



National Guardsmen train in Barrow

By Sgt. David Bedard
134th Public Affairs Detachment

Caught between an ad-hoc base camp on the frozen arctic shelf and the promise of warm shelter at the Alaska Army National Guard armory in Barrow, 1st Lt. James Tollefson peered out of the iced-over windshield of the tracked Small-Unit Support Vehicle he was piloting.

Though it was early April, arctic spring conditions served up temperatures of 5 below combined with 35-mph sustained winds and gusts of 50 mph, making for a windchill of 38 below.

Whiteout conditions blowing sugary, stinging cold snow masked deep ruts, ditches and snowdrifts. Tollefson was driving practically blind and couldn't see the path through the arctic shelf that would lead him and his passengers to safety. Life immediately outside the heated confines of the SUSV was foreboding to say the least. He couldn't go back and moving forward seemed, in the moment, a harrowing task. How was the officer going to find his way through the swirling white abyss?

Arctic training, actually

In late March, a platoon from Headquarters and Headquarters Company, 297th Battlefield Surveillance Brigade, boarded an Air Force C-17 Globemaster III, stuffing SUSVs in the cargo hold of the bird in the process.

Their destination was Barrow, the country's northern-most town. Their mission was to participate in Alaska Shield 2016, a scenario-based training exercise partnering with local and state agencies, before huddling in and around the Barrow armory for arctic training.

Capt. Ronald Desjardin, HHC, 297th BFSB commander, summed up the value of training hundreds of miles from most of the Soldiers' homes.

"This has truly been arctic training," he explained. "One of the side missions here is we wanted to test our equipment . . . It's been awesome to see the equipment function well in this harsh environment. It's worse than we thought it was going to be. It's really, really cold."

The first full day of arctic training saw temperatures dipping to 15 below with 25-mph winds. Faces, the only visible skin of Soldiers, quickly turned cherry red under the



Digging a snow shelter, 1st Lt. James Tollefson, attached to Headquarters and Headquarters Company, 297th Battlefield Surveillance Brigade, braves blowing snow and frigid temperatures April 4 in an ice field outside Barrow. Despite longer spring days, Guardsmen trained in arctic operations with ambient temperatures of 5 below combined with 35 mph winds and 50 mph gusts. (U.S. Army National Guard photo by Sgt. David Bedard)

unrelenting assault of the world's largest air conditioner.

Soldiers circled around Spc. David Smart, 1st Battalion (Airborne), 143rd Infantry Regiment, who is an expert in cold-weather and arctic operations due to

his attendance at U.S. Army Alaska's Cold Weather Leaders Course at the Northern Warfare Training Center near Fort Greely.

The soft-spoken airborne infantryman said – though he had never been north of the Arctic Circle – the conditions weren't that

different than where he grew up in Hooper Bay, a Yupik village in Western Alaska. The comment belied his familiarity with thriving in temperatures many would find oppressive.

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Some SFS personnel to carry weapons throughout duty day, enhance security

By Airman 1st Class Kyle Johnson
JBER Public Affairs

As part of the upcoming security forces staff arming program, security forces and military police personnel on Joint Base Elmendorf-Richardson could be armed with concealed or open-carry government-issued weapons throughout the duty day – and not just when they're on patrol.

"We will have extra people out there who are armed, certified and trained," said Army Capt. Joshua

Astrella, operations officer for the 673d SFS. "[They will be] ready to respond immediately to counter any potential threats."

Up to this point, the only security forces personnel who were armed were those out on patrol; now, there could be an armed service member nearby at any given location, ready to intervene in the event of a crisis.

"We already have one of the best response times in the business," Astrella said. "We are well under our five-minute window –

usually around two to four minutes anywhere on the installation – but somebody in the room, already armed is a zero-minute response time, ready to go."

It's in that two-to-four minute time frame, people may be affected by an active-shooter scenario. Any way JBER can reduce that time frame is progress, and that's what this program does, said Air Force Master Sgt. John Szewczyk, a 673d SFS operations noncommissioned officer.

The program essentially is

arming some security forces Airmen, civilian and military police Soldiers whose jobs no longer require them to carry, Astrella said.

"Security forces are simply going to adopt what civilian departments consider to be an operational norm," Astrella said. "The day-to-day arming of all qualified law enforcement staff."

The individuals authorized to carry must at least be an E-5 in pay grade and have express permission from JBER Defense Forces Commander, Air Force Lt. Col. John

Newton.

The SFS arming program will not only provide a greater level of safety for everyone on JBER, but also provide an extra layer of deterrence to potential active shooters as they do not have to fear just the M4-carrying, body-armor-clad defense forces, but everyone around them.

"This is taking our experienced leaders and providing them with the capability to not only defend themselves," Astrella said, "but the people they work with every day."

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Gas, gas, gas!

1-40th Cavalry Squadron visits NBC proficiency course known as the gas chamber
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Training, effective or not, has long-ranging impact

Commentary by Tech. Sgt. Christopher Palmer
673d Contracting Squadron

In my nearly four years here at Joint Base Elmendorf-Richardson, I have trained dozens of new Airmen, retrained noncommissioned officers, young company-grade officers, and new civilian employees;

I have also been invited to, or have hosted several customer education events.

Throughout this time, I have come to realize that training is important to me – on both a personal level and on a professional one.

While, yes, I do enjoy public speaking, it is not a requirement to be a trainer, simply, passing along what you know about a given subject to another is training.

But, why is it important to train others?

I recently had the opportunity to branch outside of my Air Force Specialty Code and

participate in Polar Force 16-4 as one of the “foreign nationals” who were, effectively, refugees.

During this event, I heard a lot of “this sucks,” and overall, I saw a lot of people fail to get into the spirit of the event.

This led me to ponder the importance of training; however, before I can adequately describe the importance of training, I must first answer the question “What is it?”

Training is defined by the Oxford English Dictionary as, “The action of teaching a person or animal a particular skill or type of behavior.”

It is interesting to highlight that we teach both skills and behaviors. If we extrapolate a bit further, it could be said that we also teach habits to those we train. So what is training?

Training, very literally, is the actions that we take every single day which pass along our knowledge, skills, and traditions to the

next generation.

Now that we have defined training, we need to look into why it is important.

Like many of us, I consider myself a patriot; I love this country and our people very much.

Particularly, the U.S. Air Force holds a special place in my heart, and I want nothing but the best for our service branch and our nation.

In this ‘love of country’ I have come to understand that when we train our people, we are actually training the next generation.

Whether you realize it or not, every single action you take – or fail to take – trains the next generation what to do and how to act.

Therefore, if you want to do your part to ensure the Air Force, the military and our nation have the very best opportunities to succeed, you should seize every opportunity

to train others.

If we fail to prepare the next generation of NCOs, senior NCOs, CGOs, and civilian leadership adequately, we – each and every one of us – have failed our nation.

We must do our part to prepare those that will someday take our place so that they may succeed; their success is our success, their failure is our failure.

One day you will separate, retire or otherwise no longer be affiliated with the military.

When that day comes, you should be able to look back and be proud of what the men and women who carry the flag in your absence are accomplishing.

Remember, we teach not just by our words but also our actions.

We pass along not just our knowledge and skills but also our attitudes. What will your legacy be?

From ARCTIC • A1

Smart talked students through packing and unpacking a 10-man tent, which looks more like a parachute than any sort of shelter. It’s important to put it away just right, he said, and to bundle the guy lines in a particular arrangement. To do otherwise risks Soldiers clumsily fiddling with the only item that can shield them from subzero temperatures.

Smart showed Soldiers how to install the Space Heater Arctic into the tent, its smoke stack sticking conspicuously out the top of the shelter. The heater runs on just about anything that burns, be it wood or military-grade diesel.

On the move

On the other side of the armory grounds, fellow 1-143rd Soldier Staff Sgt. Paul Norwood taught his students the more glamorous side of arctic operations, namely movement.

