Soldiers, Airmen head to Virginia for culinary competition, Page B5

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Pararescueman unites military, civilian writers

March 4, 2016

By Sgt. David Bedard 134th Public Affairs Detachment

or Air National Guard Maj. Matthew Komatsu, the night of Sept. 14, 2012 was punctuated by chaos, terror and his dogged resolve to bring the fight to those who aimed to harm his comrades-in-arms.

Disguised in American military uniforms, 15 heavily armed Taliban infiltrated Camp Bastion - located in Helmand province, Afghanistan - and attacked the airfield.

Komatsu didn't play it safe by hunkering down. He grabbed his carbine, armor and night-vision goggles, rounded up a few other pararescuemen, and headed toward the din of battle.

After linking up with Royal Air Force airmen who were already engaging the Taliban, Komatsu worked to deconflict friendly positions with Marine Corps AH-1 Cobra attack helicopters, which then destroyed an insurgent strongpoint. The Taliban attack would leave two U.S. Marines dead and numerous AV-8B Harrier ground-attack fighters destroyed. Of the Taliban, 14 were killed and one was captured.

It would take months for Komatsu to tell the story of that night's violence, his sense of loss, and the heroism of his team and allies. The words came to him in fragments - small episodes of movement and dialogue - before they would coalesce into a nearly 3,000-word story published by the New York Times.



Air Force Lt. Col. Matthew Komatsu is the commander of the 212th Rescue Squadron and a student in the University of Alaska Master of Fine Arts creative writing program. He recently hosted Danger Close: Alaska, a writing workshop, which aimed to unite military and civilian writers. (U.S. Army National Guard photo/Sgt. David Bedard)

writers, civilians and military, retired and active duty together to share and enhance the telling of their stories was a realization months, if not years, in the making.

Finding his story

Hoping to eventually train as a fighter pilot, Komatsu attended the Air Force Acadeducation requirements, the Airman began to wonder if he and his wife, Jen, should follow a different path.

"We had arrived at the point where we needed to have some stability in our lives," Komatsu said. "I wanted to do some more time at the tactical level, and there was going to be very little of that to come in active a former Marine captain - through Words After War, a veterans' writing and advocacy organization.

Simpson, his mentor at UAA and author of Dominion of Bears, agreed to bring a civilian and Alaska perspective to the project.

With support from the Alaska Humanities Forum, 49 Writers, Words After War and

"I felt like I finally gave myself permission to write about something – to fully pursue it," Komatsu said of his Camp Bastion piece. "I had to deconstruct my own inhibitions in order to do so, but once I did it - once I wrote that story and got it published - I was hooked."

Danger close

Today, Lieutenant Colonel Komatsu is the commander of the Alaska Air National Guard's 212th Rescue Squadron. Recently, he hosted a two-day writing workshop - aptly called Danger Close: Alaska - in downtown Anchorage joining veterans and civilians with authors.

Marine Corps veterans Benjamin Busch and Elliot Ackerman joined Alaska author Sherry Simpson, hosting presentations and helping writers work the kinks out of their submitted manuscripts.

Active duty service members, retired troops, military family members, Vietnam veterans and college students huddled around tables and laboriously hashed through what did and didn't work with their literary outpourings.

Between sessions, Komatsu and the authors spoke of the joys and challenges of turning an idea into a published manuscript. They also talked about the place risk and conflict have in writing.

"War is an unfortunate byproduct of human nature," Komatsu explained. "It's been around since before recorded history began, and it will be around for long after I'm gone from this earth. War and love are probably the two greatest impetuses for storytelling, and often they're intertwined."

Ackerman said conflict is a critical ingredient in a compelling story.

"Nowhere is that conflict more present than in those who have frequently been in war," the author said. "Every civilization is built on the concept of 'Thou shalt not kill,' but war is the one time we have sanctioned violence, and we sort of throw that away in the name of preserving our civilization ... That presents an inherent conflict that is old as time itself."

Komatsu's journey of getting authors and

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emy in Colorado Springs where he studied the humanities.

It was during glider training when the cadet discovered he was prone to motion sickness. Any dreams of flashing across the sky at Mach 2 in an F-15 Eagle gave way to the reality of a disconcertingly queasy stomach at altitude.

Because the liberal arts curriculum - philosophy, music, film studies - was in addition to academy requirements such as aeronautical engineering, Komatsu would rack up 176 credit hours before commissioning in 1999.

Though initially assigned to the Air Force Office of Special Investigations, Komatsu said he garnered an interest in pararescue after learning about PJ operations in Mogadishu, Somalia.

"I read Black Hawk Down, and I was really intrigued by these guys that went down a fast rope in the middle of a firefight to try and save lives in a crashed helicopter," Komatsu recalled. "I thought, 'Wow, what an interesting job,' but it wasn't open to officers."

Fortunately for the would-be pararescueman, the Air Force established the combat rescue officer career field in 2000.

After OSI assignments to Altus Air Force Base, Oklahoma, and then-Lackland Air Force Base, Texas, Komatsu successfully navigated the grueling, nearly two-year long CRO 'pipeline' training.

During his next assignment to the 563d Rescue Group at Davis-Monthan Air Force Base, Arizona, the newly minted CRO deployed to Kandahar, Afghanistan.

After returning stateside, Komatsu took a staff assignment. Faced with the prospect of continued military moves, additional staff time and mounting professional military

duty The couple found their solution in an Ac-

tive Guard Reserve assignment at the Alaska Air National Guard with the 212th Rescue Squadron, where Komatsu could continue his active service in a tactical billet.

Though the primary mission of the

212th RQS is federal and involves the recovery of flight crew isolated behind enemy lines, Komatsu said he enjoys the squadron's peacetime support of statewide rescue operations.

"The nice thing about us up here in Alaska is we're extremely mission-focused because of the alert mission that we have," he said. "That allows us to focus on what's important. There's nothing like the possibility that even I, as the com-

mander, can get pulled to fly a mission at a moment's notice."

With his budding family falling into a rhythm of sorts, Komatsu could pursue his interest in writing through the Master of Fine Arts in creative writing program at the University of Alaska Anchorage.

Literary bridges

"I had to

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For Komatsu's MFA practicum, he opted to organize and host a veterans' writing workshop. He was aware of such workshops taking place in the Lower 48, stemming from the need to tell veterans' stories and bridge the gap between military and civilians.

He said he knew from the beginning he wanted Busch - a former Marine lieutenant colonel, published writer, actor and film director – to be a part of the project, and Busch agreed to come nearly a year and a half before the workshop.

Komatsu was able to book Ackerman -

Standing Together, a National Endowment for the Humanities initiative, Komatsu's vision became a reality.

Though billed primarily as an opportunity for veterans to write from their experience, Komatsu said he was hopeful civilian writers would come to learn from and offer their experiences to troops in attendance.

