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Airman dormitory leaders have the responsibility of enhancing Air Force dorm quality of life

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ARCTIC WARRIOR

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Joint Base Elmendorf-Richardson

April 6, 2012

FEATURE: 517th Airlift Squadron Airman innovates to track pilots' training

Air Force Staff Sgt. Jose Castillo invents a program, calling it

iFly



Air Force Staff Sgt. Jose Castillo stands next to the wall of military patches above his desk March 28 in the 537th Airlift Squadron. The patches have been collected throughout his career and, for him, represent his commitment to his job. Castillo serves as the aviation resource management noncommissioned officer in charge. While serving there, he created a computer program called "iFly," that tracks training for pilots. (U.S. Air Force photo/Staff Sgt. Robert Barnett)

By Staff Sgt. Robert Barnett
JBER Public Affairs

There's a new computer-based program designed to track the training status for pilots. It's called "iFly," invented by Air Force Staff Sgt. Jose Castillo, 3rd Wing aviation resource management. It may become the new standard for the Pacific Air Forces.

The path that led to this program shines with the very meaning behind the Air Force's education benefits, the willpower to exceed expectations, the payoff of hard work, and a strong sense of family.

"I was born in Torreón, Coahuila, Mexico, 12 hours from the U.S. border with Texas," Castillo said. "My mother is from Puerto Rico, so I got the American citizenship from her. I did kindergarten there, and then we moved to Allende, a town an hour from the border. I did elementary to high school there."

It wasn't long before his world changed. "My Dad got a job and moved us to San Antonio, Texas," he said. "San Antonio was the first American interaction I ever had. The English that I picked up from the public schools in Mexico was not commonly used in Texas. Everything I know from the

English language is more from listening to people talk. I'm still working on the reading and writing because it's my second language; I'm going to classes for that."

Castillo said his grandfather played a large role in what he did next.

"My grandfather was Army Sgt. Maj. Herminio Quiles," he said. "He's the one that talked me into the military style of life, though from the Army side of the house. He told me about his time in Vietnam. He was my inspiration for joining the military life, the Air Force just looked better to me than

See iFly, Page A-3

POL Flight fuels JBER

By Air Force Staff Sgt. Zachary Wolf
JBER Public Affairs

It's 10 below zero and snow is on the ground everywhere. Airman 1st Class Bradley Welsh climbs out of his fuel truck to walk on the freshly plowed runway. He hooks up his hose into an underground fuel line to fill the C-17 Globemaster III cargo plane sitting on the tarmac. Welsh works with the crew chief to fill the C-17 as more than 15,000 gallons of fuel pass from the fuel line underground into the aircraft. Welsh monitors the fuel as he tries to stay warm in the cold Alaska weather. After the C-17 gets all the fuel it needs, Welsh unhooks his hose from the C-17 and the hydraulic fuel truck and packs everything up to head back to the shop.

The Petroleum, Oil and Lubricants Flight, 673d Logistics Readiness Squadron, supports any aircraft that lands that needs refueling. Whether it is Guard, the 3rd Wing, or distinguished visitors like Air Force One, POL is the shop that gets the fuel to the respective aircraft.

The POL shop works hand-in-hand with Defense Logistics Agency Energy and each component cannot do their job without the other.

"DLA-E is responsible for acquiring and storing all the fuel and we move the fuel to the aircraft for them," said Master Sgt. John Frierson, POL Flight noncommissioned officer in charge of fuels distribution and native of Knoxville, Tenn.

The fuel used on JBER arrives by boat at the port on the east side of base and is pumped into storage tanks. The fuel can be transported throughout the base through underground pipes to pump houses or even to hubs on the flight line.

"You are partially responsible for over three million gallons of fuel at the pump house," said Airman 1st Class Bradley Welsh, 673d LRS POL fuels apprentice and native of Belleville, Ill.

Last year the POL Flight refueled 11,017 aircraft with more than 34.5 million gallons of fuel.

Before fuel can be pumped into an aircraft, the POL lab runs tests to make sure it's not contaminated and that the fuel is safe to use.

Different aircraft have different rules for the quality of fuel that is put into that aircraft.

See POL Flight, Page A-3

Alaska Army National Guardsmen play pivotal role in Afghanistan

By Air Force Maj. Guy Hayes
Alaska National Guard PAO

Alaska Army National Guardsmen from B Company, 1st Battalion (Airborne), 143rd Infantry Regiment are settling in to their roles as Security Forces for Provincial Reconstruction Teams in Afghanistan.

More than 126 Soldiers departed Camp Atterbury, Ind., in late February after finalizing their pre-deployment training, and according to their commander, Capt. Jason Caldwell, they are proudly representing the Alaska Army National Guard.

"B Company Soldiers are rising to the challenge of each location and are completing their unique mission in a professional manner," Caldwell said. "As I talk to them and their Provincial Reconstruction Team commanders, I hear nothing but praise for their professionalism and ability to adapt. We have outstanding Soldiers here."

With units split between multiple forward operating locations, the Alaska Guardsmen are now conducting daily missions to assist the PRTs in potentially dangerous areas to rebuild infrastructure, as-

ist with agriculture, build wells and provide healthcare.

"We range out into the rural areas of the provinces, completing mounted and dismounted missions," Caldwell said. "Most days we complete multiple convoys to multiple areas."

With a heavy operation tempo expected to continue throughout the deployment, Soldiers are extremely busy, but on deployment, busy is good, Caldwell said.

"The first sergeant is keeping everyone in line and morale is high," Caldwell said. "I assure you that our Alaska Soldiers continue to put their best foot forward and represent Alaska in the best manner possible."

The deployed Guardsmen hail from Anchorage, Bethel, Chevak, Delta Junction, Dillingham, Eagle River, Ekwok, Emmonak, Fairbanks, Fort Greely, Hooper Bay, Houston, Juneau, Kipnuk, Kodiak, Kongiganak, Kwethluk, Little Diomedede, Marshal, Nikkiski, Nome, North Pole, Palmer, Port Graham, Quinaag, Scammon Bay, Shishmaref, Sitka, Tuluksa, Upper Kalskag, Valdez, Wasilla and Wrangell. They are expected to return to Alaska in November 2012.



Alaskan National Guard Pfc. Laurence Yeaton provides security while members of the Kandahar Provincial Reconstruction Team's engineering department conduct a site assessment of a future midwifery facility March 6 in Kandahar, Afghanistan. Kandahar PRT is a joint team of U.S. Air Force, Army, Navy service members and civilians from various U.S. agencies deployed to the Kandahar province of Afghanistan to assist in the effort to rebuild and stabilize the local government and infrastructure. (U.S. Air Force photo/Staff Sgt. Timothy Chacon)

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Community

Check out the community section for the latest sports, family and recreation news for JBER and the Anchorage Bowl area.

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SPARTAN STEEL REIGNS

Spartan cannoneers support COP Herrera

By Army Staff Sgt. Jason Epperson
Task Force Spartan Public Affairs

PAKTYA PROVINCE, Afghanistan — Chosin Company, 3rd Battalion (Airborne), 509th Infantry Regiment, Task Force Gold Geronimo, has a majority of its troops on Combat Outpost Herrera patrolling the area of operations, and providing fire support for them is the task of 4th Platoon, B Battery, 2nd Battalion, 377th Parachute Field Artillery Regiment, Task Force Spartan Steel.

"Out here, our primary mission is to support the 509th," said 1st Lt. Frank Worsham, a native of Dallas, and B Battery's 4th Platoon leader.

Herrera is located in a heavily mountainous region north in Paktya province. During the winter months snow blankets the region.

"The difference between this COP and the others is this COP is higher in elevation," Worsham said. "It stays colder longer, and because we are so high it affects the trajectories of the rounds a lot. We have to (consider) that a lot more than the other COPs."

Worsham said that one advantage of the mountainous terrain is the natural cover it provides. "We can have our (forward observers) take cover as they call in for fires (munitions)."

"We are near the Pakistan border," Worsham explained. "There are a lot of weapons smuggling coming in through this area, so we really have to watch out for that. We have to keep our eyes on the mountains."

Worsham said being in an isolated and high-elevated COP has its advantages as well as disadvantages.

"There was a lot of trouble in the beginning getting our equipment out here," Worsham said. "The snowy weather made it difficult to transport supplies."

The 4th platoon has been at COP Herrera since December and, according to Worsham, aircraft were only able to fly once a week throughout the winter due to weather.

"Other than getting supplies out here, this COP's been perfect," Worsham added. "I can't complain at all."

Staff Sgt. Michael Hargis, a 4th Platoon section chief and Oklahoma City native, anticipates more activity as the climate grows warmer.

"We don't really shoot (the 105mm howitzers) that often," Hargis said. "Right now, we make sure our rounds are registered and calibrated. We make sure we have all our data right ... We know exactly what the rounds are going to do. We have time to do maintenance and make sure everything is tight."



TOP: Spc. Adam Baughman Linton, who hails from Linton, Ind., screws fuzes on a M84A1 Hydrochloric smoke round at COP Herrera March 26.

ABOVE: Sgt. Johnny Washburn, a native of El Reno, Okla., and a howitzer gunner, dials in a good sight picture on an M-119 105-mm howitzer at Combat Outpost Herrera, March 26. Washburn is part of B Battery, 2nd Battalion, 377th Parachute Field Artillery Regiment, Task Force Spartan Steel. Soldiers of B Battery fire howitzers in direct support of infantrymen of 3rd Battalion (Airborne), 509th Infantry Regiment.