Though he resides in Sitka, Norwood is a native of Paris, France. His French lilt hasn’t diminished despite years in America. During his classes, he imparted a characteristically Continental European sense of humor, drawing laughs as much for his alien sensibilities as for his wry wit.

The sergeant showed Soldiers how to traverse the arctic with everything they need to survive: skis, snowshoes, and an ahkio sled burdened with the aforementioned tent and oven as well as enough food and water to keep a squad in the field for several days.

Students hooked up to the ahkio like Siberian huskies. At first, their attempts to coordinate the movement of the heavy sled were met with decidedly awkward results, but soon they mastered moving their source of shelter, sustenance and warmth like pros, calling out turn commands to one another in anticipation of obstacles.

After weeks of training at home station and a bitterly cold day of practicum, the Soldiers of HHC were ready to head out onto the arctic shelf to put their skills to the frigid test.

It takes all kinds

Desjardin said brigade leadership task-organized HHC’s platoon to operate autonomously during their two-week annual training. As such, the small unit of 48 Army Guardsmen included mechanics, signal Soldiers and medical personnel.

One mechanic, 56-year-old Sgt. Kenneth Foytik, found his way to Barrow by way of a circuitous years-long route. He joined the Air Force in 1978 where he worked as a power-production specialist, essentially an expert of engines who stays on the ground and supports aircraft.

Foytik served for nearly nine years before taking off the blue suit and rejoining civilian life. It was another 21 years before he would look at undertaking the military lifestyle again.

Because he was 50, he was too old for active-duty Air Force service. As it turned out, Foytik found a home in the Army National Guard.

He had to start all over again, attending basic training and ad-



Arctic conditions quickly reclaim ground covered by equipment belonging to Soldiers of HHC, 297th BFSB April 4 near Barrow. Despite clear skies, winds gusting to 50 mph blew snow into every crevice of exposed equipment.



ABOVE: Staff Sgt. John Carson, 207th Combat Support Company, starts a Space Heater Arctic in a 10-man tent April 4 in a field near Barrow. RIGHT: Sgt. 1st Class Luis Eliza, HHC, 297th BFSB, clears his vision during a spring Barrow day, April 4. Blowing snow, often moving at up to 50 mph, obscured goggles and greatly diminished the effectiveness of face masks. BELOW: A Soldier belonging to HHC, 297th BFSB, braves whiteout conditions.



vanced individual training for military occupational speciality 91B, wheeled-vehicle mechanic. Nothing in his training prepared him for anything as odd as the SUSV.

The SUSV is a tracked, two-carriage vehicle well-suited for Army service in Alaska. Though it has tracks, it is no tank. What it lacks in armor and firepower, it makes up for in mobility. As long as Foytik and his fellow mechanics kept it in ship shape, it could power through waist-deep snow in the coldest of conditions.

The platoon relied on the SUSV’s capability to negotiate drifts to get them to arguably the toughest day of annual training.

Blinding snow

When HHC Soldiers arrived at

their training site about 5 kilometers south of Barrow, the sun was shining.

The platoon quickly went about setting up their 10-man tent, just as Smart had trained them. Unsheltered from 35-mph winds, the task proved more difficult than it had at the armory. Still, the platoon managed, motivated no doubt by a desire to get out of the cold.

For training value and because the tent wasn’t large enough to shelter everyone, Soldiers dug field-expedient snow shelters.

An hour into their bivouac, the wind shifted direction and picked up a torrent of grainy snow, which got into every crevice of Army equipment. Cached rucks and helmets got coated, inundated with the frozen stuff. Face masks quickly became useless as breath melted

caked-on snow. Goggles fogged up and became equally useless.

Still, the Soldiers shoveled on and they soon found refuge in their frozen caves. Sheltering the troops from the withering wind, the improvised caves also offered the added benefit of warm air rising from the ground.

Once the Soldiers gained confidence in their ability to survive such a frigid ordeal, Desjardin ordered them to demolish their now-prized shelters. They were going back to the armory. It wasn’t cold enough to cancel tough daytime training, but it was cold enough to preempt a night sleeping under the drive of 50-mph snow.

The value of training

Facing a three-dimensional abyss of swirling white, Tollefson

wasn’t vanquished in his task of getting his SUSV and passengers back to the armory. He had his training and the equipment necessary to navigate through.

He had his Defense Advanced GPS Receiver loaded with waypoints. He had a radio to call the armory or back to the camp. Most importantly, he had his fellow Soldiers operating the other SUSV he was rolling with.

In time, the officer found a stretch of the path that hadn’t been reclaimed by the snow. He and his fellow HHC Soldiers were home free.

“It’s been like one unit,” Desjardin said of his composite platoon that surmounted a tough day of arctic training. “If this was one 48-person unit, I would take them anywhere. They’re phenomenal.”

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ARCTIC WARRIOR

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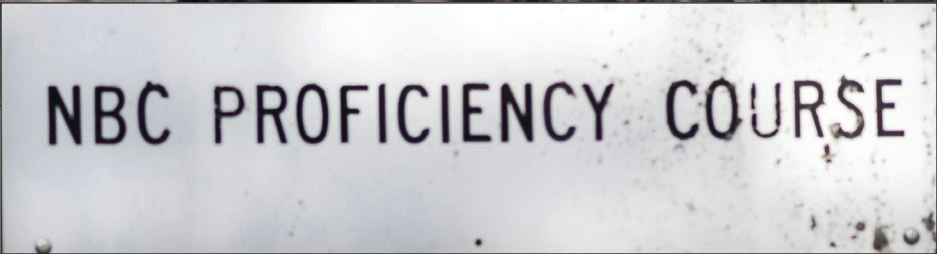
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ABOVE: Army Staff Sgt. Henry Cancinos, assigned to B Troop, 1st Squadron (Airborne), 40th Cavalry Regiment, 4th Brigade Combat Team (Airborne), 25th Infantry Division, U.S. Army Alaska, reacts to CS gas exposure during chemical, biological, radiological and nuclear defense training on Joint Base Elmendorf-Richardson Wednesday. The training culminated with masked Soldiers entering a sealed chamber filled with CS, then removing their protective gear to promote confidence in their equipment. CS, technically known as 0 chlorobenzalmalononitrile, is a solid white powder mixed with a dispersal agent and commonly referred to as tear gas. (U.S. Air Force photos/Justin Connaher)

LEFT: Paratroopers of the 1st Squadron (Airborne), 40th Cavalry Regiment, stand in the gas chamber as CS gas disperses over heat. Soldiers need confidence in their equipment, and regular training using the protective mask is one way to build it.

BELOW: Pfc. Harrison Sanchez, of B Troop, 1-40th CAV, waits to enter the chamber.

BELOW LEFT: Paratroopers remove their masks before leaving as others look on.



Annual two-week Polar Force exercise tests JBER’s operational abilities

By Airman 1st Class Kyle Johnson
JBER Public Affairs

Joint Base Elmendorf-Richardson kicked off Polar Force 16-4 April 4, signaling the start of its annual two-week exercise designed to test JBER’s wartime operational limits.

The exercise tests the installation in conducting deployments, receptions, non-combatant evacuations and employment operations, said Brad Harris, 673d Air Base Wing inspection planner.

“A typical Polar Force exercise is developed in a two-week window,” Harris said. “It enables the [inspector general] and the [wing inspection team] members to build an exercise and execute it within that two-week window and evaluate it in several areas.

“Usually, the first week consists of deployment receptions and noncombatant evacuee operations, and the second week we roll into the employment phase where we are evaluating members on [chemical, biological, radiation and nuclear defense] and self-aid buddy care.”

However, each exercise is individually tailored to meet the installation commander’s priorities, Harris said.

About 90 days before the exercise, the group commanders meet with the IG office and begin to develop and coordinate each unit’s needs to meet the commander’s objectives.

Regular operational exercises ensure maximum readiness to deploy across the installation.

By working out the kinks during the exercise, JBER can respond smoothly and

efficiently when it’s go-time, said Air Force 2nd Lt. Kelly Lefler, chief of customer support for the 673d Force Support Squadron.

