in critical capabilities,” the general said. “And unless we reverse sequestration, we will be unable to execute the current defense strategy, and specifically unable to address the challenges Secretary Carter outlined.”

Congress must provide adequate, predictable funding for the American military to recover from 15 years of war and plan for the future, the chairman said.

The 2017 proposal puts the military on the right trajectory, the general said, but it will need continued congressional support to ensure the “depth, flexibility, readiness and responsiveness that ensures our men and women never face a fair fight.”

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# ‘Covered in fur’: MWD handler wouldn’t have it any other way

By Airman Valerie Monroy  
JBER Public Affairs

In the early days of America, women disguised themselves to serve alongside men and be a part of the war effort.

During World War I, women gained their first opportunity to join the U.S. armed forces when the number of wounded American fighters grew and the military realized it was beneficial to enlist women as nurses.

Today, women across the military and the Department of Defense can be found serving in almost any role.

For more than 20 years, March has been proclaimed Women’s History Month to honor the countless women who sacrificed and strived to ensure all people have an equal shot at pursuing their dream.

One such woman is Air Force Staff Sgt. Kelly Szydlo, who has been a military working dog handler for more than six years. Currently, she is assigned to the 673d Security Forces Squadron.

Szydlo explained her inspiration to join the Air Force was sparked when her brother joined.

Her first choice was security forces, and she said she was ecstatic when she got it.

After her first deployment, she decided she would go a step further and become a military working dog handler.

Handlers work with their canines to train and detect explosives, find drugs, or provide real deterrents to any person who might have malicious intent.

Working in pairs, military working dogs and handlers share a bond by depending on each other to accomplish their mission.

“I love what I do,” Szydlo said. “I would do it forever if they would let me, but it’s a very taxing career field. A lot of the handlers have back problems or shoulder problems from working with the dogs; it’s a lot of wear and tear.”

Szydlo is currently in the process of retiring her dog Aashley, an 11-year-old black Labrador retriever, while also training a new dog.

“It’s a long day,” Szydlo said. “I have to keep an eye on both of



**ABOVE:** Senior Airman Amanda Taylor and military working dog Sandor, 673d Security Forces Squadron, conduct a vehicle inspection at Joint Base Elmendorf-Richardson March 9. Sandor is an explosive detection dog. Taylor is a military working dog handler with the 673d Security Forces Squadron. (U.S. Air Force photos/Airman Valerie Monroy)



**LEFT:** Air Force Staff Sgt. Kelly Szydlo plays fetch with military working dog Aashley, at Joint Base Elmendorf-Richardson March 9. Handlers work with their canines to train and detect explosives, find drugs, or provide real deterrents for any person who might have malicious intent. Szydlo is a military working dog handler with the 673d Security Forces Squadron.

them, and I’m also learning a new dog from scratch.”

In addition to training or patrolling throughout the day, handlers are responsible for bathing the dogs and cleaning the kennels on a regular basis.

“This is not your normal nine-to-five work schedule. Once my ‘duty’ day is done, there are things around the kennels that I person-

ally like to accomplish,” Szydlo said. “I can find myself away from home for extended periods of time, beginning when I hit my alarm to wake up, until the time my boots come off at night.”

Szydlo has worked with few other female handlers throughout her career, she said. One of them is Senior Airman Amanda Taylor, Szydlo’s own troop.

“This was the first job I wanted in the Air Force, and I had to work to get it,” Taylor said. “Security Forces in itself is a heavily male-dominated career field. Being a woman in this career field, it’s not a question of the job being easy or hard; you just have to work as hard as everyone else.”

“We work with almost all men, but it’s no different,” Szydlo said.

“We’re all treated the same way.”

The same standards and amount of work are expected of all the handlers, Szydlo said. No matter how long the day might be, everyone is responsible for getting the mission done.

“It’s a whole lifestyle and you have to be committed,” Szydlo said. “This is my entire life, and I love it.”



# Unwelcome touch brings bystander intervention into focus

Commentary by Air Force Master Sgt. Elizabeth Warren  
673d LRS

Fur Rendezvous is an Alaska tradition, and something I hadn't experienced until this year. There are several events, including the Iditarod Race start, a carnival, and a reindeer run – all things we wanted to see.

So, my husband and I loaded up the kids, invited a friend, and headed to downtown Anchorage to check out Fur Rondy 2016. It was chilly that day, so after spending a few hours outside, we decided to warm up and get some beverages in the beer tent. It turned out many Fur Rondy goers had the same idea; the tent was crowded.

We had about an hour to kill before the reindeer run, so we parked ourselves in a corner with

our drinks to enjoy the atmosphere and look at all the silly costumes people were wearing.

Shortly after we claimed our corner, a young man, perhaps 21 or 22, made his way toward us and took a seat on a bench just behind me. I was compelled to move immediately because as he sat, his knee (I thought it was his knee at the time) hit my butt.

OK, so, it was crowded in there; I just moved away, instantly forgiving the small, seemingly unintentional booty nudge.

What caught our attention almost right away, however, was that as soon as I had repositioned myself, the young man got up and moved away into the crowd.

It was weird, but we thought nothing of it and continued to chat.

Throughout the next 25 minutes, we observed this young man

weaving in and out of the crowd, standing still in strange spots, seeming to look for someone and then moving on.

We remarked he may have been on drugs because he was acting so strangely.

After a time, we got back in line to get some more drinks and there he was, standing in line in front of us ... but only for a moment, because then he was out of line again. After two minutes or so, he was back.

This guy was all over the place; he was in and out of line at different spots in the line at least five times over the next 10 minutes.

Eventually, we made it to the

front and got our drinks. Because of the crowd, we had to weave single-file through the throng of people to make it back to our corner, but it was slow going.

My friend took the lead, my husband walked in front of me, and I brought up the rear of the line.

Had I not seen my husband's head directly in front of me, I would have thought the person pressed up against my backside was him, because the way I was being touched was not casual, nor was it accidental; my butt had just been squeezed.