RIGHT: Staff Sgt. Matthew Scott (left), a native of Ventura, Calif., and section chief, Sgt. Philip Nommay, a gunner who hails from Indianapolis, and Pfc. Enos Mowatt, an assistant gunner from Seattle, all assigned to B/2-377th PFAF, fire an M1NC high-explosive round out of a 105-mm howitzer at COP Herrera March 26. (U.S. Army photos/Staff Sgt. Jason Epperson)



The sky is the limit for Spartan artillery on the move

Spartan Steel paratroopers reinforce COP Chamkani

By Spc. Erik-James Estrada
Task Force Spartan Public Affairs

KHOWST PROVINCE, Afghanistan — Paratroopers from Task Force Spartan Steel coordinated the transportation of an M777 155-mm howitzer on Forward Operating Base Salerno to Combat Outpost Chamkani, March 27.

The move was conducted to upgrade the capability of indirect fire support for members of Task Force Gold Geronimo, which is

based in Paktya province.

Riggers from the 725th Brigade Support Battalion, Task Force Centurion, provided the expertise to ensure the weapon system could be moved safely, using a CH-46 civilian-contracted helicopter.

The M777 howitzer has a weight close to 10,000 pounds and a deployed length of roughly 35 feet. Army 1st Sgt. Michael Strate, C Battery, TF Spartan Steel, from International Falls, Minn., said the howitzer isn't a typical gun that can be replaced at an arms room.

"We were out there because that is our equipment and even though it may be a tough piece of artillery, it also is delicate," Strate said. "I believe that it needed special attention to ensure the howitzer would be emplaced without any damage and be ready to fire."

The mission also gave the Soldiers of TF Spartan Steel and

TF Centurion an opportunity to execute live training they have been tested and drilled on time again through instruction, Strate said.

While TF Spartan Steel was there to ensure the safety and proper loading of their equipment, the paratroopers from TF Centurion were there to handle the rigging of the howitzer.

"We use BSB because when we're back at home station, they're the riggers," Sgt. Mark Barber, a motor transport operator, from Lake Jackson, Texas, with Headquarters Battery, TF Spartan Steel said. "They're the ones that go through this. They're all slick qualified. They're all sling load qualified. They're very familiar with the proper way of rigging these systems to help it to fly safely whenever we maneuver it and they pretty much run the (helicopter landing zone) for that reason."



Paratroopers of Task Force Spartan Steel and Task Force Centurion work together to sling load an M777 155-mm howitzer. The M777 howitzer was transported to Combat Outpost Chamkani from Forward Operating Base Salerno March 28. The lightweight M777 recently replaced the M198 155-mm howitzer, and uses a digital fire control system. (U.S. Army photo/Spc. Erik-James Estrada)

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ARCTIC WARRIOR

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POL Flight

From Page A-1

For example, Air Force One has more strict guidelines on the fuel that can go into it.

“Every bit of fuel that comes on the base, we see it first,” said Senior Airman Nathan Lewis, 673d LRS POL laboratory technician and native of Roseburg, Ore. “Before it gets issued out to anything, we touch it.”

Before any fuel goes out to an aircraft it is filtered three times. If a test fails, they test it again to make sure it’s a fail and if it fails again they drain the fuel and figure out why it is failing the tests.

“Any dirty fuel that enters the plane could potentially cause it to go down,” Lewis said.

The right additives have to be in the fuel to make the aircraft safe to fly. One of the additives is a deicer that makes sure the fuel doesn’t freeze because at high altitude the temperature is a lot colder than it is on the ground.

It’s not just the fuel that gets tested by the laboratory technicians.

“We test every single receipt (of fuel) and every tank to make sure they are good,” Lewis said.

Clean fuel ensures a mission can happen. “If they don’t know the fuel is clean, they can’t use it,” Lewis said.

According to Lewis, the laboratory runs more than 2,000 fuel samples a year.

The POL Flight wouldn’t function without one of the most important parts. That part is the Fuel Service Center.

“We are the central nervous system of everything fuel-related,” said Air Force Staff Sgt. Jamie Lamb, 673 LRS POL fuels service center controller and native of Marquette, Mich.

Every refueling job comes through the fuel center and they are the ones who tell the distribution team what trucks to use and what an aircraft needs and even how much fuel they need to put into that aircraft.



Airman 1st Class Jeremy Miller, 673d Logistics Readiness Squadron fuels apprentice, unrolls the fueling hose of the R-11 fuel truck on Joint Base Elmendorf-Richardson April 3, 2012. The fueling is a transaction between Miller and the crew chief who actually signs for the fuel. (U.S. Air Force photo/Staff Sgt. Zachary Wolf)

“Everything comes through us; it doesn’t matter what it is on this base; anything fuel related comes through us,” Lamb said.

Everything, from the tail number of the aircraft to the amount of fuel, is inputted into a program to keep all the operations organized.

Before November, everyone that delivered fuel operated out of the POL building next to the outdoor recreation building.

We prepositioned six fuel trucks that are within a 45-second drive to the F-22 Raptor fighters rather than having our fuel trucks travel all around the flight line, said Frierson.

With these prepositioned fuel trucks, the F-22s can now perform “hot pits.” A hot pit is when the F-22 leaves its engines running while the POL distribution team fills them up. This makes for a faster refuel

time, which lets the aircraft get back in the air a lot quicker.

Frierson said the new process they implemented has saved more than \$45,000 since November.

“Without us, nobody would be flying and none of the government vehicles would have gas because we also maintain the gas stations,” Welsh said. “No one would be able to move.”

iFly

From Page A-1

the Army.”

Castillo said, growing up, he dreamt of being a pilot, but language barriers and other challenges curved his path another direction.

“I did have the challenge of English and I didn’t have a High School diploma equivalent that the recruiter could use,” he said. “I eventually got an American general education degree but at the time, the recruiter didn’t talk to me much. The thing is that Southwest Texas Community College in San Antonio took all my credits from Mexico, including the Mexican high school degree. All I had to do was a kind of conversion and they picked it up and the next thing I know, I’m taking classes.”

Education opened his door to joining the Air Force.

“Right in the middle of the classes, the recruiter called to ask how I was doing,” Castillo said. “I told him I was in college now. I explained that the college took my G.E.D. and my credits from Mexico, so I’m doing classes. The recruiter said to have the college type a letter and he could get me in. I said I’d already paid for books and the semester, so let me finish this up first. Sure enough, I finish my classes and the next thing I know, I’m on the bus to Lackland Air Force Base, Texas. I joined the Air Force when I was 21.”

The inventor of “iFly” started out as an E-1.

“I came into the Air Force as an airman basic,” he said. “I’ve earned my stripes; they were put there by blood. I could have signed up for six years and made the rank faster but I didn’t know what to expect so I figured just let me go in and work my way up. Then I was making more money as an airman basic than I was in Mexico. I thought I was living the dream with \$500.”

After Basic Military Training, Castillo encountered challenges finding the job that suited him best, including discovering that he was color blind.

“I wasn’t even supposed to be at this job,” he said. “The Air Force trusted me with my background to be a bomb loader in weapons armament systems with Fighting Falcon F-16s. I went to technical school at Sheppard Air Force Base, Texas, and my color blindness kicked in right in the middle of the class.”

“There was a portion where I had to work with color codes in electronics, as we were troubleshooting the system, the instructors said to look for these particular colors. So I looked in there and said they look the same to me. So the instructor pulled me aside and gave me a color test. The next thing I knew, they took me from class and took me to the hospital to do an eye check. They told me I was partially color blind and couldn’t work with electronics. So from that day the Air Force pulled me out of the class.”

Color blindness severely limited Castillo’s options.

“From there they gave me a list of all the jobs I was still qualified to do,” he said. “Out of like five jobs, this one wasn’t even on the list. I asked a question about this job, aircrew management, do you work with pilots, what’s this job about? Somebody in the school house used to be in that job and kind of gave me a quick briefing but at the time I was like I don’t want to do that job, let me do something that gets my hands dirty.”

He nearly went a different direction entirely.

“The option was to be the communications squadron guy,” Castillo said. “The person who fixes telephone lines, that climbs up the pole and starts messing with the switches and whatnot. That’s the job I wanted. Of course, the Air Force needs and whatnot, they said I don’t think you want this job.”

Instead, Castillo was put back on course with his dream.

“I went to Keesler Air Force Base, Miss., my second technical school,” he said. “This was for aviation resource management, which is what I do now.”

Then disaster struck.

“On the fourth week of this technical school, I got sick,” The education advocate said. “This is like Friday in the morning; I came to the front desk and told the guy I don’t feel good. I was wearing the old gray physical training uniform, the sweaters, the jacket, and the field jacket; I’ve got all that on me and I still felt cold. They all looked at me like what’s wrong with this guy? They had to call the Blue Rope on standby that happens to be my class instructor. She takes me to the emergency room. The ER says ‘man, you’re in here for a cold, get out of here.’ They sent me away.”

“Through the weekend, I still didn’t feel better. They take me to the local clinic, a kind of training hospital. They told me I had pneumonia and they had to take me out of school for a week.”

Taking a week off during technical school’s tight schedule can mean starting over.

“It’s technical school; if you miss something, they will push you back,” Castillo said. “So I called my instructor and said hey, I’m on quarters, I’m not going to be able to make it this week. She said well, this sort of thing can happen.”

Castillo chose to do the unexpected.

“I said to the instructor, I know I haven’t been the best in class,” he said. “I know I don’t have the best grades right now. But I know that if I get two perfect scores for the last two blocks, I can get this class passed with a high score. She kind of laughed at me and said ‘Good luck to you, I hope you feel better.’”

