

PHOTO FEATURE ARCTIC WARRIOR



ABOVE: Spc. Cody Specht, A Battery, 2nd Battalion, 377th Parachute Field Artillery Regiment cannon crewmember, cleans an M119 Howitzer at Joint Base Elmendorf-Richardson August 3. The M119 is a lightweight towed howitzer used by the Army for indirect-fire support to forces deployed in combined arms operations. (U.S. Air Force photos/Airman 1st Class Javier Alvarez)

Private Koleman Roach A Battery, 2nd Battalion, 377th Parachute Field Artillery

Private Koleman Roach A Battery, 2nd Battalion, 377th Parachute Field Artillery Regiment, scrapes a label off an M119 howitzer. A round from the howitzer can travel more than eight miles.



A Soldier of the 2nd Battalion, 377th Parachute Field Artillery Regiment ensures the cleanliness and serviceability of a M119 Howitzer at Joint Base Elmendorf-Richardson August 3. Soldiers documented the weight and dimensions, and ensured the cleanliness and serviceability of items shipped to Joint Base Lewis-McChord in support of JBLM's 75th Ranger Battalion. The 773d Logistics Readiness Squadron Deployment Flight certified rolling stock and containers for sea shipment. The shipment was an interagency collaboration between JBER, Surface Deployment and Distribution Command, and the Port of Anchorage.

FOR FOR SERVING ERS

2-377th PFAR, 773d LRS team up to get howitzers to JBLM



Howitzer fact file

Cannon weight: 1,389 pounds (630 kg)

Maximum rate of fire: six rounds per minute for two minutes; or three rounds per minute for 30 minutes.

The M119 howitzer provides continuous fires in support of light, airborne, air assault, and infantry brigades and motorized infantry divisions during all phases of operations, providing direct support to those units.

Joint Base Elmendorf-Richardson/ 673d Air Base Wing Commander Col. George T.M. Dietrich III (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 Sgt. Maj. Ronald E. Sheldon Jr.

ARCTIC WARRIOR

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ARCTIC WARRIOR NEWS

Wilderness Inn DFAC heads to next level in competition

by AIRMAN 1ST CLASS
CHRISTOPHER MORALES

JBER Public Affairs

The Wilderness Inn Dining Facility competed in the Philip A. Connelly competition for the best DFAC in the Department of the Army, and finished the first round of inspection Aug. 3.

"The Philip A. Connelly competition is designed to recognize excellence in food service," said Chief Warrant Officer 4 Curtis Steineke, 402nd Army Field Support Brigade regional food program manager and evaluator. "Within the Philip A. Connelly competition, we [inspectors] evaluate what you're doing, what level you are doing it and the attention to detail you are putting in to the things you do on a daily basis."

The Wilderness Inn competed against every Army DFAC within Hawaii and Alaska for the opportunity to represent this region in the competition for the first round of inspection.

Then, each region's best is in-

spected in worldwide a final round.

Facilities are evaluated on food preparation and quality, administration, command involvement, cleanliness, safety, and more.

"Food prep is one of the biggest areas because that is what the customer sees," Steineke said. "We also look at command involvement and support; how supportive is the chain of command, and are they involved and engaged with operations."

The inspection goes by a point system in which the facility loses points for errors, safety concerns, or whatever the evaluator deems dock-worthy. The score is a composite overall score against a perfect in all areas and how well other facilities did during that round.

"To improve our chances, we have to close out our minor repair work orders and start the renovation process to show progress before the big inspection," said Sgt. 1st Class Michael Mathis, Wilderness Inn dining facility manager and culinary management noncommissioned officer. "We are planning on a few modifications which includes renovating

the blinds, the furniture and the carpet."

"I think the food, food prep and the overall process is good," Mathis said. "For the amount of Soldiers we get to complete our mission, we have a steady flow, despite always being busy."

The Soldiers who work at the Wilderness Inn are composed of different units; if one unit goes to the field for training, or deploys, they still have hands on deck.

"They don't miss a beat, even though they have people out in the field," said Jerrold Haskin, Joint Base Elmendorf-Richardson food program manager. "They do whatever they can to keep the quality of the food up, and they don't cut from the menu—like today, they are missing a few people, but you don't see any of the sections closed down."

This facility prides itself on its individuality by providing variety

through their normal menu and specialty menu.

"We like to think outside the box when

"We like to think outside the box when it comes to our menu and open our facility to a wider selection," Haskin said. "Here, we have that local freedom to provide those specialty items."

The specialty bar features signature meals for breakfast and lunch every weekday.

The most popular dish is chicken and waffles, available Wednesday mornings; Friday's lunch option of barbecue chicken wings gets an honorable mention.