I made my surprise and alarm

known with a loud expletive and turned to see the shifty young man moving away quickly.

My husband immediately asked what was wrong and, as I told him what had just transpired, we watched as the young man moved quickly through a group of people, touching and grabbing women's butts as he went.

My friend, overhearing the tale, notified security immediately, and they then escorted the creep out of the tent.

They say there is safety in numbers, and I'd say for the most part that's true. But I've also heard that it's easier to hide in a crowd – and I witnessed this first-hand over the weekend.

I can only hope there are more people who, like my friend, will put a stop to something if they see it happen.



## Sleep is serious: catch your ZZZs, or they will catch up to you

By Prerana Korppe  
Air Force Surgeon General Public Affairs

On average, we spend 33 percent of our lives asleep. When assessing your overall health, have you considered sleep habits?

Sleep hygiene, as researchers call it, involves a variety of different behavioral practices which are necessary for quality sleep and full alertness during waking hours.

“One of the most beneficial ways to ensure a healthy lifestyle is to prioritize your sleep, the same as you do your best eating and exercise habits,” said Air Force Maj. Jaime Harvey, chief of Human Factors and Operational Safety Issues, Headquarters Air Force Safety Center. “And one of the key ways you can do that is by trying your best to maintain a regular wake and sleep pattern, every day of the week.”

### The ABCs of Zzzs

Sleep is complex and active; important internal restoration and recuperation are taking place, and much of the information we've taken in is processed and stored.

The sleep-wake cycle is regulated by two systems which interact and balance each other out: the circadian rhythm, and sleep-wake homeostasis.

The regulatory internal circadian biological clock controls the length of periods of wakefulness and sleepiness throughout the day. The system of sleep/wake homeostasis helps the body track how much time we have spent awake and when it is time to sleep.

Sleep occurs in two states: non-rapid eye movement and rapid eye movement sleep. During NREM sleep, there is a slowdown of physiological and mental activities. The body experiences physical restoration, hormone production and tissue repair. Dreaming

occurs during REM sleep, when the brain is extremely active.

### Circa-dian

“Circa” means approximately, and “dia,” day, are the basis for the circadian rhythm. The rhythm produces physical, mental and behavioral changes in accordance with periods of natural light and dark.

Being exposed to light first thing in the morning and going to bed at the same time every night help keep the body on track.

“The human body thrives on routine,” Harvey explains. “When we incorporate a regular sleep/wake pattern, our bodies follow like a well-tuned orchestra, performing in sync. When sleep is off, our bodies behave like an orchestra warming up, with each component following its own rhythm.”

Circadian rhythm has peaks and dips throughout the day. Presuming a person wakes up at 6 a.m. and goes to bed at 10 p.m., the flow goes like this: a low from midnight to 6 a.m., (deepest from 3 to 5 a.m.), followed by a high from 9 to 10 a.m. There's a post-lunchtime dip from 1 to 3 p.m., and then a “happy hour high,” – a 30- to 60-minute burst of energy around sunset. Another dip follows around 6 p.m.

### Steps to good sleep hygiene

When considering ZZZs, remember RRR: routine, routine, routine.

**Bring back bedtime.** It's not just for children. Routine bedtimes can have immense effects on improving overall health.

**Create a winding-down routine.** In preparation for bedtime, create a routine to help relax your mind. Try reading, journaling, showering or creating a to-do list for the next day.

**Set a wake time.** A regular sleep-wake

pattern will help your body adjust to its natural rhythm. Once awake, avoid lying in bed. This helps maintain bed space as sleep space.

**Use an alarm clock.** Phone alarms work too but phones should be kept out of arm's reach, and placed on “do not disturb” during sleep time.

**Get seven to nine hours.** Adults require this much uninterrupted sleep each night and are only meant to be awake 16 hours a day. Lost sleep, or “sleep debt” accumulates, and we can't “bank” sleep. The only way to reduce sleep debt is to get sufficient, quality rest every night.

**Avoid electronics before bed.** As a rule, 30 minutes before bed, avoid using “backlit” devices that give off blue light; it washes out melatonin, the hormone which triggers sleep. Each text and tweet makes you more alert. If you can't resist, check out apps that “warm” the output of your screen.

**Eat healthily, live actively.** Maintain a balance of nutritious food and daily exercise. Sleep-inducing foods include carbohydrates like corn, bread, and potatoes. Nuts and seeds, meats, peanut butter, cheese, eggs, fish, yogurt, and beans promote alertness.

**Perform a self-check.** If you have difficulty getting a good night's rest, ask yourself some questions. When did you last consume caffeine? Did you exercise before bed? Did you eat a large meal or not have enough to eat? Are you taking over-the-counter medications or vitamins? Some products have hidden caffeine, including multivitamins.

**Find the culprit.** Take action. Give yourself a “caffeine cut-off” time and try to cut back by at least one caffeinated beverage.

Don't exercise too close to bedtime, and avoid large meals then, but if you're hungry, have a light snack like crackers or warm milk. And discuss vitamin and supplement

use with your health care provider.

Still experiencing difficulty sleeping?

Log your sleep. Many apps and devices log your sleep and how restful it was, and wake you during REM so you're not groggy.

Incorporate a meditative sound, such as “pink noise.” Pink noise layers noises on top of each other – such as rain on a tin roof – and helps relax your mind.

Get out of bed and do something monotonous, like loading the dishwasher. Keep the lights dim. Getting out of bed maintains the perception of bed as a place for sleep.

Problems with sleep can be signs of other health issues, such as sleep apnea or restless leg syndrome. If you suspect you have these, consult your physician.

Sleep deprivation is real. One in three adults is sleep-deprived, which can cause physical or psychiatric symptoms and affect routine task performance. It can cause memory problems, weaken the immune system, and lead to depression. Long-term effects of sleep deprivation include a risk of obesity, heart disease, hypertension, cancer, mental distress and stroke.

After 17 hours awake, performance decreases to a level similar to a .05 blood alcohol content. After 24 hours, performance is similar to performing with a .10 BAC.

