

SPARTAN BRIGADE CONDUCTS FORCED- ENTRY EXERCISE

JBER Public Affairs
Staff report

Paratroopers of the 4th Brigade Combat Team (Airborne), 25th Infantry Division, U.S. Army Alaska, conducted airborne operations including a nighttime jump and a forced-entry exercise on Joint Base Elmendorf-Richardson March 31 through April 7.

Soldiers seized Malemute Drop Zone, which simulated enemy territory, and cleared it for follow-on troops.

The ability to parachute into hostile territory and create an airfield for U.S. and allied forces to use in an invasion is one of a paratrooper's foremost capabilities.

The 4-25, fresh from a rigorous rotation at the Joint Readiness Training Center at Fort Polk, Louisiana, is one of the most highly trained brigade combat teams in the Army, and one of only six airborne brigades.

They are the only airborne brigade in the Pacific region.

The Spartans are prepared to deploy globally at a moment's notice to execute combat, humanitarian assistance, partnership, or disaster-relief operations around the world.

The partnership with Air Force units at JBER means aircraft are ready to assist with troop transport for exercises, training and real-world missions.

Members of the BCT are trained in high-altitude and extreme cold-weather operations.

The brigade, activated in 2005, has deployed in support of Operation Iraqi Freedom, as well as to Afghanistan, with two deployments in support of Operation Enduring Freedom.



Spc. Nathan Lycan, a native of Los Angeles, assigned to Headquarters and Headquarters Company, 3rd Battalion (Airborne), 509th Infantry Regiment, 4th Brigade Combat Team (Airborne), 25th Infantry Division, U.S. Army Alaska, pulls security during a practice forced-entry parachute assault on Malemute Drop Zone at Joint Base Elmendorf-Richardson Tuesday. Having just successfully completed a rigorous evaluation at the Joint Readiness Training Center, the 4-25 is currently the most highly trained brigade combat team in the Army and is prepared to deploy globally at a moment's notice to execute combat, humanitarian assistance or disaster-relief operations. (U.S. Air Force photo/Justin Connahey)



ABOVE: Paratroopers assigned to the 4th Brigade Combat Team (Airborne), 25th Infantry Division, board a U.S. Air Force C-17 Globemaster III belonging to the 3rd Wing while conducting a night jump at Joint Base Elmendorf-Richardson March 31. The Soldiers of 4/25 belong to the only American airborne brigade in the Pacific and are trained to execute airborne maneuvers in extreme cold weather/high altitude environments in support of combat, partnership and disaster relief operations. (U.S. Air Force photo/Alejandro Pena)
RIGHT: A paratrooper lands during a practice forced-entry parachute assault on Malemute Drop Zone at Joint Base Elmendorf-Richardson, April 5. Having just successfully completed a rigorous evaluation at the Joint Readiness Training Center, the 4-25 is currently the most highly trained brigade combat team in the Army. (U.S. Air Force photo/Alejandro Pena)



A paratrooper assigned to the 4th Brigade Combat Team (Airborne), 25th Infantry Division, proceeds to the rally point after completing a night jump onto Malemute Drop Zone on Joint Base Elmendorf-Richardson March 31. The Soldiers of 4-25 are the only American airborne brigade in the Pacific and are trained to execute airborne maneuvers in extreme cold weather or high-altitude environments in support of combat, partnership and disaster relief operations. (U.S. Air Force photo/Alejandro Pena)



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It's fire season

JBER, Alaska, and Anchorage have rules about what you can burn and where – including fire pits and grills. See Page B5

Taking back our Army: CSM speaks against sexual assault

Commentary by Command Sgt. Maj.
Michael Grinston
I Corps command sergeant major

This is our Army.
It's time to stop pointing the finger at "them" as the status quo, and it's time to stop passing the buck when bad things happen.
Our Soldiers deserve better and the American people expect more.
We are either the solution, or part of the problem.
While it's easy to enjoy the praise that comes with being a member of a respected profession, we must also own the responsibility of fixing the things that need to be fixed.
We must be the committed professionals that America expects us to be, by taking control of the situation and enforcing discipline.

This is our Army, and there is a war going on across our force right now. The enemy hides among us in the shadows, and all we have to do is fight this using our values, strength of character, and perseverance.
I'm talking about sexual assault and sexual harassment.
Sexual assault does more to hurt our readiness than any enemy, because it erodes the foundation of our profession ... trust.
A professional force cannot fight and win wars when the Soldiers doing the fighting can't trust one another.
I don't care how many Strykers we have, or how big our cannons are. If the people operating the equipment don't trust the people to their left and right, we will fail.
No Soldier should ever have to question if he or she can trust a teammate, or if that teammate would ever harm them.

We don't stand alone, but the enemy wants us to think that we do.
We are strong because our values are strong.
We have strength because we stand together. If you wouldn't let someone say or do something to your wife, mother, daughter, husband, son or father, then don't let them do it to your team member.
It is really that simple.
This month we will recognize the great work across our formation to combat sexual harassment and sexual assault, but there's still more to be done.
Every Soldier, noncommissioned officer and officer must make a commitment to face this head-on, year-round, and without reservation.
The resources available to fight sexual harassment and sexual assault are plentiful.

Every brigade has a sexual assault response coordinator whose sole job is to file reports, assist victims and train the force.
There's the chain of command, the military police, the NCO support channel, and so much more.
These tools are undoubtedly invaluable, but the fight starts with each one of us as individuals.
Our collective awareness of the damage sexual assault does to the strength of our Army cannot end in April.
The stakes are high, but I believe we can win this. It's time for us to take back our Army, and one way to start is to stand with me in April, and keep standing until we stamp out sexual harassment and assault for good.
We must all have the courage to say, "Not in my squad. Not in our Army."

Army, Air Force join up, commit to advance energy resilience

By Tech. Sgt. Joshua DeMotts
SECAF Public Affairs

WASHINGTON — The military's ability to accomplish its missions — whether executing today's fight or training for future ones — is dependent on electricity that powers installations.
The Army and Air Force have identified energy resilience as a critical objective, advancing the capability for their systems, installations, and personnel to respond to and recover from unexpected disruptions.
The Air Force recently established its Office of Energy Assurance, which will develop an integrated facility energy portfolio.
The Army's Energy Initiatives Task Force was established in September 2011, and became an enduring organization, the Office

of Energy Initiatives, in October 2014.
The OEI serves as the central management office for implementing large-scale renewable and alternative energy projects, while leveraging private sector financing.
Now, both offices will share support staff, business processes and best practices.
The services formalized this partnership April 6 during a ceremony at the Pentagon.
The memorandum of agreement, signed by Katherine Hammack, the assistant secretary of the Army for installations, energy and environment; and Miranda Ballentine, the assistant secretary of the Air Force for installations, environment, and energy, shows the importance both services place on clean, reliable and affordable energy.
Hammack stressed this part-

nership was vital for the Defense Department and would continue to push the Army's energy goals.
"The Departments of the Army and the Air Force share a common commitment to securing our installations with energy that is clean, reliable and affordable," Hammack said. "I am pleased that through this agreement, we can share lessons learned and leverage the relationships we have developed with government, industry and utilities for the benefit of both our services."
While the establishment of the Air Force OEA cemented the Air Force's focus on energy resiliency and strategic energy agility, Ballentine said this partnership would advance that capability.
"This Army-Air Force partnership will accelerate our goal of providing mission assurance through energy assurance," Ballentine said.