In the first week of PF 16-4, the 673d Air Base Wing tested its ability to efficiently deploy and accommodate noncombatant evacuees as well as to facilitate the Army’s Large Package Week exercise happening simultaneously.

“Polar Force 16-4 is important, because we learn so much,” Lefler said.

“So when we get that call and we have to go – we’re ready.”

NWTC cadre train with 36-mile mountain ski movement

By Army Staff Sgt. Sean Brady
USARAK Public Affairs

On March 22 a team of eight cadre from the Northern Warfare Training Center set out from Galbraith Lake to conduct a three-day ski exercise validating their dismounted movements and sustainment capability in mountainous and arctic conditions to determine if similar exercises can be integrated into future courses.

The eight-man team, led by 1st Lt. Josh Sandler, NWTC training branch officer, began movement in the early morning hours at Galbraith Lake, at the northern edge of Alaska’s Brooks Range more than 350 miles north of Fort Wainwright.

The team covered 36 mountainous miles in three days, navigating varied terrain to include steep ascents and descents, rolling hills, and several frozen water-crossings.

The mountains around them were scarred by avalanche activity and overflow-ice dotted the landscape indicating the possibility of running water beneath the surface which the team could break through during their route.

“As we were moving, we could see the blue, frozen waters from

rivers and streams and knew that this meant the possibility of overflow ice which would have been dangerous for our team,” said Sgt. 1st Class Adam McQuiston, training branch non-commissioned officer in charge.

Despite the weather conditions, the NWTC cadre skied over the dangerous terrain wearing standard-issue, cold-weather gear carrying rucksacks and pulling scout sleds weighing nearly 100 pounds combined. They slept in two-man tents at sub-zero temperatures and had to melt snow to maintain their water supply.

“It was definitely a confidence builder in ourselves, in the training we have been doing and in our equipment,” said Sandler.

This exercise is a way forward for the NWTC, which plans to reincorporate ski training in future cold-weather courses. The center instructs more than 1,200 Soldiers each year in cold region and mountain operations.

They offer five courses and routinely train service members from different branches of the U.S. military and partner nations around the world.

“We proved that we really can move and sustain ourselves over long distances in the arctic and in



Arctic warriors from U.S. Army Alaska's Northern Warfare Training Center survey the terrain near Galbraith Lake, Alaska March 22. The team from NWTC skied 36 miles in three days testing their capabilities in arctic conditions. (U.S. Army photo/Sgt. 1st Class Adam McQuiston)

the mountains. We can do it, and we’re prepared to train it,” said Sandler.

The center is currently rewriting the program of instruction for the Cold Weather Leaders Course and plans to include skiing in courses beginning this winter.

The revamped course will incorporate a skiing exercise which requires students to move on skis and sustain themselves for several days in the outdoors.

“Skiing is the most efficient, fastest way to cover distance dismounted over snow it’s important to us to bring that capability back,” added Sandler.

Springtime ritual: Operation Clean Sweep to kick off first week of May

By Airman 1st Class Javier Alvarez
JBER Public Affairs

Joint Base Elmendorf-Richardson hosts “Operation Clean Sweep,” an installation-wide cleanup event, in coordination with the Anchorage Chamber of Commerce’s 48th annual Citywide Cleanup May 2 to 6.

Throughout Operation Clean Sweep, service members and residents will participate in cleaning the entire installation of trash and scattered waste items that have collected over the winter, said Senior Master Sgt. Tracy Johnston, 773d Civil Engineer Squadron superintendent of heavy repair. Army personnel will conduct their cleaning May 23 to 27 due to the training schedule.

Orange trash bags will be handed out prior to the cleaning event to a unit point of contact. The bags allow for free waste disposal when properly discarded.

Large dumpsters and dump trucks will be on JBER-E behind Hangar 5, and on JBER-R at 6th and Dyea Avenue, and Quartermaster Road and Richardson Drive.

People can contact their unit POC for

updates and a full list of dump locations.

Using specific dumpsters is important.

“The biggest difficulty during this time is people not taking the orange trash bags to the proper location,” Johnston said. “We fill the dumpsters we normally use and we end up having to pay to dispose of it.”

During Clean Sweep, units are responsible for cleaning at least 50 feet from the exterior of their assigned building, Johnston said. Units will also need to perform necessary landscaping duties to maintain a neat outward appearance.

Units and staff will remove all visible trash, edge and sweep sidewalks, remove dead plants, mow and rake, as well as clean and weed flowerbeds and clean parking lots, fence lines and ditches.

Units and staff must also identify and submit work orders for items that need repair or pose a hazard.

Lawnmowers, weed eaters and other summer items can be signed for at Troop Issue, however, winter items must be returned prior to checkout, Johnston said.

The hazardous waste disposal site at

Building 4314 is available to units, he said.

Units involved with the Alaska Department of Transportation’s Adopt-a-Highway will be cleaning their designated sections throughout the week.

Employees of Aurora Military Housing will be doing their part by cleaning residential communities and common areas, said Cindy McElroy, deputy general manager with Aurora Military Housing.

“Aurora Housing would like to encourage all residents to get cleaned up and ready for spring,” McElroy said.

Aurora will be placing large dumpsters throughout the installation to help residents dispose of large items.

Aurora Housing dumpster locations:

- Cherry Hill - near Building 7052.
- Sunflower - near Building 4079.
- Dallas - community center parking lot.
- Silver Run - Aurora Warehouse.
- Chugach - at the end of Wilkins near the basketball court.
- Moose Crossing - Bengal Way near the pump house.

- Cottonwood – near Building 1368.
- Kodiak – parking area near pavilion.
- Moose Haven – between Building 147 and Building 149.
- Raven Ridge – Beluga Ave. and 7th St.
- Puffin Park – near Building 511.

Service members in Anchorage can also dispose of waste items.

According to the Anchorage Chamber of Commerce, Solid Waste Services will accept free disposal of residential waste from 8 a.m. to 5 p.m. on April 30, and May 7 at the Anchorage Regional Landfill.

Loads must not exceed 1,000 pounds and must be properly covered to prevent littering. People with uncovered loads will be subject to fines.

Collaborative efforts between JBER and Anchorage during the annual campaign allows residents to appropriately dispose of clutter.

“This is the time of year to take pride in our base,” Johnston said.

A lot of people visit JBER, he said. It’s important to clean up, and be good representatives of the military.

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 Monday, 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.

Reserve ‘Scroll’

Officers wanting to transition to the Air Force Reserve must have their commission transferred to a list called “the Scroll” and approved by the Secretary of Defense. The process averages 120 days, but can take longer. This must be approved before you can begin participating in the Air Force Reserve, which may mean a break in service. Even if you’re unsure about transitioning to the Reserve, the Scroll process can be initiated.

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.

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.

