

ARCTIC WARRIOR

JOINT BASE ELMENDORF-RICHARDSON'S SOURCE FOR NEWS

SEPTEMBER 9, 2016 • VOLUME 7 • NO. 36

PATIENT PAGE 3 PANIC

LET THE
HUNTING
BEGIN

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NEED A HAND?
BEFORE-AND-
AFTER-SCHOOL
PROGRAMS
CAN HELP
PAGE 4

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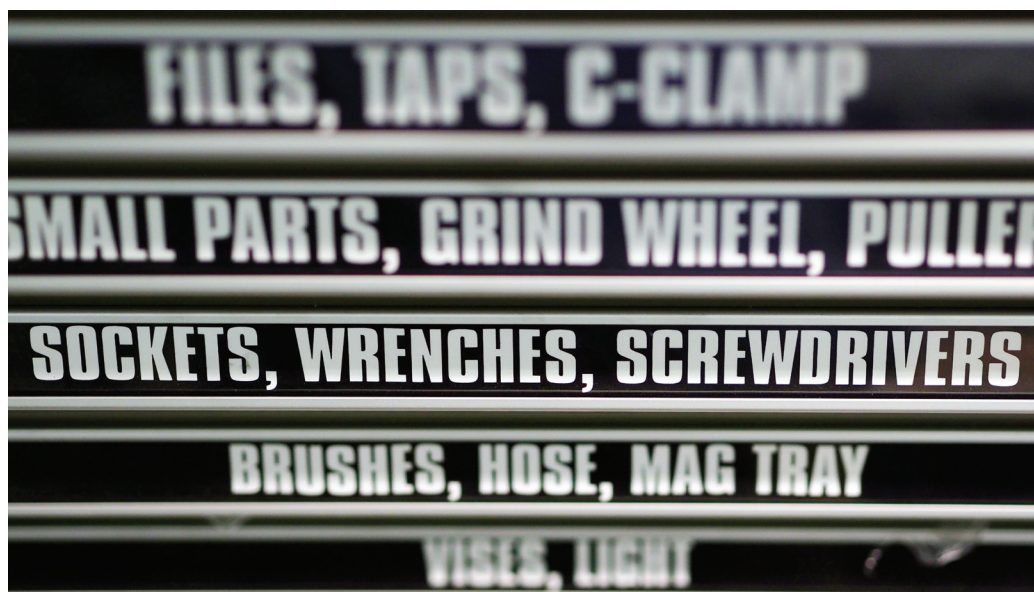


LEFT: Spc. Deryk Hopkins, a native of Jacksonville, Fla., assigned to the 98th Support Maintenance Company, 17th Combat Sustainment Support Battalion, U.S. Army Alaska, performs quarterly maintenance on an M240B machine gun Tuesday on Joint Base Elmendorf-Richardson. Hopkins is part of a small complement of highly trained Soldiers who maintain and repair weapons for their battalion as well as the 4th Infantry Brigade Combat Team (Airborne), 25th Infantry Division, U.S. Army Alaska. (U.S. Air Force photos/Justin Connaher)

BELOW LEFT: Sgt. Anthony Blank, a native of Detroit, checks the barrel of an M240B.

BELOW: Cpl. Gregg Traylor, a native of St. Paul, Minn., smiles as he and fellow Soldiers assigned to the 98th Support Maintenance Company perform quarterly maintenance on small arms.

BOTTOM: Tools and parts are kept carefully labeled in the maintenance room.



**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/
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Command Chief Master Sgt.
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**Joint Base Elmendorf-Richardson/
673d ABW Command Sergeant Major**
Sgt. Maj. Ronald E. Sheldon Jr.

ARCTIC WARRIOR

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MENTAL HEALTH FLIGHT TRAINS FOR PATIENTS UNDER DURESS

By **SENIOR AIRMAN
KYLE JOHNSON**
JBER Public Affairs

THE 673D MEDICAL GROUP’S Mental Health Flight hosted a patient-under-duress simulation, designed to test their alacrity and readiness as well as that of the 673d Security Forces Squadron.

“If somebody comes in there and is getting angry, getting mad, maybe they want to hurt somebody and they have a weapon on them,” said Senior Airman Allen Nelson, 673d Security Forces Squadron standardization and evaluation evaluator. “It can happen.”

The well-being of personnel is why the [clinic] exists in the first place, and exercises like this allow leadership to establish that safety, not just in a medical appointment, but in the entire workplace.

“[Usually, summer is permanent change of station season,] so we’re seeing a lot of new technicians and officers,” said Air Force Staff Sgt. Brayden Van Bever, a mental health



Senior Airman Jeffery Travis, 673d Security Forces unit trainer screams as he is placed under simulated arrest during an exercise at the JBER hospital Aug. 24. (U.S. Air Force photo/Senior Airman Kyle Johnson)

technician with the flight. “I’m sure security forces have their own comings and goings as well.

“We want to get people as trained up as possible.”