"I wanted it to be a surprise for everybody," he said. "I didn't want this to be an echo chamber. I wanted different perspectives

"You put two people in the same room and make them listen to each other's stories in that act, you are forcing them to comprehend each other," Komatsu continued. That's what dialogue is meant to be."

His plan succeeded. Civilians who had little or no exposure to the military mingled with active, retired and former troops, asking them about their triumphs and travails in places like Kandahar, Ramadi and Da Nang.

One civilian college student wowed Busch and the workgroup he led with her lyrical poetry. She asked questions in an effort to bolster her understanding of military and conflict, while other writers asked her how she could turn the description of a dark highway into an engaging exploration of the human condition.

"I saw things happen in workshop here that were absolutely the first thing on my mind when I envisioned how things were going to happen," Komatsu said. "Discussions were happening, feedback was happening, so it's incredibly satisfying.'

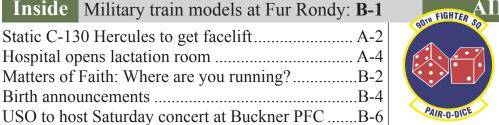
At the end of the workshop, after the writers headed for home, after all of the empty snack trays had been thrown away, after red pens had bled all over paper, after friendships had been made and bridges had spanned former straits of division, Busch sat down with Komatsu.

The two warriors spoke of how ancient Greek soldiers told their stories to family and friends after returning home in an effort to process and to reintegrate.

The Marine and the Airman shared a bond with one another and with the Greek warriors of old through the storytelling power of the pen.

AIM-9X Sidewinder

90th Fighter Squadron has Air Force's first AIM-9X-equipped F-22 Raptors, thanks to multiunit effort, page A2



hooked."

Static display C-130 Hercules heads indoors for refurbishment

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

Personnel from Joint Base Elmendorf-Richardson relocated the static C-130 Hercules from Heritage Park to Hangar 21 for refurbishment Feb. 27.

Personnel from the Alaska Air National Guard, 3rd Wing, 673d Civil Engineer Group and contractors from General Communications Inc. worked together to prep, lift and tow the 76,000-pound C-130.

The aircraft is scheduled to be refurbished - sanded down and painted gray - by April.

"This is important for the families of people that have flown these aircraft or even the pilots themselves," said Tech. Sgt. Scott Holman, 3rd Maintenance Squadron C-130 heritage move lead. "It really shows the heritage and the little bit of pride in what we do."

This aircraft has been to Vietnam and last flew in 2004 with almost 27,000 hours in total flight. Since 2005, it has been static in Heritage Park.



Airmen and contracted personnel work together to tow the static C-130 Hercules at Joint Base Elmendorf-Richardson Feb. 27. The aircraft has been towed to Hangar 21 for refurbishment and is scheduled to return to Heritage Park in April. (U.S. Air Force photo by Airman 1st Class Christopher R. Morales)

"This is one of the best air-lift aircraft the Air Force ever had," said Air Force Staff Sgt. Stanley Montgomery, 176th Wing Alaska Air National Guard crash recovery response specialist. "We still

fly them, so that should tell you something.'

"It does a wide variety of missions that no other air-lift aircraft can do," Montgomery said.

C-130s have successfully com-

pleted are airborne insertions, aerial refueling, scientific research support, weather reconnaissance, search and rescue, and transportation of supply and troops.

"[We] – people in the Air

Force – see this all the time, [but] for people who've never seen it, we don't want to show them a sub-standard C-130," Montgomery said. "Let's give them something good to look at."

90th Fighter Squadron Raptors first to be armed with new AIM-9X

By Airman 1st Class Kyle Johnson JBER Public Affairs

Joint Base Elmendorf-Richardson's 90th Fighter Squadron officially became the first combat-operational F-22 Raptor unit to equip an F-22 with an Air Intercept Missile-9X March 1.

The increased lethality of the AIM-9X coupled with the F-22's capabilities combine into a much more effective fighting unit, said Chief Master Sgt. Chuck Jenkins, 3rd Wing Weapons Manager.

"This has been in the inventory for the Air Force and Navy for some years; it's nothing new to the military," Jenkins said. "But to put it on the Ferrari of aircraft – the F-22, the most advanced aircraft we have - it gives the pilots more maneuverability, larger range, and it's a much faster missile.

'Giving that to a combat commander downrange really increases his capabilities."

Air Force Lt. Col David Skalicky, commander of the 90th Fighter Squadron said the AIM-9X worked flawlessly in its first flight.

"Every aspect about this missile, it's a huge capability increase in all facets," Skalicky said. "We can employ it in more scenarios, at greater range, and reach edges of the envelope we would have had a more difficult time reaching with the AIM-9M.

'Similar to how the F-22 is a generation beyond the fighters that came before it, the 9X is a generation beyond the previous Sidewinder missiles we used before. It's a huge advance in lethality for the F-22."



A-2

Path to the flightline

With the support of the 673d Logistics Readiness Squadron and Communication Squadron, 3rd Munitions, 3rd Maintenance, and 3rd Aircraft Maintenance Squadron, the weapons Airmen created a multi-organizational hub.

From that central location, Airmen from the 525th and 90th Aircraft Maintenance Units alike came together to finish the parts needed to adapt the AIM-9X to the F-22 ahead of schedule, Jenkins said.

"We sent a small team to Nellis [Air Force Base] to get a small taste of what's coming," Jenkins said. "We brought that knowledge back and staged that team in a consolidated area. We gained proficiency by doing that.

Senior Airman Dominic Hobbs, a 3rd Aircraft Maintenance Squadron weapons load crew member, works on a key part needed to equip the Air Intercept Missile-9X to an F-22 Raptor March 1. Each part originally took a week to complete, but by consolidating the 525th Aircraft Maintenance Unit, 90th Aircraft Maintenance Unit, and 3rd Munitions Squadron's Armament flight into one temporary location, they were able to reduce the time to 72 hours and complete enough rails to allow the first Raptor sortie with an AIM-9X to be flown March 1. (U.S. Air Force photo/Airman 1st Class Kyle Johnson)

"Nellis let us borrow two of their [parts] and we started last week getting these load crews through our weapons standardization and we've got 10 load crews out of our 28 right now already done within a week."

After the load crews are certified to load AIM-9Xs onto F-22s, they have to maintain their certification on a monthly basis, Jenkins said.

Behind the weapons crews, Jenkins listed off nearly a dozen supporting agencies who provided crucial support to the mission.

"3rd Maintenance Squadron's Low Observable flight was critical in making the timeline for the internal structure modification inside these launchers," Jenkins said. "Precision-guided munitions section were tasked with a software upgrade on this that come down about two weeks ago, and they had to work through some serious speed bumps to get this done, last Friday in order to get this loaded for today.

"There's a big bubble of people, no single person made this happen."

The arrival of the AIM-9X to the F-22 very well may signal a new era in Air Force airpower.

"This missile makes the most lethal combat aircraft the world has ever seen even more capable," Skalicky said.