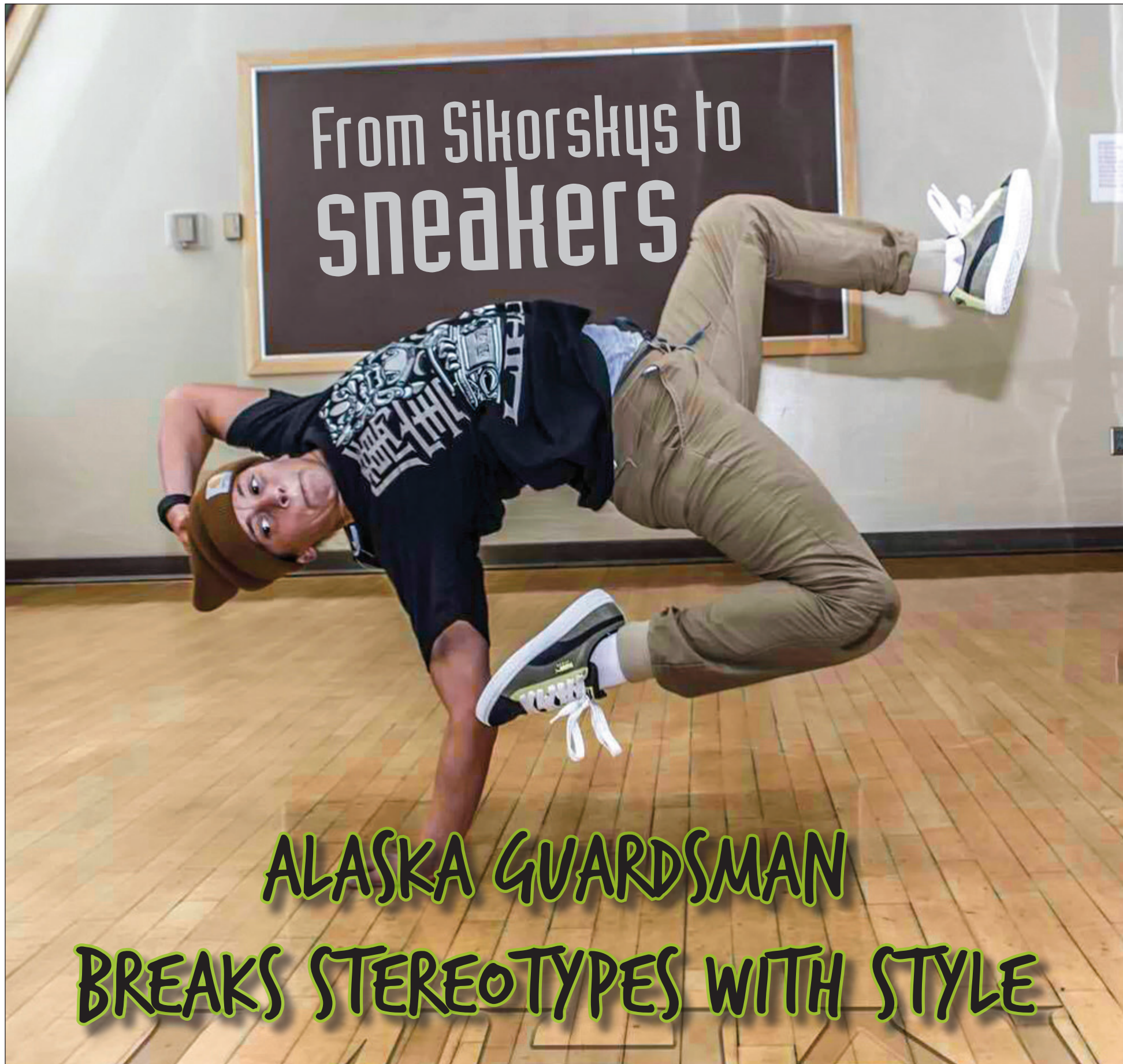
Priority placement

The Priority Placement Program and Executive Order 13473 provide non-competitive appointment for spouses of active-duty service members, including full-time National Guard and Reservists, who are relocating to accompany their service member during a permanent change-of-station move. The program allows spouses to register for Department of Defense positions and be considered for jobs offered internally.

Spouses are matched with jobs based on their qualifications and preferences. Spouses are eligible for up to two years from the date of the PCS orders and are in the program for one year.

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

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



ALASKA GUARDSMAN BREAKS STEREOTYPES WITH STYLE

Alaska National Guardsman Sgt. Brianna McMillen, a UH-60 Black Hawk helicopter crew chief with 1st Battalion, 207th Aviation Regiment, breakdances at the Fairview Recreation Center in Anchorage, Alaska, July 23, 2015. (Photo/Darel Carey, LiHai Art)

By Staff Sgt. Balinda O'Neal Dresel
Alaska National Guard Public Affairs

When not wrenching on a UH-60 Black Hawk helicopter for 40 hours a week, one Alaska Army National Guardsman trades in her flight suit for a pair of sneakers and the dance floor.

Sgt. Brianna McMillen is a crew chief with 1st Battalion, 207th Aviation Regiment, and has served five years in the AKARNG. The crew chief seat however, takes a back-seat to her true passion, breakdancing.

"I saw a couple kids breakdancing at my high school and I thought that the moves they were doing were really cool and crazy," explained McMillen, an Anchorage native and 2010 graduate of South Anchorage High School.

McMillen began breakdancing eight years ago alone in her garage. Breakdancing or breaking is a musical art form that incorporates a style of street dance typically danced to certain ranges of tempo and beat patterns like hip hop and funk music.

"I was shy about it at first," said McMillen. "I've always been athletic and liked music, but never really had any natural groove."

There is depth, culture and thrill to the breakdancing scene which encompasses graffiti, djiing, rapping and dancing, explained McMillen. The terms b-boy, b-girl and breaker are used to describe the performers.

"I go by B-Girl Snap One," said McMillen. "Snap because I'm actually double jointed and one was added because I am the only b-girl up in Alaska."

The style of acrobatic dancing has been around since the mid-1970s, growing in worldwide popularity as it made its appearances in countries like the United Kingdom and Japan. However, McMillen explained that breakdancing is minimal in Alaska.

"The hip hop scene in Anchorage is very small. We are so very far away from the rest of the hip hop scene in the United States and in the world," said McMillen, who hopes to one day represent the U.S. at an international competition.

McMillen believes anyone can do incredible things if they put enough time and passion into their craft.

"Some people do it on their own, but 90 percent of breakdancers have a group or crew that they're with," said McMillen, an only child who longed for sibling connection. "You train, travel, practice and ultimately,

grow up with them. When it gets hard and you want to quit, you're with all these people that you've been through so much with and you don't want to leave."

McMillen explained that the connection with her breakdancing crew is not the only thing that parallels with the Army.

"We are all athletes and need to treat our bodies right," said McMillen, who credits her Army job with teaching her self-discipline.

"I think breakdancing helps with my [Army] physical training," said McMillen, who often exceeds a perfect score on the Army physical fitness test. "A lot of females have difficulties lifting their own bodyweight and that's all that I do when breakdancing is lift my own body weight."

"The Army National Guard gives great opportunities for those who are seeking to better themselves in their own way," said McMillen, who underlines self-discipline as the key to success both in breakdancing and the military.

McMillen joined the military with a deep admiration for family members that had gone before her. An added bonus was the help in paying for her education, which she puts into use as a part-time college student at the University of Alaska Anchorage.

"I am pursuing a degree in health and physical fitness to be a personal trainer and later a physical therapist," McMillen said.

McMillen has continued to excel in life with an established path of accomplishments in her military career. She graduated with honors from basic combat and advanced individual training, and continued with success through her noncommissioned officer leadership development, graduating with honors from Warrior Leader Course.

Her physical and mental toughness were continually tested as she triumphed through the Army's Basic Airborne School and the AKARNG's Best Warrior Competition.

With her military and civilian worlds being predominantly male, McMillen has made it her goal to show women that they are both physically and mentally capable.

"Just because you're a girl doesn't mean that you have to limit yourself. That doesn't mean that you can't become the best that you can be at something," explained McMillen. "If that means that I'm not going to be a world champion then that's fine. I just want to know that I'm the best that I can be at that one thing."

"A person should always strive for something; if you're not, then what are you living for?" McMillen added.

"We are all athletes and need to treat our bodies right"

said McMillen



Alaska National Guardsman, Sgt. Brianna McMillen, a crew chief with 1st Battalion, 207th Aviation Regiment, works on a UH-60 Black Hawk helicopter at Bryant Army Airfield on Joint Base Elmendorf-Richardson February 11, 2016. McMillen works full-time as an Alaska National Guard crew chief and still finds spare time to be the only female competitive breakdancer in Alaska. (U.S. Army National Guard photo/Sgt. Marisa Lindsay)

Recognizing shortcuts and cutting corners

Commentary by Air Force Chaplain (Capt.) Mark Hill
JBER Chaplain

I sometimes consider myself a master of shortcuts and the path of least resistance. The feeling of somehow getting an upper hand, gaming the system, or getting by the easy way can be more satisfying than many of us might like to admit.