Fatigue can be fatal. It reduces concentration, energy and motivation, and decreases a person's cognitive abilities by 20 to 50 percent. The chance of an accident occurring increases by 400 percent after a worker is on shift 12 hours. As many as 7,500 fatalities occur each year as the result of drowsy driving.

Ensure your subordinates have enough time for sleep, too. The mission – and lives – depend on fit, healthy and well-rested Airmen and Soldiers.



**Munitions inventory**

The 3rd Munitions Squadron will conduct a semi-annual inventory of the munitions stockpile through March 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](mailto:jber.fv5000@elmendorf.af.mil).

**Volunteer recognition**

The deadline to submit a nomination for Volunteer of the Quarter is April 5. Volunteers can be active duty, or civilian (adult family members, retirees, or Department of Defense civilians).

Submissions are for January through March 2016. Email submissions to [673fss.fsfr:familyprograms@us.af.mil](mailto:673fss.fsfr:familyprograms@us.af.mil).

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

**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.

**SOCOM recruiting**

Special Operations recruiters host briefings Thursday at the JBER Education Center. The Civil Affairs briefing is at 11 a.m. in Room 112; Psychological Operations at 11 a.m. in Room 232; Special Forces at noon in room 112; and the 160th Special Operations Aviation Regiment at noon in Room 232.

For information, call or text (270) 304-1110, or visit [sorbrecruing.com](http://sorbrecruing.com).

**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 immediately after their active service ends.

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](mailto: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 773d CES.

Take note of the location – including street and cross-street names or building numbers. Then email [773CES.CEOH.PotHoleRepair@us.af.mil](mailto: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.

**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 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.

**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 active-duty military personnel, enlisted and officers, accompanied and unaccompanied with affordable off-base housing.

An allotment must be executed under either option 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 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. American flag kits and fire extinguishers are 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 office 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.

**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 base housing areas, contact JBER at [Facebook.com/JBERAK](https://www.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.

**JBER Bargain Shop**

The JBER-Elmendorf Bargain Shop, located in Building 8515 Saville across from the log cabin, is open Tuesday, Wednesday and Friday from 10 a.m. to 2 p.m. and the first Saturday of the month 10 a.m. to 2 p.m., with consignments accepted Wednesdays 10 a.m. to 12:30 p.m. Volunteers are always welcome.

For information, visit [jberspousesclub.com](http://jberspousesclub.com) or call 753-6134.





Miss America Betty Cantrell watches the USO Spring 2016 Entertainment Tour featuring country singer and 10-year Army veteran Craig Morgan, Panthers football player Charles Tillman, and Ultimate Fighting Championship fighters Anthony Pettis and Donald 'Cowboy' Cerrone at Joint Base Elmendorf-Richardson March 12. (U.S. Air Force photo/Airman 1st class Kyle Johnson)



Ultimate Fighting Championship fighter Anthony Pettis hands a pair of signed fighting gloves to a boy in the crowd at the USO Spring 2016 Entertainment Tour. (U.S. Air Force photo/Airman 1st Class Kyle Johnson)



Ultimate Fighting Champion fighter Donald 'Cowboy' Cerrone holds an unloaded rocket-propelled grenade launcher during the USO Fire Station luncheon as part of the USO Spring 2016 Entertainment Tour starting at Joint Base Elmendorf-Richardson. (U.S. Air Force photo/Airman 1st Class Christopher R. Morales)



Air Force Lt. Gen. Russell Handy, commander of Alaskan Command, U.S. Northern Command; Commander of the 11th Air Force, and Commander of Alaskan North American Aerospace Defense Region, North American Aerospace Defense Command, Joint Base Elmendorf-Richardson, speaks with Airmen at the USO pancake breakfast at the Joint Base Elmendorf-Richardson USO March 12. Air Force Gen. Paul Selva, 10th Vice-chairman of the Joint Chiefs of Staff, led the USO Spring 2016 Entertainment Tour to their first stop at JBER. (U.S. Air Force photo/Airman 1st Class Christopher R. Morales)



North Carolina Panthers cornerback Charles Tillman throws a football into the crowd at the USO Spring 2016 Entertainment Tour. (U.S. Air Force photo/Airman 1st Class Kyle Johnson)



Country singer and 10-year Army veteran Craig Morgan, leans down to listen to a boy ask him a question at the USO Spring 2016 Entertainment Tour. (U.S. Air Force photo/Airman 1st Class Kyle Johnson)



Miss America Betty Cantrell tries on firefighting equipment during the USO Fire Station luncheon. (U.S. Air Force photo/Airman 1st Class Christopher R. Morales)



The only book in the Bible that doesn’t mention deity

Commentary by Chris McCann  
JBER Public Affairs

Purim. You may have seen it on a calendar, but what is it?

The feast of Purim, which is preceded by the Fast of Esther, is a Jewish holiday based on the events of the biblical book of Esther.

In the Persian city of Shushan (now Shush, Iran, near the Iraqi border), the king, Ahasuerus – perhaps Artaxerxes II – sponsored a six-month drinking feast for officials all over the Persian empire. The last seven days were a special feast for those in the capital.

Ahasuerus, incredibly drunk, asked his wife Vashti to dance naked in front of the populace. She refused; Ahasuerus had her executed and demanded all the young women of the empire brought to him so he could choose a new queen.

Mordechai, a Jewish man living in the capital, was raising his orphaned niece Esther, and brought her as demanded; she was chosen as the new queen. However, she did not tell Ahasuerus she was Jewish.

Not long after she was made queen, Mordechai discovered a plot to assassinate the king; the courtiers were caught and hanged. It was noted in the king's records, but went largely unnoticed.

Ahasuerus appointed a chief minister named Haman, a self-aggrandizing man.

When Mordechai failed to bow to Haman one morning, the minister decided to kill not only

Mordechai but all the Jews.

"There are a people, scattered throughout your entire kingdom, whose laws are different," he told the king. "They do not obey the king's laws, and it is in Your Majesty's best interest to eliminate them."