Despite the odds, he drove onward. He believed in education and studied hard.

“That week, they gave me medication, but it did not put me to sleep,” Castillo said. “I never had a roommate so I’m in that dorm room by myself and I started going through the material for the class. I got better.”

He stepped up and challenged the system.

“I go to the technical school classroom and the superintendent for the shop wants me to sign the paperwork and start from scratch,” he said. “I tell him that I know how much I’ve missed from class; but can you give me a test? I’ve been reading the material. He was surprised.”

“They pulled me to the side,” he said. “I tell them that in that week that I was out, I read enough to get the basic information from the materials. That’s what you need from technical school is the basic information about the job.”

“And I pull it off. I get back in the class, the next day I got the test; the first 100 percent. Time goes on, I keep studying the materials. I take the test, the next 100 percent. I got it.”

But this struggle wasn’t over yet.

“Because I had the pneumonia, even though I graduated, they still kept me for an extra month,” Castillo said. “So you see me go from working the front desk to sweeping the school and moving furniture. They kept me busy, but I don’t mind. Others would look at me like what are you doing here, and I ask the same question myself. The day they tell me I can go, I grab my little piece of paper saying my quarters are being removed and I can PCS, I’m like get me out of here.”

His first assignment introduced him to deployments.

“My first base was the 39th Airlift Squadron located at Dyess Air Force Base, Texas,” Castillo said. “This unit, it’s a small community. Dyess is the 7th Bomb Wing. It’s a small C-130 unit just like here. I earned my first three stripes on that base. Within a week of my relocation to that base, I deployed; five months they sent me away.”

“I went to Manas Air Base in Kyrgyzstan. That first deployment, I think I was the only airman basic on the base. I know this because at the gate I had to go through daily all the Security Forces would see me and say ‘hey an airman basic, I haven’t seen one of those in years,’” he laughed. “So I think I was probably the only one on the other places, including Al Udeid, Qatar. I’ve been to Manas and Al Udeid the most. I’ve actually spent more time off-station than on.”

While he was home, he was taking classes and learning a few things about his job.

“From my 39th AS days as an airman basic, I remember the thing the air crews wanted to know the most was how many hours they had as an air crew member, how much training they needed to accomplish, or how much is remaining,” Castillo said. “At the time, we had paper products. I was the airman basic in charge of printing these products on a daily basis.”

“So, being new to the Air Force, I had a job and I was happy there, but at the same time I was thinking, man, we’re burning through all this paper! I would have to take this paper from the binder and update it, so I was thinking there has to be a better way.”

All his traveling during this

first tour started in him the genesis of an idea that has continued to inspire his career.

“I got invited to participate in a temporary duty assignment with the air crew; they take me to Little Rock Air Force Base, Ark.,” Castillo said. “I was working on an exercise where we simulate being deployed; I was working the night shift. I was spending my evenings in Motel 6 because the base didn’t have enough rooms for the whole unit.”

“Someone said to go to a restaurant with homemade subs. As I walked in, there was a counter, a couple tables, and then a large trophy case on the wall with all these military patches,” he recalled. “And I kept thinking, someday I want something similar to that. So I started collecting, and I got my first patch from my grandfather that passed away a couple of years ago.”

The air crew class, called Undergraduate Pilot Training, had a patch that holds special meaning to Castillo.

“The UPT students gave me the name ‘iFly,’” he said. It’s on their patch.

Castillo also continued his education, and continued on to his next duty station, Laughlin Air Force Base, Texas.

“I thought of ‘iFly’ while stationed at Laughlin,” he said. “I took a class called Basic Web Based Design, through Southwest Texas College. When I finished that class, I had the idea and started the project but the workload and having a baby kept me away from it.”

“Of course, I didn’t know anything about this whole computer thing. What I put in the ‘iFly’ program is from a combination of classes I’ve taken and am taking, I’m actually applying what I’m learning to the job. This ‘iFly’ product came out from the computer class that I took.”

“I was thinking I could put this together in my mind, and I could provide the information for what these pilots want on a daily basis. They want to see their training, they want to see how many hours they have, and I can provide that there. I built the whole coding from scratch. All this is, is an HTML coding, but the difference is I actually typed the whole thing. When you open it in your computer, you see the program. It’s real basic; anyone could have come up with it.”

Castillo said he remembers the days of his first assignment, his heart longs to be there for the pilots, and he knows that the world is going digital.

Now stationed at Joint Base Elmendorf-Richardson, he’s able to implement his program.

“I’ve only managed to put this to use here,” Castillo said. “It’s only used in this unit. I was working for the Operations Support Squadron and doing everything related to air crew flying and training. I was working on the ‘iFly’ product and jumped at the chance to be part of the 537th Airlift Squadron. I got here before everyone else; I’m the first enlisted person that showed up for this unit. Lt. Col. Eric Knight,

C-130 pilot flight commander, was the first officer on site that started getting together this entire unit. This squadron was officially activated in May 2011.”

It used to be a Vietnam warrior unit, he said. And his program should make a big difference today.

“With this difference, I’m trying to avoid my days of having no stripes, days of printing paper all the time,” he said. “This is the paper-less Air Force, I’m trying to provide a product to my air crew that is easy access to provide the data that they actually need. They have it on paper, but you have to flip through it, highlight it, things like that and I’m trying to narrow it down to a system that’s easier to get the data than actually stopping by to see me.”

“It’s not like Military Personnel, where they give everything to you on computer and want you to figure it out; more like the data is there and is updated on a daily basis. If something is missing, they can actually come and talk to me and say ‘Hey, I noticed in my file that this data is not there, what is going on?’ So I can make those updates and changes. I’ve been asked if this could be connected to improve the mission. I think it can.”

He got a step closer to his dream.

“This is close to my original goal, to be in a unit with pilots,” Castillo said. “They deploy, I deploy; it’s like the whole unit’s gone. The whole squadron will disappear. Chief Master Sgt. Steve Vaughn, 537th Airlift Squadron superintendent, was moving out as I moved in, so we never got to see each other but we saw the same unit. One unit would deploy and the other would stay behind to the support the local mission, then deploy when they came back. At one point both units were gone. At the time I didn’t mind, I was running into U.S. culture and learning the Air Force ways.”

Castillo said he has come a long way since his recruiter first turned him away.

“We’re very proud of Sergeant Castillo,” Vaughn said. “He’s done a great job around here pretty much holding the fort down; it’s practically a one-man shop right now. He’s established a great rapport with our Guardsmen and has been making the mission happen.”

Castillo’s unit has helped him to realize his dream.

“The funny thing about it,” Castillo said, “is my unit was the one back then that supplied ammo, food and supplies to my grandfather’s unit. I’m in the unit that supported them in Vietnam. That’s like a happy ending for me; it’s another reason why I’m happy to work for these guys.”

“I’ve been pulling 18 hours and it’s worth it,” he continued. “But the fact that I’m working in this unit makes me feel like I’m close to my grandfather in a way. I have a lot of respect for the Army, I mean, we’re the ones fighting in the background, the Army and the Marines are the ones in front. My grandfather’s First Cavalry Unit was my first patch.”

Briefs and Announcements

Disposition of effects

Air Force 2nd Lt. Christopher Walker, 3rd Maintenance Squadron, is authorized to make disposition of personal effects of Senior Airman Russell R. Lytle, 3rd MXS, as stated in Air Force Instruction 34-244.

Any person or persons having claims for or against the estate of the deceased should contact Walker at 229-425-9206.

WAPS move

Air Force Weighted Airman Promotion System testing has permanently moved from the People Center to the Air Force Education and Training Center, 4109 Bullard Ave.

For more information, email joseph.oneil@elmendorf.af.mil.

Holocaust remembrance

The Joint Base Elmendorf-Richardson Equal Opportunity Office will host the 2012 Holocaust Remembrance Day 2 p.m., April 19, at the Richardson Theater.

Rabbi Yosef Greenberg will be the guest speaker.

Tax centers open

Volunteers at both Joint Base Elmendorf-Richardson tax centers are trained to prepare 1040 EZ and 1040 tax returns and will do so until April 17.

The JBER-Elmendorf Tax Center is in Building 8124 and is open Monday, Tuesday, Thursday and Friday from 8 a.m. to 3 p.m. and Wednesday from 8 a.m. to noon.

The JBER-Richardson Tax Center is in Building 600, Room A305, and is open from 9 a.m. to 4:30 p.m. Monday through Wednesday and Friday, and 1 p.m. to 8 p.m. on Thursday. Walk-in service is available.

Appointments can be made by calling 551-1175 for JBER-E; for JBER-R call 384-1040.

Dining facility survey

ARAMARK is conducting a survey to evaluate how the contractor can better offer dining service to

Joint Base Elmendorf-Richardson.

The 17-question survey can be accessed at <http://tinyurl.com/bm5koz6>.

Utility allowance changes

The utility allowance has been adjusted for all Phase I (Sunflower – those units on Fairchild Ave., Dallas, Silver Run and Chugach housing areas) metered housing units to reflect decreases or increases in electricity and natural gas rates Aurora pays.

Aurora will continue to read utility meters monthly and provide a statement reflecting actual consumption, quarterly allowance amount and the resulting balance of customer accounts.

As is currently the case, when the credit balance of accounts exceed \$250, Aurora will issue a refund check.

If an account reflects a debit balance in excess of \$250, customers are required to make payment to Aurora in the amount of the account balance.

In addition, each account is annually reconciled and adjusted to zero at the end June.