It's a giant enhancement to the Raptor's already formidable arsenal, and is worth the effort put in.

'We've invested a lot of resources getting this missile to the combat Air Force, and now it's finally here."

Army begins fielding new junctional tourniquet for groin, armpit injuries

By Ellen Crown **USAMMA** Public Affairs

FORT DETRICK, Md. -The U.S. Army Medical Materiel Agency, a subordinate command within the U.S. Army Medical Research and Materiel Command, is fielding a new junctional tourniquet designed to save warfighters from dying on the battlefield after injuries to the groin or armpit.

The SAM[™] junctional tourniquet, which weighs about one pound, straps on like a belt and includes two inflatable air bladders that medics can inflate individually or both at the same time.

The device is designed so a person can position it in under a minute – a crucial factor for combat

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

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

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

Joint Base Elmendorf-Richardson/ 673d ABW Command Sergeant Major Command Sgt. Maj. Eugene J. Moses

medics who only have minutes to save a fellow warfighter's life if he or she is hemorrhaging.

Exsanguination, is the most common cause of potentially survivable death to wounded warfighters.

Groin and pelvic injuries have become increasingly common because of the enemy's use of improvised explosive devices. Blasts from IEDs often cause pelvic fractures and upper leg injuries, which can result in massive blood loss if not immediately treated.

"One of the unique elements about this device is that it is easy to carry and use, yet incredibly effective when used properly,² said Megan McGhee, a biomedical engineer and product manager assigned to the Project Management Office for Medical Devices at USAMMA.

McGhee explained that some other junctional tourniquets models required assembly and were bulkier.

"If it is going to be something that we want Soldiers to carry on the battlefield and use, it has to be not only simple to use but also as small and lightweight as possible,' McGhee said.

The Food and Drug Administration cleared the junctional tourniquet in 2013 for inguinal (groin) use. It was later cleared for use in the armpit and for pelvic binding.

Tourniquets are not new technology. The Combat Application Tourniquet, which was also

developed by the USAMRMC, to the combat medic's M9 bag. is standard issue to all deploying Soldiers.

In case of a bleeding emergency, a warfighter can use a tourniquet to stop the flow of blood temporarily. But the CAT does not work on junctional injuries, making a special tourniquet necessary.

The U.S. Army Institute of Surgical Research, as well as the Naval Medical Research Unit San Antonio, tested the tourniquet to ensure it met the needs of the warfighter. The USAMRMC Test Branch also performed altitude testing.

In addition, the USAMMA understood that warfighters would need a way to carry the device.

Experts developed an attachable MOLLE bag that could fasten

USAMMA worked with them to provide feedback that informed design changes and subsequent training information provided with each tourniquet. Additionally, the Army's Capability Development Integration Directorate performed form fit and function tests.

Finally, the junctional tourniquet bag became available in 2015. USAMMA started the fielding process to update specific Sets, Kits and Outfits with the new junctional tourniquets.

USAMMA also began updating the tactical combat medical company and forward surgical team SKOs. The agency is updating the combat medic kit to include the tourniquet.

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Arctic Warrior

RENOTE RIDES: C-12 Hurons ferry personnel, gear to remote Alaska radar sites

By Air Force Staff Sgt. Sheila deVera JBER Public Affairs

From the northernmost to the southernmost point, Alaska measures 1,420 miles – the distance from Denver to Mexico City. Alaska has more than 600,000 square miles of land, and some locations are inaccessible except by air.

The C-12F Huron pilots assigned to the 517th Airlift Squadron provide air support for those locations. Currently, there are only two Hurons in the Air Force inventory, and both are at JBER.

"The C-12 mission is unique because we are specifically here for the home defense mission; our main mission is to support the radar site to make sure it is up and running," said Capt. David Blessinger, 517th AS C-12 pilot. "Without the site, we cannot track unauthorized aircraft in our national air space."

For quarterly inspections or emergency repairs, the pilots bring maintenance personnel to remote outposts and provide operational support airlift.

"We often get short-notice requests to get a crew out to these remote locations to replace parts that have failed," Blessinger said. "Some of these sites actually use the same radar that the FAA uses for their air traffic control, so they're definitely time-critical."

Pilots require special qualifications to fly those remote locations, so they have to go through extensive site training.

Pilots have to complete the site upgrade syllabus which includes about 30 hours of flying, spotlanding training, and instructorsupervised landings at each of the seven remote long-range radar sites.

Many of the sites are one-way sites, meaning there is no ability to go around in the event the approach or landings are not flown correctly. This is usually because of an issue with the terrain or the other end of the runway is challenging.

"Additionally, because of the remote locations, weather forecasting capability is not as good, so the pilots have to juggle rapidly changing weather conditions, difficult runway conditions and challenging terrain, with little margin for error," said Lt. Col. Blake Johnson, 517th AS C-12 director of operations.

AS C-12 director of operations. The Huron allows a pilot to reach short, austere airfields. The aircraft can land on a runway 4,000 feet or less and on unprepared surfaces such as gravel. In some locations, the pilots also have to



TOP: A C-12F Huron assigned to the 517th Airlift Squadron waits for passengers to arrive before taking off at Tatalina Air Force Station near McGrath Feb. 23. Tatalina is a long-range radar site and remains active as part of the Alaska North American Aerospace Defense Command Region.

ABOVE: Air Force Lt. Col. Blake Johnson (right) guides Capt. David Blessinger through a landing at Indian Mountain Air Force Station near Hughes Feb. 23. Indian Mountain AFS is one of seven long-range radar sites the 517th Airlift Squadron fly to, providing operational support airlift to remote locations. Johnson and Blessinger are both assigned to the 517th AS. (U.S. Air Force photos/Staff Sgt. Sheila deVera)

those fields."

When training, the pilots are looking at many factors that will impact their mission.

They also look for bigger-picture factors like wind, possibility the weather will be doing in that timeframe that might prevent them from taking off.

Other things they look for are wildlife; what are the birds doing? Are there are any moose on the

Most of these sites have ground personnel who monitor the runways and inform the pilots if there is any wildlife that would prevent them from landing.

"The ground personnel will do

and reschedule the mission.

Regardless of the hurdles the C-12 mission faces, it is the only active-duty Air Force aircraft and crew currently qualified to perform the Long-Range Radar Site support

factor in uneven runways with a steep slope.

"There are numerous obstacles that present themselves," Blessinger added. "So we do this training to best prepare ourselves for anything that might arise, and to be acclimated to or familiar with of snow or freezing precipitation, and how weather will affect their ability to take off again, Blessinger added.

Often, they also have to think about their customers. If the customer needs to stay there for a few hours, they also have to look what

, runway?

"Before taking off, we look at the Bird Avoidance Model and [take] the BASH program into consideration," said Maj. Ryan Wong, 517th AS C-12 pilot. "We also do our best to scan visually and avoid [mishaps]." their best to scare them away so we can land," Wong said. "If nothing else [works], they will advise us to hold or try to land again, but [this scenario] rarely happens."