"The Air Force, Army and Navy fight the fight together; we are one joint force, and our jointness is what makes us formidable around the world.
"Installation energy projects are another area where a joint-approach and strong collaboration can help us do more, faster."
Air Force Lt. Gen. John Cooper, the Air Force deputy chief of staff for logistics, engineering and force protection, also signed the memo and said the Air Force is a globally networked force with critical missions and operations that are reliant on access to energy to accomplish the mission.
"We execute almost all our missions from our air bases, so building partnerships like this will ensure our resources and approaches are focused on mission assurance and resiliency," he said.
Army Lt. Gen. David Halver-

son, the Army assistant chief of staff for installation management, also signed the memo on behalf of the Army.
"This agreement is a framework for collaboration between the Army and the Air Force on policies, procedures and partnerships that support our energy missions," Halverson said. "We are excited to work with the Air Force in this effort."
"This partnership will identify and expand potential renewable energy opportunities across Army and Air Force installations."
According to the memo, the partnership provides a framework for cooperation and support in the development of renewable energy projects, establishes the expectations and requirements of each service, and demonstrates both services' focus on achieving energy assurance.

Army surgeon general shares her secrets to leadership success

By Lisa Ferdinando
DoD News

WASHINGTON — Army Surgeon General Lt. Gen Nadja Y. West, the highest-ranking female graduate of the U.S. Military Academy at West Point, New York, says respect is a key to successful leadership.
Good leadership, West said, includes treating others with dignity and fairness, carrying oneself with respect, and demonstrating resilience, adaptability and empathy.
"As a leader, you're really a servant, so you serve those who you lead," she said. "I think the attributes of any leader start with integrity."

Army medicine

West earned an engineering degree from West Point and her medical degree from George Washington University School of Medicine. She was sworn in as surgeon general in December, receiving her third star with that appointment.
She said she is extremely proud of the work done by the men and women of Army

medicine and what they do for the nation. Around the globe, their work includes medical research, helping maintain the health of Soldiers and supporting the warfighter.
"We really do have probably one of the greatest teams of professionals on the face of the Earth," West said.
The general said she encourages girls and young women to pursue science and think about a career in military medicine, telling them they can thrive in that career. "The field of medicine is just awesome, because you can serve, you can be involved in making someone well [and] healing," she said. "What's more rewarding than that -- making sure someone is healthy?"

Role models

West recalled the trailblazers from her youth: "Starting at home, my mom was an extremely strong role model," she said.
Her mother grew up in rural, segregated Arkansas and put herself through school and college.
She served as a model of resilience and strength, West said, showing her 12 children

— all adopted — what they could do when they set their minds to it.
"It was a great family environment," she said.
West, the youngest of the dozen, described a strong military tradition in her family. Her father had a career in the Army and her siblings served in the military — including three sisters in the Women's Army Corps and one in the Women in the Air Force program.
"I had the opportunity to see those ahead of me — not only my parents — really forging the way," she said.
The general said her family proved what you can do when you set goals and ignore what others think or say. They showed her, she said, that "if you want to really accomplish something, to go for it."

Role of women in the military

West said she welcomes the opening of all military occupations and specialties to women. "A diverse group provides different perspectives and would give you a wider range of solutions," she explained.
The result is a military more reflective of

what the nation looks like, the general added. "Those who choose to serve should be given the opportunity to serve in those roles that they are qualified to serve in," West said.
West graduated from West Point in 1982, as part of the third class to attend the military academy after it began accepting women.
"It was challenging for all the cadets, not just the women — both physically challenging [and] emotionally challenging -- and so it was quite an experience," she said.
For the most part, West said, the women were embraced by their classmates.
She noted the academy's leaders made the difference by setting the tone.
Female officers served as role models for her while she was at West Point and have continued to do so throughout her career, the general said.
In the Army medical department, she said, there were many women she admired. "There were quite a few who made me proud and gave me something to aspire to," West said.
Her most recent post was as the Joint Staff surgeon at the Pentagon.

North to Alaska: Eielson selected as home for first operational F-35 Lightnings

SECAF Public Affairs
News release

WASHINGTON — Eielson Air Force Base was selected as the new home for the Air Force's first operational overseas F-35A Lightning IIs.
Air Force officials chose Eielson after a lengthy analysis of the location's operational considerations, installation attributes, environmental factors and cost.
"Alaska combines a strategically important location with a world-class training environment.
"Basing the F-35s at Eielson AFB will allow the Air Force the capability of using the Joint Pacific Alaska Range Complex for large force exercises using a multitude of ranges and maneuver areas in Alaska," said Secretary of the Air Force Deborah Lee James. "This, combined with the largest airspace in the Air Force, ensures realistic combat training for the (Defense Department)."
Proximity to the JPARC will enable the Air Force to take advantage of approximately 65,000 square miles of available airspace for realistic, world-class training in the Air Force's most advanced

fifth-generation fighter.
The decision culminates a three-year process that included an extensive environmental impact statement that examined impacts on such factors as air quality, noise, land use and socioeconomic.
"The decision to base two F-35 squadrons at Eielson AFB, Alaska, combined with the existing F-22 Raptors at Joint Base Elmendorf-Richardson, will double our fifth-generation fighter aircraft presence in the Pacific theater," said Air Force Chief of Staff Gen. Mark A. Welsh III. "Integrating that fifth-generation force with Navy, Marine, and allied F-35 forces will provide joint and coalition warfighters unprecedented survivability, lethality and battlespace awareness in contested environments. It's an exciting time for Pacific airpower."
The base is projected to receive two squadrons of F-35As, which will join the wing's F-16 Fighting Falcon aggressor squadron currently assigned to Eielson
On-base construction to prepare for the aircraft is expected to start in fiscal year 2017 in order to be ready to accept the first F-35As, which are currently scheduled to



An F-35 Lightning II test pilot fires the four-barrel 25 mm GAU-22/A Gatling gun while in flight Oct. 30 over China Lake Weapon Range, Calif. (U.S. Air Force photo/Chad Bellay)

begin arriving in 2020.

Preliminary estimates had the new aircraft arriving a year earlier, but officials say the 2020 arrival will provide the Air Force more time and grow its active-duty maintenance force.
"The Air Force is facing a shortage of experienced, active-duty fighter aircraft maintainers as we transition from legacy aircraft to the F-35A," said Air Force Lt. Gen. John B. Cooper, the deputy

chief of staff the Air Force for logistics, installations and mission support.
"Adjusting the initial plan and slightly accelerating F-35A arrivals at Burlington Air Guard Station, Burlington, Vermont, to fall 2019 will allow the service to stick to the overall F-35 rollout schedule, while capitalizing on the Air National Guard's experienced fighter aircraft maintenance force as we put additional measures in

place to increase the number of trained active-duty maintainers," Cooper said.
The F-35A, manufactured by Lockheed Martin, is a fifth-generation fighter aircraft intended to be the Air Force's premier strike aircraft through the first half of the 21st century.
It is a multi-role fighter that is expected to eventually replace the service's legacy air-to-ground fighter fleets.