The king gave him permission and funds to do so, and Haman cast lots – purim, in Hebrew – to set a date for the massacre: Adar 13, by the Jewish calendar.

Mordechai overheard some of the plans, as he often sat just outside the palace gates, and told the Jews of Shushan to fast, repent, and pray for salvation.

He urged Esther to ask the king to revoke the order. However, speaking to the king before being summoned could be punished by death. Esther tried anyway, inviting him to a feast with Haman.

That night, she asked for another feast the next evening. Haman, on his way in, was again vexed by Mordechai's refusal to bow, and he ordered a gallows built, intending to kill him the next day.

That night after the feast, the king had insomnia and ordered the court records read to him to bore him to sleep. The reader came to the part about Mordechai discovering the assassination plot, and the king realized he never recognized the man.

Haman entered at that moment, and the king asked him how he should honor someone. Haman believed the king was referring to

him; he said the honoree should be dressed in the royal robes and paraded around on the king's own horse.

To Haman's discomfiture, the king ordered him to do so – to Mordechai.

That evening, Esther mentioned that someone planned to kill her and her people.

"If we were only to be sold as slaves, I would not complain," she said. "But we are to be massacred."

The king demanded to know who would have the gall to murder his wife and her whole people, and she explained Haman, his chief minister, had come up with the plan.

Furious, Ahasuerus went to the garden to gather his thoughts; Haman stayed in the banquet room, pleading with Esther for his life.

When the king returned, Haman was lying on Esther's couch, face-down in terror.

"What!" cried the king. "He means to ravish my queen in my own palace?"

Ahasuerus had Haman hanged on the gallows he had built for Mordechai.

Esther raised one more issue – the decree that the Jews would be massacred soon, in all 127 provinces, from India to Ethiopia.

The king called his scribes and sent letters to every prince and satrap, in their native languages, declaring the Jews had the right to defend themselves, and any province or people who attacked them

could be destroyed and plundered. Ahasuerus sealed the letters with his signet and dispatched them with couriers on the fastest horses.

When the 13th of Adar came, some people did attack Jews – but being forewarned, the Jews were able to defeat them.

Haman's ten sons were all executed, and the next day became an official holiday of merrymaking, sending food baskets to friends, and giving to charity.

The feast of Purim, a minor holiday, has four obligations for Jews – eating at least one festive meal, sending baskets of food, giving charity to the poor, and listening to the public reading of the book of Esther, chanted in Hebrew from a hand-written parchment scroll.

Strangely, there is no mention of G-d in the book – not once. The great rabbis of history saw this omission as a lesson in itself; we do not see G-d, even when we are in a crisis, but he is there, guiding us.

Many communities celebrate Purim with a masquerade; while fun in its own right, it illustrates how G-d's influence may be "masked" or behind the scenes, but still there.

During the reading of the scroll – called a megillah (as in 'the whole megillah') – those listening stomp,



Purim baskets are gifts of food or drink that are sent to family, friends and others. (Courtesy photo)

boo, or shake wooden ratchets every time Haman's name is mentioned.

In Exodus, the people of Amalek pounced on the traveling Israelite camp when they were weak. G-d told Moses and the Israelites to "blot out the name of Amalek." Since Amalek became synonymous with trickery and ruthlessness, Haman is called an "Amalekite" and his name is "blotted out" with noisemakers.

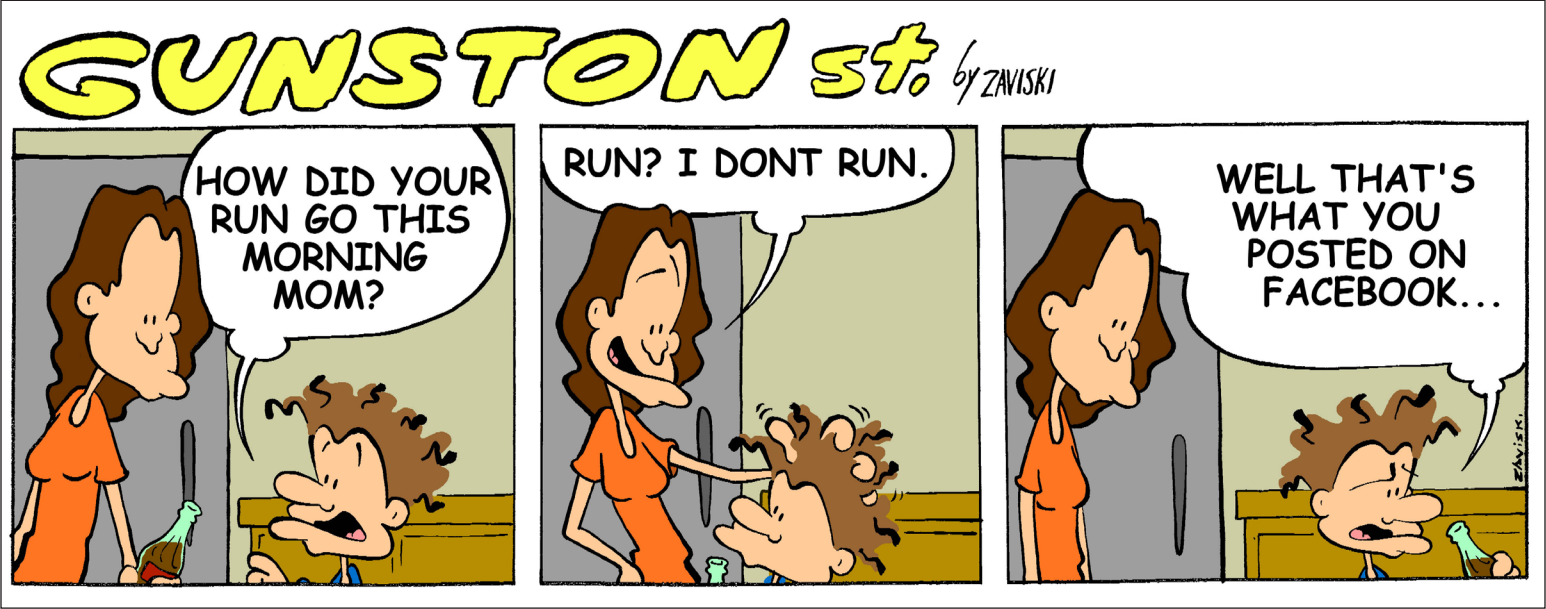
It's said most Jewish holidays can be summed up as "They tried to kill us; we're still here; let's eat." No holiday sums up the sentiment quite like Purim.