When a location such as a oneway will not allow the aircraft to land, the C-12s will return to JBER mission.

"It has a pretty good range, carries a lot for the size that it is, and is able to operate in shorter fields with less support," Wong said. "We need a versatile aircraft to get into these remote and austere locations, and the C-12 fits that."

Dealing with the big wild life: Military conservation agents

By Senior Airman Javier Alvarez JBER Public Affairs

As winter – what there was of it – comes to an end, the presence of wildlife on Joint Base Elmendorf-Richardson increases.

Bears awaken from their slumber, while moose search for a safe place to birth their calves. Bald eagles are also known to grace the base community with their presence, among other forms of wildlife.

As these creatures emerge, the work of the conservation law enforcement officer increases – for their job is not only to ensure the safety of the base community, but the wildlife as well.

"We have [more than] 125 square miles and we've got [more than] 40,000 military, dependents, civilians and others who have access to recreate on JBER," said Mark Sledge, 673d Civil Engineer Squadron senior conservation law enforcement officer. "We provide for the safety of [the people and animals on base] as well as enforce laws to protect the resources the Air Force is in charge of."

The duties of the conservation law enforcement officers are extensive.

"People think we're just game wardens, [but we're not]," said James Wendland, 673d CES chief conservation law enforcement officer. "We basically have to do what Fish and Wildlife Service does, and what Park Service does. We have to deal with history and culture law. We have to deal with all state and federal fish and game laws. We enforce all regulations for recreating on base. So we do a little bit of everything."

Due to the size of the base and the large volume of wildlife, the officers employ the help of active duty military members, through the Military Conservation Agent program.

MCA agents are primarily in charge of dealing with nuisance wildlife, which helps



A moose walks toward the Yukla Hall dormitories on Joint Base Elmendorf-Richardson Feb. 22. Nuisance wildlife calls increase in the spring and summer, and military conservation agents – active-duty volunteers – often assist JBER authorities in dealing with the animals on the installation. (U.S. Air Force photo by Airman 1st Class Javier Alvarez)

alleviate the workload of the conservation law enforcement officers, Wendland said. They may haze a moose hanging around a front door, or assist with setting a live trap for a problem bear.

Service members from all branches are welcome to apply at the Wildlife Conservation Office to be an MCA volunteer.

"They get hired on through an interview process in April, and between April and November they go through what is basically on the job training," Sledge said. "They have no authority – they are just learning."

"In December, they go through a week long enforcement training," he said. "The Office of Special Investigations, U.S. Fish and Wildlife Service, Park Service, National Marine Fisheries Service [help] us teach [the MCA candidates] the laws and everything they need to know," Sledge said. "We teach them contact procedures; how to write citations; and how to collect evidence."

As part of their training, the MCA volunteers learn about living with wildlife,

Sledge said.

Once the MCA volunteers complete their training they are given a limited scope of authority by the base commander to go out on patrols.

In 2015, there were 345 examples of nuisance wildlife calls in housing, Sledge said.

MCA volunteers get the opportunity to experience wild Alaska in a manner not all are afforded, all while reducing the workload of the conservation law enforcement officers and saving the military money.

JBER hospital officially opens new lactation room for nursing mothers

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

The Joint Base Elmendorf-Richardson hospital hosted a ribbon-cutting ceremony to celebrate the opening of its first lactation room Feb. 26, providing a quiet, private area for nursing and pumping mothers.

The lactation room meets the Fair Labor Standards Act requirement for a location for employees to nurse their child or pump breast milk, and the increasing need expressed by mothers.

"The hospital having a lactation room is more than simply meeting federal requirements; it is meeting the needs of all moms, staff and hospital patrons [alike]," said Air Force Capt. Donna Tluczek, 673d Medical Support Group perianesthesia clinical nurse and pre-operation manager. "It's supporting the nutritional needs of newborn babies and boosting the bond between mother and baby."

Tluczek asked the Hospital Facility Utilization Board for a room after conducting two different surveys which showed interest in a private room.

The lactation room offers four additional private areas outside a larger common area which offers chairs, tables, a sink, and toys for toddlers.

The World Health Organization and American Academy of Pediatrics recommend mothers breastfeed from birth to one or two years, or however long the mother and child are comfortable with.

Breast feeding children reduces the risk of lower-respiratory disease, diarrhea, ear infections, urinary-tract infections, SIDS, allergies, asthma, diabetes, leukemia, and some childhood cancers, said Ruth Hanson, JBER hospital women's health care clinic lactation consultant.

"Babies were born to be breastfed; there just isn't a better substitute," Hanson said.

The lactation room, which is located next to the pediatric clinic on the first floor, is open from 5:45 a.m. to 8 p.m. for the public and hospital patrons, and is always open for hospital employees.



Briefs & Announcements March 4, 2016

Munitions inventory

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

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

Express closure

The JBER-Elmendorf Express on 9th St. will close for renovation March 11 and will re-open at 8 a.m. March 26. The gas station will remain open for fueling. The 24-hour Express at the Joint Military Mall and the JBER-Richardson Express will remain open.

For information, call 753-0232.

Barbershop renovation

The barber shop at the Joint Military Mall will close for renovation Sunday and will reopen Wednesday. The JBER-Richardson barber shop will remain open.

For information, call 753-0232.

Corrective maintenance

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

JBER Tax Center open

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

Volunteers are trained to prepare federal and state tax returns and can provide advice on military specific tax issues, such as combat zone tax benefits and the effect of the Earned Income Credit. Volunteers are also trained to deal with Permanent Fund Dividends.

All tax returns through the tax center are forwarded electronically to the IRS and by selecting direct deposit, taxpayers can receive their refunds in as little as seven to 10 days.

The Tax Center is located on the third floor of Building 600 and will be open Monday, Tuesday, Wednesday and Friday from 9 a.m. to 4:30 p.m., Thursday from 1 to 8 p.m., and the second and fourth Saturdays of the month from 10 a.m. to 2 p.m.

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

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

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

Legal services available

The Anchorage team of the 6th Legal Operations Detachment offers legal services for eligible members of the JBER community. Services are hosted monthly at the USARAK legal office; for appointments, call 384-0371.

Those eligible are retirees (medical or full term), active duty, and reservists, plus their family members who have a valid ID card.

Attorneys can help with will preparation, estate planning, divorce and separation issues, child custody or support, adoption, landlord/tenant issues, and debt.

Volunteer submissions

Volunteer of the Year and Volunteer Excellence Award nominations are due by Tuesday. Community members, commanders and agency leaders are encouraged to recognize individuals who made a positive difference during 2015. There are categories for active-duty, youth, Department of Defense civilians and retirees, and families. Awards will be presented at a ceremony April 19. Download forms from *www.jber.af.mil/jber-volunteers.asp*. For information, call 384-1517 or 552-4943.

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.