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ARCTIC WARRIOR

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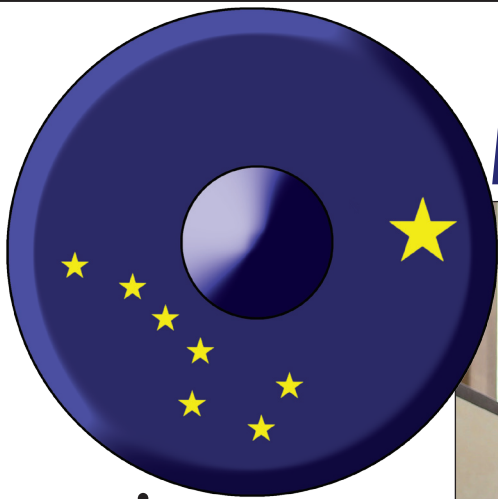
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Agencies team up to test skills

By Staff Sgt. Balinda O’Neal Dresel
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Nearly 150 Airmen and Soldiers from the Alaska National Guard and members of the Alaska State Defense Force teamed up with other members of the Department of Military and Veterans Affairs during Alaska Shield 2016 March 31 through April 2.

The exercise included a plane crash in the North Slope Borough due to a cyber-attack.

Upon request for support from the state, 36 Guardsmen from the 297th Battlefield Surveillance Brigade provided transportation, security, shelter and medical support to the simulated plane crash near Barrow.

Simultaneously, the Division of Homeland Security and Emergency Management’s State Emergency Operation Center was stood up, housing personnel from numerous agencies in a central location to consolidate and streamline interagency coordination for the response.

The National Guard also stood up a Joint Operations Center to respond to requests for, and coordination of, Air and Army Guard assets and the ASDF.

Participating organizations later began to receive reports about an active shooter at a high school in Cordova.

Guardsmen from the 297th BFSB, with assistance from the ASDF, provided communications support, and the 297th BFSB, with help from the Air National Guard’s 168th Wing, also assisted with post-shooting mortuary affairs.

The city of Palmer was notionally evacuated in response to a simulated HAZMAT incident of a tanker truck carrying 13,000 gallons of liquid sulfuric acid, which collided with a bus at the Palmer fairgrounds.

Alaska Guardsmen with the 38th Troop Command’s 103rd Weapons of Mass Destruction Civil Support Team provided HAZMAT response including a site survey, decontamination and communications.

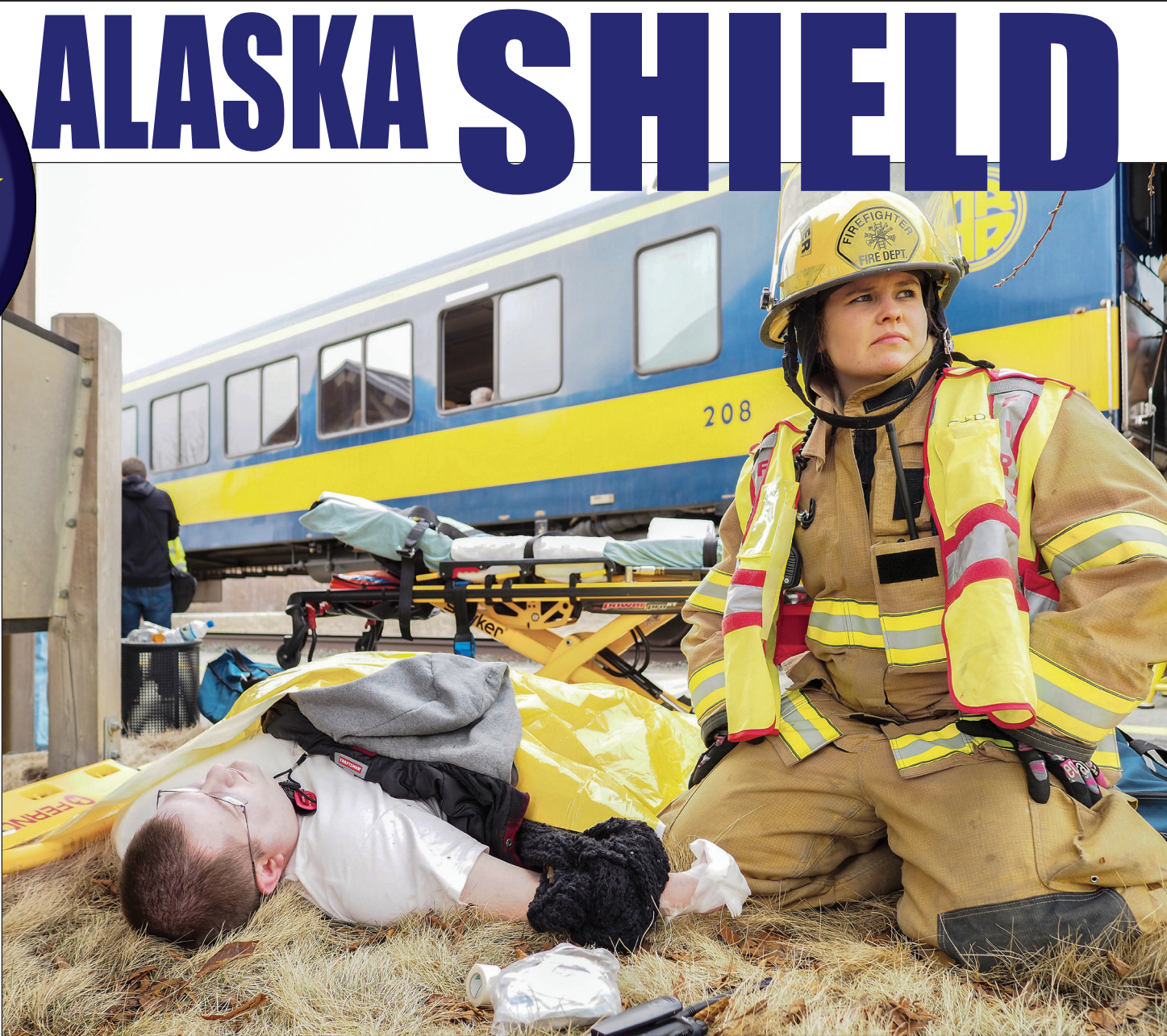
The 297th Military Police Company assisted local law enforcement by providing security at the point of distribution, the local hospital and a temporary shelter.

UH-60 Black Hawk helicopters from 1st Battalion, 207th Aviation, were used to provide notional casualty evacuation support.

Medical personnel from civilian and government agencies worked to help treat simulated casualties.

About 20 members of the Alaska State Defense Force provided assistance with casualty evacuation and medical support.

Members of the Mongolian Ministry of Defense and Mongolian National Emergency Management Agency observed how the AKNG, ASDF and DHS EM participated in the exercise by visiting Alaska Shield events on JBER as well as in Anchorage, Palmer and Wasilla.



An Alaska Army National Guard UH-60 Black Hawk belonging to 1st Battalion, 207th Aviation Regiment responds to a simulated mass-casualty event April 2 at the Alaska State Fairgrounds during exercise Alaska Shield 2016. (U.S. Army National Guard photo/Sgt. David Bedard)

ABOVE: Amy Bohmbach, a Palmer Fire Department firefighter, assesses simulated casualty, Alaska State Defense Force Staff Sgt. Steven Flippen, April 2 at the Alaska State Fairgrounds during exercise Alaska Shield 2016. Area first responders exercised mass-casualty response during a simulated crash of a passenger train into a schoolbus. (U.S. Army National Guard photo/Sgt. David Bedard)

LEFT: Cpl. Joshua Lackey (left) and Spc. Matthew Fannon help Sgt. Richard Harvey, 716th Ordnance Company, into a bomb suit to deal with a suspected improvised explosive device during the search of a suspected bomb-making area during Alaska Shield April 1. (U.S. Army photo/John Pennell)

BELOW: Brig. Gen. Laurel Hummel, the Adjutant General of the Alaska National Guard, speaks with Mongolian Armed Forces officers April 2 during Alaska Shield 2016. The Alaska National Guard hosts the State Partnership Program with the Mongolian Armed Forces. (U.S. Army National Guard photo/Sgt. David Bedard)



Post-traumatic stress disorder doesn’t always start in combat

By Tech. Sgt. Vernon Cunningham
JBER Public Affairs

“Don’t talk to me that way.”
“Why are you looking at me like that?”
“Just leave me alone.”