Kreplach, small dumplings filled with meat or potatoes, are a traditional food – because the filling is hidden.

Another favorite is hamantaschen – "Haman's pockets." These cookies may be soft and chewy or crisp and buttery, but either way, the round dough is folded over a filling, often poppyseeds or apricots, into a triangle.

The Babylonians used pyramidal dice, so the cookies may have originally been to commemorate the dice Haman threw as he cast the lots, but regardless how they came about, they're an integral part of the festivities, and delicious with milk.

As we see news stories almost every day about minorities oppressed around the world, Purim reminds us that even when all seems lost, there is always hope.





# Community Happenings

March 18, 2016

ARCTIC WARRIOR

B-3

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

### St. Paddy's Day party

Head to the PermaFrost Pub from 4 to 9 p.m. for green beer and food in celebration of St. Paddy's Day. Food will be served from 4:30 to 6:30 p.m.

For more information call 552-3669.

## SATURDAY & SUNDAY Spring Meltdown

Watch or participate in free events at Hillberg Ski area Saturday and Sunday.

On Friday, compete for the best style and tricks at 1 p.m. for the terrain park event. Run, ski, or snowshoe up the mountain then ski or snowboard down for the uphill/downhill race at 3 p.m.

On Sunday, race down Hillberg Ski Area in your custom cardboard sled for the Commander's Cup at 11 a.m. and challenge yourself to ski or snowboard across the pond for the Slush Cup at 4 p.m.

Registration is at 11 a.m. to 3:30 p.m. and closes 15 minutes prior to each event. Ages 16 and under must have parent's signature to participate.

For more information call 552-4838.

## SATURDAY

### Paws to Read

Children in kindergarten through third grade are invited to read with a service/therapy dog at the JBER Library from 10 a.m. to 12 p.m.

For more information call 384-1640.

## Dodgeball tournament

Teams of six to ten members can compete in this free bracket-style tournament at the Elmendorf Fitness Center at 1 p.m. Sign up as a team or as an individual to be placed on a team. Top three teams will receive T-shirts, and the champion team will receive a trophy.

For more information call 552-5353.

## NBA 2K16 tournament

Come to the Warrior Zone for some fun and free competition. Cash prizes will be awarded to the 1st, 2nd, and 3rd place winners. Must have at least six players to play. Ages 18 and up.

For more information call 384-9006.

## St. Patrick's Day bowling

Celebrate St. Patrick's Day with a Lucky Shamrock strike tourney at the Polar Bowl at 4:30 p.m., where every 3rd, 6th, and 9th frame is an automatic stike. Sign up at 4 p.m.

Or, enjoy a Luck o' the Irish Party from 5 p.m. to 1 a.m. Wear something green for a chance to win prizes.

For more information call 573-7467.

## Fat tire biking sunset ride

This weather-dependent ride takes place at Kincaid Park from 5 to 8 p.m. Sign up at the Outdoor Adventure Program.

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

## WEDNESDAY

### Indoor Rock Climbing

Climb at the Outdoor Adventure Program building from 5 to 7 p.m. Minimum and maximum sign up numbers apply.

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

## Swim/Row Challenge

This free competition consists of a 300 yard swim and 2,000 meter row at the Buckner Fitness Center from 11:30 a.m. to 1:30 p.m. Timing for each event will be added up to determine your overall time. Awards will be given to the fastest three cumulative times for men's and women's divisions.

For more information call 384-1308, or 384-1369.

## 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 Friday and March 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](mailto: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](http://alaskazoo.org).

## 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.

## Military Children Program scholarship

The scholarships for Military Children Program is accepting applications from eligible students at commissaries or online at [militaryscholar.org](http://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](http://aerhq.org); submission deadline is May 1.

For information, call 384-7478.

## 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.

## 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](mailto: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/msmrr](http://trainweb.org/msmrr).

## 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.

## 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



ELMENDORF-RICHARDSON  
**FORCE**  
SUPPORT SQUADRON

## SPRING MELTDOWN

MARCH 19 & 20



### March 20

**Commander's Cup: 11 a.m.**  
Race down Hillberg in your custom cardboard sled (supplies are not provided). Sign-up March 14 to 18.

**Slush Cup: 4 p.m.\***  
Challenge yourself to ski or snowboard across the slush pond.

### March 19

**Terrain Park: 1 p.m.\***  
Skiers & Snowboarders compete for the best style & tricks. Contestants get 2 runs and best score wins!

**Uphill/Downhill Race: 3 p.m.\***  
Racers must run, ski, or snowshoe to the top of Hillberg with their equipment, then ski or snowboard down.

\*Registration: 11 a.m. - 3:30 p.m.  
Registration closes 15 min. prior to each event. Must have a parent's signature for ages 16 & under.  
Stay updated with closures, time changes, & events!  
[www.facebook.com/hillbergskiarea](http://www.facebook.com/hillbergskiarea)

## Easter FUN DAY

• AND •  
**SPRING CRAFT FAIR**

**MARCH 26**  
**11 A.M. - 2 P.M.**

- PHOTO BOOTH • FACE PAINTERS •
- EASTER CRAFTS • EASTER BUNNY •
- ICE CREAM SUNDAE BAR •
- BOUNCY HOUSES • PRIZE HUNT •
- Balloon Animals • Magician •
- Petting Zoo •

**\$7 PER PERSON**  
**UNDER 1 YR. OLD: FREE**  
**LIMITED QUANTITY**  
**OF TICKETS AVAILABLE**

Arctic Oasis COMMUNITY CENTER  
Bldg. 9497 • 552-8529

## Spring Fling

At the Arctic Oasis

Arctic Oasis Community Center  
& JBER Youth Programs Present

## Easter Eggstravaganza

**TEEN FLASHLIGHT EGG SCRAMBLE**  
**MARCH 25 • 9:30 P.M.**

FOR 13 - 18 YRS. OLD • FREE EVENT!