M&FRC relocation

The Military and Family Readiness Center (Log Cabin), has relocated to Building 8124 Doolittle Avenue. The temporary location is open Monday to Friday, 7:30 a.m. to 4:30 p.m.

For information, call 552-4943 or visit *jber.af.mil/mfrc/index.asp*.

Home buying seminar

Volunteer realtors and mortgage lenders present an hourlong home buying seminar every Wednesday at either the JBER-Elmendorf or JBER-Richardson Housing Management Offices from 1 to 2 p.m. These seminars are intended to support those interested in purchasing a home by explaining the buying and selling process. The seminar covers loan pre-qualifications, offers and acceptance, inspections, title searches, types of loans, and closure process.

For information or to sign up, contact the office. For the JBER-Elmendorf HMO, call 552-4312, or visit Bldg. 6346 Arctic Warrior Drive. For the JBER-Richardson office, call 552-3088, or visit Bldg. 600, Room 104.

Special victim counselor

Victims of sexual assault are entitled to legal assistance services. Communication is protected by attorney-client privilege. The SVC ensures the victim's rights, as outlined in the Crimes Victim Act, are protected.

Those rights include being treated with fairness and respect; being reasonably protected from the accused offender; being notified of court proceedings; being present at all public court proceedings related to the offense; being able to confer with the prosecutor; recieving available restitution; and receiving information about the conviction, sentencing, imprisonment, and release of the offender.

Eligible clients include all active duty military of all branches of service, mobilized Reserve Component members, retirees (and the dependents of these sponsors) who make a restricted or unrestricted report for sexual assault.

For information, call 353-6507.

DLA Document Services

Defense Logistics Agency Document Services duplicates and prints documents.

Document Services provides documents including black and white, color, large format, photographic prints, engineering drawings, sensitive materials, technical manuals and training materials. They also do design, printing and distribution of business cards, letterhead, invitations and programs.

The Equipment Management Solutions Program provides multifunctional devices that print, scan, copy and fax. Facilities offer scanning and conversion services for all types of documents.

They also offer Document Automation and Content Services, a service for building digital libraries of content with online access. It is open 7 a.m. to 3:30 p.m. Monday through Friday.

For information, visit *www. documentservices.dla.mil*, visit the office at 984 Warehouse Street, or call 384-2901.

Rental Partnership

The Rental Partnership Program is available to all eligible active-duty members. The first option, RPP Plus, includes utility and sometimes cable costs, providing an easier budget with a set payment year round.

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

Both options are available with no deposits or fees to the member except pet fees as applicable.

This program provides activeduty military personnel, enlisted and officers, accompanied and unaccompanied with affordable off-base housing. An allotment must be executed under either option for the rental payments, made directly to the landlord resulting in a more trouble free transactions.

JBER-Elmendorf members can see RPP officials at the Capital Asset Management Office, Building 6346, Arctic Warrior Drive, or call at 552-4328 or 552-4374 for information and assistance.

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

U-Fix-It Store

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

Availability is subject to change and limits; some may have a cost.

There are American flag kits and fire extinguishers available.

U-Fix-It work includes all home maintenance activities, allowing occupants to make minor improvements and repairs and cut down on service orders.

The JBER-Elmendorf location is 6350 Arctic Warrior Drive and is open 8:30 a.m. to 5 p.m., Tuesday through Friday, closed from 1 to 1:30 p.m. for lunch, and Saturday, 9 a.m. to noon and 1 to 4 p.m. (closed for lunch noon to 1 p.m.).

The JBER-Richardson 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 any base housing areas, contact JBER at *Facebook.com/JBERAK*.

COMMUNITY Arctic WARRIOR

March 4, 2016

Volume 7, No. 9

Military Society Image: Construction of the second of the seco

Air Force veteran Fred Wing poses for a portrait at the Alaska Railroad Corporation passenger depot as the Military Society of Model Railroad Engineers Club puts on a display for the Fur Rendezvous Winter Festival Feb. 23. According to their website, Fur Rendezvous Winter Festival, known locally as Fur Rondy, is the nation's premier winter festival. Since 1935, Fur Rondy has proudly represented the pioneering spirit of Alaskans, offering wild and wacky fun for all ages. (U.S. Air Force photo/Senior Airman James Richardson)





A passerby examines the details of a Military Society of Model Railroad Engineers display at the Alaska Railroad Corporation's passenger depot, February 26. The displays were set up as part of the 2016 Fur Rendezvous festival. (U.S. Air Force photo/Airman 1st Class Kyle Johnson)

Air Force veteran Fred Wing sets up his train table display at the Alaska Railroad Corporation passenger depot. (U.S. Air Force photo by Senior Airman James Richardson)



U.S. Army veteran, Mike Philo, wears a magnifying headset for building model trains The trains are so detailed, Philo glues the under workings to the bottom of each of the box cars. (U.S. Air Force photo/ Airman 1st Class Kyle Johnson)



U.S. Air Force veteran Fred Wing, sets up his train table display. (U.S. Air Force photo/Senior Airman James Richardson)



A train pulls up to the Alaska Railroad Corporation, passenger depot during the Fur Rendezvous Winter Festival. (U.S. Air Force photo/Senior Airman James Richardson)



The Military Society of Model Railroad Engineers Club puts on a display for the Fur Rendezvous Winter Festival at the Alaska Railroad Corporation, passenger depot (U.S. Air Force photo/Senior Airman James Richardson)

Matters of Faith

Running to find meaning and to find God

Commentary by Air Force Chaplain (Col.) Kenneth A. Reyes

To: My fellow Christians, in life everyone is running.

Some are running to the store, Chick-Fil-A, the doctor's office, or to pick up or drop off the kids.

Some are running from relationships, responsibility, or commitments ... running from God. Sadly, not many are running to God.

In a world filled with radical religious zealots of many different flavors, why would reasonable people, seeking answers to life's questions, want to run to "god?"

Some run after the bus, after a missed opportunity, or maybe after their dream.

Some run because of fear of rejection, fear of the truth, fear of discovering who you are, fear of what you might find in life or in a relationship, fear of getting caught, fear of being blessed or happy.

Some even think the only thing they are good for is running errands ... parents, can I get an amen?

Some run from reality. What is "real" anyway?

Many times when we can't answer the "why," some run out of excuses and reasons and then out of patience. Many feel others will run right over them, and there is no point in running to get ahead. So they run wild, catching the wind... some find themselves running with reckless abandon. Tragically, some run into the law and find they've run into a big mess so they run to hide, to escape. Even now, maybe you are disillusioned, disenfranchised or lost, so you see yourself running aimlessly, running in circles, or maybe just running alone.

Some just find themselves running here and there, stopping to look around to see how far they've come, only to realize they are no closer to where they want to be. So they run some more. I can't tell how many times we run past a church, bible study, guest preacher, fellowship, a "word" from a friend, or maybe even worse, run past someone in need, distress, a cause, or a life emergency.