The Wilderness Inn continues to grow while maintaining the standard of quality food and service.

"I really like their layout here and the food is really well prepared," Steineke said. "They are focusing on all the right things, and [putting] the effort in to doing this right – and it shows."

AD

ALASKA ARCTIC WARRIOR

Alaska Army Guard hosts first community day

by **SGT. DAVID BEDARD** 134th PAD

Guard hosted what was most likely their first-ever community event off base when they deactivated the 297th Battlefield Surveillance Brigade and activated the 297th Regional Support Group during an Aug. 6 ceremony at the Delaney Park Strip.

Additionally, Alaska Gov. Bill Walker signed the new Alaska Code of Military Justice into law, and the Alaska State Defense Force hosted a change-of-command ceremony.

The 297th BFSB deactivation and transition to the 297th RSG is a small piece of the Army's changing force structure designed to meet the nation's security requirements.

"Over time, the Guard in Alaska has undergone a number of force-structure conversions, which were driven by the changing of the political landscape and modernization of the United States Army," said Col. Joseph Streff, commander of the Alaska Army National Guard and reviewing officer of the cere-

mony. "The ceremony you are witnessing today is another example of positive change, which converts our force structure from a legacy unit to an organization, which will be relevant to the Army and fully capable of conducting operations in support of our state and federal missions."

The activation of the 297th RSG and its scheduled inclusion of the 1st Battalion, 297th Infantry Regiment, provide new opportunities to enhance security partnerships in the Asia-Pacific region and respond domestically in Alaska.

The changing force structure provides new, relevant ways for the Alaska Guard to respond to Alaskans during times of need.

Col. Lee Knowles, 297th BFSB commander, ceremonially relinquished command and deactivated the unit when he cased the unit colors with assistance from the brigade command sergeant major, Command Sgt. Maj. John Drew. The unit will officially transition to the 297th RSG Sept. 1.

Knowles thanked his command for the effort they gave in transitioning the brigade, which included more than 13,000 supply transactions at 18 locations across the state.

"You took on the daunting task of deactivation, adding that big rock to a very heavy rucksack and bearing the load without slowing your pace or voicing a complaint," Knowles said.

The colonel said though the unit was deactivating, its legacy would live on in its Soldiers as they integrate in to the new unit.

"Soldiers give a unit its identity," Knowles explained. "The shared burdens and hardships most will never understand create a distinct camaraderie and impart character and soul to our formations."

Lt. Col. Peter Mondelli ceremonially took command of the newly formed 297th RSG when he uncased the unit colors with Drew, who transitioned with the new element. Most recently, Mondelli commanded 1st Squadron, 297th Reconnaissance and Surveillance Squadron, which will transition to an infantry battalion as part of the force restructure.

"We will have many challenges that we will face together," Mondelli said of his unit's future. "We truly live in interesting times, and we will be ready when our great State of Alaska and our nation calls us."

The Alaska Code of Military Justice helps the Alaska National Guard shape constructive policies and positive actions for the future, and it is a critical step for building and maintaining the trust and confidence of Alaskans in their National Guard. The ACMJ helps define legal, ethical and moral guidelines for the state's military force.

Brig. Gen. (Alaska) Roger Holl relinquished command of the Alaska State Defense Force in a change-ofcommand ceremony to Col. (Alaska) John James.

The ASDF, established in state statute, exists to provide a military force to assist Alaskans during times of emergency. The ASDF supports and expands community resilience across the state with support for incident response, communications, shelter and medical requirements.

ASDF is composed of volunteers, many of whom are military veterans and retirees who are driven to protect the state and its citizens at a very low cost.

Disposition of effects

Army 1st Lt. Alexander Weis, 3rd Battalion, 509th Parachute Infantry Regiment, is authorized to make disposition of personal effects of Army Staff Sgt. Maurice O'Brien Tucker, 3-509th Inf., as stated in Army Regulation 638-2.

Any person or persons having claims for or against the estate of the deceased should contact Weis at (951) 296-7604.

Munitions inventory

The 3rd Munitions Squadron will conduct semi-annual inventory Sept. 1 through 9. Users must schedule requests for issues and/or turn-in around these dates.

During the inventory, only emergency requests will be processed. They 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.

Fuel station closure

The military fuel station at 12th St. and Fairchild Ave. will close Monday for approximately three weeks for renovation. As this is the only station on JBER-E aside from the flightline, those without flightline access will need to use Building 988 on JBER-R.

In case of emergency, the Fuels Service Center may dispatch a fueling truck; call 552-5180.

Reserve 'Scroll'

Officers wanting to transition to the Air Force Reserve must have their commission transferred to a list called "the Scroll" and approved by the Secretary of Defense. The process averages 120 days, but can take longer, and must be approved before you begin participating in the Air Force Reserve, which may mean a break in service.