The exercise began much like one would expect it to in reality. An Airman showed up to a routine mental health appointment and began to show signs of duress.

The situation escalated quickly from uncomfortable to dangerous when he pulled out a knife and began demanding to speak to a particular officer in the clinic.

“Comparatively speaking it went better than it has before,” Van Bever said. “Some people realized it was an exercise, so [responders] have added pressure because they know

everyone’s watching to see what they do.”

Though the exercise went well, it did point out to leadership some problems that needed addressing.

“Our personnel mistakes were pretty low; we mostly identified logistical problems with the office layout and building,” Van Bever said. “We went into lockdown, but one of our front doors can’t be locked from the inside – that’s not to mention there’s glass everywhere, so realistically speaking, you could just kick it in and enter if you wanted to.”

Though security forces was mostly facilitating the exercise, they took it as valuable experience for their newer members.

“We take several things out of this kind of exercise, things we did well at,” Nelson said. “Things we can do better on, there’s always things we can do better on. We see that and take it back to our training – this is where we can focus and better prepare for the future.

“It keeps everybody safe and helps everybody understand what’s going on in this kind of situation,” Nelson said.

SCHOOL-AGE PROGRAMS OFFER BUSY PARENTS A HAND WITH KIDS

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

DURING THE SCHOOL YEAR, many parents struggle with balancing morning routines. Between waking everyone up, making breakfast and dropping off the children with a family friend, neighbor, or babysitter to make sure they get to school on time, mornings can be hectic.

The 673d Force Support Squadron can help.

They offer various family-service programs such as the school age centers for 5-to-12 year olds.

The Illa and Ketchikan School Age Centers provide before-and-after school care programs for school-age children. The centers facilitate and enhance each child's cognitive, social, emotional, and physical development by implementing purposeful activities and interest areas each child may choose to explore.

"When children get back from school and want to get a head-start to finish their homework so they can

have more playtime at home, they can use the power hour," said Carla Davis, Ketchikan School Age Center director. "Power hour is a time for the children to go into the computer lab and work on their homework if they so choose. Staff is available to help them if needed."

During the power hour, the children also have the opportunity to earn points for doing their homework from school, worksheets provided in the classroom, or for reading. They can use these points to receive prizes, added Davis.

For enrichment and learning through play and hands-on activities, Samantha Sheets, Ketchikan School Age Center Child and Youth Program Assistant said she comes up with creative lesson plans by talking to the children to figure out what they would like to learn or what interests them.

"A couple of the pre-teens wanted to play Battleship and were looking for new ways to play Battleship, so I came up with a cre-



ative idea of incorporating Microsoft Excel into it," Sheets said. "[Once the kids learn how to use Excel] we will be playing Battleship against each other using what they've learned with Excel."

Another hands-on activity is the art room. Recently staff and students sent a variety of different kinds of arts to enter into the Alaska State Fair Art Exhibits.

"The art room is an area for the children to express themselves. It has many activities for the children to choose from and has supplies readily available to them at all times so they can be creative anytime they like," said Davis. "This year, we had approximately 50 students participate in all the projects that were

entered into the fair."

Last year, the students won first place in the Fine Arts category at the Alaska State Fair Art Exhibits.

Torch Club, another program, promotes leadership and character development by performing community services such as a canned-food drive, knitting hats for the Child Development Centers on JBER or for cancer patients at Providence Hospital, and toy drives.

Regardless what program the children are interested in, the school age programs offer a wide range of physical as well as quiet activities, a gross motor skills activity area, power hour homework, library and computer lab, trained tutors, science department, theater and arts programs and field trips. There are programs for all ages and interests.

Care is offered from 6 to 8:30 a.m. and 3 to 5:30 p.m. when school is in session; and 6 a.m. to 5:30 p.m. for teacher in-service days, school closure days and school vacations.

For more on how to enroll a child at the Illa School Age Center, call 384-1068; for the Ketchikan School Age Center, call 552-5091.

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.

Scheduled power outages

There will be scheduled power outages in the Chugach Housing area Monday and Sept. 19. Both will start at 9 a.m. and are expected to last until about 5 p.m. These are necessary to repair or replace aged parts of the system and will reduce nuisance outages.

For more information, call 552-4061.

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 the service member begins 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 ac-

tive 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, visitdocumentservices.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.

Richardson Thrift Shop

The JBER-Richardson Thrift Shop, in Building 724 on 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.

ADS

HUNTING SEASON IS HERE: BE WATCHFUL AND KNOW THE REGULATIONS

By **AIRMAN 1ST CLASS JAVIER ALVAREZ**
JBER Public Affairs

A cloud of smoke billows from a muzzleloader at the Joint Base Elmendorf-Richardson Combat Arms Training and Maintenance range.

The simulated hunt, in which people shot at life-size targets from various positions, was part of a proficiency shoot required for those participating in the moose and bear hunts on JBER.