I know, you can't stop and help everyone; the need is too great. The truth is some can't even stop if they wanted to. You become a victim of the tyranny of the urgent and you can't tell the difference of what is important in life anymore.

My fellow Christian, my brother and sister in Christ, in life, everyone is running. Everyone reading this has run, is running, never stops running, or is about to run out of steam. The question is, "When you decided to run, how will you know when to stop?" Or is running inevitable, never to stop, never to reach anything, because when you arrive you find there is another destination, another hill, another mountain, another something to overcome?

News flash: if you haven't already figured it out, we are in a race. What kind of race are you in? Over the course of your life, how would you characterize it? Are you running in a marathon, half-marathon, 100-yard dash, volksmarch, or from the kitchen to the couch? Maybe you're running in a rat race. "Rat race" has been defined as "an endless, self-defeating, or pointless pursuit. It conjures up the image of the futile efforts of a lab rat trying to escape while running around a maze or in a wheel."

Can you see it? Can you see yourself in the maze or in the proverbial wheel of life, always running and never getting anywhere, while others watch or gawk, laughing or crying at the spectacle you have become? Maybe there's a more important question.

If you're not in the race of hope and life, which challenges you to think and live beyond yourself, maybe you are in the wrong race?

As a Christian, I believe if you're not running with Jesus, you're running in a thick fog and have lost your way. If you find you are gasping for truth, meaning or significance, you're suffering from spiritual amnesia. You have lost your first love.

Sooner or later after days, weeks, months and years of running, you will slow down, you will walk, you will stop and you will sit down. At that specific moment, you will have a "Forrest Gump" moment. You will look around and realize you don't know whom you are or where you are going or why you are here. When that happens, you have finally – and sadly – reached your goal.

So you sit and wait, grabbing



for the first worldview which makes sense to you. You are eager to get up and hitch a ride on it. My brother and sister, at this point in your life, you have become a captive.

Paul says, "See to it that no one takes you captive by philosophy and empty deceit, according to human tradition, according to the elemental spirits of the world, and not according to Christ. For in him the whole fullness of deity dwells bodily, and you have been filled in him, who is the head of all rule and authority."

We need to stop running from God. We need to stop the madness and fallacy that we can serve both God and the world. We need to stop pretending we love Jesus while cursing others. We need to confess we are broken people because of our sin. We need to repent, which means turning 180 degrees from false righteousness and truth and seek what God requires of us – "to do justice, to love mercy, and to walk humbly with God." (Micah 6:8)

March 4, 2016 B-2

But don't despair, just when vou feel vou are down and out of breath. Just when there seems there are no other rides to take, the prophet Isaiah says, "Have you not heard? The Lord is the everlasting God, the creator of the ends of the earth. He will not grow tired or weary, and his understanding no one can fathom. He gives strength to the weary and increases the power of the weak. Even youths grow tired and weary, and young men stumble and fall; but those who hope in the Lord will renew their strength. They will soar on wings like eagles, they will run and not grow weary, they will walk and not be faint."

My fellow Christians, the Holy Spirit will get you back in the race. But you have to want to get back in. Confess you have taken control of your life and you have gone your own way. Confess following Jesus has been a calculated routine, a daily jog on the "wheel." Confess we have been responsible for our own intellectual log jam in our minds. We must wipe the dust off our Bibles. We must get back into fellowship with other believers. We need to worship with other believers. We need to remember what it means to serve, rather than to be served. Get back to who you are in Christ. Get back to what you are created to be. Stop running from God and start running back to him. Run a new race - "freedom in Christ" - and I will run alongside you.



Community Happenings March 4, 2016

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

Express Closure

The JBER-Elmendorf Express on 9th St. will close for renovation March 11 and will re-open at 8 a.m. March 26. The gas station will remain open for fueling. The 24-hour Express at the Joint Military Mall and the JBER-Richardson Express will remain open.

For information, call 753-0232.

SATURDAY American Sign Language

Designed for preschoolers, this free program from 10 to 11 a.m. at the JBER Library is taught by a certified American Sign Language instructor. No registration is required.

For more information call 384-1640.

Blood Drive

Make a difference and donate with a friend in the Blood Bank of Alaska's LIFEmobile at the Joint Military Mall from 11 a.m. to 6 p.m.

Eat well the day of the blood drive, stay hydrated, and bring a photo ID. To make an appointment, visit *tinyurl.com/zrszwph*.

For more information call 222-5630.

WEDNESDAY **Indoor rock climbing**

Come to the Outdoor Adventure Program building for rock climbing from 5 to 7 p.m. Minimum and maximum sign-up numbers apply to all trips and classes. For more information call 552-

4599 or 552-2023.

Fat Tire Sunset Bike Ride

Meet up at the Outdoor Adventure Program Building for this ride from 5 to 8 p.m. Ride takes place along the Anchorage coastline. This event is weather dependent. Minimum and maximum sign-up numbers apply to all trips and classes.

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

Youth Parent Advisory Board

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

of JBER youth members and community partners. For more information call 552-

2266 or 384-1508.

MARCH 19

Earth Hour at the Alaska Zoo

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

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

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

ONGOING Lunch at the Museum

Bring a sack lunch and check out the JBER Wildlife Education Center, Building 8141, 19th St., on March 24 and April 21, from 12 to 2 p.m. Kids are welcome and admission is free, with more than 200 wildlife mounts, educational displays, and wildlife movies playing March 8, 18, and 29 at noon.

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

For more information contact jberwildlife@gmail.com.

Wildlife Wednesday

Stay warm and scientifically enriched this winter with the this free science lecture series on the second Wednesday of each month at the Alaska Zoo Gateway Lecture Hall. Each lecture begins at 7 p.m. and covers a different topic focused on wildlife research in Alaska.

For more information, visit alaskazoo.org.

Military Children Program scholarship

The scholarships for Military Children Program is accepting applications from eligible students

at commissaries or online at militaryscholar.org.

For more information call (856) 616-9311.

AER scholarships

Army Emergency Relief is taking applications for scholarships. Scholarships are available for children, spouses and other dependents of active, retired and deceased Soldiers. Applications and instructions are available at *aerhq*. org; submisison deadline is May 1. For information, call 384-7478.

Sunday bowling bingo

Enjoy discounted bowling every Sunday at the Polar Bowl and receive a bowling bingo card. Bowlers will attempt to cover the pattern of the day on their bingo card for a chance to win prizes.

For information, call 753-7467.

Adult Writing Society

The Loussac Library hosts this multi-genre group the second Thursday of each month from 6 to 7 p.m. for writers 18 and up. Share your work and get constructive criticism and feedback

For information, call 343-2909.

NAF jobs

Looking for a fun job? Check out nafjobs.org for fun and exciting positions within the JBER Force Support Squadron.

Keystone meeting for teens

Keystone Club is a leadership development experience providing community service opportunities for young people ages 13 to 18. Meetings take place every Wednesday at 5 p.m. at the Two Rivers Youth Center.

For information, call 384-1508.