Recently while walking a sidewalk with dirt edges all around both sides of the concrete, I began to consider what led to this condition. It was clear that for a very long time too many folks had been stepping off the sidewalk, rounding the corner and thus, not giving the grass a fighting chance to grow up along the walkway. Perhaps it's silly, but each morning as I walked this path it irritated me to see how many folks had taken this shortcut and made a mess of what would have been a more attractive lawn.

The hypocrisy of the situation was not lost on me. I have already admitted to enjoying the thrill of finding and utilizing shortcuts. So I began to ask myself, why does this bother me so much?

What irritated me the most is by perpetually taking this shortcut, the violators were destroying the aesthetics of this particular lawn. Indeed, the shortcuts of so many lawn-walking violators had destroyed the lawn and created a pretty ugly situation.

It was the days just before Easter when I first noticed this particular sidewalk and began to consider the desecration of the lawn. As a



So often what starts as a small or apparently harmless activity can take on a life of its own when we begin to compromise our values and standards. (Courtesy photo)

Christian, it struck me there was no shortcut for Jesus when it came to his experience on the cross. In fact, in the hours previous to his death Jesus even prayed to God asking if there was any other way to accomplish the mission without his journey to the cross.

Though he had the power to shortcut the situation, for our sake there was no path of least resistance that could produce the same result. There was no shortcut

or substitute action Jesus could have opted into. The humiliation of being stripped naked, flogged, mocked, and insulted was the precursor of being physically attached to a log – literally nailed to a wooden crossbeam and being lifted off the ground to be displayed in front of all in attendance.

The ugliness of my sin was removed by the incredible sacrifice of a man willing to bear those offenses and receive the penalty

I should have received. I committed the sin, but Jesus paid the consequence.

But God demonstrates his own love for us in this: While we were still sinners, Christ died for us. Romans 5:8 (NIV)

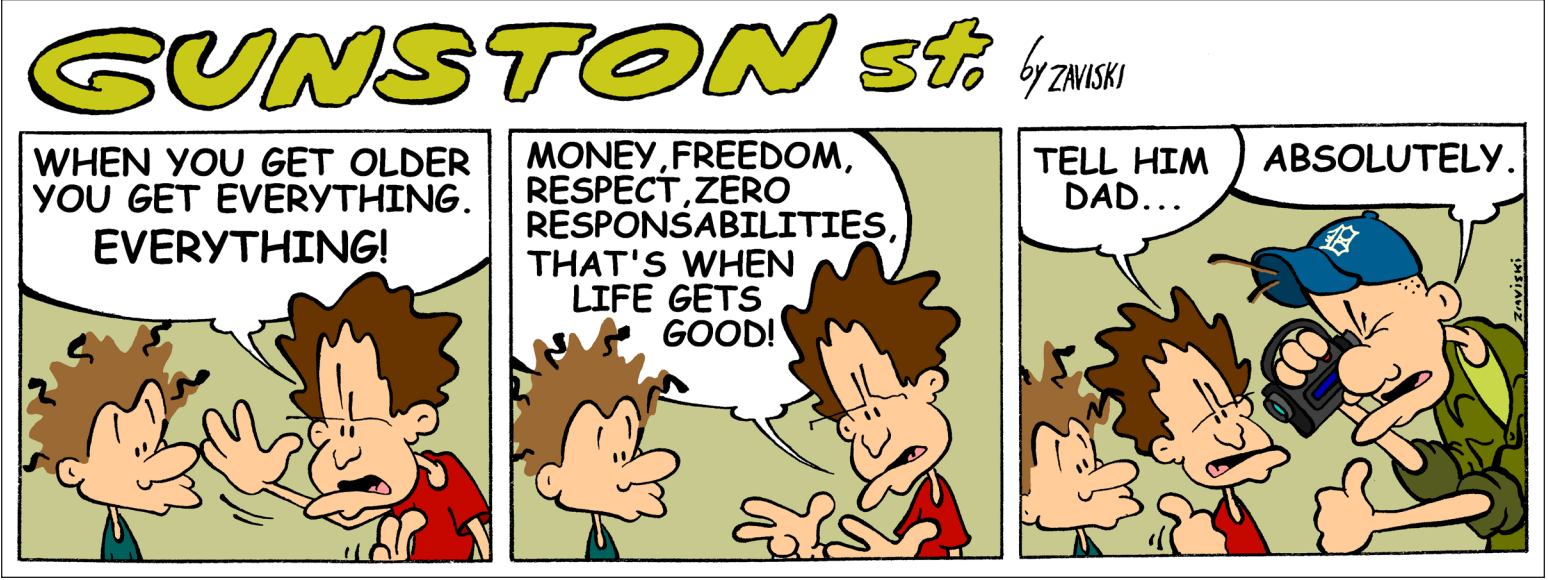
I am so very grateful Jesus was unwilling to game the system or settle for any compromise that would not fully resolve the punishment.

In the weeks following the con-

nection between this ugly lawn and my own sin, I have often thought about the shortcuts in my life. While experimenting to find the fastest route to work may be an inherently harmless pursuit, there are far more dangerous shortcuts that could have more substantive risks. Offenses such as cheating and stealing are often rooted in what may have started as seemingly harmless shortcuts.

So often what starts as a small or apparently harmless activity can take on a life of its own when we begin to compromise our values and standards. When the first few hundred folks cut the sidewalk, the grass probably had a fighting chance to survive. But with the repeated action day after day, week after week, there would be no chance for healthy grass to grow.

I encourage you take some time this week asking yourself if there are places in your life where the shortcuts are actually causing more harm than first meets the eye. The accumulated results of compromised values and ethical decisions will ultimately manifest ugliness no one wants to look at or experience.



Community Happenings

April 15, 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.

FRIDAY

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.

SATURDAY

Paws to Read

Bring your kindergarten through fifth graders to the JBER Library from 10 a.m. to noon to read with a service or therapy dog.

For more information, call 384-1640.

BOSS H2Oasis Water Park

Free and open to single service members, geographical bachelors, and single parents. Spend a fun day at H2Oasis Indoor water park. Meet up at the Warrior Zone at noon to sign in.

For more information, call 384-9023.

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 more information, call (713) 947-5227.

SUNDAY

Break Up Wake Up

The Polar Bowl hosts this 9-pin, no-tap bowling tournament begins at 4:30 p.m. with sign up at 4 p.m.

For more information, call 753-7467.

TUESDAY & THURSDAY

Kayak safety training

Open to 12 years old and up, this introductory course for kayaking safety is required for all kayak rentals through the Outdoor Adventure Program.

Held at the Elmendorf Fitness Center from 6 to 8 p.m.

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

APRIL 22

Hunger Games, Mockingjay Part 2.

Enjoy a free movie night at the Talkeetna Theatre. Playing at 6:30 p.m. with concessions available for purchase. Doors open at 5:30 p.m.

For more information, call 552-8529.

APRIL 23

5K Breakup Fun Run

Free fun run race beginning at noon outside of Elmendorf Fitness Center. Prizes will be awarded to 1st, 2nd, and 3rd place winners.

For more information, call 552-5353.

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

CDC Parent Conferences

JBER Child Development Center parent conferences are being held during April. Contact your center for more information.

Contact Kodiak CDC at 384-1510, Talkeetna CDC at 384-0686, Denali CDC at 552-8304, Sitka CDC at 552-6403, and Katmai CDC at 552-5113.

Harlem Globetrotters discounted tickets

Receive discounted tickets to see the Harlem Globetrotters on April 29th or 30th at Information, Tickets, and Travel. Sales end April 24th.

For more information, call 552-0297 or 753-2378.

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

Passover services

Call 552-5762

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



POLAR BOWL

7176 Fighter Dr. • 753.7467 (PINS)

MONTH OF THE

MILITARY CHILD SPECIAL:

Mondays April 4, 11, 18 & 25

Children under 18 receive shoes for \$.99 & games for \$.99

THE HUNGER GAMES: MOCKINGJAY PART 2

AT THE TALKEETNA THEATER, BLDG. 7122

DOORS OPEN AT 5:30 P.M.
CASH ONLY CONCESSIONS!

