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ARCTIC WARRIOR

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KOSOVARS TRAIN AT ALASKA'S BLACK RAPIDS SITE

By **JOHN PENNELL**
USARAK Public Affairs

THE BALKANS REGION OF Europe might not seem to have much in common with Interior Alaska, but for 1st Lt. Vedat Shaqiri and Cpl. Besim Emini from the Republic of Kosovo's Security Force, Alaska offered a familiar – yet different – training experience this summer at the Northern Warfare Training Center's Black Rapids Training Site near Fort Greely.

“(Kosovo has) similar mountains, even though Alaska is something different,” Shaqiri said. “It has some advantages when it comes to military mountaineering, especially. But we have similar mountains where we can also practice all these skills and knowledge we gain from the Northern Warfare Training Center.”

Shaqiri and Emini went through both NWTC's Basic and Advanced Military Mountaineering courses, starting in early July and ending in August.

“It was very intense and for a short amount of time, there was too much information and it was a little bit hard to get all the knowledge in our brains,” Shaqiri said. “But we've seen all of the training and all the lectures that were given to us are connected to each other and are building on each other.”

Shaqiri, a Pristina native, said he is part of the search and rescue training center that is being established in his home country.

“I have been assigned in charge of the operation, so mostly dealing with the urban search and rescue operations which are part of the Civil Protection Regiment which is under the Support Operation Brigade,” he explained. “So when I go back there I'll be in charge of all the instructors that will be giving the lectures regarding urban search and rescue, but it will also contain the diving part and also the mountain search and rescue part.

“The knowledge that we gain



Northern Warfare Training Center instructor Staff Sgt. Rinson Neth watches as Republic of Kosovo Security Force 1st Lt. Vedat Shaqiri works to tie a temporary brake into the belay line during training at the NWTC's Black Rapids Training Site. Shaqiri was one of two Kosovar soldiers who graduated from NWTC's Basic and Advanced Military Mountaineering courses in August. (Army photo/John Pennell)

here we can use not only for military purposes, but also for civilian purposes like evacuating casualties or helping people in civilian cases, wherever they might be in the country or even outside the country,” he said.

Emini, a member of Kosovo's Rapid Reaction Brigade and a resident of Viti, said he came to the NWTC courses with a limited background in military mountaineering.

“I did it just once – rappelling – when I was training in Kosovo,” he said. “I only had an hour training, just once I rappelled down.”

Army Staff Sgt. William Eller, a member of NWTC's instructor cadre, said both men displayed a willingness to learn and share experience with their fellow students.

“(Both students are) very willing to learn, they ask a lot of questions, and they pay attention quite well,”

Eller said. “They absorb everything as you're talking to them.”

Shaqiri noted he was also studying their instructors and the way training was presented as he prepared for his follow-on mission.

“The center that's going to be established, the search and rescue training center, it's not going to be established only for our country purposes or only our military purposes,” he explained. “It will start giving training for the units inside the military first, then it will go beyond this to the organizations inside the Republic of Kosovo. Then from 2018 it will deliver lectures and training for the whole regions around the Balkans as well as foreign countries where countries around the globe can come and get certified.

“So it's worth mentioning that the training that we are getting here is something that will give us the idea

how training will be delivered, not only for the inside – inside the military – and beyond this to the organizations, to the civilian ones, or whatever they might be,” he continued. “Now we've got all these ideas and perspectives of how things should be done in an appropriate way. Because all the instructors, all the programs that we have seen here, are very good.”

Eller said the learning during the two courses was a two-way street.

“They're able to show us their TTPs (tactics, techniques and procedures) through things like this, where we just trade information, to see how different militaries do things,” he explained. “It helps build cross training, so if you ever work with them somewhere else in some other country, you kind of know how they operate and they know how we operate, so it's good relations.” ●

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ROAD WORK



Jess Hargrave, a heavy equipment operator assigned to the 773rd Civil Engineer Squadron, lines up safety cones in a road construction zone of Provider Drive on Joint Base Elmendorf-Richardson, Alaska, Wednesday. Civil engineer Airmen are performing an overlay of the degraded pavement, and shoulder work, from Wilkens Drive to Westover Avenue. The work is expected to be complete by Monday. (U.S. Air Force photo/Justin Connaher)

RUNWAY CLOSURE CREATES MORE NOISE – BUT WILL IMPROVE SAFETY

By **AIR FORCE STAFF SGT. WILLIAM BANTON**
JBER Public Affairs

IMAGINE THE SOUND OF CARS zooming past, jackhammers at a construction site, and then an F-22 Raptor unexpectedly roars over your house as it lines up to land.

In the past few weeks, residents surrounding Joint Base Elmendorf Richardson may have noticed increased sounds of aircraft and construction.

At the beginning of August, JBER began a two-month construction project on the east-to-west runway, the one used for more than two-thirds of flights taking off from JBER which allows for the least noise impact on the greater Anchorage community.