Entry into either hunt is by a permit drawing conducted by the Alaska Department of Fish and Game, said James Wendland, 673d Civil Engineer Squadron chief conservation law enforcement officer.

There are differences between on- and off-base hunts – for example, the proficiency shoot.

“We believe our wounding rates have gone down by doing this,” Wendland said.

Because the JBER hunt is so close to the municipality and main cantonment area, conservation officers want to do as much as possible to keep wounded animals out of residents’ yards.

“We’ve had people come up from other states who thought the only way to shoot a moose is in the

hump,” Wendland said. “We help correct them. Educating the public in itself reduces the wounding rates.”

Basic hunter education is required, as well as education about the type of weapon used in the hunt, Wendland said.

“If a hunter is selected for an archery hunt, it may have been 20 years since they last picked up their bow,” Wendland said. “When they know they have a test, they practice and they make sure their equipment is working properly.”

Hunters should be aware of state regulations, Wendland said. These often change, and the hunter is responsible for knowing them. For example, the use of electronic moose calls was recently banned statewide. Having the proper permits, tags, and harvest tickets can keep hunters from losing their catch or accruing fines.

Though ADF&G dictates hunt regulations on and off base, there are further restrictions on base.

On base, hunters must check in with the iSportsman system, Wendland said. Furthermore, when a hunter releases a projectile, whether a hit or miss, they must contact conservation officers.

“If they do get a moose, they have

to fill out a harvest report,” he said. “We track where and when they got their moose [and] the size, to have the biological data for our biologist. The number of shots [taken], direction [of shots and shot distance]. As soon as they call us and we get their location, they process their animals and they’re done. They take the animal home.”

Knowing where people can hunt is important, Wendland said. On base, locations are broken down into grids on a map provided by conservation officers.

“We have areas that are closed ... where no recreation is allowed,” Wendland said. “If someone is in those areas we need to know.”

Non-hunters need to keep their eye out for hunters and report suspicious activities. They can also look for a picture of a moose on a parked car’s dashboard to see if a hunter is nearby.

Situational awareness is important; in past years inert mortars were discovered, Wendland said.

“A man was walking in an approved hunting area, and he hit something with his foot,” he said. “He looked and discovered it was a mortar, wedged against some rocks. Explosive ordnance disposal had to go out and blow it up.”

Hunting on base is a privilege, Wendland said. If the base commander were to get too many complaints – hunters not following the rules, or impeding the mission – he can call the whole thing off.

Only muzzleloaders or bows are allowed for the moose hunt, Wendland said. Each has to be checked in with Security Forces and conservation officers.

Even if a person carries a side-arm for defense, they must take the animal with the approved weapon, he said.

If they don’t take the animal the way they’re supposed to, they will lose it, Wendland said.

“I personally think that the hunt is necessary to keep from having so many moose in Anchorage or in the main part of base,” he said. “Now, there are no statistics to prove what I’m saying, but it make sense to me. Keep the population at a manageable amount, and there are going to be fewer moose that are out there getting hit by cars, and causing accidents.”

Back at the range, people charge their muzzleloaders; less than a mile down the road, would-be hunters retrieve bows from cases and release a volley of arrows at moose targets.

Let the hunt begin. ●

JBER PREPARES FOR BALL TO CELEBRATE 69 YEARS OF AIR FORCE SERVICE

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

The U.S. Air Force turns 69 Sept. 18. For some, the number might invoke a “Man, I’m getting old.” But many in the Air Force might argue the world’s greatest air and space power hasn’t even hit its prime yet.

Although not officially its own branch of service until 1947, the antecedents of what would later be the Air Force came about in 1907 under the umbrella of the U.S. Army in the form of an aeronautical division. At that point, powered flight had only been birthed by the Wright brothers about four years earlier.

The Air Force began to crawl with the advent of World War I. During this time, the tactical advantage of airpower became something military strategists had to account for. It wasn’t until World War II that advances

in technology and scientific understanding of flight and its military applications began to paint a picture of the absolute criticality of air superiority. WWII ended in 1945, but the foundation for a modern Air Force had been built and it’s criticality now unquestioned. The Air Force was now walking.

During the course of the Vietnam and Korean Wars, that walk turned into a jog. The service was growing up. By the time the Gulf War rolled around in 1991, the Air Force was at a dead run, and no one else in the world was close.

In terms of the recent Olympic games, if there were a category for air forces, the U.S. would have taken gold – and probably silver and bronze.

Each year, at some point in September, Air Force personnel at bases and units around the globe take time out to commemorate heritage and demonstrate pride

in the form of an Air Force birthday ball. Joint Base Elmendorf-Richardson hosts its ball Sept. 24 at the Egan Center.

Air Force Col. George T.M. Dietrich III, 673d Air Base Wing and JBER commander, said celebrating the milestone is important not only for JBER, but for the entire Air Force.