This means during July, customers will either be refunded any accumulated credit or invoiced for any amount owed, regardless of the dollar amount.

For any questions regarding the Utility Program or further information, please contact the Aurora Utility Staff at 375-0508 or Aurora Housing Office at 753-1023.

Motorcycle training

Riders can now start the registration process for the 2012 Contracted Motorcycle Training.

A change from previous years is training is only offered to uniformed service members and Department of Defense civilians who have motorcycle operation listed in their position descriptions.

For information on how to register, call 552-5092.

STAP termination

Due to Air Force reductions

in funding and manpower, the Joint Base Elmendorf-Richardson Education Center will no longer provide administrative support of the Air Force Aid Society's Spouse Tuition Assistance Program for JBER spouses after July.

In response, the Air Force Aid Society has looked at possible solutions to keep STAP operational. However, the software development costs and the time necessary to develop and implement a solution for the following academic year were not feasible.

Therefore, in an effort to maintain some support of spouses for the 2012-2013 academic year, the society has decided to discontinue STAP at the conclusion of the program year, which ends July 31, and to immediately expand eligibility requirements of the Gen. Henry H. Arnold Education Grant Program to include spouses at overseas locations.

The Arnold Grant Program is limited to full-time undergraduates only, though awards are generally higher than STAP.

Deadline for application to the Arnold Grant Program is March 31 for academic year 2012-2013. To access the application, visit <http://tiny.cc/agjh>.

Call the Education Center at 384-0970 for more information.

Furnishings management

The Furnishings Management Office offers 90-day loaner furniture for Airmen arriving at or leaving JBER-Elmendorf.

The FMO also has appliances for Airmen residing off base, for longterm use.

Delivery and pick-up is provided for 90-day loaner furniture and appliances. The FMO also has longterm furniture for ranks E-1 through E-5.

These items are available on a first-come, first-served basis. The service member is responsible for transporting these furnishings. Airmen should take a copy of PCS orders to the Government Housing Office at 6346 Arctic Warrior Drive

to schedule delivery. Call 552-2740 for any questions regarding the FMO program. Hours of operation are Monday through Friday, 8 a.m. to 4:30 p.m. Soldiers can call 384-0092 for the JBER-Richardson FMO.

Home buyer's seminar

The 673d Civil Engineer Squadron Capital Asset Management Office offers a first-time home buyer's seminar two times each month through the Volunteer Realtor Program.

The seminar covers home loan prequalification, negotiations, offer acceptance, inspection, title search, available types of loans, and the closure process as well as many other aspects of interest to a prospective home owner.

If interested in becoming a home owner and wish to attend, please call 552-4439 to be included on the sign-up sheet.

Rental Partnership

The Rental Partnership Program at Joint Base Elmendorf-Richardson is available to all eligible active-duty members and consists of two options. The first option, RPP Plus, includes utilities and sometimes cable costs providing an easier budget with a set rental payment year round.

The other option, RPP 5 Percent Below Market, saves the member five percent off the rental fee that other tenants pay however utilities are paid for by the tenant.

Both options are made available with no deposits or fees to the member with the exclusion of pet fees as it may apply.

This program is designed to provide active-duty military personnel, enlisted and officers, accompanied and unaccompanied with affordable off-base housing.

An allotment must be executed under either option of the RPP for the rental payments which is made directly to the landlord resulting in a more trouble free transactions.

JBER-Elmendorf can see RPP

officials at the Capital Asset Management Office, Building 6346, Arctic Warrior Drive, or call at 552-4328 or 552-4374 for further information and assistance regarding this program.

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

Find housing

Visit the Automated Housing Referral Network at www.ahrn.com to find housing before packing up. Sponsored by the Department of Defense, the website listings include available community rentals, military housing, shared rentals, temporary lodging and military for sale by owner listings.

Listings include property descriptions, pictures, maps, links to local schools, and contact information.

Service members who would like to rent their homes, sell their homes, or are looking for another service member as a roommate in their current homes, may post an ad free of charge on the site.

For more information, call 552-4439.

Quartermaster Laundry

The Quartermaster Laundry, located at 726 Quartermaster Road, cleans TA-50 gear for free and is open Monday to Friday 7:30 a.m. to 4:30 p.m.

Otter Lake fishing

The sport fishery on Otter Lake has been liberalized to allow harvest of 10 rainbow trout per day, 10 in possession, effective until Oct. 1.

There continues to be no bag, possession or size limits for northern pike.

Additionally, the legal gear for ice fishing on Otter Lake is increased to five lines with up to two hooks per line as long as both hooks are attached to the same single piece of bait.

For more information call 267-2153.



COMMUNITY

Volume 3, No. 14

Joint Base Elmendorf-Richardson

April 6, 2012

Child Abuse Preventing a hidden crime

By Chris McCann
JBER Public Affairs

Joint Base Elmendorf-Richardson is home to many children, and hundreds more military children live in Anchorage and the surrounding communities.

Military families are often under more stress than others – with deployments and frequent moving putting pressure on parents and children alike. And stressors can put children at risk for neglect and even abuse.

“If parents are stressed to the point that they’re having a hard time even with self-care, it’s hard to form attachments and that puts children at risk,” said Verna Loosli, an outreach manager with the JBER Family Advocacy Program. Although most people tend to think of physical abuse as the most potentially lethal problem, child neglect is often the most fatal to kids.

Fortunately, there are protective factors which have been shown to increase the health and well-being of families and children, according to *childwelfare.gov*.

Nurturing and attachment are one factor – when parents and children have strong, warm feelings for one another, children learn to trust parents to provide what they need. Another factor is parents’ knowledge of child development.

Parents’ own resilience and ability to creatively problem solve, address challenges, and have a positive attitude mean they are less likely to direct their frustrations at children. Social connections and having caring family and friends for emotional support in the daily challenges of family life also protect not only parents, but their children.

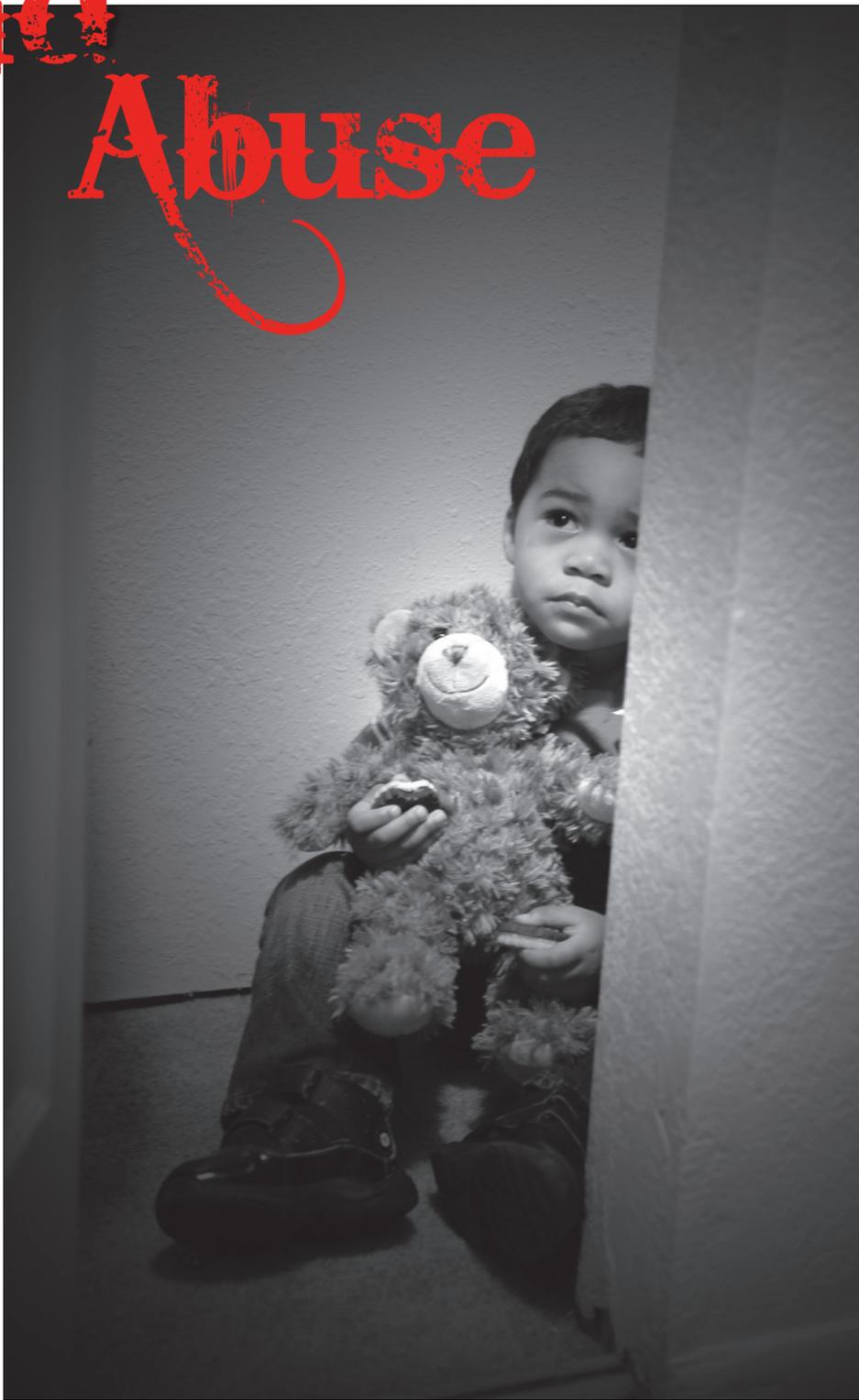
And having concrete support – food, clothing, housing and transportation – lets parents ensure the health and safety of their children.