Everyone else is confused about what just happened, but he feels like he was just attacked by his entire family.

The effects of post-traumatic stress disorder can have long-lasting effects. But how can someone have PTSD if they have never been in active combat?

Military personnel, like any person, can experience PTSD in any of its many forms.

The Joint Base Elmendorf-Richardson Mental Health Clinic is staffed by people who are trained to help patients deal with life following a traumatic experience which results in a disorder.

According to deployment-psych.org, a trauma may include an event in which a person is exposed to actual or threatened death, serious injury, or sexual violation, or a happening in which the person witnesses the situation first-hand.

“A majority of people go through a trauma at some point in their life,” said Capt. Chad Killpack, 673d Medical Operations Squadron director of psychological health. “Most tend to recover just fine. But when people have PTSD, it implies there is a disorder to their ability to recover from the trauma, so they basically don’t recover the way they should. That’s when we need to intervene in order to help them get through that. ”

There is no one description for the type of event that causes PTSD – and not every trauma causes it.

“It can be a number of scenarios that happen which are somewhat traumatizing,” Killpack said. “Afterwards, there is usually a period of time in which it bothers you. I have had a lot of people come in after having a car wreck and for the first month or two they say, ‘every time I get in a car I get anxious and concerned. I don’t know if that is messed up or what is going on’.

“The response is typically that you are fine, it’s normal, it’s okay. Most likely it is not PTSD, but more of a natural response to trauma. PTSD doesn’t start to exist until time has passed and the



(U.S. Air Force photo illustration/Alejandro Pena)

individual is not getting better or not recovering.”

One sign that there may be an issue is when an individual starts avoiding normal activities, Killpack said.

If a person haven’t driven their car in a long time and has to hitchhike to work or goes to extreme means to avoid using their vehicle, even at the expense of annoying friends or incurring financial hardship, then that is a problem, Killpack said.

“That signifies there is a disorder,” he said. “If a patient is concerned with whether they are ‘avoiding,’ I would say they should be looking to see if the concerns that they are having is making their life worse. If the activities that you stop doing aren’t a part of your life and you don’t want to do it again, then it’s not such a big deal. But if your average life activities, such as social connections with other people, are becoming impaired because you can’t get over the incident ... well, that really is the line.”

One disorder the clinic helps patients deal with is complex PTSD.

“Complex PTSD involves exposure to a trauma that is either

repeated exposure or a trauma perpetrated against an individual by someone who is in a trusting or care-giving position,” said Killpack. “So if you are an adult and your spouse is beating you, or a parental or military sexual assault took place in your past, then it would be considered complex PTSD.”

Airman 1st Class Alyssa Caselli, 673d MDOS mental health technician, has been at the clinic for approximately a year. She said when she used to think of PTSD, a war-tested veteran is typically what comes to mind. The sessions she witnessed and the training she received led to at least one revelation.

“Anybody can experience PTSD, no matter if they have been to war or not,” said Caselli. “More than half of our battle is functioning in everyday life. Every single one of us goes home and takes off the uniform. We are human and life happens. So, when something like sexual, physical or emotional abuse or an accident or the loss of a loved one happens, PTSD can occur.”

Not all traumatic experiences take place during a service member’s time in the Department of

Defense, however.

“There are people who come into the military with prior traumas that they thought were at bay,” Killpack said. “They thought they had worked through it. But when they got into the high-stress environment of the military, it all of a sudden came back. Or someone may be totally recovered from a previous trauma, come into the military and be exposed to another one. In those cases, when the next trauma comes the two have kind of a cumulative effect and the patient may struggle to recover. Therefore, when they come in for treatment we must address both in some way ... it’s actually more common than you might think.”

Regardless whether PTSD happens during or before service, one common hurdle to treatment is the tendency of patients to have developed trust concerns.

“They don’t like feeling vulnerable,” said Killpack. “When the trauma happens it is usually an event so significant that they feel extremely vulnerable. It’s overwhelming to them. They will frequently do everything they can do to avoid feeling vulnerable again, including not trusting people. To

combat this, the therapist trains to help develop trust.

“Our staff trains routinely to stay up to date on the latest procedures, techniques and protocols for treatment and trust building. We keep the treatment consistent and try to ensure that if we have to adjust an appointment we talk to them and make sure they aren’t surprised by anything. We strive to maintain that trust and credibility.”

In addition to staff’s diligence in the office, Killpack said there are things a patient can do to help in their own treatment.

“One big thing that contributes to PTSD is that they don’t allow themselves to feel the feelings,” said Killpack. “I’m in the military, so it’s not looked at as positive if I am off crying about this or that. So, although work may not be the most appropriate place, they have got to take a moment to allow themselves to feel uncomfortable. Allow themselves to cry. They must feel their feelings because they are there for a reason.

“The other thing that can be done is not avoiding the trauma. That involves talking about what happened to them or not avoid situations that remind them of the trauma. An example would be if somebody was involved in a theater shooting and has the concern that if they ever went into that theater again then they would be shot.

“My recommendation would be to start working up to going back to the theater. The chances of it happening again are very slim. They need to challenge themselves to get back out there and get going again. Don’t allow yourself to avoid ... allow yourself to feel. It will allow them to get involved in the healing process. “

Killpack said if a servicemember has serious concerns, they should address it.

“If someone were to start to have odd experiences ... if past trauma all of a sudden started coming up for whatever reason they should look into it with a concept similar to finding a new mole on their arm,” Killpack said. “That is the thought that it is probably nothing, but I ought to just get it checked out anyway.

“Come on in, we will look at it and if it’s a concern we will let you know.”

Spouse Orientation

The Military and Family Readiness Center hosts a Spouse Orientation April 28 from 9 a.m. to 3 p.m. at the Arctic Warrior Events Center.

Military spouses can learn to make life easier, meet people who can assist, and make new friends.

Lunch will be provided; childcare is provided to those who have arrived in the last 60 days.

To register or learn more, call 552-4943 or 384-1517.

OTC pharmacy counter

The main pharmacy at the JBER hospital has opened an over-the-counter medication clinic for DoD beneficiaries, open from 7:30 to 10:30 a.m., Monday through Friday. Select “over the counter drug needs” at the kiosk.

This is not meant to replace a visit with a provider. Flyers and patients who are on personnel reliability program status, pregnant, or under the age of 2 are not eligible due to special needs.

The clinic offers basic pain relievers, cough, cold and allergy medications and nasal sprays, ointments, and constipation and diarrhea medications. For more information visit www.facebook.com/JBERPharmacy.