Typically a portion of both runways has to be shut down annually for basic maintenance and repairs.

“Here construction season is very short,” said Air Force 1st Lt. Yuri Innis, 3rd Operations Support Squadron airfield operations flight

commander. “There is only so much we can do on the airfield when its frozen and snowing, so airfield construction is compacted into a very short window from April to the end of September.”

In the cold, asphalt doesn’t bind together or achieve enough compression to reach traffic-carrying strength.

“Everyone knows you have winter and construction season in Alaska and we are in construction season,” said Ned Harshbarger, 673d Civil Engineer Squadron pavement engineer. “In winter you just can’t do this work and we don’t want multi-million dollar aircraft landing on a crummy runway.”

The current construction will resurface the entire east-to-west runway and rebuild grooves in the asphalt that help slow landing aircraft.

“The grooves give the aircraft traction, especially in wet weather and icy conditions, and those grooves are pretty much down to nothing,” Harshbarger said. “You can’t just peel off a little [asphalt] and repave a little, because it won’t adhere, and it’s not very struc-

turally sound.”

The grooves, which are cut perpendicular to the center of the runway, ensure aircraft don’t have slipping issues when the runway is wet, and allow for water runoff.

“When you have 7,800 feet to [pave] with a machine that’s six feet wide, it takes a while,” he said.

Typically JBER tries to keep aircraft traffic on the east-west runway to a minimum to reduce the noise impact on the local community.

The Air Force generally implements practices such as minimizing the use of afterburners on takeoff, routing takeoffs to avoid residential areas, and scheduling missions to reduce late night or early morning noise levels.

The upgrade requires changes to typical operation parameters, forcing use of the north-south runway.

The air traffic patterns to JBER are coordinated with civilian and commercial aircraft from Ted Stevens International Airport and Merrill Field.

“There is a lot that goes into consideration when designing air traffic pattern,” Innis said about the current

air traffic patterns. “To give a simple example, the terrain of the mountains to the east and the restricted areas on the north east of the airfield have to be taken into consideration when designing the traffic patterns.”

The process of changing established flight patterns to JBER is extremely complicated, she said.

The construction limits the options of aircraft approaching JBER to very specific routes. Where traffic would normally run patterns to the north and recover aircraft from the west on the east-west runway, now planes are required to run patterns to the east and recover from the south on the north-south runway.

Innis asked the base population to be mindful of increased traffic on the north-south runway when using Arctic Warrior Drive.

Before a take off, a traffic light will stop traffic to prevent injuries and damage to vehicles because of jet blast from aircraft exhaust.

Officials predict the maintenance to be complete by Oct. 2. Individuals with concerns can contact the JBER noise complaint hotline at 552-JETS [5387]. ●

Munitions inventory

The 3rd Munitions Squadron will conduct semi-annual inventory through Sept. 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.

Legal Education Program

The Office of the Judge Advocate General is accepting applications for the Army’s Funded Legal Education Program. The Army will send up to 25 officers to law school at government expense. Those interested should apply through command channels for the LSAT immediately.

For information, call 384-0313.

Fuel station closure

The military fuel station at 12th St. and Fairchild Ave. is closed 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 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. Other requests will be tracked by 773d CES. Take note of the location, including 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.

Special victim counselor

Victims of sexual assault are entitled to legal assistance services.

Communication is protected by attorney-client privilege. The SVC ensures the victim’s rights, as outlined in the Crimes Victim Act,

are protected. Those rights include being treated with fairness and respect; being reasonably protected from the accused offender; being notified of court proceedings; being present at all public court proceedings related to the offense; being able to confer with the prosecutor; receiving available restitution; and receiving information about the conviction, sentencing, imprisonment, and offender release. 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, 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 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, Quartermaster Drive, is open Tuesday and Thursday from 10 a.m. to 2 p.m., Wednesday from noon to

6 p.m., and first and third Saturdays from 11 a.m. to 2 p.m.

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

OTC pharmacy counter

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

This does not replace a visit with a provider. Flyers and patients who are on personnel reliability program status, pregnant, or under the age of 2 are not eligible due to special needs. The clinic offers basic pain relievers, cough, cold and allergy medications and others.

For information visit www.facebook.com/JBERPharmacy.

In-Home child care

Providing child care in your on-base housing comes with many responsibilities. The licensing process applies to anyone regularly caring for other families’ children more than 10 hours a week. It does not apply to those providing care in another family’s home or for occasional care. The licensing process comes with training, support, a lending library of books, toys and supplies, and reimbursement for food costs. To become a provider, call the FCC Office at 552-3995.

ADS

STUDENTS GROW WITH

By **AIR FORCE
STAFF SGT.
WES WRIGHT**
*JBER Public
Affairs*

TEN-YEAR-OLD TRINSON CAMERON stands atop a pitcher's mound leaning slightly forward while clutching a foam baseball behind his back. He studies his opponent, 8-year-old Sy Bradley, whose own eyes studiously narrow as he leans over home plate, awaiting the pitch. It looks like an ordinary game of baseball, right up until Trinson lets the ball fly.