The JBER community and programs provide assistance with all of these.

The Family Advocacy Program offers parenting classes, resiliency training, and interactive ways for families to draw closer together.

“We’re not here to get people in trouble,” Loosli said. “Although people should take seriously their responsibility to report suspected abuse. We care about children, and about parents, and we want parents to have as many tools as possible.”

“If the only tool you have is a hammer, everything looks like a nail,” Loosli said. “If the only ‘tool’ you have for parenting is yelling, then that’s what you do. You know you’re supposed to be in charge and do something, but you lack other tools. We try to provide those.”



Child abuse is a problem – even among military families. (U.S. Air Force photo illustration/Steve White)

Parenting tools are some of the most important things to prevent abuse and neglect, she said.

“How do you calm a fussy baby? What if there are feeding problems? How do you manage a two-year-old who’s stomping his feet and saying ‘no’? If you understand development, you’ll see that saying ‘no’ as a good thing in a way – you’ve given him self-esteem and he’s moving up to independence.”

And while parents’ resilience is important, Loosli stressed that resilience isn’t self-contained. Everyone needs external support,

she said, and the New Parent Support Program offers assistance to visit homes and offer a hand when needed.

There are plenty of other resources available at home, too – even online videos.

“If you (do a search) for ‘toddlers arguing,’ for example, any problem, you can get good pointers, even if it’s 2 a.m.,” Loosli said.

All the outreach managers at Family Advocacy are parents themselves, she said.

“We don’t judge. Parenting is the toughest job you’ll ever love –

it’s 18 years of being on-call, 24/7, but it’s rewarding.”

Unfortunately, the military isn’t immune to family violence – in fiscal year 2010, there were 5.7 cases per 1,000 families of substantiated child maltreatment cases, according to a report by the Department of Defense’s Family Advocacy Program. Most of those were neglect or emotional abuse, said the report.

JBER offers ways to combat being one of those statistics. On Saturday, multiple agencies around the installation will host the Easter

Eggstravaganza at the Buckner Physical Fitness Center, with age-grouped egg hunts and an indoor Family Fitness Day so families can spend quality time together learning healthy habits.

It also puts families in a place where they can connect.

“We have a tendency in the military to think ‘buck up’ and try to handle things on our own,” Loosli said. “But social connections are important. If you’re living in your home community, you have friends and family around. That’s a challenge in the military family – we have wonderful support, but people have to know where to go.”

“People take family for granted and don’t realize the support they get at home. But no one ever moved into a cave and raised a child alone. You have to find ways to get support.”

The DoD recognizes the fact that families don’t have that natural support when they’ve moved, and provides assistance.

“It may not feel as comfortable at first, but you deserve it,” Loosli said. “If you can’t have your mom there, you need to have someone.”

As part of the recognition of Child Abuse Awareness Month, tables with information will be set up in various places around the base offering pointers, class schedules, and other items.

If you think you have a problem or you’re having difficulties, there are some steps to take. First, take responsibility to not escalate the situation.

“We think of time-outs as something for kids, but time-outs for parents can be a valuable tool,” Loosli said. “It can stop the potential for harm, and it also models self-control to tell a child ‘I’m too angry to talk to you right now.’”

Second, get some other ideas on dealing with things. Whether it’s a parenting class for general knowledge, or specific ideas like laying out clothes and putting homework in school bags the night before to reduce morning stressors, bringing problem-solving to the table can help, she said.

“Maybe you can enroll your child in softball or another sport, so they can burn off energy. And find activities that you can do together to increase nurturing and affection.”

Getting help from Family Advocacy won’t damage a career unless it’s a referral for an incident. Military Family Life Consultants don’t keep records of people coming to them for help, and can meet on or off base, and Military OneSource offers counseling and other assistance too.

“Get help before there are big issues,” Loosli said.

Importantly, watch out for friends and neighbors.

“We’re a JBER community,” Loosli said. “Keep an eye out for your neighbor. If you get the impression that they’re stressed, if they’re yelling or trying to wrangle kids into the car ... if they’re having a hard time, see if they need help and offer that connection.”

Sexual assault reporting changes for Air Force

By Sgt. 1st Class Tyrone C. Marshall Jr.
American Forces Press Service

WASHINGTON — The Defense Department has refined new methods to aid sexual assault victims whether reporting a crime or seeking assistance as they transition from service, the director of the Sexual Assault Prevention and Response Office said here March 30.

“We have several new options for victims of sexual assault,” said Air Force Maj. Gen. Mary Kay Hertog. “First, if you’ve been a victim of sexual assault in the military, you now have the option of requesting an expedited transfer. We signed that into effect in December.

“If you find it untenable or unbearable

in the organization that you’re at ... you can request to be transferred,” she added.

Hertog said a service member’s local commander has 72 hours to respond to the request for transfer, and, if denied, there is an option to take it to the first flag or general officer in the chain of command who also has 72 hours to respond.

“We also have a new document retention initiative,” she said. “We heard loud and clear from our veterans who present themselves at the (Department of Veterans Affairs) years later that there was no documentation that they had ever been sexually assaulted (during) their military service.”

The issue arose, Hertog said, because varying standards of retention had existed among all of the services. It has since been resolved.

“We now have one standard of retention so those individuals that file unrestricted reports will have their documents retained for 50 years,” she said.

“And those that file restricted reports will have their documents retained for five years,” Hertog said. “And of course our victims of sexual assault who file restricted reports have that option to convert over to unrestricted reports at any time and then we will retain their documents for that

50-year period.”

The director also discussed other innovations such as expanding legal assistance to encourage victims to participate in the military justice system “in order to hold that perpetrator accountable.”

And as of January, DoD civilians and contractors deployed abroad as well as military dependents over 18 years old are now eligible to access sexual assault response services, Hertog said.

Hertog noted other changes implemented include new training for investigators of sexual assault crimes within the services.

“Some of our new training initiatives concern our investigators such as our (Naval Criminal Investigative Service) agents, Air Force (Office of Special Investigations) and Army (Criminal Investigation Division),” she said. “We think we have found the gold-standard course ... to send many of the agents to (in order to) build a sexual assault subject expertise cadre of our agents to get them very familiar with these cases.”

Hertog said training frequency will increase, more seats will be offered and the training has expanded to include judge advocate generals “because these are some of the toughest cases to investigate

as well as prosecute.”

Perhaps the most useful option has been established for about a year, Hertog noted.

“You have the option of contacting our DoD Safe Helpline,” she said. “We stood up a 24/7 crisis hotline. It’s operated by the Rape, Abuse and Incest National Network who have been trained by us, so they’re very familiar with military terminology.

“If you don’t want to go through your chain of command, you can contact them and they will tell you where your nearest rape crisis center is in your community outside your installation gates,” Hertog said.

Hertog said the hotline has been “extremely successful,” with about 30,000 unique visits to the site and about 2,500 referrals for counseling services.

She emphasized the Defense Department’s commitment to “eradicating” sexual assault in the military “from the secretary (of defense) on down.

“We have to eliminate this problem from our ranks,” Hertog added. “The American public gives us what’s most dear to them and that’s their sons and daughters. And they trust that we’re going to take care of them, (which) is a commander’s job.”

Resurrection offers hope, even in the face of death

By Air Force Chaplain (Maj.) Mike Shannon
673d ABW Chaplain

Several years ago, a chaplain friend of mine shared a very nice card he received from a couple he counseled through a difficult issue in their marriage.

Though I don't know the details, he did indicate that by all appearances it seemed as though the marriage was "dead."

There was no hope of it surviving, no hope of life being restored to it.

The chaplain spent time counseling them; his goal to instill in them the ability to hope beyond hope.

In the realm of God's grace, life was restored to their marriage.

The card indicated how very thankful they were for this chaplain's presence in their time of need.

On April 8, Christians all over the world will celebrate the resurrection of Jesus from the dead.

That resurrection is the grand story of life victorious over death – a faith-founded fact for many like myself, rather than just a legend or myth as it is often portrayed.

For Christians, it is a pivotal foundation of our faith, our purpose, our future and our power.

The apostle Paul writes, "For if there is no resurrection of the dead, then Christ has not been raised either. And if Christ has not been raised, then all our preaching is useless, and your faith is useless" (1 Corinthians 15:13 -14).

While the resurrection is a major theological feature of the Christian faith, it is also the basis for the daily worldview of many.

This worldview supports our approach to everyday life and living, and yes, even our actions in the face of death.

The story of the resurrection strengthens our ability to cope with difficult situations.

Many times people use the metaphor of death to describe their current situation.

What I mean by that is this; we sometimes hear certain expressions of "death" from people who are struggling through a very difficult time in their lives.

For example, "I'm at the end of my rope." "My marriage is dead." "I feel

like I'm walking through the valley of the shadow of death."

Or we talk about a plan or idea that is "dead in the water" or "dead before it started," or "the life being sucked out" of someone or something.

I have discovered the metaphor of death to be closely connected to things like loneliness, pain, despair, alienation, shame and loss.

But as someone who believes deeply in the resurrection, I remain hopeful even in the face of such things.

Over the years the good news of the resurrection has given me hope where there was no hope; life where there was seemingly no life.

As a chaplain, when I'm faced with a couple who believes their

relationship is dead and without hope, I see instead the possibility of life.