In-Home child care

Providing child care in your on-base housing comes with many responsibilities. The licensing process applies to anyone regularly caring for other families’ children more than 10 hours a week. It does not apply to those providing care in another family’s home or for occasional care. The Mission Support Group commander approves and monitors licensing and program requirements.

The commander may revoke the housing privileges of those who refuse to become licensed or continue to provide care after their license has been suspended or revoked.

The licensing process comes with benefits such as training and support, a lending library of books, toys and supplies, and reimbursement for food costs.

If you are interested in becoming a Family Child Care provider, call the FCC Office at 552-3995.

Palace Chase/Front

In-service Air Force Reserve recruiters will host Palace Chase/ Palace Front briefings at the PME auditorium April 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.

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 center are sent electronically.

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 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 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 it is difficult to hear or understand in housing areas, contact JBER at Facebook.com/JBERAK.

Richardson Thrift Shop

The JBER-Richardson Thrift Shop, in Building 724 on Quartermaster Drive, is open Tuesday and Thursday from 10 a.m. to 2 p.m., Wednesday from noon to 6 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, 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 each month from 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 or call 753-6134.



Trevor Bird, Hillberg Ski Resort manager, passed the slush pond without a fall for the third year in a row during Hillberg Ski Resort's Slush Cup at Joint Base Elmendorf-Richardson March 20. (U.S. Air Force photo/Airman 1st Class Christopher R. Morales)

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

A man rides down the slopes of the Joint Base Elmendorf-Richardson Hillberg Ski Area. He could easily be mistaken for any other snowboarder, except for a distinct gleam in his eyes and a nametag that says 'Manager.'

Raised in Seattle, Washington, Trevor Bird, recreational specialist, supervisor and manager at Hillberg, Otter Lake and the paintball facility, grew up skiing and snowboarding at Snoqualmie and Stevens passes with his family since age six.

His passion lies in all sorts of outdoor activities, so he pursued them in high school and college.

"In my high school there was this big outdoor program I was part of called Post 84," Bird said. "It was basically a student-run outdoor program where we took other high-school students on trips and taught outdoor survival skills, rafting, kayaking, mountain biking and all sorts of activities."

Bird moved to Alaska to attend Alaska Pacific University in 2005 for a degree in outdoor studies with a focus in commercial recreation and tourism.

"I love the degree I got and I wouldn't

trade that experience for anything, but in high school it's so hard to know what you want to do," Bird said. "If you are young, this is your chance to try different jobs, see what you like, and learn what you like."

"At APU, they had their outdoor studies program which was a great fit because it [had] small classes, [and] most of the time was spent in the back country," Bird said. "We spent a month at a time out in Alaska doing 100-mile canoe trips, 80-mile hiking trips and things like that."

"Then I heard the manager position [for Hillberg] opened up, after I finished up college in 2009, and I came aboard in 2010," Bird said.

He confessed that it was difficult going from college straight to a manager position at age 23, but enjoys working as Hillberg's manager for the same reasons he enjoyed working at any ski resort.

"I already liked the vibe of ski areas," Bird said. "We are here to have fun, it's not a stiff job, it's a fun place to be and that's the goal."

"People come here to have fun and that's what I like about my job," Bird said. "We get to see people have fun every day."

Over time he was able to transition from being a worker-in-charge to a leader.

"I used to try to do everything, but as [my assistants] progressed, they know the

jobs now so I am able to step back and have them run things," said Bird. "For example Jordan [Baldwin, a recreation assistant] would oversee all the cashiers and that helps me because I wouldn't have to be there answering questions; and Mary [Pederson, a recreation assistant] usually oversees all the rentals, which frees me up to deal with the issues outside with the snow making, the lifts and the maintenance."

Bird admitted he wants to become the type of manager people want to work with, rather than someone to work for.

"He and his managing style have grown a lot over the last five years," Baldwin said. "He wanted to please everybody in the beginning, and learned that that is not the best way to manage."

When Hillberg closes for the season, Bird continues to do what he loves – outdoor activities. As he continued to participate and teach outdoor programs on base he collected more responsibilities.

"During the summer time I was rafting and leading the rafting program for the Outdoor Recreation Program on Eagle River," Bird said. "I also teach the stand-up paddle boarding classes, the fly-casting classes and some others."

Bird soon took charge of the Otter Lake

and paintball facilities during the summer as part of the ORP. He works almost year-round managing facilities and leading classes on base.

"I love the fact that every six months I get to change gears and change what I do," Bird said. "It keeps me very busy."

"It really helps during the shoulder seasons we can relax – so to speak – and get a chance to revamp and readjust for the next endeavor," Bird said. "So now I get to start thinking about summer, camp grounds, boat rentals, and paintball, and put Hillberg on the back burner to think about different programs."

He has been managing Hillberg and Otter Lake for several seasons, and doesn't plan to slow down soon. In his experience, he said, the only way to get ahead is to work hard.

"Put your all into it and if you are doing a job, take ownership of it and do it well," Bird said. "If you want to succeed, you have to use your head."

"Being able to think on your own is a huge skill, there are a lot people who need more direction and the gems [supervisors] are looking for are the workers who do the task they are told to do and see other stuff that needs to happen," Bird said. "If you can be that employee, I'm sure you can go far in any job you do."

Exercise beneficial to expectant mothers

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

Pregnancy is a time of change. From the transition of 'I' to 'we,' an expectant mother accepts the responsibility of caring for another life.

"We know – as more research has come out in the last few years – excess weight gain can cause serious complications with pregnancy," said Air Force Lt. Col. Anne Gray, 673d Surgical Operations Squadron Women's Health clinic flight commander. "It can increase the risk of gestational diabetes, blood pressure issues, and the need for a C-section."

Exercise is a healthy way to minimize weight gain during pregnancy and promotes a better outcome for the mother and child, Gray said.

The American College of Obstetricians and Gynecologists recommends pregnant women participate in at least 30 minutes of moderate exercise most days of the week. This increases energy, mood and posture; promotes muscle, tone and endurance; and reduces backache, constipation, bloating and swelling for pregnant mothers.

"If you are already in an exercise regimen and very fit beforehand, just see what works for you during pregnancy," Gray said. "If you are not, I would avoid those things to reduce injury – on top of being pregnant."

Expecting mothers can encounter a lot of difficulty during this time of change, and there are some actions riskier than others.

"When you're pregnant, your whole center of gravity is off [balance], which increases the risk of a fall," Gray said. "Stay away from

things that require a lot of balance like bike riding.

"People who already run, can keep running – as long as everything else with the pregnancy is normal," Gray said. "If you're not a marathon runner before you get pregnant, then pregnancy is not the time to start."

A safe alternative to higher-intensity activities, while keeping up cardio, can be walking or using a stationary bike.

"For me the StairMaster and stationary bike are my favorite cardio workouts," said Airman 1st Class

Nicole Rent, 703d Aircraft Maintenance Squadron aerospace maintenance apprentice, who is 16 weeks pregnant. "Find a routine that works for you, [but] if you are military, keep your cardio and upper-body strength up, because your core workouts will need to be modified."

When women are in their third trimester, it is dangerous to lie flat on their back due to the enlarged size of the uterus possibly blocking the vena cava, one of the largest veins that carries blood from the lower half of the body to the heart.

Exercises like leg lifts, butterfly kicks and sit-ups can be modified by performing them on one's side. Another concern for pregnant women is jumping, jarring motions and rapid change in direction because of a risk in ligament laxity and joint instability.