Chaos erupts.

Sy swings and misses, but takes off running anyway. Trinson grabs another foam baseball from a bucket at his feet and throws it back over his shoulder in the outfield without looking. What may look like a baseball game where everyone suddenly lost their minds is exactly the opposite. The rules have been tweaked to allow both the offense and defense to score on any given play. Quickball is a form of baseball that teaches school-age children math. Children have to think on their feet and react to ever-changing game dynamics. After each game, the kids tally up scores, figure out batting percentages, ratios and much more.

Quickball is just one of the many fun-filled activities performed at JBER youth centers and school age centers before and after school as part of the Science, Technology, Engineering and Math program. STEM is an initiative under the Sea Research Foundation to promote student achievement and preparation for global competitiveness by fostering educational excellence and ensuring equal access. The Department of Justice's Office of Juvenile Justice and Delinquency Prevention awarded SRF a grant to implement the program at more than 60 organizations in 38 states and Puerto Rico.

The program is broken down into three modules that run a full calendar year. Children ages 6 to 12 are accepted into the program after their



Beth Yost, Child and Youth program assistant at Ketchikan School Age Center, teaches Samantha McCulloch, 6, how to use tally marks following a game of Quickball Aug. 25. Quickball is a game that is part of the Science, Technology, Engineering and Math program at JBER's school age centers and youth centers. STEM is an initiative to promote student achievement and preparation for global competitiveness by fostering educational excellence and ensuring equal success. (U.S. Air Force photo/Staff Sgt. Wes Wright)

parents complete an application process. STEM activities happen in one-hour blocks before and after school one day a week. Parents can choose to have their children attend one or both sessions.

Beth Yost, Child and Youth Program assistant at the Ketchikan School Age Center on Joint Base Elmendorf-Richardson, said the main emphasis is to teach kids STEM skills and give them a fun and relatable way to apply their newfound knowledge.

"The goal is to help kids in those areas in a fun way," Yost said. "We started out learning how to do tally marks. After they learned that, we learned how to apply it to a game of Quickball. It's a really good time. The kids don't care about who won or lost; they just have a good time and learn important math skills in the process."

Yost said the program also drastically improves children's social skills and confidence.

"I've seen a lot of social development," Yost said. "Their attitudes improve on almost everything. STEM builds up not only their math and science skills, but also their confidence in every area of their life."

Samantha McCulloch, 6, is one of the children in the program who has seen her confidence improve.

"My favorite part is hitting the ball," Samantha said. "It's a lot of fun. I made a couple of friends and I like coming here."

When asked the most important thing she's learned so far, Samantha replied, "When you play it's not about winning, it's about having fun and learning."

Character building is also a key component of the STEM program. Not only does the program teach children scientific concepts and principles, it teaches them science is more than just numbers.

President Barack Obama emphasized that point in a speech at a White House Science fair addressing STEM programs.

"[Science] is more than a school subject, or the periodic table, or the properties of waves," Obama said. "It is an approach to the world, a critical way to understand and explore and engage with the world, and then have the capacity to change that world."

"Part of what's important to do is also to recognize that what you do in math and engineering and science has a purpose to it," Obama continued. "There are huge challenges that we have to solve in how we have clean energy, and how we clean up our environment, and how do we solve crippling diseases like Parkinson's or Alzheimer's. And when we give students the inspiration not just that math and science are inherently interesting, and technology and engineering are inherently interesting, but there's actual problems to solve, it turns out that young people, they rise to the challenge. And that's

what's so exciting about it."

Module 1 of JBER's STEM program addressed the president's point earlier this year, as it taught children scientific principles of waste and how that waste affects the environment.

"They used Legos to build their own recycling center structures," Yost said. "When they first started, many didn't know how to build basic structures, but by the time we finished they were building masterpieces that had motors and scientific waste applications."

Yost said the most rewarding part of the program for her is watching the children develop.

"They come in really shy in their little boxes," Yost said. "They open up and start to blossom into little people. I love watching their attitudes change and their confidence grow. I love helping nurture the curiosity kids have in science and math."

The STEM program also has a mentoring component.

Older children and adults can mentor kids throughout the year. The school age centers are currently looking for more adult mentors to augment their staff. For more information on the program, call 552-5091.

JBER will host a STEM expo Sept. 24 beginning at 4:15 p.m. at the Ketchikan School Age Center where parents and kids can learn more about the program. ●

Friday
Xtreme paintball

Single service members are invited to play paintball from 5 to 7 p.m. at the Outdoor Recreation Center.

For information, call 552-4599/2023.

Saturday and Sunday
Arctic Valley Open

Head to the Eagleleglen Golf Course for this open; fee includes greens, cart, lunch both days, and balls.

For more information, call 428-0056.