SCHOOL ID/DEPENDENT CARDS WILL BE VERIFIED.  
DON'T FORGET YOUR FLASHLIGHT!

**EASTER EGG SCRAMBLE**  
**MARCH 26**

FREE EVENT!

10:30 A.M. - AGES 0 - 4 YRS OLD  
11 A.M. - AGES 5 - 8 YRS OLD  
11:30 A.M. - AGES 9 - 12 OLD

OUTDOOR EVENT, PLEASE DRESS ACCORDINGLY

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# JBER service members give the gift of life

By Tech. Sgt. Raymond Mills  
JBER Public Affairs

To give blood is to give the gift of life to someone in need, and the Blood Bank of Alaska and laboratory technicians from the 673d Medical Group facilitate this process on a regular basis via collecting and testing donations.

The blood bank and lab technicians work round the clock to ensure there is a constant supply of healthy blood to support civilian and military demands. By maintaining donor programs, medical facilities guarantee they are ready to provide this lifesaving resource upon request.

The process begins when a volunteer enters the Bloodmobile, the BBA’s mobile collection unit. Candidates complete a questionnaire, which is reviewed by trained blood-collection technicians before being deemed qualified.

Getting accurate donor history prior to donating reduces the incidence of finding issues with the blood later. When issues are identified due to changes in the donor’s history, recipients are informed he or she didn’t meet the qualifications to donate.

“It’s a tedious process to track down a unit, so it’s best to ensure you provide accurate information in regards to medication, travel, illnesses and family history and to be completely honest when you’re answering the questions,” said Air Force Maj. Sherry Glenn, 673d Medical Group chief of transfusion services.

Once the donor is cleared, a technician begins the blood collection process, which takes about 15 minutes. From start to finish, the entire donation process usually takes less than an hour.

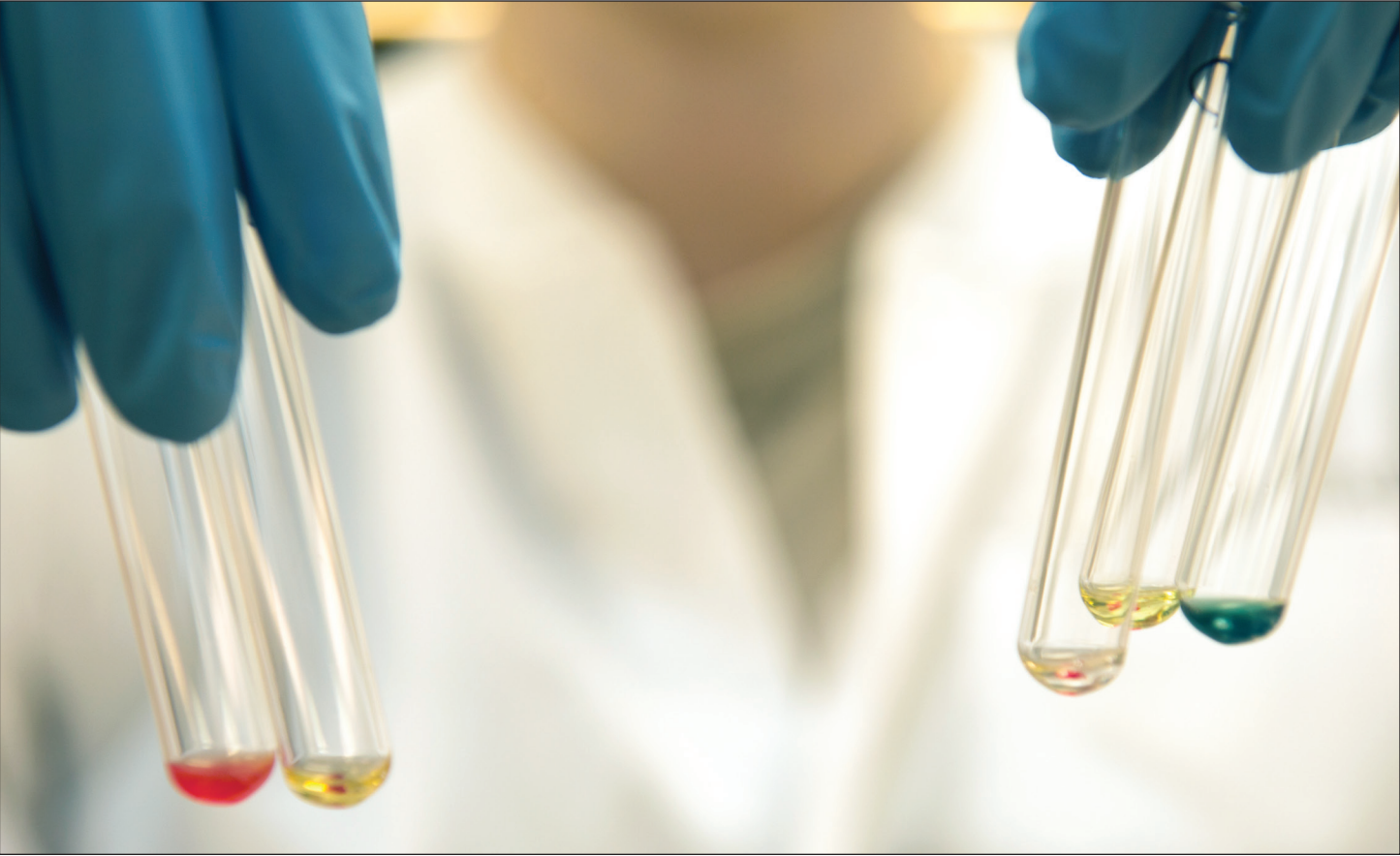
William Amituani, a team lead for the BBA, said there is always a need for blood, and the BBA is the only agency in Alaska that collects blood for the 26 major hospitals throughout the state.