“Our arctic warriors ... have been supporting our nation for more than 70 years,” Dietrich said. “From the very first P-51s to the F-102s and now the world’s greatest F-22 Raptor, we have always provided an umbrella of security and preparedness for our nation. The people, aircraft and infrastructure have changed over the years, but the one thing that has never changed is our presence in the Pacific theater. This milestone ... signifies nearly seven decades of unwavering dedication to, and defense of, our nation.”

According to the ball’s organizer, Air Force Maj. Karl Bituin, 673d Medical Support Squadron inpatient pharmacy chief, the ball highlights the total-force concept of the Air Force.

“It ties together all Airmen – whether you work on aircraft, in the medical group, or in civil engineering,” Bituin said. “I think we get busy with our day-to-day mission and the Air Force ball is a time to reflect and potentially reset. Our goal for this year is to bring the Air Force members of JBER together for fellowship and camaraderie to honor Air Force tradition.”

The theme, ‘Global Reach, Top Cover,’ highlights one of the 673d Air Base Wing’s priorities: Sustaining America’s arctic power projection platform.

“Our ability to deploy our joint forces to anywhere in the world within hours, makes our capabilities unmatched throughout the De-

partment of Defense,” Dietrich said.

As Air Force leaders continue to preach the message of evolving and adapting to today’s challenges, Dietrich pointed to history as critical to ensuring today’s Air Force can do just that.

“It is important to remember and commemorate our heritage so the sacrifices of the men and women who have gone before us are not forgotten,” Dietrich said. “Each new military member who arrives at JBER builds upon a strong legacy. The best way to have a vision for the future is to understand the past; and we are where we are today because we constantly build upon those lessons learned by our predecessors. Commemorating our heritage helps us keep proper perspective on how far our technology and skill-sets have advanced.”

For more information, or to get tickets, visit <https://jberafball.com>. ●

Friday
Jungle Book movie night
Kennecott Youth Center hosts this film from 6 to 8:30 p.m.
For information, call 552-2266.

Saturday
Jim Creek ATV trip
Head to the Outdoor Adventure Program building at 8 a.m. for this ATV trip; equipment and transportation is provided.
For more information, call 552-4599/2023.

Portage Lake kayaking
Kayak with the group with this Outdoor Recreation trip, which starts at 8 a.m.
For more information, call 552-4599/2023.

SMART Girls Day
Youth and teens are invited to these activities that emphasize leadership, positive role models, and healthy habits. The day starts at 9 a.m. at the Two Rivers Youth Center and ends at 5 p.m.
For information, call 384-1508.

Pool tournament
The Warrior Zone hosts this tourney for those 18 and older starting at 2 p.m.
For information, call 384-9006.

Alyeska Climbathon
Feel like wearing yourself out? Or watching other people do so? Head to Alyeska; from 9 a.m. to 7 p.m., climbers walk, run or climb up the North Face Trail of Mount Alyeska and ride the tram down as many times as possible.
For information, visit alyskaresort.com.

Sunday
Matanuska Glacier climb
The Outdoor Adventure Program will take you on a climb from 8 a.m. to 5 p.m.; enjoy the weather while it lasts.

For information, call 552-4599/2023.

Eklutna ATV trip
Meet at the Outdoor Adventure Program at 8 a.m. for this group trip around Eklutna.
Equipment and transportation is provided; preregistration required. For information, call 552-4599/2023.

Tuesday
Women’s rock climbing
Hone your outdoor climbing skills with other women from 5 to 9 p.m. Meet at the Outdoor Adventure Program building; equipment and transportation are provided.
For information, call 552-4599/2023.

Kayak training
Planning to kayak out for king salmon this season? Learn the ropes first.
For information, call 552-4599/2023.

Kincaid bike trip
All service members and dependents are welcome to meet at the Outdoor Recreation Center at 5 p.m. for this bike trip through Kincaid Park.
For information, call 552-4599/2023.

Thursday
Kayak training
Learn about kayaking safety from the safety of the Elmendorf Fitness Center pool from 6 to 8 p.m.
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 more 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. 17 and 18
Great Alaska Quilt Show
If quilting is your thing, head to the ConocoPhillips atrium from 10 a.m. to 4 p.m. to check out traditional, applique, and handmade quilts. Admission is free; for information, call 344-3382.

Sept. 18
Nature photo workshop
Head to the Eagle River Nature Center starting at 2 p.m. for this leisurely 1- or 2-mile hike and photography workshop. Registration required; call 694-2108.

Sept. 24
Air Force Birthday 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 more information, visit <https://jberafball.com>.

Ongoing
Fitness skills: Sit-up and Push-up clinics
Every first and third Wednesday of the month, the Elmendorf Fitness Center hosts these clinics designed to teach proper sit-up and push-up techniques.
Enhance your overall performance and raise your 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.

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 more information, call 753-7467.

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.