Even if you're unsure about transitioning to the Reserve, the Scroll process can be initiated.

For information, call 552-3595.

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 will be repaired within 24 hours of being reported.

Home-buying seminar

Volunteer realtors and mort-

gage 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.

refer report for sexual assault. For information, call 353-6507.

DLA Document Services

Defense Logistics Agency Document Services duplicates and prints documents, including 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.

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.

U-Fix-It Store

The U-Fix-it stores, open to all Aurora Military Housing tenants, issue home maintenance items. Availability is subject to change and limits; some may have a cost. American flag kits and fire extinguishers are available.

U-Fix-It work includes all home maintenance, allowing occupants to make minor improvements and repairs.

The JBER-E 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-R 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.

Richardson Thrift Shop

The JBER-Richardson Thrift Shop, Building 724, Quarter-master Drive, is open Tuesday and Thursday from 10 a.m. to 2 p.m., Wednesday from noon to 6 p.m., and first and third Saturdays from 11 a.m. to 2 p.m.

Consignments are accepted whenever the shop is open; for information, call 384-7000.

ADS

ARCTIC WARRIOR FEATURE

LAST CHALK: GUARDSMEN CONDUCT FINAL JUMP

by **SGT. DAVID BEDARD**134th Public Affairs Detach-

good aircraft – that's how some would describe what Pfc. Edgar Sandoval was prepared to do the drearily cloudy Alaska morning of Aug. 5.

The perfectly good aircraft in question was a UH-60 Black Hawk piloted by 1st Battalion, 207th Aviation Regiment, Alaska Army National Guard. The helicopter's cargo was six Guard paratroopers of B Company, 1st Battalion (Airborne), 143rd Infantry Regiment.

The helicopter may have been good, but the weather wasn't. During a low flyover of Joint Base Elmendorf-Richardson's Malemute Drop Zone, the UH-60 passed in and out of the low cloud ceiling. The cold fog of the massive cloud formation pressed on the skin of the sheetmetal whirlybird, enveloping much of Sandoval's legs as they dangled out of the open door. The paratrooper was tethered to the ceiling of the aircraft by a static line sprouting out of his MC-6 parachute, ready to deploy – if only the weather would cooperate.

For the time being, the jump was scrubbed. The drop zone safety officer on the ground couldn't see the aircraft for much of its route, and the paratroopers would potentially have to jump through 200 feet of foggy soup before emerging in the clear.

Lt. Col. Jeffrey Roberts, 1st Battalion, 297th Infantry Regiment commander, said though the risk would be worth it in combat, the conditions were too dangerous for a training jump.

It was supposed to be the last jump for paratroopers of B/1-143rd Infantry before deactivating the unit, but it would seem for the moment the airborne gods had other plans.

CHAPTER'S END

High winds in Bethel cancelled the unit's previous attempt at a final jump last winter. Despite the Western Alaska town harboring the company's headquarters, the last hurrah was not to be.

When the unit deactivates this year, its Soldiers will integrate into the newly formed 1-297th Infantry, a non-airborne unit, ending the Alaska Army National Guard's airborne era for the foreseeable future.

Roberts said he mourns the loss of airborne status, but the transition offers other opportunities.

"It's kind of bittersweet, because



Alaska Army National Guard Soldiers with B Company, 1st Battalion (Airborne),143rd Infantry Regiment, board a UH-60 Black Hawk Aug. 5 for the unit's final jump before they retire their airborne status. The Soldiers will remain in Alaska, but fall under the 1st Battalion, 297th Infantry Regiment. (U.S. Air Force photo/Senior Airman James Richardson)

as an airborne paratrooper myself, I love jumping," the colonel said. "But it takes a lot of time, and – as National Guardsmen working on the weekends – we don't have a lot of time to spare. The good thing is we will be able to focus more on our tasks: (to) support communities and also train for war."

Several family members gathered at the drop zone to witness their beloved Soldiers exit a chopper at a thousand feet.

Leah Stoner, wife of platoon leader 2nd Lt. Brandon Stoner, corralled her two sons, Caiden, 4, and Emerson, 1, for the jump. Caiden clutched a toy helicopter, his imagination coming to grips with the thought of his towering father getting shoehorned into the mechanical wonder. He spoke with his mother using his outside voice about the prospect of his dad jumping from the safety of the machine, while he looked intently at the rotors of the plastic facsimile.

If only the elements would cooperate.

A GO FOR LAUNCH

The Black Hawk returned to Bryant Army Airfield to wait out the weather.