Even though stretching is healthy after a workout, pregnant women should be mindful not to stretch for too long, because there is a chance of joint injury.

"During pregnancy, the body releases a hormone called relaxin, and that's exactly what it does, it relaxes the ligaments," Gray said. "The closer you get to delivery, the higher those levels of that hormone are in the body because it's all in



Airman 1st Class Nicole Rent, 703d Aircraft Maintenance Squadron aerospace maintenance apprentice, stretches in a PiYo class at the Elmendorf Fitness Center, Joint Base Elmendorf-Richardson March 22. Exercising while pregnant is helpful because it promotes better posture, improves endurance, and reduces backache. (U.S. Air Force photos/Airman 1st Class Christopher R. Morales)

preparation for the baby."

According to the U.S. Army Public Health Command; A Guide to Female Soldier Readiness, some signs to stop working out are: swelling of the face and hands, severe headache, dizziness, light headedness, shortness of breath, palpitations, faintness and pain. If symptoms get worse, consult medical personnel.

Nutrition and fitness go hand-in-hand with health, and expecting mothers have a few specific needs compared to other women.

The American College of Obstetricians and Gynecologists say expecting mothers need more folic acid, iron and water.

Folic acid is a B vitamin that helps prevent major birth defects in a child's brain and spine called neural tube defects. Iron helps red blood cells carry more oxygen to

organs and tissues, which is important because it also supplies oxygen to the child.

Mothers should not only stay hydrated for the usual reasons, but also because dehydration is more hazardous while pregnant.

"Dehydration can lead to pre-term contractions, which are uncomfortable and lead to many hospital visits," Gray said. "You should visit if contractions persist for four to six an hour and continue after rehydrating and resting."

Rent experienced these exact conditions, which led to stress and discomfort.

"When I found out I was pregnant, I still walked my dogs," Rent said. "[But] one day, I didn't expect to be out for so long, which led to becoming dehydrated and I had a headache that lasted 25 hours."

"The best advice I can give

is just drink, drink, drink more water," Rent said. "Now, I always have a water bottle handy."

Being prepared for dehydration, hunger and injury are important lessons to know for one's safety, but are potentially more important for a newborn child.

"Pregnancy is a great time – if you know there are lifestyle modifications that you need to make – because now that you have a baby to take care of it's a great time to make those behavioral changes that can carry on after the baby," Gray said. "Starting those behavioral changes and patterns is healthy for the whole family in the long-term."

Being healthy is not just a phase, it's a way of living. Eating right, staying hydrated and actively exercising benefit the body and improve the quality of life for anyone.

Benefits of applied wisdom from childhood

Commentary by Air Force Chaplain (Maj.) James Hendrick
JBER Chaplain

Are you practicing the wisdom you’ve learned from childhood? Some reflection may prove very beneficial. Many say kindergarten taught them everything needed for life, as a popular book written a few years back suggests.

In a similar vein, a man named Brian Larson states he learned his best life-lessons at his early childhood Sunday school – specifically from the story of Noah’s Ark and the Flood. What follows are his learned lessons with some added Department of Defense life application from a chaplain’s perspective.

Lesson number one; don’t miss the boat. Situational awareness is very important. Much can be missed (relationally, vocationally, financially, etc.) if we’re not alert or attentive.

Second; we’re all in the same boat. Our uniforms and government identification cards confirm this. May we therefore be kind and patient with one another. It makes the military journey so much better.

Third; plan ahead. It wasn’t raining when Noah built the ark, but when it started, Noah and his family were ready. There’s a reason readiness is integral to military operations and family wellness.

Fourth; stay fit. That is, stay comprehensively fit—mentally, physically, socially, and spiritually. You never know when someone will ask you to do something monumental,



“For safety’s sake, travel in pairs – two by two. Ensure you have a wingman, a battle buddy, a shipmate, or a designated driver. Isolation can be dangerous for our dependents and us.” (Courtesy photo)

like build an ark – even when you’re 550 years old.

Fifth; don’t be preoccupied with criticisms. Criticism can be helpful as long as

we’re not immobilized by it. Noah certainly knew criticism during his building project, but it didn’t immobilize him. Rather, he stayed focused on his

mission, as should we.

Sixth; build your future on high ground – the moral and ethical high ground. Life is far less stressful and far more fulfilling when we do.

Seventh; for safety’s sake, travel in pairs – two by two. Ensure you have a wingman, a battle buddy, a shipmate, or a designated driver. Isolation can be dangerous for our dependents and us.

Eighth; when you’re overly stressed, try floating a while. We can’t direct every current in our lives. Much stress can be reduced by floating with currents we can’t control, unless they are unethical, immoral, or illegal. These we must resist with integrity.

Ninth; remember the ark was built by amateurs and the Titanic by professionals. Brilliance can be found everywhere if we’re humble enough to look for it.

Tenth; no matter the storm, when we go with God, or as our currency states, “In God We Trust,” there’s always some type of ‘developmental rainbow’ waiting at the end of our trial.

Life in today’s DoD requires applied wisdom. Are we practicing the wisdom we learned from childhood – for our benefit and that of others? Some reflection may prove very beneficial.

Air Force Blues

WHEN I JOINED THE AIR FORCE I WANTED TO LOOK DEATH IN THE EYE AND LAUGH.

I CONSIDERED MYSELF FEARLESS – A GOD AMONG INSECTS.

I WAS A FIGHTER PILOT.

BUT NOW, I STARE DEATH IN THE FACE EVERY DAY. MORE OFTEN THAN NOT, I DON'T FLINCH.

I FACE DANGERS NO ENEMY COULD DREAM TO PRESENT.

I HAVE BECOME TRULY FEARLESS. AT LONG LAST, I AM IN TOTAL CONTROL OF MY FATE.

KID, PICK A DIRECTION AND STICK WITH IT, WILL YA?

I AM AN INSTRUCTOR PILOT.

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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.

SATURDAY
BOSS bowling

Meet up at the Warrior Zone at 2 p.m. to sign in for bowling over at Polar Bowl. Open to single service members, geographical bachelors and single parents.

For more information call 753-7467.

MONDAY
Month of the Military Child bowling

Children under 18 receive discounts at Polar Bowl all day for Month of the Military Child.

For more information call 753-7467.

TUESDAY
Youth movie night

Movie showing for kids at Kenecott Youth Center at 4:30. Free to youth members.

For more information call 552-2266.

WEDNESDAY
Deadline: Give Parents a Break/Parents' Night Out

Need a break from the kids? Sign up for childcare on April 16. The center for child development and School Age Center staff will have fun with the kids while you have fun on your own! Hosted at Katmai Child Development Center and Ketchikan School Age Center. Sign up at Katmai CDC.

For more information call 552-5113.

Bike Maintenance 101

Learn the basics of bike maintenance and repair at this free class held at the Outdoor Adventure Program from 5:30 to 7:30 p.m.

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

THURSDAY
Captain's Class

This class from 5 to 7 p.m. at the Outdoor Adventure Program is required prior to renting out ocean boats.

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

Earth Day art contest deadline

Enter the Earth Day art contest by submitting your best "Earth Day" themed painting, drawing or recycled art by Thursday in the categories of pre-kindergarten, grades kindergarten through third grade, grades four through six, and grades seven through twelve.

Winner's artwork will be displayed and posted to the JBER Wildlife Education Center's Facebook page. Submit artwork to Building 8481, Monday through Friday, between noon and 4 p.m.