- \$1 CANDY
- \$1 SMALL POPCORN
- \$2 LARGE POPCORN
- \$1 DRINKS
- \$4 COMBOS

FREE
MOVIE
NIGHT
APRIL 22
6:30 P.M.

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.

FSS SMWR

Stop by and see us!

www.facebook.com/JBERLife

www.jberlife.com

Birth Announcements

ARCTIC WARRIOR

April 15, 2016 **B-4**

FEB. 24

A daughter, Zaniya Michelle Madison, was born 19.5 inches long and weighing 5 pounds, 4 ounces at 2:42 p.m. and a son, Zachai Nathan Madison was born 19.5 inches long and weighing 5 pounds, 8 ounces at 3:31 p.m. to Stephanie Pascale Madison and Air Force Staff Sgt. Martez Surrelle Madison of the 86th Security Forces Squadron, Ramstein Air Base, Germany.

FEB. 25

A son, Aadrik Alexander Flores, was born 20.5 inches long and weighing 6 pounds, 14 ounces at 4:44 p.m. to Deborah J. Flores and Army Staff Sgt. Rudy Flores III of the 17th Combat Sustainment Support Battalion.

FEB. 26

A son, Hudson Alexander Frantz, was born 20.5 inches long and weighing 8 pounds, 2 ounces at 7:53 a.m. to Amanda Gail Frantz and Air Force Capt. Gary Richard Frantz of the 962nd Airborne Air Control Squadron.

FEB. 27

A daughter, Dacia Sue Alvarado, was born 19 inches long and weighing 5 pounds, 3 ounces at 12:24 p.m. to Czinthia Shantel Alvarado and Spc. Henry Estuardo Alvarado of Headquarters and Headquarters Detachment, U.S. Army Alaska.

FEB. 28

A son, Joseph Kenneth Bauer, was born 20.5 inches long and weighing 7 pounds, 10 ounces at 2:49 p.m. to Kaitlyn Elizabeth Laurretta and Sgt. Joseph Ephraim Bauer of the 1st Battalion, 24th Infantry Regiment, Fort Wainwright, Alaska.

A daughter, Ilyanna Lei Lechtenberg, was born 19.6 inches long and weighing 7 pounds, 4 ounces at 11:37 p.m. to Faith Nichole Lechtenberg and Senior Airman Patrick Eugene Lechtenberg of the 673d Security Forces Squadron.

FEB. 29

A son, Jackson Tyler Berger, was born 20 inches long and weighing 7 pounds, 9 ounces at 8:14 p.m. to Army Staff Sgt. Jennifer Rita Berger and Army Staff

Sgt. Durien Lamaris Berger, both of the 725th Brigade Support Battalion (Airborne).

A daughter, Zoey Lucille Grebe, was born 19.5 inches long and weighing 7 pounds, 2 ounces at 11:40 p.m. to Brittany Marie Grebe and Airman 1st Class Zachary Steven Grebe of the 3rd Maintenance Squadron.

MAR. 2

A daughter, Magnolia Rose Acker, was born 18 inches long and weighing 6 pounds, 13 ounces at 6:14 p.m. to Bridgett Nicole Acker and Tech. Sgt. Cole Michael Acker of the 3rd Operations Support Squadron.

A son, William Charles Lee Johnson, was born 21 inches long and weighing 8 pounds, 8 ounces at 11:27 p.m. to Leigh Alexandra Johnson and Senior Airman Robert Kenneth Lee Johnson of the 3rd Maintenance Squadron.

MAR. 4

A son, Vladimir James Krencski, was born 20 inches long and weighing 7 pounds, 8 ounces at 11:08 p.m. to Air Force Staff Sgt. Sarah Ann Krencski of the 673d Medical Support Squadron and Kyle Anthony Krencski.

MAR. 5

A son, Gabriel Joseph Robbins, was born 21.5 inches long and weighing 8 pounds, 1 ounce at 8:35 a.m. to Maegan Marie Robbins and David Jonathon Robbins.

MAR. 7

A son, Greyson Scott Curry, was born 21 inches long and weighing 8 pounds, 7 ounces at 5:48 a.m. to Melissa Ann Curry and Air Force Staff Sgt. Joshua B. Curry of the 3rd Aircraft Maintenance Squadron.

A son, William Marc Mayer, was born 20 inches long and weighing 7 pounds, 4 ounces at 9:41 p.m. to Jaylee Maelynn Mayer and Pfc. Edward Marcus Mayer II of the 307th Expeditionary Signal Battalion.

MAR. 8

A daughter, Ella Wai Ānu Hea Bowman, was born 20 inches

long and weighing 8 pounds, 10 ounces at 11:31 p.m. to Jessica Lynn Bowman and Senior Airman James Pierre Kahakea Bowman of the 673d Surgical Operations Squadron.

MAR. 9

A daughter, Mallory Reese Patterson, was born 21 inches long and weighing 7 pounds, 15 ounces at 8:18 a.m. to Taylor Cruz Patterson and Senior Airman Samuel John Patterson of the 3rd Munitions Squadron.

A daughter, Reghan Joyce Owens, was born 21 inches long and weighing 7 pounds, 11 ounces at 11:55 a.m. to Tamara Ann Owens and Tech. Sgt. Brian Scott Owens of 11th Air Force.

MAR. 10

A son, Orion Michael Allan Stubby, was born 20.5 inches long and weighing 8 pounds, 11 ounces at 9:43 a.m. to Army Staff Sgt. Natasha Lynn Stubby of Detachment 1, 1984th U.S. Army Hospital and Dustin Lee Allan Stubby.

MAR. 11

A daughter, Isabella Ann Owen, was born 20 inches long and weighing 6 pounds, 11 ounces at 6:59 a.m. to Carol Ann Owen and Air Force Staff Sgt. Jonathan Scott Owen of the 3rd Munitions Squadron.

A daughter, Amelia Louise Cook, was born 20 inches long and weighing 6 pounds, 12 ounces at 9:33 p.m. to Army Capt. Krista McCoy Warner Cook of Detachment 1, 1984th U.S. Army Hospital and Army Capt. Korey Wayne Cook of the 4th Infantry Brigade Combat team (Airborne), 25th Infantry Division.

MAR. 12

A daughter, Faith Elizabeth Sanders, was born 20 inches long and weighing 7 pounds, 10 ounces at 2:00 a.m. to Angelina Elizabeth Sanders and Sgt. Cody Scott Sanders of the 2nd Battalion, 377th Parachute Field Artillery Regiment.

MAR. 13

A daughter, Edyn Rose Lane, was born 21.5 inches long and weighing 7 pounds, 3 ounces at

10:14 a.m. to Emily Elizabeth Lane and Senior Airman Forrest Dillon Lane of the 3rd Maintenance Squadron.

MAR. 14

A son, Nethaniel Maranig Christopher, was born 20 inches long and weighing 7 pounds, 11 ounces at 10:28 a.m. to Nefelin Maranig Christopher and Sgt. Nathan Dewayne Christopher 725th Brigade Support Battalion (Airborne).

MAR. 15

A daughter, Lianna Rose Scheuerman, was born 21 inches long and weighing 7 pounds, 11 ounces at 4:30 p.m. to Spc. Chelsea Lee Scheuerman of the Medical Department Activity-Alaska and Spc. Michael R. Scheuerman of the 1st Battalion (Airborne), 501st Infantry Regiment.

MAR. 17

A son, Landon Ryan Trudell, was born 21 inches long and weighing 6 pounds, 8 ounces at 9:30 a.m. to Kayla Rose Trudell and Senior Airman Zachary Ryan Trudell of the 3rd Aircraft Maintenance Squadron.

A daughter, Mia Isabella Rosario, was born 20 inches long and weighing 6 pounds, 12 ounces at 3:08 p.m. to Stephanie Michelle Rosario and Spc. Jonathan Manuel Rosario of the 6th Brigade Engineer Battalion (Airborne).