If Sandoval knew one thing, it's that he didn't want to jump into a white wall of cloud, losing the benefit of his sight to discern the drop zone and his fellow paratroopers. A recent graduate of the Basic Airborne Course at the U.S. Army Airborne School, Fort Benning, Georgia, this would be his seventh jump.

Up to this point, Sandoval had only jumped from fixed-wing jetand propeller-driven aircraft, and adding another element of the unknown was disconcerting to say the least, he said.

Fortunately, as if on cue, the cloud ceiling lifted – slowly at first and then precipitously as though to clear a path for the flying green machine and the six paratroopers huddled inside.

During this run, Sandoval had his sight back. He could see the drop zone to ensure he wouldn't find himself stuck in a tree. He could see the other paratroopers to ensure he wouldn't collide with them midair. Any trepidation he had melted into confidence in his training, equipment, the jumpmaster and the Black Hawk crew.

Sitting on the sill of the helicopter door, it would be more of a hop than a jump as in the case of exiting an airplane door at speed.

The order was given, and Sandoval submitted himself to the inexorable pull of gravity. He tucked himself into a tight L-shape, feet and knees together, hands on his reserve, chin welded to his chest to weather the opening shock.

The static line trailed the paratrooper until it ran out of length, forcibly pulling the MC-6 parachute from the deployment bag, blossoming into the most beautiful sight a paratrooper can witness: a fully deployed canopy.

Having exited the perfectly good aircraft provided by 1-207th Aviation, Sandoval slowly floated to the safety of terra firma.

SOLDIER, FATHER, SKY TROOPER

As inexperienced a paratrooper as Sandoval was, Lieutenant Stoner was incrementally less experienced. He graduated Airborne School July 9, and this was his first and last jump with the unit. More importantly, it was his first jump outside the con-

fines of the Airborne School.

Leah acknowledged the trials of having her husband, a traditional part-time Guardsman, away for training. The lieutenant left for the Infantry Basic Officer Leaders Course – also at Fort Benning – when Emerson was 10 days old.

"It definitely has its challenges," Leah said of the separations. "But it's cool to see how proud he is when he comes back."

Because this was his first jump with the unit, Lieutenant Stoner volunteered to wear a red helmet customarily worn by neophyte paratroopers. He would have the honor of signing it and, more importantly, it would allow son Caiden to pick him out of his stick of six jumpers – even at a thousand feet.

When the helicopter emerged over the horizon, Caiden burst into a precocious enthusiasm only sustainable by a 4-year-old. When the crimson-helmeted officer emerged from the UH-60 like a giant green dandelion seed, the boy was ecstatic.

"My dad jumped out that thing!" Caiden proclaimed.

The musings surrounding his toy helicopter and the imaginary Soldier inside suddenly became a reality.

As the lieutenant approached the surface of the drop zone, he turned his body perpendicular to his direction of drift.

Landing wasn't always gentle, and he would have to perform a a parachute-landing fall to make it as pleasant as possible.

When he hit the ground, he hit the balls of his feet, the side of his calf, thigh, hip and back. Rolling like a wheel, the progression of impact spread the shock of landing throughout his body.

His first and last jump with the unit complete, Lieutenant Stoner reflected on what was different about jumping from a helicopter.

"You can see the ground the whole time, and it's kind of scary," he said. "But it's fun. It's serene when you exit the aircraft, because it's nice and quiet. You don't have the prop(eller) blast from the plane pushing you hard. It's fun."

For Leah and family, the jump coalesced inklings of what the father and husband does in the Army into concrete understanding.

"It's exciting (for the children) to see, because we always talk about him being gone for training and Army work," she said. "Now, they can actually see what Army work is all about."

Friday Eagle River football

The Eagle River Wolves start their season at 4 p.m. against Wasilla. Service members, fire/EMS personnel, and police get free admission; for information, visit *eagleriverhigh.asdk12.org/*.

Outdoor rock climbing

Meet up at the Outdoor Adventure Program at 5 p.m. and head out to climb. Equipment and transportation provided; register before the class. For information, call 552-4599 or 2023.

Kayak rolling class

Looking to hit the river? Learn to roll safely at the Elmendorf Fitness Center pool. For information, all 552-4599 or 2023.

Saturday Back to school bowling

Hit the Polar Bowl from noon to 5 p.m. for specials on shoe rentals and games. For infomation, call 753-7467,

End-of-summer party

The Warrior Zone hosts this free event from 2 to 5 p.m., featuring food, music, games and a water-balloon war.

For information, call 384-9006.

Aladdin performance

The Missoula Children's Theater brings Aladdin to life with this free performance at 3 p.m. at the Talkeetna Theater. For information, call 384-1508 or 552-2266.

Sunday Portage Lake kayak trip

Meet at the Outdoor Adventure Program building at 8 a.m. for this full-day kayak trip. Equipment and transportation provided; for information call 552-4599 or 2023.