Sunday
Moose processing

Learn to process a moose and make sausage at the Outdoor Recreation Center from noon to 4 p.m.

For information, call 552-4599/2023.

Wednesday
Give Parents a Break

Noon is the deadline to sign up for a Friday-night date.

For information about toddler care, call 552-5113; for school-age children, call 552-5091.

Indoor rock climbing

Meet at the Outdoor Recreation Center for this class from 5 to 7 p.m.

For information, call 552-4599/2023.

Kincaid bike trip

All service members and dependents are welcome to meet at the Outdoor Recreation Center for this bike trip through Kincaid Park. For information, call 552-4599/2023.

Thursday
Parent Advisory Board

Parents and guardians of JBER youth are invited to Room B170 in Building 600 to learn about youth programs and activities. Both installation and school district events are included.

For information, call 384-1508 or 552-2266.

Outdoor rock climbing

Service members and dependents are invited to meet up at the Outdoor Adventure Program from 5 to 9 p.m. for this trip.

For information, call 552-4599/2023.

Weekly science club

Children in Kindergarten through 6th grade can discover the world of science from 4 to 5 p.m. at the JBER Library.

For information, call 384-1640.

Wednesday
Indoor rock climbing

Scale the walls of the JBER-E Outdoor Recreation Center from 5 to 7 p.m., but be sure to register first.

For information, call 552-4599/2023.

STEM activities

Youths ages 9 to 18 who are Youth Program members can learn problem-solving while being challenged and engaged at the Two Rivers Youth Center starting at 4 p.m.

For information, call 753-7467.

Sept. 16
POW/MIA ruck march

Register now for this memorial 5K ruck march starting at 8 a.m. at the Exchange parking lot.

Rucks should be loaded with 20 pound of canned food items; participants will ruck them to the Fisher House for donation.

A POW/MIA ceremony at the Alaska National Guard armory will take place at 3 p.m.

For information about either event, call 580-1243 or 580-1162.

Sept. 24
Air Force Ball

Commemorate the Air Force's

69th birthday in style at the annual ball at the Egan Center in Anchorage.

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

Ongoing
Fitness skills: Sit-up and Push-up 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 at Eagleleglen Golf Course. 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 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, at Building 8481 on the Elmendorf side of JBER, is 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 – without the need for a parka.

Shows start every hour from 9 a.m. to 9 p.m. through Monday.

For more information, call 263-2993.

Anchorage market

It's the last one of the season. From 10 a.m. to 6 p.m., pick up fresh produce, exotic goods or souvenirs at one of the largest farmers' markets in the state.

More than 300 vendors, music, food and entertainment make it great.

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

Chapel
services

Catholic Mass

Sunday

8:30 a.m. – Richardson Community Center

11:30 a.m. – Midnight Sun Chapel

Monday and Wednesday

11:40 a.m. – Richardson Community Center

Tuesday and Friday

11:30 a.m. – Midnight Sun Chapel

Thursday

12:00 p.m. – Hospital Chapel

Confession

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

Protestant Sunday
Services

Liturgical Service

9 a.m. – Heritage Chapel

Gospel Service

9:30 a.m. – Midnight Sun Chapel

Community Service

10:30 a.m. – Heritage Chapel

Collective Service

11 a.m. – Arctic Warrior Chapel

Chapel Next

5 p.m. – Chaplain Family Life Center

Jewish Services

Lunch and Learn

Fridays at 11:30 a.m.

Kosher lunch provided.

At the CFLTC

Call 384-0456 or 552-5762.

Religious Education

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

JBER CELEBRATES WOMEN'S EQUALITY DAY, CIVIL AND VOTING RIGHTS

By SENIOR AIRMAN
KYLE JOHNSON
JBER Public Affairs

DAY MARKS
96 YEARS
SINCE 19TH
AMENDMENT
PASSAGE

Joint Base Elmendorf-Richardson hosted its annual Women's Equality Day Observance Aug. 24, celebrating 96 years since the passing of the 19th Amendment which opened up voting booths to women.

Women didn't achieve equality overnight though; it's only been through per-

sistent use of said voting booths that new opportunities have become increasingly common for women across the nation.

Until 1971, women were automatically discharged from the Army if they became pregnant; now they have maternity leave.

"Women's equality is a core civil and human rights principle in the United States and around the world," said President Barack Obama. "Across America, women are contributing to our economy and our nation in innovative and exciting ways.

"From businesses to battlefields, women are vital to the prosperity and security

of our country."

On Dec. 3, 2015 the Secretary of Defense opened up combat specialties to women in the military, which became effective a month later.

"Women will now be able to contribute to our mission in ways they could not before. They'll be allowed to drive tanks, fire mortars, and lead infantry Soldiers into combat," said Defense Secretary Ash Carter. "They'll be able to serve as Army Rangers and Green Berets, Navy SEALs, Marine Corps infantry, Air Force parajumpers ... and even more importantly, our military will be better able to harness the skills and perspectives

that talented women have to offer."