A daughter, Evelyn Sue Hammers, was born 21 inches long and weighing 9 pounds, 15 ounces at 4:45 p.m. to Shealyn Elizabeth Hammers and Sgt. Joshua Craig Hammers of the 1st Battalion (Airborne), 501st Infantry Regiment.

MAR. 18

A son, Aden Anthony David Shay, was born 21.5 inches long and weighing 7 pounds, 7 ounces at 1:36 a.m. to Kashmir Love Shay and Airman 1st Class Christian Anthony David Shay of the 773d Civil Engineer Squadron.

MAR. 21

A son, Daniel Thomas Rees,

was born 22 inches long and weighing 8 pounds, 12 ounces at 3:54 a.m. to Amy Lee Rees and Sgt. Philip Andrew Rees of U.S. Army Alaska.

A daughter, Blake Addison Linger, was born 19 inches long and weighing 8 pounds, 12 ounces at 7:15 a.m. to Air Force 1st Lt. Chelsey Brooke Linger of the 673d Inpatient Squadron and Dustin Michael Linger.

MAR. 22

A daughter, Kazelynn Elizah Garretson, was born 20 inches long and weighing 6 pounds, 10 ounces at 6:41 a.m. to Heather Garretson and Sgt. Devon Garretson of the 6th Brigade Engineer Battalion (Airborne).

MAR. 25

A daughter, Isabella Riley Murillo, was born 20 inches long and weighing 7 pounds, 9 ounces at 10:47 a.m. to Air Force Staff Sgt. Pearl Levario-Murillo of the 673d Medical Support Squadron and Jorge Luis Murillo.

A daughter, Hannah Nichole Doerman, was born 19.5 inches long and weighing 5 pounds, 13 ounces at 12:03 p.m. to Jessica Nichole Doerman and Senior Airman Jeremy Ryle Doerman of the 3rd Aircraft Maintenance Squadron.

MAR. 26

A daughter, Lily Anne Catherine Van Zuiden, was born 21 inches long and weighing 8 pounds at 6:46 p.m. to Julie Catherine Van Zuiden and Sgt. Tyler James Van Zuiden of the 1st Battalion (Airborne), 501st Infantry Regiment.

MAR. 28

A daughter, Emberly Quinn Toombs, was born 21 inches long and weighing 7 pounds, 9 ounces at 8:06 a.m. to Nicole Christina Toombs and Air Force Staff Sgt. Blake Michael Toombs of the 773d Civil Engineer Squadron.

MAR. 30

A son, Xavier Emanuel Harris, was born 20.5 inches long and weighing 7 pounds, 15 ounces at 1:32 p.m. to Erica M. Harris and Senior Airman Joshua E. Harris of the 673d Civil Engineer Squadron.



William H. Pitsenbarger, Vietnam MOH recipient

By Robert Vanderpool
673d Air Base Wing Historian

On April 11, 1966, 134 U.S. Army Soldiers from Charlie Company, 2nd Battalion, 16th Infantry Regiment, 1st Infantry Division were under attack by a battalion of Communist Viet Cong forces near Cam My, South Vietnam, located about 35 miles east of the South Vietnamese capital city of Saigon. Outnumbering the Americans nearly five to one, the North Vietnamese managed to surround C Company pinning the unit down under heavy fire. As the battle continued, casualties began to mount and a call was made to assist with the evacuation of the wounded.

Due to C Company’s location beneath a jungle canopy of trees which ranged from 50 to 150 feet overhead of their positions, Army helicopters were not able to penetrate the thick foliage in order to land and retrieve the wounded. The only aircraft nearby capable of removing wounded from such a precarious position was the U.S. Air Force HH-43 Huskie which had a winch and cable system installed that allowed wounded personnel to be lifted up through jungle canopy without the helicopter having to land. Detachment 6, of the Air Force’s 38th Aerospace Rescue and Recovery Squadron was dispatched to assist. On board one of the helicopters sent to assist was pararescuman Airman 1st Class William H. Pitsenbarger.

Born on July 8, 1944 in Piqua, Ohio, Pitsenbarger enlisted in the U.S. Air Force after graduating from high school in 1962. He had previously tried to join the U.S. Army Special Forces the year prior to graduation but his parents refused to give their permission which was required at the time because of his young age. Pitsenbarger completed Air Force basic training in 1963 and volunteered to become a pararescuman, becoming one of the first to successfully complete all of the demanding training requirements directly from basic training. Pitsenbarger shipped overseas in 1965 and was assigned to the 38th Aerospace Rescue and Recovery Squadron at Bien Hoa Air Base, South Vietnam.

Arriving on scene over C Company’s location, Pitsenbarger’s helicopter hovered above the jungle canopy and lowered the rescue basket to the ground. Seeing the Soldiers on the ground experiencing difficulty in loading the wounded into the rescue basket, Pitsenbarger volunteered to descend to the ground to assist in preparing the wounded for evacuation and loading them into the rescue basket despite the intense firefight still raging below.

Air Force Capt. Harold Salem, pilot of the HH-43, asked Pitsenbarger if he was sure that really wanted to be lowered to the ground. “Yes sir! Captain I know I can really make a difference.” Pitsenbarger responded. The pilot agreed to Pitsenbarger’s request, only if he would promise to return to the aircraft as soon as the pilot signaled that it

was time to pull out. Pitsenbarger agreed and then lowered himself 150 feet down to the jungle floor equipped with a medical bag, a supply of splints, an M-16 rifle, and a pistol. The Soldiers on the ground were astonished to see Pitsenbarger emerge from the tree tops, in disbelief that anyone would volunteer for such a potentially deadly mission.

As soon as he hit the ground Pitsenbarger began treating the wounded continually exposing himself to enemy fire as he prepared the Soldiers for evacuation. After receiving a ‘thumbs up’ from Pitsenbarger, the first casualty was winched into the helicopter which soon departed the area for a nearby staging ground only to be replaced by another HH-43. This process repeated itself nine times under heavy enemy small-arms and mortar fire within the engagement area.

On the tenth approach the Viet Cong forces began to focus their fire on the helicopters. Soon the enemy fire became too intense to allow the helicopters to continue the rescue operation and Pitsenbarger was given the signal from his pilot to get on board the hoist and evacuate. Pitsenbarger waved off the helicopter shouting, “Get out of here, I’ll get the next one out.” The pilot then again signaled for Pitsenbarger to get onboard the hoist, but for a second time his signal was waved off by Pitsenbarger.

Taking heavy battle damage, the HH-43 became difficult to maneuver and the winch cable soon became entangled in the jungle canopy. The pilot ordered the cable to be cut free and the helicopter departed the area crash landing a short time later in a safe area a short distance away. Another helicopter began to head towards the area but was radioed off after the C Company commander was forced to call in a heavy artillery barrage directly on their position as a result of the increasing intensity of the enemy assault. As darkness approached, all further attempts at medical evacuations were halted due to enemy action.

Choosing to remain with C Company, Pitsenbarger continued to treat the wounded despite his dwindling stock of medical supplies. As the pace of battle continued to intensify, Pitsenbarger gave his pistol to a wounded Soldier who was physically unable to hold a rifle. For the next hour and a half, Pitsenbarger alternated between treating the wounded and moving about the area collecting ammunition and weapons from the dead and wounded in order to distribute it for use amongst the perimeter defenders.

As darkness finally fell, the enemy launched yet another concentrated assault



A1C William Pitsenbarger. (U.S. Air Force photo)

forcing Pitsenbarger to help defend the wounded and the overall position with his rifle. Seeing a nearby Soldier fall to the ground, Pitsenbarger began to move towards him in an attempt to render aid when he was struck four times by enemy fire which killed him instantly. Nearly overrun, C Company managed to hold on after receiving additional artillery support and the enemy eventually withdrew their assault during the night. The next day, the helicopters returned and Pitsenbarger's remains were recovered by fellow Airmen from the 38th.