Thursday Arctic Oasis Community Center Yard Sale

Come check out the household goods available during the Back to School Bash Aug. 18 from 11 a.m. to 3 p.m. For more information, call 552-8929.

Back to School Bash

The Arctic Oasis hosts this annual extravaganza just before school gets underway.

Learn about JBER resources and enjoy this family day with plenty of events.

For more information, visit *jberlife.com*.

August 19, 20, 21 Anchorage Run Fest

Celebrate and run at the Anchorage Run Fest.

Pick up your bibs and attend a Health and Fitness Expo on Friday from 3 to 7 p.m. and Saturday from 9 a.m. to 4 p.m at the Dena'ina center.

Saturday races take place at Dena'ina Center with the Kids 2K Fun Run at 10 a.m. with warm-ups at 9:30 a.m. The Anchorage Mile begins at 11 a.m. Sunday races begin at 6th Avenue and F Street, with the 49K at 7 a.m., marathon walk at 7 a.m., marathon at 8 a.m., marathon relay at 8 a.m, half-marathon at 8 a.m., and 5K at 9 a.m.

For more information or to sign up, visit *anchoragerunfest*. *org*.

Alaska Greek Festival

Alaska's large Greek community hosts their 22nd annual festival of food, dance and music at the Orthodox church at 2800 O'Malley Road.

Tour the new church with its lavish icons, or just indulge in moussaka and dancing.

For information, visit akgreek-festival.com.

Sept. 24 Air Force Ball

Commemorate the Air Force's 69th birthday in style at the annual ball.

Tickets are available now; for information, visit *jberafball.com*.

Ongoing Care registration

Looking for a fun before-andafter school program? Enroll your child in the Ketchikan School-Age Program before Aug. 29. The office, behind the Polar Bowl, is open from 6 a.m. to 5:30 p.m.

For more information, call 552-5091.

Fitness Sit-up and Pushup clinics

Every first and third Wednesday of the month, the Elmendorf Fitness Center hosts clinics designed to teach proper sit-up and push-up techniques in an effort to enhance overall performance and fitness test scores.

For more information, call 552-5353.

Potter Marsh Bird Walks

Join the guides Saturday mornings from 8 to 10 a.m., or Tuesdays from 6:30 to 8:30 p.m. for a leisurely guided walk – rain or shine – and learn about the birds and wildlife that make the edge of Cook Inlet their home.

For information, call 267-2281.

Nine & Dine

Enjoy dinner, nine holes of golf, a cart, and prizes Mondays.

Dinner begins at 5:30 p.m. and golf begins at 6:30 p.m. Bring a team or join a team for a great way to meet new people.

For more information, call 428-0056.

JBER Wildlife Education Center activities

Learn about Alaska's amazing animals and natural resources at this free museum, with interactive displays for the kids too.

The center is located at Building 8481 and open Monday through Friday from noon to 4 p.m. (subject to staffing availability).

For more information, call 552-0310 or email *jberwildlife@ gmail.com*.

Wildlife Wednesday

Stay scientifically enriched 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 of wildlife research in Alaska.

For information, visit *alaska-zoo.org*.

Library Story Times

Evening Story Time: Tuesdays 6:30 to 7 p.m.

Toddler Tales: Wednesdays 10 to 11 a.m.

Preschool Story Time: Tuesdays and Thursdays 10 to 11 a.m. Surprising Science: Thursdays

6:30 to 7:30 p.m. Sunday Pizza and Pins

Enjoy bowling and pizza at the Polar Bowl with deals on pizzas, sodas and shoe rentals for up to five bowlers.

For information, call 753-7467.

Alaska's Northern Lights

Love the aurora, but don't love standing in the cold in the middle of a winter night?

Check out the Alaska Center for the Performing Arts as they bring the grandeur to you in high-definition in summer. Shows start every hour from 9 a.m. to 9 p.m. through Sept. 4.

For more information, call 263-2993.

River of Bears

Alaska's brown bears are iconic, but it's not easy to watch them up close. Every day at 3:30 p.m., however, the Anchorage Museum planetarium plants you in the middle of the McNeil River State Game Sanctuary – where you can watch more than 100 bears nurture cubs, catch salmon, and bulk up for winter.

For information, call 929-9263

Anchorage market

Every weekend from 10 a.m. to 6 p.m., pick up fresh produce, exotic goods or Alaska souvenirs at one of the largest farmers' markets in the state.

More than 300 vendors, plus music, food and entertainment, make it a great family outing.

For information, call 272-5634 or email *info@anchorage-markets.com*.

Music in the Park

Head to Peratrovich Park behind the Egan Center on 4th Ave. every Wednesday at noon for some real Alaska music. Bring lunch, a friend, or both.