For the first time in history, America has a female presidential nominee.

Regardless of politics, it's a statement to women everywhere that the ceiling just got a little bit higher, said the 17th Combat Sustainment and Support Battalion senior enlisted advisor, Command Sgt. Maj. Pamela Brown.

"It's important to have a female nominee, because it shows what we can aspire to," Brown said. "Now, a little girl can say 'I want to grow up to be president.' No matter what, our little girls can dream too.

"Regardless who is elected, women know they have that chance now. Your dreams can reach as far as anyone else's."

"You can't complain about something if you don't vote," Brown said. "You have to have a voice – have a say-so. We fought for that right, exercise it."

Every male or female should vote to effect change."

It's been 96 years of steady progress, and progress never stops.

One thing is for sure though.

The American dream is no longer exclusively masculine; it's just American. ●

Five steps to improving your fitness – spiritual fitness

By **ARMY CHAPLAIN (CAPT.) TIMOTHY J. BARANOSKI**
17th CSSB Chaplain

Recently, my battalion had a competition we dubbed the Ready Warrior Games. In preparation for this event, Soldiers worked out and practiced all manner of physical feats in hopes of winning the competition. In the military, we are always physically training, preparing for whatever we may face in combat. But how well do we care about our spiritual fitness?

To me, spiritual fitness is wisdom beyond my mind's ability, and creativity and flexibility to cope with whatever may come our way.

Spiritual fitness may be difficult to define but one thing I can tell you about spiritual fitness is this – from personal experience, I know when my soul gets “fitter” I experience more peace, less stress. When I am growing in spiritual fitness I feel stronger mentally and emotionally, so I can face the challenges of the day – whether it is active little ones or something much harder. And just like physical fitness, spiritual fitness

is a daily, ongoing process. We get weaker spiritually when we don't focus on it. This is a fact about spiritual fitness.

In Proverbs 19 verse 8 it says this: “He who gets wisdom loves his own soul; he who cherishes understanding prospers.” For me, spiritual fitness involves constant pursuit of wisdom.

The more “wisdom” I get, the more my soul prospers and the more “spiritually fit” I feel.

So what can you do to improve your spiritual wellness? It's best to figure out what techniques work for you. Since spiritual wellness involves one's values, beliefs, and purpose, it can be achieved in several ways – both physically and mentally. Here are five tips to consider as you improve your own spiritual fitness:

1. Explore your spiritual core. By exploring your spiritual core, you are simply asking yourself questions about the person you are and your meaning. Ask yourself: Who am I? What is my purpose? What do I value most? These questions will

allow you to think more in-depth about yourself.

2. Get it out. Expressing what is on your mind will help you to maintain a focused mind. After a long day or a significant event, you may feel confused and not be able to make sense of your feelings. By writing down your thoughts, you may be able to think clearer and move forward.

3. Travel. It's true! Taking time for yourself to travel to a comforting place or somewhere new can do wonders for your mind. When you are at a place where your mind can keep out distractions and help you reflect and rest, you will have a better connection with yourself. This allows you to weed out stressors and set your mind on the right path for overall wellness. Some activities to take part in when on a trip can be exercising, speaking with a counselor or advisor, meditation, or taking a temporary vow of silence.

4. Think positively and live joyfully. Once you start viewing things in your life in a positive manner, you will find yourself thinking dif-

ferently and refocusing your mind to a happy, healthy place. When you eliminate negativity and re-frame how you think of certain things and situations, you'll notice yourself being more relaxed and your relationships with others will improve.

5. Take time to pray, meditate, and worship. While managing your time and daily tasks can be hard, it is crucial to devote time to connecting with a higher power. Whether in the morning when you wake up, during your lunch break, or before you go to sleep, take five to 10 minutes to meditate and pray each day. Fitting meditation and prayer into your lifestyle will free your mind and foster a stronger relationship with your spiritual wellness.

Physical fitness is important. But spiritual fitness is even more important. When you begin to improve your physical fitness, you started small and worked your way to more difficult workouts. Being spiritually fit is the same way; begin with just one or two of the above techniques and begin to improve your spiritual health today. ●

JBER YOUTH SPORTS: THEY'RE NOT JUST SUMMERTIME ACTIVITIES

By **TECH. SGT. VERNON CUNNINGHAM**
JBER Public Affairs

Summertime has ended and most children have traded their relaxing day-time hours for the hustle and bustle of school and homework. Along with the children's added responsibilities of getting good grades, many parents also see an uptick in duties as they support good study habits and help out with projects. During this squeeze on a person's daily schedule, it becomes more evident that parent-coaches and young athletes still participate in youth sports for more reasons than just ‘something to do’

“I think it's the most rewarding volunteer job in the military,” said Senior Master Sgt. Steven Hart, JBER Youth Sports Program volunteer coach. “After 20 years [in service] I have done a lot of things, but seeing the kids' interaction with each other and us is just fantastic. Everybody wants to play hard and win, but that's not what matters most. They

have a great time and get so excited to play. Being able to be a part of that is pretty awesome.”