WOMEN IN THE WILDERNESS

Paige Wyse climbs an indoor rock wall during an climbing and belay class at the Joint Base Elmendorf-Richardson Outdoor Recreation Center Sept. 1. The class was part of the new ‘Women in the Wilderness’ program, which aims to encourage women to explore outdoor activities in a friendly environment with other women. (U.S. Air Force photo/Airman 1st Class Valerie Monroy)



June 27

A son, Easton William Heckart, was born 21 inches long and weighing 8 pounds, 2 ounces at 8:24 a.m. to Jenna Leigh Heckart and Army Staff Sgt. Jacob Alan Heckart of the 3rd Battalion (Airborne), 509th Parachute Infantry Regiment.

June 29

A daughter, Emily Max Hiltbrunner, was born 20 inches long and weighing 8 pounds, 6 ounces at 9:34 p.m. to Tech. Sgt. Melissa R. Hiltbrunner and Air Force Master Sgt. Gregory S. Hiltbrunner, both of the 673d Communicatins Squadron.

June 30

A daughter, Amy Rose Martz, was born 20 inches long and weighing 6 pounds, 3 ounces at 12:52 a.m. to Air Force Staff Sgt. Amber Nicole Martz of the 477th Aerospace Medicine Squadron and Air Force Staff Sgt. Michael Cory Martz of the 673d Aerospace Medicine Squadron.

A son, Jack Edmund Tomic, was born 23 inches long and weighing 10 pounds, 9 ounces at 11:18 a.m. to Air Force Lt. Col. Beth Lee Tomic of the 673d Dental Squadron and Nikola Voislav Tomic.

A son, Marcus Alexander Shrader, was born 21 inches long and weighing 8 pounds, 10 ounces at 10:01 p.m. to Jennifer Michelle Shrader and Senior Airman Matthew Robert Shrader of the 673d Logistics Readiness Squadron.

July 3

A daughter, Elizabeth Austyn Smithey, was born 20 inches long and weighing 7 pounds, 9 ounces at 3:53 p.m. to Hannah Nicole Smithey and Spc. Hunter Dean Smithey of the 6th Brigade Engineer Battalion (Airborne).

July 4

A daughter, Elise Jael Piper, was born 21.5 inches long and weighing 8 pounds, 11 ounces at 12:18 p.m. to Brittney Piper and Sgt. Michael Piper of the 6th Brigade Engineer Battalion (Airborne).

July 5

A son, Wyatt Andrew Abel, was born 20 inches long and weighing 7 pounds, 9 ounces at 7:53 a.m. to Jamie Rose Abel and Army Capt. Benjamin Thomas Abel of the 17th Combat Sustainment Support Battalion.

A daughter, ErynRenae Northrup McMiller, was born 21 inches long and weighing 7 pounds, 4 ounces at 11:35 p.m. to Crystal-Renee Northrup McMiller and Sgt. Timothy Jr. McMiller of the 725th Brigade Support Battalion (Airborne).

July 6

A son, William Harold Westbrook, was born 20 inches long and weighing 7 pounds, 4 ounces at 6:13 a.m. to Air Force Master Sgt. Rebecca M. Westbrook of the 176th Logistics Readiness Squadron and Matthew D. Westbrook.

July 7

A daughter, Rayna Monique Leon, was born 22 inches long and weighing 11 pounds, 1 ounce at 10:00 a.m. to Air Force Staff Sgt. Toni Monique Mendoza of the 3rd Operations Support Squadron and Tech. Sgt. Daniel Thomas Leon of 301st Intelligence Squadron.

July 8

A son, Alexander Scott Gordinier, was born 21.5 inches long and weighing 8 pounds, 8 ounces at 3:21 p.m. to Katherine M. Gordinier and Tech. Sgt. John S. Gordinier of Alaskan Command.

July 10

A daughter, Kinslee Rebecca Navarro, was born 22.5 inches long and weighing 9 pounds, 13 ounces at 1:54 a.m. to Nathalie Ruth Navarro and Senior Airman Melvin Saul Navarro of the 381st Intelligence Squadron.

July 11

A daughter, Reagan Grace Henry, was born 20 inches long and weighing 8 pounds, 8 ounces at 11:16 a.m. to Jennifer Evette Henry and Tech. Sgt. Edward Tyler Henry of the 703rd Aircraft Maintenance Squadron.

July 13

A son, Owen Levi Lyon, was born 23 inches long and weighing 10 pounds, 3 ounces at 1:27 a.m. to Mallary Alexandra Lyon and Matthew Allen Lyon.

July 14

A son, Liam Slade Robin Hall, was born 23 inches long and weighing 9 pounds, 13 ounces at 8:15 a.m. to Kelsey Ellen Clark and Airman Jacob Robin Blakely Hall of the 673d Logistics Readiness Squadron.

July 15

A daughter, Eden Jane Brown, was born 20.5 inches long and weighing 7 pounds, 14 ounces at 8:27 a.m. to Ashley Brown and Chief Petty Officer Chris Brown of the Navy Recruiting District, Seattle.