For more information, call 279-5650.

Chapel services

Catholic Mass

Sunday

8:30 a.m. – Richardson
Community Center
11:30 a.m. – Midnight Sun

Monday and Wednesday

Chapel

11:40 a.m. – Richardson Community Center

Tuesday and Friday
11:30 a.m. – Midnight Sun Chapel

Thursday

12:00 p.m. – Hospital Chapel

Confession

Confessions are available anytime by appointment or after any mass. Call 552-5762.

Protestant Sunday Services

Liturgical Service
9 a.m. – Heritage Chapel

Gospel Service

9:30 a.m. – Midnight Sun Chapel

Community Service

10:30 a.m. – Heritage Chapel

Collective Service
11 a.m. – Arctic Warrior Chapel

Chapel Next
5 p.m. – Chaplain Family Life

Center

Jewish Services

Lunch and Learn Fridays at 11:30 a.m. Kosher lunch provided.

At the CFLTC Call 384-0456 or 552-5762.

Religious Education

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



ARTS AND CRAFTS

JBER CENTER
HAS SOMETHING
FOR EVERYONE

Skylar Glissman, 7, paints a ceramic owl at the Polar Express Arts and Crafts Center at Joint Base Elmendorf-Richardson Aug. 4. The center also offers classes on framing, glass fusion, glass pendant, ceramic molding and pouring, and pottery classes. (U.S. Air Force photo/Airman 1st Class Valerie Monroy)

NOT THAT KIND OF RPG: THIS AIRMAN IS A GAME MASTER

by AIRMAN 1ST CLASS
CHRISTOPHER MORALES
JBER Public Affairs

for role-playing games, controls the world around the players, setting the scene and challenges and telling the players' tale.

Tech. Sgt. Steven Lau, 301st Intelligence Squadron information assurance manager, is an experienced game master. He is an official volunteer for Paizo's Pathfinder Society Organized Play, a worldwide tabletop role-playing campaign, and has created and joined gaming groups around the world for the sake of camaraderie.

Tabletop RPGs are conducted through discussion between the game master and players. Pathfinder Society has set the stage so everyone is on the same playing field and there is always a game any player can jump right in.

Organized play is a type of campaign that is shared with every member of the Pathfinder Society. Players experience the same story as every other through scenarios, one-sitting adventures, and modules – multi-sitting adventures throughout the season.

Each season has a theme for the adventures to follow and each player is an

agent of the Pathfinder Society with a personal objective to accomplish within the story.

"I love organized play in particular [because] I meet all these new people of all different backgrounds and I do all this to build friendship and community," Lau said.

In the military, he said he learned how to better communicate with a variety of people and give back to the community.

Lau started playing in 2008, shortly after the Path-finder Society was created, and said he has always enjoyed being a game master because he loves telling stories. The first game he officially ran was in August of 2008 at a RPG convention

THE INDER COMMENTS CO

Tech. Sgt. Steven Lau, 301st Intelligence Squadron information assurance manager, established a biweekly Pathfinder campaign starting at noon at either a local comic book store or a library at Anchorage, Alaska, July 23, 2016. Pathfinder has roots in the traditional 'pen-and-paper' style of gameplay where game master describes the surroundings and outcomes of the players' actions. (U.S. Air Force photo by Airman 1st Class Christopher R. Morales)

in the United
Kingdom
when he
was stationed
in Germany.
He has
been travelling and
playing ever since.

"I've travelled to Seattle, Indianapolis, Atlanta, the UK, Houston and Dallas a lot when I was in Texas, multiple conventions around the United States and a couple in Europe," Lau said. "When I am travelling to other places, it is usually for RPG conventions."

Lau's last duty station was Joint Base San Antonio, a city that hadn't established organized play yet. Once he created the group, it slowly grew into a large community.

"Once we built that com-

munity and we started acting like a community, we would do a lot of things, like charity events," Lau said. "I would like to do the same thing here."

They cooked food and provided numerous board games for the families and friends at the Joint Base San Antonio Fisher House. Throughout his time in San Antonio, his group also raised thousands of dollars for local children's hospitals.

When Lau came to Alaska in January of this year, he noticed there were a few Pathfinder players, but no group. Five or six players would crop up, but eventually dissipate — so Lau created an organized play group in Anchorage.

Players meet biweekly at a local comic book store or library and play starting noon. If it is a module, they continue it the following session. Because the organized play campaign is a string of adventures, missing a game doesn't usually hinder the player's experience.

"Since we've had Steven down here as a permanent presence he has done lot of great work to build up the local area [and] build up the local community here," said Brendon Green, Pathfinder Society Organized Play venture captain of Alaska. "He has done a lot of great work in the area. He has been building up Anchorage, which is an area that ... was difficult to get the local player base energized while I was [living in Fairbanks]."