When I encounter individuals who feel as though they "have really screwed things up this time" or "made unwise decisions affecting their careers" or feel like "my life is over" – where they see death, I see the promise of life.

The grand story of the resurrection gives us hope in life over death, and therefore, there is always the possibility of something better in your future, no matter how awful your situation seems now.

So, here's what I want to leave with you.

There is hope and life for you. You can have life and have it abundantly (John 10:10). So don't give up.

Births

MARCH 10

A daughter, Sophia Madyson Hoge, was born 21.5 inches long and weighing 8 pounds, 14 ounces at 10:18 a.m. to Misty Anne Hoge and Army Staff Sgt. Kyle Arthur Hoge of the 1st Squadron (Airborne), 40th Cavalry Regiment.

MARCH 11

A son, Easton Matthew White, was born 21 inches long and weighing 8 pounds, 4 ounces at 1:23 p.m. to Mellisa Kay White and Air Force Staff Sgt. Michael Shane White of the 90th Aircraft Maintenance Unit.

A son, Noah Aaron Monroe Yeaw, was born 20.75 inches long and weighing 7 pounds, 9 ounces at 2:33 p.m. to Janel Ruth Yeaw and Sgt. Wayne Aaron Edward Yeaw of the 17th Combat Sustainment Support Battalion.

MARCH 13

A son, Gabriel Easton Knapp, was born 21 inches long and weighing 8 pounds, 10 ounces at 9:34 a.m. to Airman 1st Class Sarah Lucinda Knapp of the 381st Intelligence Squadron and John Louis Knapp III.

A son, Grayson Lee Meacham, was born 21.5 inches long and weighing 8 pounds, 12 ounces at 12:25 p.m. to Amanda Marie Meacham.

A son, Cody Michael Reagan, was born 18.25 inches long and weighing 5 pounds, 11 ounces at 1:43 p.m. to Krystle Marie Reagan and Sgt. Joseph Lee Reagan of Company C, 307th Expeditionary Signal Battalion.

MARCH 14

A daughter, Clare Frances Alinsunurin DeLeon, was born 20 inches long and weighing 5 pounds, 15 ounces at 5:42 a.m. to Rhea Alinsunurin DeLeon and Tech. Sgt. Gerard Joseph Tingeeon DeLeon of the 381st Intelligence Squadron.

MARCH 15

A daughter, Taralyn McKinley Williams, was born 20.5 inches long and weighing 7 pounds, 15 ounces at 5:07 a.m. to Senior Airman Caylea Jordan Williams of the 673d Inpatient Squadron and Travis Lee Williams.

MARCH 18

A son, Micah Terrell George Hinton, was born 18.5 inches long and weighing 5 pounds, 13 ounces at 11:47 p.m. to Tiffany Hinton and Cpl. Ronnie Rommain Hinton of Company C, 307th Expeditionary Signal Battalion.

A daughter, Annasyn Marie Salisbury, was born 21.75 inches long and weighing 8 pounds, 2 ounces to Melody J. Salisbury and Air Force Master Sgt. Amos L. Salisbury of the 3rd Mission Operations Squadron.

A daughter, Elizabeth Lynn South, was born 21 inches long and weighing 7 pounds, 7 ounces at 12:49 a.m. to Naomi Bethel South and Senior Airman Scott Allan South of the 673d Civil Engineer Squadron.

A daughter, Aramya Leanna Tyrrel, was born 19.5 inches long and weighing 6 pounds, 8 ounces at 1:17 p.m. to Malie

Mary Tyrrel and Airman 1st Class Anthony Adam Tyrrel of the 703rd Aircraft Maintenance Squadron.

MARCH 19

A daughter, April Amica Alcorn, was born 21 inches long and weighing 8 pounds, 12 ounces at 5:24 a.m. to Amber Amica Alcorn and Air Force Capt. Michael Robert Alcorn of the 673d Medical Operations Squadron.

A daughter, Addison Grace Gibson, was born 20.5 inches long and weighing 7 pounds, 10 ounces at 1:43 a.m. to Megan Ryan Gibson and Airman 1st Class Travis James Gibson of the 962nd Airborne Air Control Squadron.

MARCH 21

A daughter, Timpani Marjean Watkins, was born 20.5 inches long and weighing 8 pounds, 3 ounces at 5:19 a.m. to Shari Jean Watkins and Army Capt. Uriah F. Watkins of the 6th Engineer Battalion (Airborne).

MARCH 22

A daughter, Simone Rachelle DePriest, was born 21.5 inches long and weighing 9 pounds, 12 ounces at 1:19 p.m. to Chandra Marie DePriest and Air Force Maj. William Byron DePriest of Alaskan Command.

A son, Cody Lorren Edwards, was born 21 inches long and weighing 8 pounds at 5:46 a.m. to BreeAnna Lorraine Ed-

wards and Spc. Jordan Lee Edwards of the 725th Brigade Support Battalion.

MARCH 23

A son, Channing Boston Ernst, was born 20 inches long and weighing 7 pounds, 14 ounces at 12:32 a.m. to Clara Jane Ernst and Sgt. Brock Justin Ernst of the 725th Brigade Support Battalion.

A son, Wyatt Christopher Isaacson, was born 22 inches long and weighing 7 pounds, 9 ounces at 2:16 a.m. to Amanda Hebine Isaacson and Pfc. Christopher Elwin Isaacson of the 725th Brigade Support Battalion.

A daughter, Aubriel Camille Summerville, was born 19.5 inches long and weighing 5 pounds, 8 ounces at 4:34 p.m. to Coretta Kionna Summerville and Senior Airman William Augusta Summerville of the 703rd Aircraft Maintenance Squadron.

MARCH 25

A son, Zachary Byron Brooks, was born 19 inches long and weighing 7 pounds, 4 ounces at 12:58 a.m. to Brandi Michele Brooks and Senior Airman Neal Byron Brooks of the 732nd Aircraft Maintenance Squadron.

A daughter, Lillie Ann Leavitt, was born 19 inches long and weighing 7 pounds, 5 ounces at 10:28 p.m. to Nicole Yavonne Leavitt and Sgt. Joshua Kirk Leavitt of the 109th Transportation Company.



FSS EVENTS & ACTIVITIES

MONTH OF THE MILITARY CHILD



FSS EASTER EGGSTRAVAGANZA
APRIL 7 - 9 - 11 A.M. - FREE OUTSIDE AT THE BUCKNER PHYSICAL FITNESS CENTER PARKING LOT - DRESS WARMLY!
9 A.M. 1-2 YRS OLD
9:30 A.M. 3-5 YRS OLD
10 A.M. 6-8 YRS OLD
10:30 A.M. 9-12 YRS OLD
CALL 552-2266 FOR MORE INFORMATION



BRUNCH WITH THE EASTER BUNNY
APRIL 7 - 11 A.M. - 3 P.M. - \$5
CALL FOR TICKET AVAILABILITY
WANT TO VOLUNTEER? CALL US!
ARCTIC OASIS - 552-8529



.25¢ BOWLING SPECIAL
WEDNESDAYS IN APRIL - 2 - 4 P.M.
\$1 SHOE RENTAL
POLAR BOWL - 753-PINS



SPIRIT WEEK
APRIL 9 - 13
AT ALL CHILD DEVELOPMENT CENTERS
MONDAY: CRAZY HAIR DAY
TUESDAY: SPORTS DAY
WEDNESDAY: HAT DAY
THURSDAY: "CAMO" DAY
FRIDAY: RED, WHITE, AND BLUE DAY
CDC CENTRAL REGISTRATION - 384-7483

CHILDREN & FAMILIES



FREE AIR FORCE ISLAND LAKE SUMMER CAMP SCHOLARSHIPS
APPLICATIONS DUE MAY 1 CAMP DETAILS:
JULY 31 - AUGUST 12 - AGES 8 - 13
FOR ACTIVE DUTY AIR FORCE, AIR NATIONAL GUARD, AND AIR FORCE RESERVE FAMILIES. PRIORITY GIVEN TO YOUTH WITH DEPLOYED PARENT. AF ISLAND LAKE CAMP IS LOCATED IN POCONO MOUNTAINS OF PENNSYLVANIA. TRANSPORTATION TO CAMP EXTRA. APPLY AT:
[HTTPS://AFKM.WPAFB.AF.MIL/DOCVIEW.ASP?DOCID=11917412](https://afkm.wpafb.af.mil/docview.asp?docid=11917412)



"ATC" MODEL WORKSHOP
APRIL 10 - 9:30 A.M. - NOON
IDENTIFY YOUR THOUGHTS ABOUT AN ACTIVATING EVENT AND THE CONSEQUENCES OF THOSE THOUGHTS. SIGN-UP BY APRIL 6
ARMY COMMUNITY SERVICE - 384-1518

Community happenings

THROUGH SATURDAY
The Sound of Music
 This beloved musical is produced in Alaska for the first time since 1965 by the Anchorage Opera. Take a trip to World War II Austria with this classic.
 For information visit www.anchorageopera.com.

THROUGH APRIL 26
Tales for Tots
 Children from 3 to 5 are invited with a parent to this event for budding bookworms at the Anchorage Museum. This weekly program from 10:30 to 11 a.m. on Thursdays brings energetic volunteers who boost language development with children's stories.
 For information, call 929-9200.

SATURDAY
Easter Eggstravaganza
 Children and parents are invited to the annual Easter Eggstravaganza at the Buckner Physical Fitness Center parking lot.
 Hunting starts at 9 a.m., but each age group hunts at different times; call 552-2266 for more information.