A son, David Peregrine Lang, was born 21 inches long and weighing 7 pounds at 7:26 p.m. to Air Force Lt. Col. Sheila Ann Lang of the 176th Operations Support Squadron and Air Force Lt. Col. Alex X. Lang of the 211th Rescue Squadron.

July 18

A daughter, Leila Rose Shriver, was born 20 inches long and weighing 7 pounds, 4 ounces at 10:47 a.m. to Jessica Rosie Shriver and Spc. Michael Anthony Shriver of the 725th Brigade Support Battalion (Airborne).

A daughter, Aella Quinn Murray, was born 19.5 inches long and weighing 6 pounds, 12 ounces at 1:43 p.m. to Justina Marie Murray and Sgt. Nicholas Ryan Murray of the 1st Battalion, 501st Parachute Infantry Regiment.

July 21

A daughter, Emmarhie Jade Sipin, was born 21 inches long and weighing 8 pounds, 4 ounces at 8:21 p.m. to Rhie-Jane Luna Sipin and Sgt. Mark Angelo Sipin of the 17th Combat Sustainment Support Battalion.

July 22

A son, Logan James Fulsang, was born 23 inches long and weighing 8 pounds, 6

ounces at 7:55 a.m. to Mikala Margaret Fulsang and Army Capt. Neil Evan Fulsang of the 1st Battalion, 67th Armor Regiment, Fort Bliss, Texas.

A son, Augustus Montgomery James Terrill, was born 22.5 inches long and weighing 9 pounds, 2 ounces at 8:12 p.m. to Melanie Ann Terrill and Army Maj. Christopher Dale Terrill of the 4th Infantry Brigade Combat Team (Airborne), 25th Infantry Division.

July 23

A son, Malachi Robert Bowman, was born 20 inches long and weighing 6 pounds, 12 ounces at 2:02 p.m. to Samantha Lee Bowman and Senior Airman Joshua Jericho Bowman of the 773d Civil Engineer Squadron.

July 25

A daughter, Farrah Amaya Jagun, was born 19.5 inches long and weighing 7 pounds, 4 ounces at midnight to Lashawna Airriona Jagun and Pfc. Omotayo Rashid Jagun of the 17th Combat Sustainment Support Battalion.

A son, Brandon Christopher Rawlins Jr., was born 21 inches long and weighing 7 pounds, 14 ounces at 8:07 a.m. to Donna Danielle Rawlins and Spc. Brandon Christopher Rawlins Sr. of the 2nd Battalion, 377th Parachute Field Artillery Regiment.

A son, Roy Jesse Sotero, was born 21 inches long and weighing 7 pounds, 8 ounces at 2:42 p.m. to Melissa Marie Sotero and Spc. Rogelio Romiro Sotero of the 1st Battalion, 501st Parachute Infantry Regiment.

A daughter, Lillian Carter Johnson, was born 20.5 inches long and weighing 6 pounds, 13 ounces at 7:10 p.m. to Jennifer Carter and Senior Airman Jay Johnson of the 3rd Operations Support Squadron.

A daughter, Lydia Grace Smith, was born 20.5 inches long and weighing 7 pounds, 5 ounces at 9:40 p.m. to Savannah Paige Smith and Airman 1st Class Jarred Michael Smith of the 673d Security Forces Squadron.

Moose Run Golf Course prepares for four-person Par-3 scramble tournament

By **SENIOR AIRMAN KYLE JOHNSON**
JBER Public Affairs

Moose Run Golf Course is hosting its annual Par-3 Tournament Sept. 18, at 9 a.m.

“The Par-3 tournament has every hole set up as a short hole instead of from its regular tee box,” said Don Kramer, Moose Run general manager. “Par-3 means, for a [practice] golfer, you should make it in three shots. Everything is less than 200 yards. We’ll set up all 18 holes in that fashion. It’s a different type of event people don’t normally get to play.”

Moose Run hosts a variety of events throughout the year, each with its own set of rules and play style; the



Kevin Armstrong of Palmer takes his first swing of the hole at Moose Run golf course Sept. 1. (U.S. Air Force photo/Senior Airman Kyle Johnson)

Par-3 tournament is no exception.

“It’s a four-person scramble, so that means – say I was on a team – the four of us would tee up and hit the shot,” Kramer said. “Whoever hits the best shot – then everybody will tee off from

where that shot landed. You’re always playing from whoever hit the best shot on the team. You play that way until the ball is in the hole.”

Participants can bring their own clubs and golf balls, though both are available for purchase or rent at

the course.

“We have everything you need to participate,” Kramer said. “We have standard rentals and plenty of premium rental clubs.”

Golf balls are also available to be purchased on-site, but due to their tendency to go missing, are not available for rent. Club rentals are not included in the event price.

“The cost includes green fees, cart fees, and lunch from Grizzly Grill; we’ve got a pretty diverse menu. For this kind of thing we will usually set up food buffet-style,” Kramer said.