One officer on the ground with Pitsenbarger that day later commented, “On three different occasions I glimpsed movement, and it was Pitsenbarger dragging somebody behind a tree trunk or a fallen tree, trying to give them first aid. It just seemed like he was everywhere. Everybody else was ducking, and he was crouched and crawling and dragging people by the collar and pack straps out of danger... I'm not certain of the number of dead and wounded exactly, but I'm certain that the death count would have been much higher had it not been for the heroic efforts of Airman Pitsenbarger.”

Pitsenbarger is credited with directly saving the lives of the nine Soldiers he was able to provide treatment for and load for evacuation by helicopter. Of the 134 Soldiers engaged on the ground, 106 were killed or badly wounded, as C Company suffered an 80 percent casualty rate during the engagement. Many of those who did survive the battle credit their survival directly to Pitsenbarger.

Pitsenbarger was originally nominated for the Medal of Honor; however, that nomination was downgraded at the time due to a lack of sufficient documentation to support the award. On September 22, 1966, Pitsenbarger was instead awarded the Air Force Cross in a ceremony conducted at the Pentagon. He was the first enlisted Airman in history to receive the Air Force Cross (prior to July 9, 1960, when the Air Force Cross was first established, Airmen of all ranks were, when eligible, awarded the Distinguished Service Cross instead).

For the next 30 years, veterans of C Company made various efforts to have Pitsenbarger’s Air Force Cross reconsidered for an upgrade to the Medal of Honor. In the mid-1990s, members of Pitsenbarger’s high school graduation class, supported by veterans of C Company, worked with the Airmen’s Memorial Museum to assemble a formal nomination package for the upgrade to the Medal of Honor. This effort was endorsed by retired Major General Allison C. Brooks, who was in command of Air Force rescue operations during 1966, and included personal testimony from several veterans of C Company and Air force helicopter pilot Capt. Harold Salem. The nomination package was presented to the Department of the Air Force for review on their behalf by Ohio Congressional Representative John Boehner. After reviewing the nomination package, the Air Force forwarded their recommendation for approval of the upgrade back to Congress.

On October 6, 2000, Congress finally authorized the award of the Medal of Honor to Pitsenbarger, nearly 34 and a half years after the combat action in which he earned it. Pitsenbarger’s Medal of Honor was presented to his parents during a ceremony conducted at the National Museum of the Air Force on December 8, 2000, which was officiated by Secretary of the Air Force Whit Peters. In addition to receiving the Medal of Honor, Pitsenbarger was also posthumously promoted to the rank of staff sergeant. Just 21 years old at the time of his Medal of Honor action, Pitsenbarger is the youngest Airmen in Air Force history to be awarded the Medal of Honor.

Perhaps the most fitting tribute to Pitsenbarger came in the months leading up to final approval from Congress for the upgrade. This tribute came in a personal letter which was written from a father to his son. The father, a veteran of C Company, wrote to his son who was then currently serving as an Airman First Class in the Air Force; “All Bill Pitsenbarger knew of any of us was that we were few fighting against many, that we were losing and that we needed help. What kind of courage was it that made him enter such a one-sided fight as we were in? His courage wasn’t born of self-preservation, fear, hate or meanness. He was a young man who wanted to save the lives of other men. He was moved by what is best in men, the unselfish love of his fellow man.”

Zika, the risks and circumstances of the virus

By Airman 1st Class Kyle Johnson
JBER Public Affairs

According to the Department of Defense Armed Forces Health Surveillance Branch, the Zika virus has shown an increased level of infections since May 1, 2015.

As of March 24, the virus has been detected in 4,573 cases and suspected in 185,725 more across 39 countries.

The virus is not locally transmitted in the United States, and local transmission is not expected to become active in Alaska, said Air Force Capt. Justin Whitaker, flight commander for the 673d Aerospace Medicine Squadron, Public Health Flight. In this case, local transmission would be acquiring the disease from a mosquito.

“Zika is a virus transmitted by mosquitoes, but we do not have that particular mosquito here in Alaska,” Whitaker said. “It’s called *Aedes aegypti*; that’s in tropical climates like central South America and Africa.

“Zika is not in the United States; all cases



have been associated with travel.”

For that reason, the Center for Disease Control is recommending travelers avoid areas where the Zika virus is prevalent.

“We don’t know if it’s a clear-cut as-

sociation,” Whitaker said. “It is possible that it can affect pregnant women and cause birth defects.”

In much the same way, health authorities are concerned Zika may be transmitted by

sexual contact, but like its effects on pregnant women, there is no conclusive evidence so far, Whitaker said.

“Zika was discovered in 1947 in the Zika forest of Africa,” Whitaker said. “[However], there’s never been this widespread of an outbreak, so the information out there from the scientific community is limited.”

The symptoms of the Zika virus are joint pain, red eyes, fever and rashes. While there is no treatment for Zika at this time, the illness is usually mild and the possibility of death very low, Whitaker said.

Regardless, little is known about Zika at this time and prevention is key.

“Your best option is mosquito prevention,” Whitaker said. “If you go to an infected area, wear long-sleeve shirts and long pants. Treat your clothes if you can; use bug spray or stay inside if you can. If you have any questions regarding travel health, you are more than welcome to contact Public Health at 580-4014 and we’d be glad to give you the most up-to-date recommendations out there.”

Keep fighting toward your goal

By Senior Airman Jaeda Tookes
341st Missile Wing Public Affairs

1st Lt. Elizabeth Guidara, 12th Missile Squadron missile combat crew commander, hits a punching bag at the gym at Malmstrom Air Force Base, Montana. Guidara is training to become the first Air Force female officer to go through the Marine Corps Martial Arts Center of Excellence.

“Once I finish the course, I will be a certified combatives instructor and be able to teach combatives anywhere in the world and at any base,” said Guidara.

While in college, Guidara's best friend introduced her to a boxing club.

“I fell in love with it,” Guidara said.

Guidara has trained in the District of Columbia, Korea, New Zealand, Thailand, California and now Montana. She has been training for a year and a half.

The Marine Corps training course is 10 hours a day, five days a week to include training and test taking. The Marines also have their own color belt system, and participants must have a gray belt to enter.

Guidara admits her biggest weakness deals with her training and technique.

“It is hard when I am the only female out there sparring with guys, who weigh like eighty pounds more than me,” said Guidara. “It’s hard because I want them to spar with me as their equals, but at the same time I know they are more experienced than me.”

Guidara's ultimate goals are to earn a black belt in Brazilian jujitsu and a belt in mixed martial arts.

Guidara is a Korean-American born in Busan, South Korea. She was adopted by an Italian-American family at the age of seven months.

“I had an amazing adoptive family; I was pretty blessed,” said Guidara. “I never saw them as my fake family.”

Guidara's adoptive family was very supportive in her reconnecting with her roots, by showing her files of her birth family and being open to the idea of her meeting with them one day.

Guidara met her birth family for the first time at the age of 14. She was able to go back to South Korea with five or six other Korean adoptees and their adoptive families.

“I grew up in a country where culturally I felt American, and then was able to go back to my ethnic roots and look as if I belong, but still feel like a foreigner.”

At 22 years old, Guidara's birth mother called her crying, while her friend translated.

“She tried to kill herself, she was bulimic, she was depressed,” said Guidara. “My birth father would go into these drunk rages and beat her violently.”

Domestic violence is the social norm in South Korea, according to Guidara.

“I want to be able to teach classes to others, and on top of that teach women's self-defense courses,” said Guidara. “It goes back to finding out my birth mother was a victim of domestic violence; women should know how to defend themselves at a basic level.”

“Don't be afraid to take a risk; it may be a little intimidating at first, but just go for it,” she continued. “It is hard work, but it will pay off in the end. You have to remember the bigger picture of your goals, and don't give up.”



1st Lt. Elizabeth Guidara, 12th Missile Squadron missile combat crew commander, hits a punching bag at the gym at Malmstrom Air Force Base, Mont., Dec. 19, 2015. Guidara is training to become the first Air Force female officer to go through the Marine Corps Martial Arts Center of Excellence. (U.S. Air Force photo/Senior Airman Jaeda Tookes)