While the BBA is always trying to increase their donor numbers, some customers remain loyal to the cause.

“I donate regularly because I know it’s going to someone who may need it during lifesaving emergencies, and knowing you took the time to help someone you may not know, or ever see is worthwhile in itself,” said Gregory Stevens, an electrician work leader with the 773d Civil Engineer Squadron. “The staff [is] extremely professional, courteous and nice. They always do a terrific job when you come to donate.”

Blood comprises three components: red blood cells, plasma and platelets. According to Glenn, not everybody needs all components, so it’s important for people to understand that various components can be donated.

“Once we remove the platelets from a unit of donated whole blood, there [aren’t] quite enough platelets to give to a patient,” Glenn said. “We need at least six of those



**The Blood Bank of Alaska frequently conducts blood drives on Joint Base Elmendorf-Richardson. The BBA is in constant need of donors. The process is quick and includes registration, screening, collection and refreshments. (U.S. Air Force photos/Tech. Sgt. Raymond Mills)**

bags to give to a patient. If you go to the blood bank and donate platelets, they can get the equivalent of six bags of platelets from you instead of six different donors. This is important for patients who have cancer and are undergoing chemotherapy; their immune system is already weak so you want to expose them to as few people as possible to keep them safe.”

After collection is done on JBER a portion of the blood is offered back to the base.

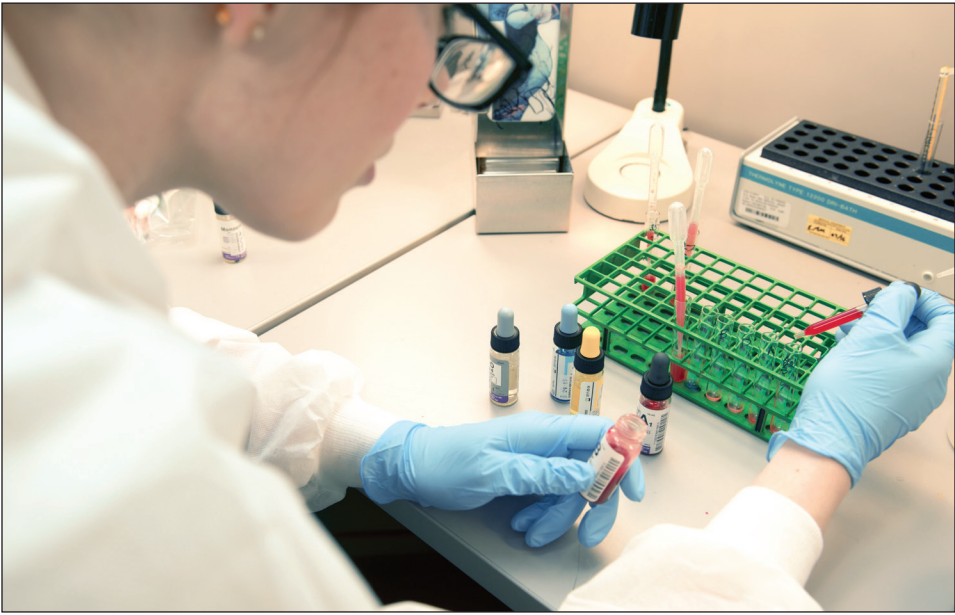
“We do not have a military blood donor center here, but we do have an agreement with the BBA,” Glenn said. “They conduct approximately three or four blood drives a month on JBER and the units they collect are used to support the state of Alaska and this hospital.”

Once the BBA collects a unit of blood, it’s tested for various contagions to ensure it meets quality standards prior to being placed in cold storage for future use.

A typical unit of blood can last up to 42 days, depending on how it is collected and stored, but JBER also has a frozen blood program that allows units to be frozen for up to 10 years – which minimizes waste.

“When you are ready to use a frozen unit, you thaw it out, and wash it several times using saline and machines to clean the red blood cells,” Glenn said. “Once the blood is thawed and cleaned, it’s like a fresh unit and lasts two weeks.”

After the unit is prepared, it is stored until



**Senior Airman Brittany Rodriguez, a medical laboratory technician with the 673d Medical Group, tests samples to identify blood type March 9 at Joint Base Elmendorf-Richardson. Identifying blood types ensures patients are matched with a corresponding type so an immune response isn’t triggered which could result in harm to the patient.**

needed for transfusion.

“There is no substitution for blood, and it’s important to have a robust blood program and to always have units on the shelf and available for immediate access,” Glenn said. “We encourage people to donate at the Blood Bank of Alaska blood drives, so we can support the community, because it is the

only blood supply for the state and there is no other organization collecting blood.”

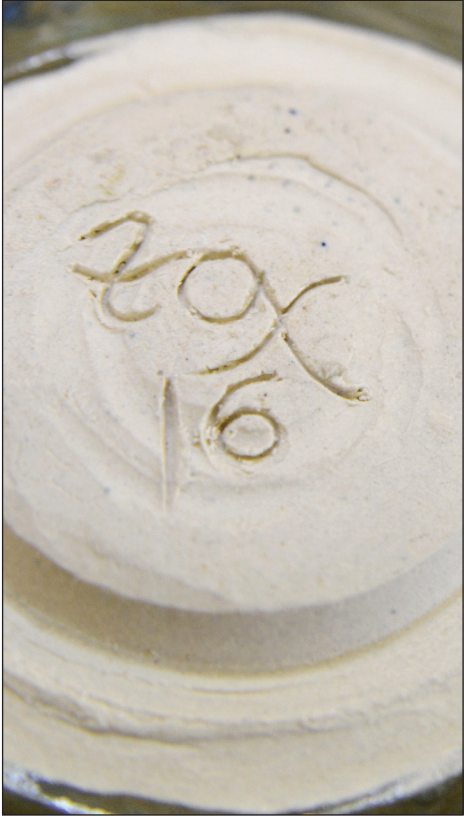
Prior to donating, donors should hydrate and be well rested.