Because this tournament is limited to Par-3 layouts, it provides a unique opportunity for beginners to explore the game of golf in a structured environment.

“We’ll put them in different flights by ability,” Kramer said. “There will be gross and net prizes. Gross meaning without considering the flight’s handicap.”

For people who may have never touched a club in their life, Moose Run can help provide a strong foundation to work with.

“If you’re new to golf, the best thing you can do is get some instruction,” Kramer said. “I know people who play golf all their life and haven’t gotten any better until they decide to start taking lessons at 50, 60 years old.

“Come see our teaching professionals and let them give you some lessons.”

For more information on the course, visit mooserun-golfcourse.com/. ●

INTRAMURAL SPORTS

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	4	0	
B/6 BEB	5	2	
HHC 17th CSSB	4	2	
673 SFS 2	3	2	2
673 CES	3	2	1
673 WSA	3	2	
4th QM	1	3	1
C/307 ESB	1	5	
773 CES	0	6	

DIVISION 3

673 CONS	4	1	
673 LRS	4	1	
773 LRS	3	1	
A/6 BEB	3	1	
A/3-509 2	2	3	
A/3-509 1	2	1	
D/3-509	2	3	
517 AS	1	4	

Sunday,
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

Monday,
5:30 p.m. 703 AMXS v. 962AACs
6:30 p.m. 3 MXS v. HHB 2/377 PFAR
7:30 p.m. HHB 2/377 PFAR v. 373 IS

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

Wednesday,
5:30 p.m. A/3-509 1 v. D/3-509
6:30 p.m. 673 CONS v. A/3-509 2

Thursday,
5:30 p.m. A/6 BEB v. A/3-509 2
6:30 p.m. 373 IS v. HHB2/377 PFAR
7:30 p.m. 3 MXS v. 1-40 CAV

COMBAT CROSS COUNTRY

Results:
1. 1-501
2. 98th SMC 1
3. 98th SMC 2

SPC Joshua Padilla, fastest over-
all at 18:00 minutes.

Final Overall Results:
1. 1-501
2. 98 SMC
3. 773 CES

All schedules and standings are
current as of Sept. 8. In the event
of cancellations contact the Sports
Office at 384-1312 or 384-1304.

2016 JBER GOLF TOURNAMENT

Teams
1. HHC BDE 4/25
2. 673 FSS
3. 402 AFSB

Championship Flight
1. Ross McCarthy
2. Josh Abernathy

First Flight
1. Joshua Creadick
2. Neil Munson
3. Nathaniel Mumbulo

Second Flight
1. Nicolas Mansfield
2. Scott Johnson
3. Kyle Taylor

Third Flight
1. Jason Burbank
2. Harold Verheyen
3. Al Davis

Top Overall Golfer
Ross McCarthy

BASKETBALL

Intramural basketball letters
of intent for both the regular
season and tournament are
due Sept. 23. An organiza-
tional meeting will be hosted
at Buckner PFC Sept. 30 at 1
p.m. in conjunction with the
regular season meeting.
A double-elimination tour-
nament 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 or-
ganizational meeting will be
hosted at Buckner PFC Oct.
12 at 1 p.m. The season will
start Oct. 14 and end Feb. 19.
For more 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 con-
tact the Elmendorf Fitness
Center at 552-5353.



UPCOMING JBER EVENTS

JBER STRONG MAN SATURDAY 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 im-
munization 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
SATURDAY
PING-PONG TOURNEY
SEPT. 24

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

POLAR BOWL NFL
SCHEDULE

WEEK 1

Sunday
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 J

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

WEEK 2

Thursday,
4:25 p.m.
New York J v. Buffalo

THIS WEEK IN JBER HISTORY
SOURDOUGH SENTINEL, 1944



(Sentinel photo by T/4 Raymond Nelson)

Post Season Softball Champs — The Medics
downed the Sluggers to
gain the title of post-season
champs.

Left to Right first row:
Schautzow, Martello, Bre-

deson, Lippstone, McClure,
Jones. Second row: Wo-
jciechowski, Panara, Serzega,
Vitrano, Harmon, Overway,
Thomas.

Not in the photo: Schader,
Krebs, Beck and Shea.

Autumn is a time of renewal; check out the JROC for new ideas

By **CINDY SENA-MARTINEZ**
Religious Operations Center

I have always treasured this time of year in Alaska. After 22 years of living in this amazing state, I never tire of seeing the wildlife or setting my sights on the breathtaking views. I am especially fond of this time of year because the days seem balanced in darkness and daylight.

I love the crisp, cool air that greets me in the early morning hours and the cooler temperatures in the evening prompting me to reach for a light jacket when I go for a walk. I am mesmerized by the vibrant colors in the trees – greens, reds, yellows, golds, oranges, and browns. I am in awe of the creative brilliance from our great creator, mindful of the exceptionally finite to the unfathomable infinite. This is also the season when mother earth births the great harvests that feed all creatures great and small. This is also balanced; life-giving gifts at a time life begins to leave in the natural cycle of seasons as we transition and change from summer to fall.