Pathfinder Society has a rank system for its official volunteers. Green is in charge of the society in Alaska. Lau is a venture lieutenant, whose responsibility is Anchorage.

"You can either make your own character within the rules of Paizo's organized play or use a pre-generated character to try out first, for almost all of the classes," Lau said. "If you're just starting out, we have premade characters for every [adventure], and you don't have to play the same character for each one."

The first role-playing games were on tabletop, or 'pen-and-paper' RPGs. Over the years, as technology advanced, more people started to play single or multi-player RPGs online.

Video games are very narrow scripted-narratives compared to open-world RPG board games, where the possibilities are endless, Green said. Players also have more control over their characters – creating extensive backstories and impacting the world around them the way they intend to.

"People can re-

disappear

when playing

video games and sure, you can play with a microphone online, but it's not the same feel as having someone in the same room," Green said. "This one 1S of the last activities you can get together with other people for a block of time and just play games."

For more information, visit *tinyurl.com/hdb3wcr*. If you're interested in joining the group, visit *tinyurl.com/gu26hmm*.

NEWS ARCTIC WARRIOR

SUMMERTIME BLUES? THERE IS A CURE FOR THOSE

by AIRMAN 1ST CLASS **VALERIE MONROY**

JBER Public Affairs

S.A.D. CAN STRIKE ANY TIME OF YEAR

Living in Alaska, many people are familiar with the term seasonal affective disorder. While most associate SAD with gloom during the dark winter months, depression can also come into play in the summer.

"Depression can occur at any time of the year and often involves situational and dispositional factors," said Air Force Capt. Rudolph Francin, 673d Medical Operations Squadron clinical psychologist. "Dispositional factors mainly consist of one's personality and their chemical makeup."

A typical depressive episode may begin with insomnia or fatigue and can fluctuate with the seasons, Francin explained.

Symptoms of SAD are very similar to major depressive disorder and can include anxiety, mood changes, sleeping problems, loss of interest in activities, and social problems.

"In the summer some people may dislike the heat and be self-conscious as they wear less clothing; some feel the increased stress of financial constraints [as] summer vacations are more common," Francin said. "The increased sunlight may also result in decreased sleep, which can initiate or exacerbate depressive symptoms."

Although individuals do experience depression in the summer, approximately six to 10 percent fewer do than in the winter.

While winter still seems far off. there are preventative steps one can take to be better prepared to combat SAD. Having a plan ahead of time can increase chances of remaining active and prevent sadness.

"In either season, behavioral activation – or engaging in activities

Alaska summers often offer beauty and bright days, but certain individuals can become susceptible to seasonal affective disorder. Staying active and involved in activities is one way to combat depression. For further assistance, consult a primary care manager. (U.S. Air Force photo/Airman 1st Class Valerie Monroy)

you used to enjoy, even when you don't feel like it – can be highly effective in reducing symptoms," Francin said. "Getting in a routine can also be very helpful."

While behavioral strategies can reduce the risk, they may not work for everyone, Francin said. If further assistance is needed, consult your primary care manager.

REAL ID ACT PHASE-IN MEANS TIGHTER GATE CONTROL

by AIR FORCE STAFF **SGT. SHEILA DEVERA** JBER Public Affairs

Starting Monday, entering a Department of Defense installation will get a little more difficult for some people – though not for military members, dependents, retirees, or others with a common access card.

Individuals with state-issued identification card from Minnesota, Missouri, Washington or American Samoa will no longer be able to access any DoD installation.

"The REAL ID Act of 2005 established minimum standards for the production and issuance of state-issued driver's licenses and ID cards which include requirements for a photograph and certain biographic information, such as name, date of birth, gender, height, eye color, and address," said Plans and Program Chief Mark Centeno from the 673d Security Forces Squadron. "State-issued driver's licenses and ID cards from states not meeting the standards can no longer be used for accessing federal facilities, including DoD instal-

lations, unless the issuing state's compliance deadline has been extended by the Department of Homeland Security."

Those with a driver's license or state ID from the four states mentioned will no longer be able to access JBER, Centeno said.

"The only exceptions for these four states are Enhanced Driver's Licenses from Minnesota and Washington state," Centeno said. "Individuals who do not possess a driver's license or identification card complaint with the REAL ID Act and do not possess an acceptable alternate identification credential must be escorted by a DoD card holder on the installation, via trusted traveler, or will be denied access."