Hart coached youth sports at JBER for three years and has volunteered as a coach for the past 10 years. He has coached baseball, full-contact football, flag football, tee ball, and a variety of other sports across many bases and surrounding communities. This year he is breaking new ground.

“This is my first soccer season,” Hart said. “I never coached soccer before because I didn't play it when I was younger. But there is always a dire need for coaches so I am helping wherever I can. I'm used to dealing with parents and kids so it's not that much different. We are having some success and the kids are having a lot of fun, and that's what matters.”

Hart's son Alex has been playing in the JBER Youth Sports Program for three years and is currently on his dad's soccer team. Alex said he started the season with children he went to school with, and enjoys having



Alex Hart awaits a pitch during a competitive baseball game. He participates in a variety of JBER sports, both summer and after-school programs. (Courtesy photo)

friendly conversations with his competition before and after games.

Hart agreed the social network, as well as the physical outlet, makes it worth the extra commitment to participate in sports.

“It's rough on a parent or

child coming out here after a full day of work or school, but I think it's great that the kids get to meet children from other schools and see that they are going through the same challenges,” said Hart. “Some kids go to Orion, some may go to Ursa

Minor or an off-base school ... it's just a good mix.

“If you have not experienced the youth program here, it is exceptional,” said Hart. “This is my fourth base involved with a youth center and this one is head-and-shoulders above the rest. This program is awesome and what they have been able to do with these kids has been amazing.”

Alex said he has had a lot of fun playing sports both during the summer and the school year and offered a word of advice for any young athletes who want to try out a sport.

“Keep practicing and you will get better at it,” said Alex. “If you commit to it then you must finish it. So, just practice and have fun.”

JBER Youth Sports programs include baseball, flag football, basketball, cheerleading, indoor and outdoor soccer, girls' softball, gymnastics, dance, and Tae Kwon Do. For more information on becoming a volunteer coach or enrolling a child, call the Youth Center at 552-KIDS or 552-2266. ●



Intramural flag football

Team	W	L	T
DIVISION 1			
962 AACS	5	0	
703 AMXS	4	0	
373 IS	2	2	
673 SFS 1	1	3	
673 MDG	1	2	
3 MXS	0	4	
1-40 CAV	0	2	
HHB 2/377 PFAR	0	2	
DIVISION 2			
C/1-501	3	0	
673 CES	3	1	1
B CO 6 BEB	3	2	
673 ABW/WSA	2	1	
HHC 17th CSSB	2	2	
673 SFS 2	2	2	2
C CO 307 ESB	1	3	
4th QM	0	2	1
773 CES	0	4	
DIVISION 3			
673 CONS	4	1	
673 LRS	3	1	
773 LRS	3	1	
A/6 BEB	3	1	
A/3-509 2	2	1	
A/3-509 1	2	1	
D/3-509	2	2	
517 AS	1	3	

Game schedules

Tuesday
5:30 p.m. 4th QM v. C Co 1-501
6:30 p.m. C/307ESB v. HHC 17CSSB
7:30 p.m. 673 WSA v. B/6 BEB

Wednesday
5:30 p.m. A/3-509 2 v. A/3-509 1
6:30 p.m. 517 AS v. D/3-509

Thursday
5:30 p.m. 673 MDG v. 1-40 CAV
6:30 p.m. 3 MXS v. 673 SFS 1
7:30 p.m. HHB 2/377 PFAR v. 703AMXS

Sept. 10
10 a.m. 962 AACS v. 373 IS
11 a.m. 673 SFS 1 v. 673 MDG
Noon 703 AMXS v. 1-40 CAV
1 p.m. 4th QM v. 673 CES
2 p.m. 673 SFS 2 v. 773 CES
3 p.m. HHC 17CSSB v. C/1-501

Sept. 11,
Noon C/1-501 v. 673 WSA
1 p.m. 673 CONS v. 773 LRS
2 p.m. A/3-509 1 v. 673 LRS
3 p.m. A/3-509 1 v. A/6 BEB
4 p.m. A/6 BEB v. 773 LRS

All schedules and standings are current as of Friday. In the event of cancellations, contact the Sports Office at 384-1312 or 384-1304.

SPORTS OFFICE ANNOUNCEMENTS

WRESTLING MEET #2

Deadline to signup for JBER’s second wrestling meet is Sept. 12. Weigh in will be Sept. 13 from 4 p.m. to 4:30 p.m. Competition will start Sept. 14. For information contact the Sports Office at 384-1312 or 384-1304.

BASKETBALL

Intramural basketball letters of intent for both the regular season and tournament are due Sept. 23. An organizational meeting will be hosted at Buckner PFC Sept. 30 at 1 p.m. in conjunction with the regular season meeting. A double-elimination tournament will take place Oct. 1 through 14. For more information contact the Sports Office at 384-1312 or 384-1304.