This time of change brings tran-

sition for many of us; roadways swell with cars and school buses as students and teachers return to school. It’s a season of new beginnings and commitments, similar to the first-of-the-year resolutions. Fall also brings promises of renewal for people who resolve to make this the best year ever. In our humanness, we can either be self-sabotaging or resilient. Yes, we have a choice.

Our human nature gives us the opportunity each day to make a new or renewed resolution with each new morning. The moment we open our eyes, conscious of a new day, we can resolve to make it the “best day ever.” What a tremendous gift.

We are complex beings with the ability to think, act, feel, remember, dream, imagine and analyze.

We have developed incredible abilities thanks to the ingenious design of a creator who fashioned us with the ability to make choices. We have the capability to set the stage and make our lives better; to renew our resolve. We have the wherewithal to set our intentions to thrive for success, to overcome failure, or to rise above negativity and addic-

tions. Each day brings with it the potential for “better;” whatever that looks like from your perspective.

This idea of setting our intentions is phenomenal when it comes to overcoming something huge, like the final year of high school or college or a bad-habit or addiction.

It is the opportunity to look at the whole and break it down into smaller, more manageable chunks – to organize pieces into doable segments bringing us closer to success. We can take it one class at a time, or one day at a time, or even hour by hour – whatever makes it manageable.

Merriam-Webster defines intention as “the things you plan to do or achieve: an aim or purpose.”

Welcome to another season of new beginnings and setting new intentions for yourself. Take this moment to review your life. I tend to focus heavily on the spiritual aspect of my being; this is the part that transcends time and space when I connect with the world around me or delve into the rich ancestry that brought me here, or immerse myself in the presence of a God who cre-

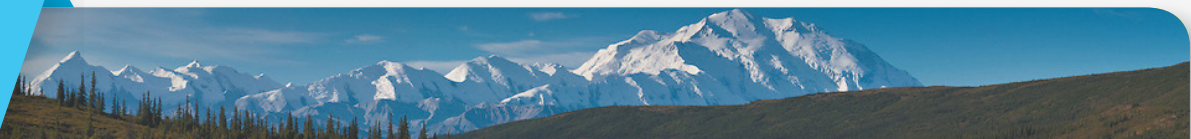
ated all of this magnificence. There are countless ways to feed your spirit or make it healthier and stronger. How about just acknowledging it exists and not ignoring your spiritual health and wellbeing?

As you set your intentions for the fall and those activities that will take you through another Alaska winter, consider nurturing your spirit with classes offered for this very purpose. The JBER Religious Operations Center is beginning a new year of classes for various faith groups, and with this comes programs to feed your spirit for every age and every walk within your spiritual journey.

If you have not checked out the JROC or if it has been a while since you thought about chapel programs, now is a great time to check us out, especially when you are looking to make your spiritual life even better.

The JROC offers much more than just Sunday services and may just have what you need to meet your new intentions this fall for a spiritually healthier, stronger you. Call 552-JROC to find out more about the programs being offered this semester. ●

ARCTIC WARRIOR
CLASSIFIEDS



CLASSIFIEDS

MCGINLEYS
(2X2 FPC)

FIRST BAPTIST
(2X2 FPC)

PET EMERGENCY
(2X2 FPC)

MARK JUST
(3X3 FPC)

FILL
(3X3 FPC)

USAA
(6X10 FPC)



JBER STRONG MAN

SEPTEMBER 10 • 9 A.M.
SIGN-UPS BEGIN AUGUST 13

- **WEIGH IN: SEPTEMBER 9**
- **MEN'S LIGHT WEIGHT: UNDER 200**
- **MIDDLE WEIGHT: 201 - 230**
- **HEAVY WEIGHT: 231+**
- **WOMEN: OPEN WEIGHT CLASS**
- **ONLY 40 SPOTS AVAILABLE (10 PER WEIGHT CLASS)**
- **Axle Press**
- **Farmer's Walk**
- **Prowler Sled Push**
- **Heavy Sandbag Carry**
- **Stone Bar Over**





BUCKNER
FITNESS CENTER
BLDG 690 | 384.1369



JBER Life!



ELMENDORF-RICHARDSON
FORCE
SUPPORT SQUADRON

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





WARRIOR ZONE TOURNAMENTS

POOL
SEPTEMBER 10 • 2 P.M.

PING PONG
SEPTEMBER 24 • 2 P.M.



TOURNAMENT PRIZES: 1ST PLACE: \$100
2ND PLACE: \$75 3RD PLACE: \$50

Tournaments must have a minimum of 6 people to play for prizes.



WARRIOR ZONE
Bldg. 655 • 384.9006

FSSI SMWR

WWW.JBERLIFE.COM

673d FORCE SUPPORT SQUADRON

HARD ROCK???
(6X5 FPC)