Alternative credentials

- United States passports
- Permanent resident/ Alien Registration Receipt Card (Form I-766)
- Foreign passports with a temporary (I-551) stamp
- Employment authorization document that contains a photograph (Form I-766)
- Identification card issued by federal, state, or



Those entering the installation must have a REAL ID-compliant form of identification. (U.S. Air Force photo/Justin Connaher)

provided it contains a photograph and biographic information such as name, date of birth, gender, height, eye color, and address.

Children 18 and younger who do not have a REAL ID may use school records or report cards, day care or nursery-school records, and original or certified copies of a birth certificate bearing an official seal.

Minnesota and Washington identification card holders can access federal installations if their license bears a small red, white, and blue U.S. flag on the front.

"EDLs are state-issued

local government agencies, | driver licenses issued in accordance with the Western Hemisphere Travel Initiative that denotes identity and U.S. citizenship and are acceptable for entry into the United States," Centeno

> According to the DHS, the act prohibits federal agencies accepting driver's licenses and identification cards from states not meeting the standard for accessing federal facilities or nuclear power plants, and soon, boarding commercial aircraft.

Alaska is on an extension through Oct. 10.

"Extensions are renew-

able if [Alaska] demonstrates continued progress toward compliance or at the discretion of the DHS secretary, provided there is adequate justification for continued noncompliance," Centeno said. "The current status of Alaska's progress towards compliance is unknown, and its uncertain if an extension renewal will be granted. We are working with higher headquarters to determine the way ahead if an extension is not granted."

For information about the REAL ID Act, visit https:// www.dhs.gov/real-id-andyou-rumor-control. ●

FAITH IN THE MILITARY: AN INTROSPECTIVE LOOK

by ARMY CHAPLAIN (MAJ.)
JOHN MIN

673d MDG Chaplain

A smile may be worth a thousand words; however, sometimes its value is so much more.

A simple smile creates its own message without words. In many cases, it takes on a specific meaning because of the surroundings or situation in which it occurs.

Proverbs 17:22b says, "A joyful heart is good medicine..."

Smiling is the best medicine for all people.

When you go to a restaurant to eat, does it make a difference to you if the server offers a smile or not? I think most of us respond better to service with a smile.

Children were often told by their grandmothers to 'put on a happy face', 'wear a big smile' and 'show your pearly whites' when meeting someone new because Grandma knew on an intuitive level it would produce a positive reaction in others

As a parent, I have smiled many times as I watched my children

throughout their youth.

Sometimes, I smiled as they have done something very pleasing to me, or have given me a gift that they either picked out or created.

I have smiled when I watched them accomplish something on their swim team, school, church, job, or other areas of life.

I have smiled, sometimes, just watching them sleep when all the activity of a day is behind us and the calm of the night has arrived.

Some of these smiles came not because they sought them, but because of my reaction to something they did or were at a particular moment in time. But some came because of what they did.

A month ago, I smiled when my daughter entered the military academy. Of course Basic Cadet Training is not easy for her, but I know she will do well.

I smiled and am pleased when she wears her Air Force ABUs and physical training uniforms.

I always try to do one thing each day that makes me smile – no matter what circumstances we all face

each day.

Smiles are our most important form of nonverbal communication.

They express warmth and familiarity; they signal receptiveness, openness, alliance, approval, arousal, humor, pleasure and happiness.

Also, some great benefits to smiling are seen in that smiles are free to give and just as free to receive – which is why smiles are so priceless.

A genuine smile comes from the heart and is easy to give. Smiles have become so rare at times that you might find yourself surprised when you rediscover their true value.

You only need two or three each day. Try following one of these 20 examples – all free of charge.

Smiling:

- requires little effort and pays great dividends.
- leads to success.
- expresses that you are a warm and welcoming person.
- promotes productivity.
- makes you much more attractive.
- invites friendship.

- relieves inward tension and defuses outward tension.
- boosts your immune system.
- builds trust.
- changes your mood.
- exudes confidence.
- provides favorable outcomes.
- brings happiness and joy.
- conveys good will.
- makes you look younger.
- can brighten a room.
- soothes the soul.
- warms the heart.
- promotes positivity.
- lightens your aura.

In conclusion, your smile can actually relieve your stress and lift your spirits.

When you smile at another person, the natural response is to receive a smile in return and a feeling of emotional uplift. Our smile is a sign of friendliness as well as a sign of confidence.

A smile can break the ice in nearly every situation.

The ability to smile can be a successful relationship tool and skill – not just a greeting. •





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MCGINLEYS (2X2 FPC)

FIRST BAPTIST (2X2 FPC)

PET EMERGENCY (2X2 FPC)

MARK JUST (3X3 FPC)

FILL (3X3 FPC)

USAA (6X10 FPC)

673d FORCE SUPPORT SQUADRON SUPPORT SQUADRON





HARD ROCK???

(6X5 FPC)