For more information contact jberwildlife@gmail.com.

APRIL 15
ITT Lunch with a Vendor

Get a discounted tour on Phillips Cruises at Information, Tickets and Travel, inside the Arctic Oasis building from 9:30 a.m. to 5:30 p.m.

For more information call 753-2378.

Kayak Roll Class

Designed for experienced kayakers or for those who want to practice their kayak roll, this class at Elmendorf Fitness Center Pool goes from 6 to 8 p.m.

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

APRIL 16
Strike Out Sexual Assault

Head to Polar Bowl from 1 to 3 p.m. for the 59th Signal Battalion's Sexual Assault Awareness Prevention Month bowling event. Winning team takes home the SAAPM Strike Out Sexual Assault trophy and bragging rights until next year's event.

RSVP to participate in the event. Civilian clothes are encouraged for the event.

For more information, call 713-947-5227.

MAY 23 THROUGH 26
Vacation Bible School

From May 23 at 9 a.m. to noon and for the remainder of the week, the Midnight Sun Chapel hosts Vacation Bible School for kids in kindergarten through sixth grade.

This year's theme, 'Cave Quest' promises to be tons of fun. To register a child or to volunteer, visit <http://tinyurl.com/jkd78qw>.

For more information, call 552-5762.

ONGOING
Lunch at the Museum

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

Free and open most Monday through Friday from noon to 4 p.m. (subject to staffing availability). Visit the Facebook page at 'JBER Wildlife Education Center.'

For more information contact jberwildlife@gmail.com.

Wildlife Wednesday

Stay scientifically enriched this spring 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.

Zumba

Have fun with your fitness at the Arctic Oasis Community Center on Thursdays from 6 to 7 p.m.

For more information, call 552-8529.

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; 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.

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.

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.

Lifeguards needed

The Buckner Fitness Center is hiring lifeguards.

Check out www.nafjobs.org for upcoming openings on JBER. The Buckner Fitness Center is an equal opportunity employer.

NAF jobs

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

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



JBER Sportsman Challenge

April 16 • 12 - 4 p.m.

\$20 for E-5 & Below
\$25 for E-6 & Above, civilians & retirees

Ammo is at the cost of the participants.

Divisions:

• **12 - 17 yrs.** • **18 & up**

Each participant will compete in the following:

- 1 round of Skeet •
- 1 Round of Trap •
- 3 shots with an air rifle •
- 3 shots with a bow •
- 3 casts with a no hook rod •

Prizes for 1st, 2nd, & 3rd place in each division
FREE Food will be provided.

SKEET, TRAP & ARCHERY
Range

Bldg. 45-100 | 384.1480
Hours of Operation:
Thurs. - Sun: 11 a.m. - 7 p.m.

Lunch with a Vendor Special Pricing

Kenai Fjords

April 1 & May 13 • 50% off

Phillips Cruises & Tours

April 15 & 29 • Special Pricing

Major Marine

May 2 • 50% off

Come in to ITT on one of these days to purchase your tour at the discounted rate!



Discount prices are good from 9:30 a.m. - 5:30 p.m. on date specified. Please call 753.2378 for more info.

PAWS to READ

3RD SATURDAY OF EACH MONTH
10 A.M. - 12 P.M.

***PRE-REGISTER AT THE LIBRARY**



JBER LIBRARY & MIDNIGHT SUN SERVICE DOGS
invite children grades K - 3 to read with a service/therapy dog!
***15 minute sessions**

Please call the Library for more info: 384.1640



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



Gamers unite for the first LAN party at the USO at Joint Base Elmendorf-Richardson April 2. Local area network parties bring console or personal computer gamers together for planned group play such as multi-player or one-on-one games. The LAN party was set up by JBER gamers and hosted by the USO for anyone with base access. (U.S. Air Force photos/Airman 1st Class Christopher R. Morales)



A gamer uses a wireless mouse during the first LAN party at the USO. Gamers may bring a console, laptop or PC setup to network, and play multi-player or one-on-one games together in one room. The LAN party was set up by JBER gamers and hosted by the USO for anyone with base access.



A gamer plays on his personal computer during the first LAN party at the USO.



Gamers unite for the first LAN party at the USO. Local area network parties bring console or personal computer gamers together for planned group play such as multi-player or one-on-one games.



Gamers fuel on snack and drink during the first LAN party at the USO at Joint Base Elmendorf-Richardson. The local area network party was scheduled from noon to midnight, and snacks and beverages were also provided by the USO throughout the event.



A couple of gamers play on their personal computers during the first LAN party.

673d Fire Department promotes wildland safety

By Airman 1st Class Javier Alvarez
JBER Public Affairs

According to the U.S. Fire Administration, wildfires burned 9.2 million acres in 2015 – more than five million in Alaska alone.

To prevent such devastating figures in the coming fire season, members of the 673d Civil Engineer Squadron Fire Department provide guidance to eliminate fire hazards and reduce the potential for wildfires on Joint Base Elmendorf-Richardson and surrounding communities.

“[This is] expected to be a really dry year, so people are really going to have to get educated about wildfires,” said Ford Brooks, 673d CES assistant chief of fire prevention.

Negligence is the most common fire starter during the spring and summer months, and that negligence often includes unattended fires, said Staff Sgt. Jeremy Jones, 673d CES fire inspector.

Before any burn, residents of JBER and in Anchorage can visit the Municipality of Anchorage website <http://afd.muni.org/> to see the day’s burn restrictions, which may include barbeques.

Burn permits are required on JBER and Anchorage for approved fire pits greater than three feet in diameter, Jones said. A spark screen is required with all fire pits on JBER.

All fire pits used at JBER recreational sites like Otter Lake need a permit, Brooks said.

The burning of trash and the use of burn barrels on JBER and Anchorage is prohibited, Jones said.

In the Municipality of Anchorage, only spruce beetle-killed brush can be burned with a permit during the Alaska fire season.

JBER residents can obtain a burn permit through the Fire Prevention Office, in building 724.

Other Alaska residents can visit the Alaska Department of Natural Resources website to view a complete listing of restrictions and requirements, as well as to apply for a burn permit; the site is <https://dnr.alaska.gov/burn/fireareas>.

Grilling can be a popular activity in the summer months, and it’s important to practice safe grilling to prevent wildfires.

“Within our regulations [on JBER] you need to have barbeques set at least 10 feet away from your



For some, grilling can be a popular summer activity. Officials of the 673d Civil Engineer Squadron Fire Department suggest regular cleaning of grills because grease or fat buildup can be a fuel source for fires, and might attract wildlife. (U.S. Air Force photos/Airman 1st Class Javier Alvarez)

house,” Jones said.

Grilling safety tips:

- Never leave a grill unattended.
- Propane and charcoal grills should only be used outdoors.
- Keep children and pets at least three feet away from the grill area.
- Keep your grill clean by removing grease or fat build up.
- Let coals completely cool before disposing of them in a metal container. It is recommended to soak the coals with water to ensure the flames are completely out.

Wildfire guidance:

- Never leave a fire unattended.
- Residents should keep combustible material such as wood piles, propane tanks, and other large combustible material at least 30 feet away from their home.
- Dry grass can serve as fuel for fires. Keep your lawns hydrated.

- Residents should clear any leaves and other debris from their lawns.
- Keep gutters clear of leaves and other debris that can serve as a fuel source for fires.