Single Airman Program

Single service members, are you interested in getting out and enjoying all that Alaska has to offer? Many outings are offered at deep discounts such as guided halibut and river fishing charters, mountain biking, white-water rafting, and rock climbing.

For more information, call 552-8529 or stop by the Arctic Oasis.

Financial counseling

Does more than 25 percent of your pay go to bills?Are you making only minimum payments, or taking out new loans to pay off old

ones? Are you arguing over money? Do you really need that new TV, watch or cup of fancy coffee?

Financial counseling is available through Army Community Service or Army Emergency Relief, at 384-7478.

Protestant Women of the Chapel meetings

Women are invited to meet with the Protestant Women of the Chapel. Bible studies are Tuesdays at 9:30 a.m. at the Richardson Community Center.

For more information, email *jber.ak.pwoc@gmail.com* or call 552-5762.

Model railroading

The Military Society of Model Railroad Engineers meets at 7 p.m. Tuesday and 1 p.m. Saturday in the basement of Matanuska Hall, Room 35. Anyone interested in model railroading is invited.

For information, call 552-4353, or visit trainweb.org/msmrre.

Eat and play weekdays

What goes great with lunch? A free game of bowling. Present your receipt at the front counter totaling more than \$5 from Ten Pins or Topios (located inside the Polar Bowl) between 11 a.m. and 1 p.m., Monday, Thursday, or Friday and receive one free game.

For information, call 753-7467.

Help for homebuyers

JBER Volunteer Realtors and Mortgage Lenders present an hour-long home buying seminar every Wednesday alternating between the JBER-Elmendorf or JBER-Richardson Housing Management Offices from 1 to 2 p.m. These seminars explain the buying and selling process in the Anchorage, Eagle River and Wasilla/Palmer areas.

For more information or to sign up, contact either HMO office; JBER-Elmendorf at 552-4312 or JBER-Richardson at 384-

Library Story Times

Family Homecare Series: Tuesdays 10 to 11 a.m.

Toddler Tales: Wednesdays 10 to 11 a.m.

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

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

Chapel services

Catholic Mass

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

Monday and Wednesday 11:40 a.m. – Richardson Community Center **Tuesday and Friday** 11:30 a.m. – Midnight Sun Chapel

Thursday 12:00 p.m. - Hospital Chapel

Confession Confessions are available any-

time by appointment or after any mass. Call 552-5762.

Protestant Sunday Services

Liturgical Service 9 a.m. – Heritage Chapel

Gospel Service 9:30 a.m. - Midnight Sun Chapel

Community Service 10:30 a.m. - Heritage Chapel

Collective Service 11 a.m. – Arctic Warrior Chapel

Chapel Next 5 p.m. – Chaplain Family Life Center

Jewish Services

Lunch and Learn Fridays at 11:30 a.m. Kosher lunch provided. At the CFLTC Call 384-0456 or 552-5762.

Religious Education For religious education schedules, please call the Religious Operations Center at 552-5762 or 384-1461



673d FORCE SUPPORT SQUADRON

3088.



Birth Announcements ARCTIC WARRIOR

JAN. 30

A daughter, Evelynn Aurora Fisher, was born 20.5 inches long and weighing 8 pounds, 1 ounce at 3:57 a.m. to Kindra Jae Fisher and Airman 1st Class Travis Hunter Fisher of the 3rd Maintenance Squadron.

Feb. 1

A daughter, Izabella Colleen Adkins, was born 21 inches long and weighing 8 pounds, 2 ounces at 7:43 a.m. to Amber Jolene Ingalls-Adkins and Roy Leon Adkins.

Feb. 2

A son, Ivan Fedorovich Milov, was born 21.5 inches long and weighing 8 pounds, 1 ounce at 12:41 p.m. to Cecilia Lauren Milova and Spc. Fedor Milov of the 3rd Battalion (Airborne), 509th Infantry Regiment.

A son, Kameron Joseph Teahone-Wahl, was born 20.5 inches long and weighing 7 pounds, 14 ounces at 1:47 p.m. to Leanne Teahon Wahl and Tech. Sgt. Charles Adam Wahl of Detachment 4, 372nd Training Squadron.

A son, William Rex Dalecki, was born 20 inches long and weighing 6 pounds, 12 ounces at 1:19 p.m. to Alisa Deonne Dalecki and Army Staff Sgt. Mark Charles Dalecki of the 716th Explosive Ordnance Disposal Company.

A daughter, Ayla Jean Ingvalson, was born 19 inches long and weighing 6 pounds, 7 ounces at 11:57 p.m. to Air Force Capt. Rebecca Jean Gehrman Ingvalson of the 28th

Civil Engineer Squadron, Ellsworth Air Force Base, N.D. and Air Force Capt. Craig Robert Ingvalson of the 517th Airlift Squadron.

FEB. **4**

A son, Haven Taylor Hayes, was born 21 inches long and weighing 8 pounds, 1 ounce at 10:12 a.m. to Amber Lynn Hayes and Air Force Staff Sgt. Jordan Taylor Hayes of the 673d Force Support Squadron.

> **Feb. 5** A daughter,

Kinley Belle Housner, was born 20.5 inches long and weighing 6 pounds, 12 ounces at 9:48 a.m. to Brittnee Michelle Housner and 1st Sgt. Jeffrey John Housner of the 6th Brigade Engineer Battalion (Airborne).

A daughter, Aurora Vinetta Schmidt, was born 21 inches long and weighing 7 pounds, 14 ounces at 3:20 p.m. to Air Force Staff Sgt. Shannon Rae Schmidt of the 673d Medical Operations Squadron and David Michael Schmidt.

A daughter, Isabelle Lana Disston, was born at 7:06

p.m. to Tracy Marie Disston and Spc. Peter H. Disston of the 1st Squadron (Airborne), 40th Cavalry Regiment.

FEB. 6

A daughter, Sierra Marie Madsen, was born 22 inches long and weighing 9 pounds, 14 ounces at 5:10 p.m. to Lauren Renee Madsen and Sgt. 1st Class Eric Scott Madsen of the 6th Brigade Engineer Battalion (Airborne).

Feb. 8

A son, Harrison Lee Chansler, Patricia Chansler and Tech. Sgt. Bryan Andrew

Chansler of the 673d Air Base Wing.

A daughter, Christina Denice Reeves, was born 19.5 inches long and weighing 6 pounds, 5 ounces at 2:04 p.m. to Adriana DeSean Higinio-Reeves and Spc. William Anthony Reeves of the 725th Brigade Support Battalion (Airborne).

FEB. **9**

A daughter, Aynzley Michelle Lynn Pettrey, was born 20.5 inches long and weighing 7 pounds, 7 ounces at 5:23 a.m. to Kali Taelor Pettrey and Pfc. Giles Edward Pettrey of the 2nd Battalion, 377th Parachute Field Artillery Regiment.