Family Fun and Fitness Day
 Visit Buckner Physical Fitness Center for egg hunts, starting at 9:30 a.m. for a day of demonstrations about fitness, fire safety and healthy habits. Activities for the entire family make this a double-header with the Eggstravaganza.
 For information, call 552-4943.

MONDAY
1-2-3 Magic class
 This fun six-week parenting class teaches parents to give firm, clear guidelines for children.
 Hosted in Room 1 of the new Lynx Wing of the JBER hospital from 1 to 3 p.m., the class is free.
 For information call 580-2181.

THURSDAY
The Conquest of McKinley
 One hundred years ago, a group of adventurers including Belmore Browne and Hershall Parker tried to become the first to summit Mount McKinley.
 They got heartbreakingly close; just 300 feet from the summit, they were thwarted by a violent storm. Denali guide Brian Okonek tells this epic story of camaraderie, sportsmanship and perseverance at the Anchorage

Museum starting at 7 p.m.
 For information visit www.anchoragemuseum.org.

APRIL 13
Arctic Man Classic
 In this extreme race, skiers take a lone descent before grasping their snowmachine partner's tow rope for a climb at 70 to 90 mph. A final plummet to the finish line marks the end of the course at Summit Lake. Races start at 1 p.m. For information visit www.arcticman.com.

APRIL 14
Anchorage Symphony season finale
 This bittersweet performance of Brahms' Double Concerto features superstar cellist Zuill Bailey as well as Sitka Music Festival founder and violinist Paul Rosenthal. Celebrate the last of the season at 8 p.m. at the Alaska Center for the Performing Arts.
 For information visit www.anchoragesymphony.org.

APRIL 17
Girls' Night Out for health
 All women eligible for care at the JBER hospital are invited to the hospital with door prizes, food, manicures and fun. Appointments will be first come, first-served.
 For information call 580-4182.

APRIL 19
Arctic Thunder booths
 The Arctic Thunder Open House booth lottery will be at the Talkeetna Theater at 1 p.m. Those interested in having a re-sale booth at the open house should plan to attend.
 For information, call 552-8701.

APRIL 20
Eddie Izzard comedy
 Comedian Eddie Izzard hails from Europe, "where the history comes from," and brings his unique historical, political and surreal brand of tangential narrative to the Wendy Williamson auditorium at 7:30 p.m.
 For information, visit www.uaatix.com.

APRIL 20 AND 21
Harlem Globetrotters
 The Harlem Globetrotters bring their entertaining brand of basketball to the Sullivan Arena for two

nights and a matinee. Catch them April 20 at 7 p.m. or April 21 at 2 p.m. or 7 p.m.

For more information visit marranca@harlemglobetrotters.com or call (800) 641-4667 ext. 152.

APRIL 21
Kids Day at the Museum
 Free general admission for children 12 and younger to celebrate the citywide Kids Day.
 For information visit www.anchoragemuseum.org.

Secure Your ID day
 The Better Business Bureau offers free document shredding, and collects old cell phones for recycling.
 All phones will be wiped of stored data. Protect your identity and let the BBB help.
 For information call 644-5205 or visit alaska.bbb.org.

Chris Botti concert
 Multiple-platinum jazz artist Chris Botti brings his acclaimed instrumental jazz to the Alaska Center for the Performing Arts, since his 2004 CD "When I Fall In Love," Botti's work has crossed boundaries.
 Concert starts at 7:30 p.m. For information, visit www.anchorageconcerts.org.

APRIL 20 THROUGH 22
Alyeska Slush Cup
 Celebrate the coming of spring with a last blast of snowy fun at the Alyeska Resort's spring carnival and slush cup. Costumed competitors brave a chillingly cold pond of water on skis at the signature event.
 For information visit www.alyeskaresort.com.

APRIL 28 AND 29
Whole Life Festival
 A holistic spiritual event featuring free lectures and drawings, plus stones, jewelry, aura photos, healing oils, books, bodyworkers and more.
 Hosted both days from 11 a.m. to 6 p.m. at the Coast International Inn.
 For information visit www.drglennkey.com.

Bettye Lavette concert
 Detroit's Bettye Lavette brings soul stylings to songs by Rosanne Cash, Fiona Apple and others.

Hailed by Rolling Stone magazine, she tears it up Aretha-Franklin style at the Alaska Center for the Performing Arts starting at 7:30.
 For information, call 257-2304 or email meese@anchorage.net.

MAY 12
Anchorage Ballet
 Guest artist Rokaya Duvall joins the Anchorage Ballet in the last performance of the season as they perform her choreographic works.
 Join them for this celebration of spring at the Alaska Center for the Performing Arts at 7:30 p.m.
 For information call 263-2787 or visit www.anchorageballet.com.

ONGOING
Sing-a-long at the zoo
 Pre-school aged kids can explore the world of animals through music with musician Annie Reeves.
 Children can sing along with the guitar, or play with the musical instruments for kids.
 Sing-alongs are held at 10:30 a.m. Mondays at the coffee shop greenhouse.
 For information email klarson@alaskazoo.org.

Wired Cafe for Airmen
 The Wired Cafe is located at 7076 Fighter Dr., between Polaris and Yukla dormitories.
 The cafe has wireless Internet and programs throughout the week for single Airmen living in the dorms.
 There are free meals Thursdays at 6:30 p.m.
 For information, call 552-4422.

Model railroading
 The Military Society of Model Railroad Engineers meets at 7 p.m. Tuesdays and 1 p.m. Saturdays in basement Room 35 of Matanuska Hall, 7153 Fighter Drive.
 Anyone interested in model railroading is invited.
 For information, call 552-5234, visit www.trainweb.org/msmre or email bjorgan@alaska.net.

Road Warriors running
 Want to get out and run?
 Military and civilian alike are welcome to train regularly with the group and get involved with monthly running, biking and swimming events with the Road Warriors.
 For more information, check

Chapel services

Catholic Mass
Sunday
 9 a.m. – Soldiers' Chapel
 10:30 a.m. – Elmendorf Chapel 1

Monday through Friday
 11:40 a.m. – Soldiers' Chapel
Monday, Wednesday and Friday
 11:30 a.m. – Elmendorf Chapel Center
Thursday
 11:30 a.m. – Hospital Chapel

Confession
Saturday
 6 p.m. – Soldiers' Chapel
Monday through Friday
 Before/after 11:40 Mass – Soldiers' Chapel

Protestant Sunday Services
Joint Liturgical Service
 9 a.m. – Elmendorf Chapel 2
Traditional Service
 9 a.m. – Elmendorf Chapel 1
Contemporary Protestant Service
 11 a.m. – Soldiers' Chapel
Gospel Service
 Noon – Elmendorf Chapel 1
Contemporary Protestant Service
 5 p.m. – Elmendorf Chapel 1

Buddhist
Soka Gakkai Goshu
 7 p.m., first Friday of the month – Chapel Center (10427 Kuter Ave.)

the Road Warriors (Alaska) Facebook page or call 384-7733 or 552-1361.

Motorcycle training
 The Basic Rider Course, Basic Rider Course 2 and Military Sport-bike Rider Course will begin soon for the April 15 start of motorcycle riding. To register, visit www.militarysafepmv.com and select Elmendorf-Richardson, contact the JBER Safety office at 552-5092 or 552-6850.

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APRIL 28 - 9 A.M. - 11 P.M. - \$75
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POWER



Guardsmen seize awards at state meet

By Spc. Balinda O'Neal
134th Public Affairs Detachment

Four Alaska Army National Guard Soldiers competed in the 2012 Alaska State Powerlifting Championships hosted at Southside Strength & Fitness in Anchorage March 24.

More than 30 lifters from around the state competed for their chance at a "best" title in the three-lift meet. Army Staff Sgt. Larry Martin, 49th Missile Defense Battalion, Army 1st Lt. William Heath, 49th MDB, Pfc. Wayne Vreeland, E Company, 1st Battalion, 207th Aviation Regiment, and

Sgt. Joshua Hansen, 49th Missile Defense Battalion, competed in the Men's Open division and were awarded 2nd, 4th, 4th, and 5th place in their weight categories respectively.

The powerlifting competition gave each individual three attempts to lift their maximum weight in squat, bench press and deadlift. Three judges were positioned around the lifter to validate their form.

"The better your form is, the higher your performance and weight will be," said Heath, a first-time competitor. "Developing your form makes everything else come with ease."

In addition to form, one of the Soldiers learned not to max out his weight too early

in the competition.

"Work on your form and don't go heavy," Vreeland said. "It's better light and right, than heavy and wrong."

One of the obstacles the new competitors overcame were the USA Powerlifting rules.

"The most challenging part of the competition has been figuring out the rules and fixing all my bad habits," Heath said. "It's a little different than just getting into the gym and doing your own thing, you have to follow lifting guidelines and uniform regulations."

Despite the challenges, the Soldiers had nothing but praise for the competition.

"My favorite part of this whole experience has been working with everyone during training and beating my personal record," Vreeland said. "I'm always striving to get better and improve myself."

Heath also added participating in the powerlifting sport helps keep him in shape and motivated.

"A huge factor in my decision to start lifting was to represent my unit and show them there's so much to do in Alaska besides being inside watching television and playing video games," Heath said. "By trying something new myself, I hope it leads the way for others to follow."

Bataan Memorial Death March honors WWII veterans

By Senior Airman
DeAndre Curtiss
49th Wing Public Affairs

WHITE SANDS MISSILE RANGE, N.M. — Frank Hewlett once wrote:

"We're the battling bastards of Bataan;

No mama, no papa, no Uncle Sam.