INDOOR SOCCER

Intramural soccer letters of intent are due Oct. 7. An organizational meeting will be hosted at Buckner PFC Oct. 12 at 1 p.m. The season will start Oct. 14 and end Feb. 19, 2017. For more information contact the Sports Office at 384-1312 or 384-1304.

JBER SWIM MEET #2

Deadline to sign up for JBER’s second swim meet is Oct. 21. Organization meetings will be Sept. 6 and Oct. 7, 1:30 p.m.; the meet will be Oct. 27 at 5:30 p.m. at the Buckner PFC pool. For information contact the Sports Office at 384-1312 or 384-1304.

AIR FORCE BASKETBALL

The Sports Office is accepting registrations to participate in Air Force Trial Camp through Sept. 27. The Air Force team will be selected from this trial camp. For information contact the Elmendorf Fitness Center at 552-5353.

Earl Acuff, being tackled in the photo at right, was a University of Idaho graduate and football player before becoming one of “Castner’s Cutthroats” – 65 men selected for the 1st Alaska Combat Intelligence Platoon (Provisional). They were scouts charged with defeating the Japanese in the Aleutians during World War II. Acuff retired as a brigadier general and was the longest-living member of the platoon; he died at the age of 94 in 2013 in Blacksburg, Va.

UPCOMING JBER EVENTS

ARCTIC VALLEY OPEN GOLF TOURNAMENT SATURDAY, SUNDAY
MOOSE RUN GOLF COURSE 428-0056

JBER STRONG MAN SEPT. 10 AT 9 A.M.
BUCKNER FITNESS CENTER, 384-1369

8TH ANNUAL PAR 3 TOURNAMENT SEPT. 18 AT 9 A.M.
MOOSE RUN GOLF COURSE, 428-0056

PRO-AM BOWLING COMPETITION SEPT. 21 AT 7:30 P.M.
POLAR BOWL, 753-7467

PRO-AM BOWLING INSTRUCTIONAL CAMP SEPT. 22 AT 3 P.M.
POLAR BOWL, 753-7467

YOUTH SPORTS

VOLLEYBALL

Registration has started for youth volleyball for ages 9 to 14 and will last till Nov. 15. All participants must be Youth Program members and have a current sports physical and immunization record. The registration fee is \$70. The season runs from Nov. 28 to Jan. 30. Register at either the Kennecott or Two Rivers youth centers. For information, call 552-2266 or 384-1508

WARRIOR ZONE

POOL TOURNEY SEPT. 10

PING-PONG TOURNEY SEPT. 24

Sign up at the Warrior Zone. Events start at 2 p.m. Must have a minimum of six people for prizes. For information call 384-9906.

POLAR BOWL NFL SCHEDULE

WEEK 1

Thursday
4:30p.m. Carolina v. Denver

Sept. 11
9 a.m.
Minnesota v. Tennessee
Cleveland v. Philadelphia
San Diego v. Kansas City
Tampa v. Atlanta
Green Bay v. Jacksonville
Chicago v. Houston
Buffalo v. Baltimore
Oakland v. New Orleans
Cincinnati v. New York Jets

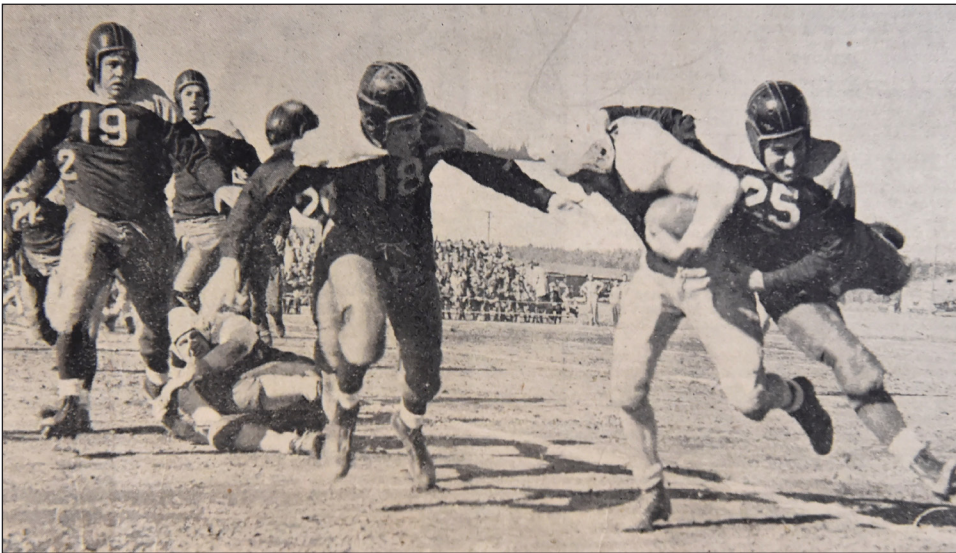
12:05 p.m.
Miami v. Seattle

12:25 p.m.
New York G v. Dallas
Detroit v. Indianapolis

4:30 p.m.
New England v. Arizona

THIS WEEK IN JBER HISTORY

SOURDOUGH SENTINEL, 1945



(Sentinel photo by T/4 Charles Schoenknecht)