“If people have any fire prevention questions or are unsure, they should not hesitate to call us,” Brooks said.

JBER residents with further questions on burn permits and fire safety can contact the fire prevention office at 384-5555.

RIGHT: According to the 673d Civil Engineer Squadron Fire Department, fire pits are required to have spark screens on Joint Base Elmendorf-Richardson. Negligence is cited as one of the biggest fire hazards by the Department.



April is sexual assault prevention month

By Airman 1st Class Kyle Johnson
JBER Public Affairs

April is sexual assault prevention month and one of the most effective ways to prevent sexual assault is to intervene.

Bystander intervention is the idea that people who see suspicious activity have a responsibility to act when they feel there is potential for a violent incident.

“When it comes to sexual assault prevention and response, one reality everybody needs to understand is that only two people can prevent a sexual assault,” said Darmaly Williams, Sexual Assault Prevention and Response program manager for Joint Base Elmendorf-Richardson, Alaska.

“That is, the possible perpetrator, and, if there is a witness, the bystander.

“That is why we place so much responsibility on bystander intervention.”

Some people place the responsibility on either the victim, the perpetrator, or both, and tell themselves the situation is not their problem. However, the victim and potential perpetrator are part of the witness’ commu-

nity, so it is their problem. It’s everybody’s problem because we’re all part of the same community, Williams said.

By intervening, one helps create a safer community for everyone, including themselves. The concept is similar to operational security reporting; if everyone’s paying attention, then incidents are reduced by sheer force.

JBER’s location means many Airmen and Soldiers do not have the support structures they are familiar with. Without their normal support structures – like their families – they rely on their community to support them, Williams said.

“We all depend on each other, whether we admit to it or not,” Williams said. “We’re not fostering codependency, but we are promoting interdependence.”

Servicemembers are taught to be community leaders. By being community members aware of their surroundings, they could spark a full cultural change – not just in sexual assaults, but any kind of violence.

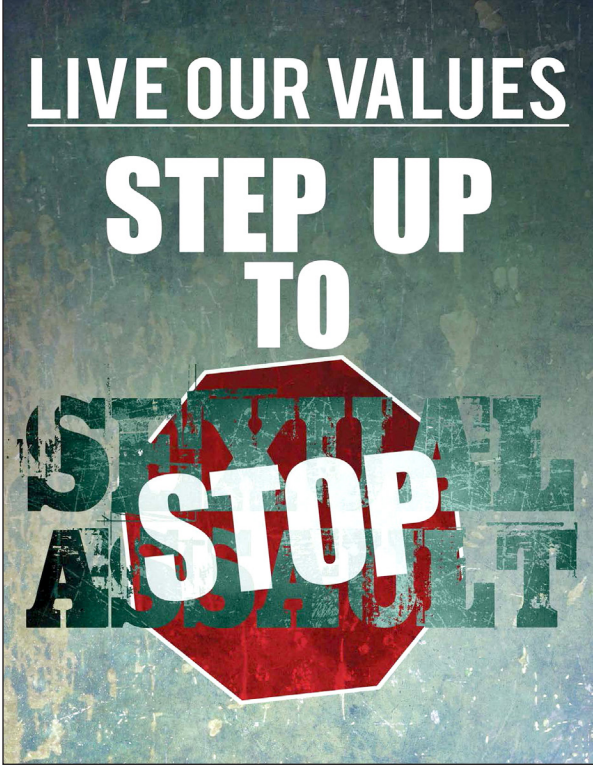
“When we promote that sense of belong-

ing, by telling our neighbor ‘Hey, I’ve got your back,’ we can touch on other issues such as suicide prevention, alcohol abuse, drug abuse, and violence in the workplace,” Williams said. “We can touch so many other problems by just fostering that sense of belonging, and that’s what a bystander does.”

One possible misconception about bystander intervention is that a confrontation is necessary. This is not always the case, Williams said.

“There are lot of different avenues you can take for bystander intervention,” said Senior Airman Madaline Smarr, an equipment manager for the 673d Logistics Readiness Squadron, currently in victim advocacy training.

“You can try to separate them, or simply ask them what’s going on. Some people don’t like to be very confrontational, but as long as you’re making a step, I feel like that’s the most important.”



(Courtesy graphic)

For more information on bystander intervention, or other SAPR-related information, contact the SAPR office at 551-2035, or the Sexual Harassment/Assault Response Program at 384-7272.

Gold Star spouse strives to find niche in community

By Jessica Marie Ryan
Army News Service

FORT SAM HOUSTON, TEX-AS — Kelvin Triggs considers himself a loner. His days are busy as he manages a small business and takes care of his teenage son, Nick. He says it is hard for him to associate with new people outside of work and church.

Triggs’ life forever changed in 2011 when he became a widower. His wife, Master Sgt. Marcia Triggs, was an Army journalist assigned to the Office of the Chief of Public Affairs in Chicago, Illinois. A veteran himself, Triggs suddenly went from being a military spouse to a Gold Star spouse – the unique name given to surviving family members because of the gold pins they receive from the military.

Immediately after Marcia’s passing, Army Survivor Outreach Services coordinators contacted him, and he connected with Lori Dean, a support coordinator at the Fort Sam Houston office.

“It’s comforting that I can call Lori and talk to her about anything,” he said.

While he’s had many one-on-



In an undated photo, Master Sgt. Marcia Triggs and her husband Kelvin pose with their son Nick. An Army veteran himself, Kelvin became a Gold Star husband after Marcia’s death in 2011.

one sessions with Dean and other program coordinators, he remains hesitant about participating in social activities and meeting other survivors.

Gold Star husbands like Triggs are, after all, a small but growing

group in the survivor community.

“With the way society is changing, surviving male spouses are more welcomed now than they were in the past. Many of these spouses are veterans, retirees or active-duty service members,” said

Dean. “They are all survivors, and that’s what really matters.”

Noticeable changes are already happening. The national observance Gold Star Wives’ Day, on April 5 of each year, recently evolved to Gold Star Spouses’ Day as directed by Department of Defense guidance.

According to Dean, husbands are also eligible to join organizations such as the Gold Star Wives of America, Inc., but many men like Triggs are reluctant.

“For a long time, I thought I was a circle trying to fit into a square peg, because the group was predominantly women,” Triggs said. “I didn’t want to make anyone feel uncomfortable if I started tagging along to the events.”

With the SOS program coordinators’ encouragement, he is now making an effort to meet other survivors.

Similarly, in response to the increased number of male spouses interested in SOS, Dean and her staff members are currently planning events geared specifically towards the male survivors.

“Within the last year, I noticed that we have more male spouses

than ever before [using Survivor Outreach Services],” she said. “They are little nervous to come to our events. I can’t blame them, because they might feel out of place being one of the few males at these outings.”

Cheryl Lankford, a Gold Star wife and president of the GSWA, Inc.’s Lone Star Chapter, is open to having male spouses involved in the community, because they are an underrepresented voice.

“I absolutely love that more male spouses are involved [in the Gold Star community], because they bring a new perspective to being a survivor,” she said. “As surviving spouses, we so many times depends on the advice, council and input of others who have had our same experience and have traveled this difficult path.”

Triggs made a promise to himself to connect with more survivors this year. Although he is still a little apprehensive, he is hopeful about meeting them soon.

“I don’t know what will happen when I meet another male spouse survivor,” he said. “We probably won’t focus on the past, but on the present and the future instead.”