No aunts, no uncles, no cousins, no nieces,

No pills, no planes, no artillery pieces.

And nobody gives a damn.
Nobody gives a damn."

This poem has been spoken year after year to those in attendance at the Bataan Memorial Death March, and it was no different this year as more than 6,700 men and women came from all over the United States and many other countries around the world.

The Bataan Memorial Death March is an annual event hosted to honor a special group of World War II veterans.

On April 9, 1942, tens of thousands of American and Filipino soldiers surrendered to Japanese forces while defending the islands of Luzon, Corregidor and the harbor defense forts of the Philippines.

During the battle, they fought in a malaria-infested region, with almost no medical support and only half rations, but the real hardship and torment began after they were captured.

They were forced to march for days in the scorching heat of the Philippine jungle.

During the march, they traveled more than 60 miles, losing more than 1,000 people to death while those who survived became prisoners of war.

"It's truly an honor to be here and look out and see a sea of people gathered to honor an amazing group of veterans," said Army Brig. Gen. John Ferrari, White Sands Missile Range commander. "As we gather before such history, we should remember that we are only one part in a line of service members who have served this country since 1776."

The march, which has been at WSMR since 1992, offers two different courses — a 26.2 mile and 15.2 mile honorary course.



Participants of the 23rd Annual Bataan Memorial Death March attend the opening ceremonies March 25, before starting the event. The march, which has been at WSMR since 1992, offers two different courses - a 26.2 mile and 15.2 mile honorary course. (U.S. Air Force photo/Senior Airman DeAndre Curtiss)

The course covered mountains, highways and sandpits, which provided participants with a tough challenge, though the difficulty pales in comparison to what the veterans of the Bataan march experienced.

"They went through true hell, and I don't know if I would have been able to go through all of that, so I believe that speaks to how amazing these gentlemen are," said Gregory James, a former U.S. Army sergeant, who participated in the event.

The Bataan Memorial Death March has continued to grow year after year.

The original event in 1989 only had 100 participants — a number that has since skyrocketed to more than 6,700, a new record for the 23

year-running event.

This year's event also had more than 1,200 volunteers giving out water, energy drinks, fruit slices and medical care along the entire course.

Every year, the march is broken down into age groups, and participants can enter several different team or individual categories.

The most challenging category — the heavy category — requires participants to carry a ruck sack weighing at least 35 pounds.

This year's memorial marked the 70th anniversary of the surrender and subsequent march, a milestone that the survivors and their families are fully aware of.

"I told my family what

happened to me as a prisoner of war from the first day I got home," said Leonard Robinson, 93, a survivor of the Bataan Death March, who traveled from Casper, Wyo., to attend.

"I want people to take away three things from my experi-

ence: first, you need to talk about it; second, have faith in God; and third, never hold a grudge; the things we go through in life are not worth holding on to and complaining — just live."



Women's History Month focuses on education

By Army Staff Sgt.
Matthew E. Winstead
USARAK Public Affairs

As is increasingly common among Army leaders, Army Lt. Col. Eurydice Stanley is a woman and proud of it.

Stanley, a Reserve Component Advisor with the Defense Activity for Non-Traditional Education Support, was the guest speaker for Joint Base Elmendorf-Richardson's Women's History Month observance March 30 at the Alaska National Guard Armory.

During her visit to Alaska, she accomplished much more than a one-day speech to mark the importance of women throughout history.

Stanley also conducted several classes at installations across the state, spreading a second message about which she remains very passionate: education.

"We are facing a draw-down, there's no point in denying it," Stanley said. "Service members need to realize that and do something about it to better themselves and not just sit there and think 'Well, it won't affect me.'"

She also noted the common pitfalls service members should avoid during their careers.

"Don't fool yourselves into thinking you have the next 20 years to worry about your education," Stanley said. "You can't be sure that you won't get sustain an injury, get hurt and find yourself medically retired. Get your entitled tuition assistance, get your education now while you're in and have that safety net for later, should the worst happen."

Air Force Chief Master Sgt. Angela Valentine joined Stanley on stage at the event to deliver a recital of a poem dubbed "The Spoken Word."



Army Lt. Col. Eurydice Stanley, Defense Activity for Non-Traditional Education Support Reserve Component Advisor, addresses the crowd during the Women's History Month celebration at Joint Base Elmendorf-Richardson March 24. Stanley served as the guest speaker for the celebration's theme, "Women's Education-Women's Empowerment." (U.S. Air Force photo/Staff Sgt. Sheila deVera)

Valentine made frequent use of the catchphrase and ultimate question of the poem, which was despite all the accomplishments "Ain't I a woman?"

Following Valentine's poem, Stanley delivered her comments, which highlighted the achievements of women throughout history and emphasized the importance of an education.

Her words were especially di-

rected at the leaders in attendance, whom she challenged to bring stronger attention to the issue of educating their Soldiers and Airmen, both women and men, and encouraging to make the most of the entitlements and benefits they have access to while they are on active duty.

"Taking as little as one class a semester is better than nothing, and it creates progress toward the

goal of a degree, something that can make or break you on the outside as a civilian," Stanley said.

For more information on DANTES and educational benefits during military service contact your unit educational officer or visit the Education Center and the website www.dantes.doded.mil for detailed information of services available.

Felt waders now illegal

ADF&G
News release

Footgear with felt or other fiber on the soles are prohibited while fishing in the fresh waters of Alaska.

Invasive organisms are spread by contaminated waders and other gear, and can threaten resident fish stocks and fish habitat.

Wading boots are not the only means of transporting invasive species; all fishing, boating, or equipment exposed to aquatic invasive species are potential carriers.

To combat invasive species:

- Rinse and remove any mud, sediment, and plant debris from all gear, boats, and boat trailers, floatplane rudders and floats, and anything that comes into contact with the water. Separate all pieces of wading footgear and waders to check for and remove visible mud, sediment and/or plant debris before leaving the area. Use a stiff bristle brush to clean all fishing gear.
- Empty all water from coolers, bilge pumps, buckets, and wring out gear before leaving the boat launch or fishing areas.
- Completely dry gear between water systems or trips.

If drying is not possible, either freeze gear until solid or wash it in water heated to 130 F. If drying, freezing or heating gear is not feasible, use a two-percent bleach solution to clean gear away from fresh water recreation sites. Spray or rinse gear for one minute.

Mix 2.5 ounces of chlorine bleach with tap water to make 1 gallon of solution. The solution may degrade gear made of absorbent materials. Rinse gear on land, away from fishing areas and dispose of as indicated on the label.

Report invasive species by calling (877)-INVASIV.

Airman Dorm Leaders help integrate junior troops

By Airman 1st Class
Omari Bernard
JBER Public Affairs

For unaccompanied Airmen on Joint Base Elmendorf-Richardson, the dormitories are both a place they can call home and a sanctuary where they can relax.

The dormitories are kept safe and up to Air Force standards by dormitory leaders under the Airman Dormitory Leadership Program.

"We are here to guide, mentor and lead Airmen," said Tech. Sgt. David Wheeler, an Airman Dormitory Leader with the 673d Civil Engineering Squadron.

The program aims to address problems left from the dorm manager program by improving accessibility to dorm managers during duty hours and emphasizing ADLs as mentors instead of authority figures.

"Our objective is to change the stigma left from the previous dorm manager program," Wheeler said.

ADLs are in a special-duty position and only people with above-average enlisted performance reports and recommendations from their commanders are accepted into the program.

"As ADLs, we are here to help the Airmen," said Donnataria Ante, an ADL with the 673d CES. "A lot of times this is their first duty station, their first time away from home. We are here to mentor them and help nourish a successful career."

The ADL program provides an open-door policy where dormitory residents can walk into an ADL's office and discuss their problems.

If Airmen cannot speak directly to their supervisor or primary chain of command, ADLs are there to lend advice and guide Airmen to



Air Force Staff Sgt. Jessica Hill guides non-commissioned officers through a dorm room inspection in Borealis Hall on Joint Base Elmendorf-Richardson March 22. Random room inspections are conducted by Airman Dormitory Leaders as part of Airman health and wellness and to ensure things are in working order. (Air Force Photo/Airman 1st Class Omari A. Bernard)

where they can get the information they need.

Programs located on the dormitory campus include Friday night dinners and Monday night wings (during football season), which are hosted at the Wired Café.

The ADL program also provides mentorship classes, briefs new Airmen about the dorms at the First-Term Airman Center and informs residents who are moving out of the dorms of their entitlements.

Residents who are separating

from the dorms are helped by the ADLs to prepare their basic allowance for housing, basic allowance for subsistence and occasionally dislocation allowance.

The ADLs motivate Airmen to take care of the dorms and get Airmen involved by hosting programs such as dormitory councils.

Dorm councils are led by the dorm president and represent the voice of the residents.

The council brings both problems and solutions to the

ADL's attention.

"We discuss what is done on a quarterly basis in the dorms," said Ante.

The dormitory council discusses with the ADLs suggested changes, what can be done better and how the ADLs can better help the dorm residents.

A dorm call is hosted by the ADL program every year to address any questions or problems experienced by individual dorm residents.

This year's dorm call will be

hosted April 18.

All ADLs receive a Professional Housing Management Association class where they get to speak and cross-share ideas with other ADLs throughout the Air Force.

There is an Air Force-wide focus on dormitories and how they affect the mission and morale of Airmen today.

Airmen and dormitory leaders working together will help support the welfare of Airmen living in the dorms and the JBER mission as a whole, the ADLs said.