DOWN HE GOES — Capt. Earl Acuff, Fort Richardson back, is shown as he was hauled down by Richard Cavral of Ladd Field in last Sunday’s interpost game on the new Post football field. The game ended in a 7-to-

7 tie. Perfect weather helped to draw out 3,300 spectators for the contest. The Post team will fly to Fairbanks tomorrow for a return encounter with the Ladd team Sunday afternoon.

Dorm council offers Airmen ways to help others, improve life quality

By **AIRMAN 1ST CLASS CHRISTOPHER MORALES**
JBER Public Affairs

The dormitory council is an organized committee of Airmen who strive to voice any concerns, boost morale, and improve the quality of life for dorm residents.

The council solves dormitory issues at the lowest level for effective problem solving. The dormitory representatives hear these concerns and see to it they are answered.

“My job as a dormitory representative is ensuring Airmen in the dorm are taken care of by routing their concerns up the right chain of command and being the dorm’s eyes and ears,” said Airman Hunter Oliver, 301st Intelligence Squadron specialist and Borealis dorm representative.

The executive committee, consisting of the dorm council president, vice president, and soon treasurer, evaluate the problems and suggestions brought up at the monthly meeting by the dorm representatives and dorm residents to the Airman Dormitory Leaders



Tech. Sgt. Jessica Hill guides NCOs through a dorm room inspection in Borealis Hall on Joint Base Elmendorf-Richardson. Airmen dorm leaders and dormitory council members help improve quality of life for Airmen. (U.S. Air Force photo/Senior Airman Omari Bernard)

and above.

The dorm representatives are like the middle men between the residents and the executive committee, said Airman 1st Class Ceonna Anderson, 673d Medical Operations Squadron pediatrics administrator and dorm council vice president. They live in the dorms and are a resource when the ADL isn’t available.

The executive committee will al-

ways bring up suggestions that better the dorm to the ADLs and issues that only they can resolve or help to.

“Please, tell the ADLs your suggestions about fitness rooms, bulletin boards, and other good ideas,” said Chief Master Sgt. Garry Berry, 673d Air Base Wing command chief. “ADLs do a great job of keeping me informed. I can’t help or bring it up to my boss, unless I know.”

The monthly meetings are every

second Thursday at the Arctic Warrior Events Center from 3 to 4 p.m.

“Our monthly meeting is [hosted] to expose any issues in the dorm to ensure better quality of life for the dorm members,” said Anderson. “We would like to see more participation from dorm members [who] are currently living in the dorms to ensure all problems or concerns are fixed promptly.”

If an Airman in the Polaris dorm had an issue and brought it to their dorm representative to be resolved, then another Airman in the Borealis dorm had the same issue, the council can help with potentially better results, having solved the issue before. This is also the case if someone suggested a friendly outing and wanted to know how to set it up and execute the plan; for future trips the council already knows what works.

The dorm council is still growing and looking for new members and dorm representatives to make this possible.

They would like to have three representatives for each dorm, including Glacier and Yukla Halls and the facility by the hospital. ●



CLASSIFIEDS

MCGINLEYS
(2X2 FPC)

FIRST BAPTIST
(2X2 FPC)

PET EMERGENCY
(2X2 FPC)

MARK JUST
(3X3 FPC)

FILL
(3X3 FPC)

USAA
(6X10 FPC)

ARCTIC VALLEY OPEN


September 3 & 4
E1 - E4: \$150
E5 & up: \$175
Civilian: \$225

Includes green fee, cart, lunch both days, tee gift, & range balls!
Limited to the first 144 players.
Punch cards may not be used for this event.






Moose Run Golf Course
f MooseRunGolfCourse
www.mooserungolfcourse.com
Call for more information
428.0056



For more information about these events & more, pick up a copy of September JBER Life!





OTTER LAKE LODGE

The Otter Lake Lodge is a two-story chalet with a full kitchen and bar. It is a great venue for parties, weddings, squadron and unit functions, and meetings. Reservations are available up to six months in advance. Capacity is 168 guests (92 upper level, and 76 lower level). Available packages include the Lower Otter Lake Pavilion as well as cabin rentals.

- Prices:
- \$40/hour for official squadron or unit functions.
 - \$60/hour for private functions
 - \$300 refundable cleaning deposit required.
 - 20% off hourly rate if rented for 12+ hours
 - 40% off hourly rate if rented for a weekend (Friday 9 a.m. - Sunday 9 p.m.)

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673d FORCE SUPPORT SQUADRON

HARD ROCK???

(6X5 FPC)