People interested in donating can go to view service hours and locations at <http://www.bloodbankofalaska.org/hours-locations.html>.





Coast Guard spouse Laura Fox spreads the inside of a clay bowl on a pottery wheel at the Polar Express Arts and Crafts Center at Joint Base Elmendorf-Richardson Feb. 28. Fox moved to Alaska seven months ago with her spouse, Senior Chief Petty Officer Alan Fox, U.S. Coast Guard Sector Anchorage command center supervisor. (U.S. Air Force photos/Airman 1st Class Christopher R. Morales)



Coast Guard spouse Laura Fox leaves her signature at the bottom of her creations. Fox sometimes carves her signature before it dries or after the first visit to the kiln.



Bowls, plates and mugs created by Coast Guard spouse Laura Fox sit on display at the Polar Express Arts and Crafts Center at Joint Base Elmendorf-Richardson.



Laura wets her hand in a water bucket before continuing her pottery. Water is used to keep the clay malleable until the artist reaches the desired shape.



Coast Guard spouse Laura Fox softens the edges of her bowl with a sponge on a pottery wheel at the Polar Express Arts and Crafts Center.



# ‘Kids Don’t Float’ teaches children lessons for life

By Petty Officer 3rd Class Meredith Manning  
17th District Public Affairs

When 7-year-old Sam Fredrickson plunged into the water during a hunting trip with his father, Walter Washington Sr., and a family friend, near Angoon, it was Sam’s quick thinking and use of boating safety equipment that ultimately saved their lives.

Like many hunters in Alaska, the three used a canoe to get to and from the hunting site and, after a successful trip, they loaded two deer in the canoe and headed back to Angoon. The water began to get rough as they paddled back, causing the canoe to flip and sending Sam and the two men into the cold water. Only Sam was wearing a life jacket, and his father and friend began to panic. The boy calmly threw a life jacket to his father and encouraged the two men back to shore.

Situations such as this arise often in Alaska. There are more than 320 Alaska communities, all of which are located on the water or have direct access to a waterway. For this reason, the Coast Guard and the Alaska Office of Boating Safety stress to Alaskan children the importance of practicing safe boating. Through the Kids Don’t

Float program, Coast Guard and Office of Boating Safety members visit schools and villages throughout Alaska and teach children the importance of life jackets, how to help someone who’s fallen in the water and the effects of cold water on the body.

Petty Officer 3rd Class Hamilton Cleverdon, a marine safety technician at Coast Guard Sector Anchorage, and Petty Officer 3rd Class Sarabeth Duke, a yeoman at Coast Guard Sector Juneau, visited Diomedes School on Little Diomedes Island to teach some of these lessons. The school has approximately 20 students, very few of whom had ever met a Coast Guardsman or been through a KDF class. Other members of the village, including village elders, the mayor, the village public safety officer and many parents, attended the class as well. During the lessons, the students tried on life jackets, put their hands in ice water and did life jacket relay races. Through these activities, the children and village members were able to see firsthand how they can prepare for emergency situations on the water.

Along with teaching classes, KDF also provides Alaskans with boating resources. The life jacket Sam wore on his trip is an



**Petty Officer 3rd Class Hamilton Cleverdon demonstrates the effects of ice water on the body to a student at Diomedes School in Little Diomedes February 19. The demonstration was part of the Kids Don’t Float program, which teaches Alaska children about boating safety. (U.S. Coast Guard photo)**

example of the available resources. There are 650 life jacket loaner boards throughout Alaska, providing life jackets for boaters to borrow while they are on the water.

There is not a mandatory boating safety education requirement in Alaska, making KDF an important resource. Villages like the ones in Angoon and Little Diomedes rely on boating as transportation, subsistence and recreation. The lessons provided to children by KDF has lead to 26 documented lives saved in Alaska.

## Canadian Red at the Iditarod

Commentary by Royal Canadian Air Force Capt. Cynthia Duchene  
611th Air Operations Center

Commonly known as The Last Great Race on earth, The Iditarod is a dog sled race that traverses more than 1,000 miles of the roughest and most beautiful terrain on Earth. It is a race incomparable to any other.

On March 5, the members of the Canadian Armed Forces Detachment-Elmendorf – located at Joint Base Elmendorf-Richardson – and their families gathered to cheer on the Canadian mushers participating in the 2016 Iditarod ceremonial start in downtown Anchorage.

Responsible for a block of the trail, the Canadians, along with other volunteers worked tirelessly

with shovel and rake to maintain the snow trail where the 86 sled teams would later pass.

Among the racers were four Canadian teams with Jason Campeau, Rob Cooke, Hans Gatt and Michelle Phillips as mushers. The Canadian Detachment members who came out to show their support, all donning matching maple leaf toques and mitts, cheered on each racer as they made their way through the streets of the city.

Prior to the Iditarod’s ceremonial start, the members of the detachment and their families welcomed three of the Canadian mushers to a meet and greet reception hosted at the detachment mess.

Canadian Forces Brig. Gen. Patrice Laroche, Alaska North American Aerospace Defense region deputy commander, and Canadian Forces Lt. Col. David MacGillivray, Canadian Armed Forces Detachment-Elmendorf commanding officer, were on hand to welcome the mushers at the reception.

On display during the evening was a vintage dog sled provided by Yvette O’Connor of the Chugiak



**Members of the Canadian Armed Forces Detachment-Elmendorf and their families gathered to cheer on the Canadian mushers participating in the Iditarod ceremonial start in downtown Anchorage. (U.S. Air Force photo/John Pennell)**

Dog Mushers Association, which helped to create a mood of excitement for the upcoming race.

Regardless of the outcome, the Canadians living and working in Alaska had a wonderful time welcoming the Canadian mushers to Anchorage for the Last Great Race, doing what they do best – showing pride in their home country, staying involved in their local community and having fun.