A son, Jameson Myles Warner, was born 20 inches long and weighing 6 pounds, 8 ounces at 11:34 a.m. to Alley Ann Warner and Army Master Sgt.

Ryan Taylor Warner of the 2nd Battalion (Airborne), 377th Parachute Field Artillery Regiment

> **F**ев. 10 A daughter, Jordan Harper

Taylor Higley, was born 19.5 inches long and weighing 6 pounds, 10 ounces at 7:50 a.m. to Katie Renice Woerz-Higley and Spc. Ryan Allen Higley of

the 2nd Battalion (Airborne), 377th Parachute Field Artillery Regiment.

Fев. 12

A daughter, Kennedy Lynn to Sgt. Melanie Leigh Jordan Verette and Sgt. Jason Gerard Verette, both of

the 17th Combat Sustainment Battalion. A son,

Noah David Flanagan, was born 21 inches long and weighing 7 pounds, 7 ounces at 9:45 p.m. to Megan Eileen Teresa Flanagan and Tech. Sgt. Christopher Michael Flanagan of the 673d Security Forces

Fев. 14

Squadron.

A son, Abram Eric Kliewer, was born 21 inches long and weighing 7 pounds, 1 ounce at 8:08 a.m. to Ashley Elizabeth Kliewer and Air Force Staff Sgt. James Eric Kliewer of the 673d Contracting Squadron.

Feb. 17

A son, Logan Richard Watson, was

born 20 inches long and weighing 7 pounds, 4 ounces at 12:50 p.m. to Samantha Michelle Watson and Air Force Staff Sgt. Travis Wayne Watson of the 3rd Munitions Squadron.

A daughter, Alyla Rae Kunze, was born 20 inches long and weighing 7 pounds, 1 ounce at 11:36 p.m. to Teighlor Danielle Kunze and Spc. Dylan Nicholas Kunze of the 3rd Battalion (Airborne), 509th Infantry Regiment.

Fев. 18

A daughter, Adalyn Angel Mireles, was born 20 inches long and weighing 6 pounds, 13 ounces at 4:54 a.m. to Jennifer R. Mireles

and Paul B. Mireles.

A son, Alexxander Granados. was born 22 inches long and weighing 7 pounds, 6 ounces at 10:41 a.m. to Alejandra M. Granados and Air Force Staff Sgt. Manuel Granados of the 673d Force Support Squadron.

March 4, 2016 B-4

Feb. 20

A daughter, Leona Rose Austin, was born 19 inches long and weighing 6 pounds, 10 ounces at 4:52 a.m. to Spc. Jordan Ray Austin of the 17th Combat Sustainment Support Battalion.

FEB. 22

A son, Isaiah Emmanuel Aldahondo, was born 20 inches long and weighing 7 pounds, 13 ounces at 5:47 p.m. to Natasha Angeli González and Pfc. Edward Aldahondo of the 17th Combat Sustainment Support Battalion.

> A son, Sven Fisher Zimmermann, was born 22 inches long and weighing 9 pounds, 12 ounces at 9:50 p.m. to Erin Michelle Zimmermann and Tech. Sgt. Christopher Michael Zimmermann of the 673d Civil Engineer Squadron.

Feb. 24

A daughter, Jacquelin Rose Martinez-Burton,

was born at 2:28 a.m. to Nicole Lynn Martinez-Burton and Senior Airman Anthony Scott Martinez-Burton of the 3rd Maintenance Squadron.





Culinary arts team prepares for annual competition

By Airman Valerie Monroy JBER Public Affairs

"Team Alaska," a 10-person team composed of Soldiers and Airmen, prepared a three-course meal, Feb. 24, as training for the upcoming 41st Annual Military Culinary Arts Competitive Training Event at Fort Lee, Virginia, March 5 to 10.

The purpose of this event is to promote growth in the culinary profession with special attention to the tenets of modern culinary developability, practicality, nutrition, workmanship, economy, presentation, creativity, and concept. It provides an opportunity to raise culinary excellence and professionalism and recognizes individual and team efforts, while providing incentives and recognition in the form of certificates, medals, trophies and continuing education credit hours that may be used toward credentialing.

This event was the first of two runthroughs that Team Alaska had before leaving for the competition.

The team had three hours and 45 minutes to create three courses: starter, entrée and dessert.

Team Alaska is composed of five professional members and five student members.

"A student member is any troop with less than two years in the culinary arts, no prior culinary education, and hasn't been medaled in a culinary competition," said Sgt. 1st Class Ian Meyer, 539th Composite Truck Company, 17th Combat Sustainment Support Battalion, and the Team Alaska manager. "After the first two years, they become professionals."

The professionals were the "back of the house" team, preparing and cooking the meal, and the students were the "front of the house" team, serving the meals.

The meal was made on a mobile kitchen trailer which is used in the field to feed mass amounts of personnel.

"You're cooking in a small confined space and using burners that are powered by jet fuel," said Sgt. Abraham Gonzales, F Company, 725th

F Company, 725th Brigade Support Battalion, Team Alaska co-captain. "It can be very precarious."

Fellow co-captain Army Staff Sgt. Patrick Hiebert, with E Company, 70th Brigade Engineer Battalion, explained that cooking with jet fuel

just adds to the challenge.

"It's extremely hot and you only have high, medium and low," Hiebert said. "It's not like a regular flame that you can control; you have to constantly be on your game to make sure you have the right temperature."

Gonzales said the reason for all the runthroughs is to find out where difficulties and mishaps pop up and work on them before the big event.

66 At the end of the day we go back and look at the high and low points, to learn how to adapt and overcome in the future. ??

bring a lot new ideas to the team.

Gonzales and Heibert both agreed working with Airmen taught them a new way of leading and teaching.

Even with small setbacks here and there, each course of the meal was prepared and served on time.

It was a surprisingly smooth run and we can only hope to keep getting better before the big event, Heibert said.



Army Staff Sgt. Patrick Hiebert, E Company, 70th Brigade Engineer Battalion, 'Team Alaska' co-captain, cuts meat into steaks in a mobile kitchen trailer at Joint Base Elmendorf-Richardson. The 10-person team of Soldiers and Airmen served up a three-course meal as part of a training event designed to prepare the team for the 41st Annual Military Culinary Arts Competitive Training Event at Fort Lee, Virginia, March 5 to 10.



Spec. Alexander Sanchez, E Company, 6th Brigade Engineer Battalion (Airborne), 'Team Alaska' member, strains a sauce at the Gold Rush Inn Dining Facility at Joint Base Elmendorf-Richardson, Feb. 24. (U.S. Air Force photos/Airman Valerie Monroy)

Some members of the team are veterans to the culinary competition, but are new to working with each other.

"We're a brand new team and we we're still learning how to work with each other," Hiebert said.

"That's why these practices our imperative," Gonzales said. "At the end of the day we go back and look at the high and low points, to learn how to adapt and overcome in the future."

Consisting of both Airmen and Soldiers, the joint effort proved to

