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Bowling tournament

JBER's Polar Bowl hosts the 8th Annual Special Olympics Bowling tournament
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USAF's No. 2 civilian visits

Under secretary of the Air Force visits JBER, talks about Alaska's role in strategic pivot to the Pacific Theater
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ARCTIC WARRIOR

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November 23, 2012

SOLDIERS, GOLD-STAR FAMILIES HONOR FALLEN SPARTANS' MEMORY WITH MONUMENT



Army 2nd Lt. Alfred Gee Jr., an operations officer with the 4th Brigade Combat Team (Airborne), 25th Infantry Division, hands a rose to a Gold-Star family member during a memorial ceremony hosted Nov. 16 at the brigade's headquarters building at Joint Base Elmendorf-Richardson. The memorial ceremony honored 14 Soldiers who were killed in action during the brigade's recent deployment to Afghanistan. (U.S. Army photo by Staff Sgt. Jeffrey S. Smith)

FEATURE STORY



Interactive gallery brings Spartan Brigade stories to life

By Army Staff Sgt. Jeffrey S. Smith
4-25th ABCT Public Affairs

The 4th Brigade Combat Team (Airborne), 25th Infantry Division, recently unveiled an interactive gallery of photographs in its fireside room at the brigade's headquarters building at JBER.

The new gallery features 26 individual black-and-white images with corresponding stories of Spartan paratroopers who deployed in support of Operation Enduring Freedom from November 2011 to October 2012.

Michael Joseph Allen, the project's creator, said it is the only gallery of its kind. He said it is unique because it sheds light on the human side of the Army, and helps convey what it means to be a Soldier.

"This project was designed to personalize the Army," Allen said. "You can look into the face of a Soldier and hear them talk to you."

Each of the large black-and-white photos feature an electronic voice recording of the paratrooper in the photo depicting what it is

See Gallery, Page A-3

SPARTANS HONOR THEIR OWN

By Sgt. 1st Class Jason Epperson
4-25th ABCT Public Affairs

Family, friends and Soldiers gathered Nov. 16 for a memorial dedication at the 4th Brigade Combat Team (Airborne), 25th Infantry Division, headquarters to honor Soldiers killed in action during the



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FLYING UNDER THE RADAR



F-22's success aided by Low Observable Airmen

By Senior Airman Joan King
3rd Maintenance Group

Many are surprised to discover that the largest organ the human body has is the skin. Skin provides a physical barrier against harmful, external factors. The F-22 Raptor, much like the human body, has a layer of skin called low observable.

LO not only assists in retaining the jets' stealth capabilities but also prevents corrosion and other damages. Like human skin, the F-22's coating consists of several layers. The surface of the F-22 appears to be a simple gray paint, but in reality the high-tech surface renders one of the largest fighter jets virtually undetectable by radar.

"Arguably the most important capability of a fifth generation fighter, like the Raptor, is what low observable delivers – the stealth," said Air Force Maj. Patrick Pearson, a 3rd Wing F-22 pilot.

The benefits of stealth technology may escape some in terms of air combat. The ability of the F-22 to prosecute a lethal attack while remaining undetected is why it has the highest air-to-air kill ratio of any other fighter in simulated combat. While incredible lethality has defined F-22 tactics, the aircraft has also become known for its unmatched survivability.

"Survivability is the biggest



Airman 1st Class Emmanuel Marioni, 3rd Maintenance Squadron, inspects the skin of a 3rd Wing F-22 Raptor Sept. 28. Marioni is a low observable technician with the 3rd Maintenance Squadron. (U.S. Air Force photo/Senior Airman Joan King)

[factor], so the jet and the pilot can come back," said Airman 1st Class Emmanuel Marioni, 3rd Maintenance Squadron LO technician.

Lethality and survivability are critical issues for the men and women in the LO shop, comprised of active duty Airmen from the 3rd

Maintenance Squadron and reservists from the 477th Maintenance Squadron. Their daily work readsies F-22 pilots to defeat the most advanced adversarial aircraft and surface to air missile systems.

Once a week, the LO shop conducts outer mold line inspections

on the Raptor. All the information is placed into a database that rates its stealth capability, called a signature assessment system.

"The lower the SAS rating, the stealthier a jet is," said Senior Master Sergeant Dave Strunk, 477th Maintenance Squadron Fabrication

Flight chief.

LO application falls into two areas – the removal of coatings to facilitate other maintenance and the removal and replacement to bring the SAS rating down. The job of an LO technician can be a challenging one requiring a high level of attention to detail and adherence to safety precautions.

"We are working all day every day," said Air Force Staff Sgt. Matthew Duque, 477th Maintenance Squadron LO technician. "We have 24/7 coverage to ensure a steady flow of progress from the start of a repair to finish. Our accurate cataloging of damages and sound repairs ensure that the aircraft is performing as designed."

The skin from the body can be taken for granted until it is damaged. The behind-the-scenes efforts of the men and women of the 3rd Maintenance Squadron and the 477th Maintenance Squadron keep the Raptor at the top of its game.

"The constant attention to detail and upkeep from our LO section is essential to projecting the F-22's combat capability," Pearson said. "Knowing that our jets are fully ready to go gives me the confidence I need get the job done."

With reporting from Air Force Capt. Ashley Conner, 477th Fighter Group Public Affairs.

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Reflective belts save lives
During the winter months, short days make for long hours of limited to-no-visibility. See the difference a reflective belt can make, Page A-4.

Command Emphasis

Gratitude and Thanksgiving

Commentary by Army
Maj. Gen. Michael Garrett
USARAK commanding general

For nearly 149 years, Americans from all walks of life have gathered together the fourth Thursday in November to give thanks for past and present blessings.

I find it ironic the Thanksgiving holiday was officially established amid our nation's bloodiest conflict, the Civil War. Just as President Lincoln and the Union Army did all those years ago, I encourage each of you to reflect on the significance of giving thanks during a time of sustained conflict.

Please know that each of you – Soldiers, families and civilians – are a blessing to the Arctic Warrior family and our nation. I am thankful and indebted to you for your service and sacrifice.

November gives us the opportunity to gather with friends and family in celebration of the accomplishments and blessings of the past year. We in USARAK have much to be grateful for.

We've experienced the return of our combat brigades and others units from deployments around the globe. Not everyone can be home this holiday season. I ask that we all pray for the protection and safety of those who are still overseas as they continue to fight on our nation's behalf.

We must also recognize there are thousands of our Soldiers who



Soldiers of 3rd Battalion (Airborne), 509th Infantry Regiment, eat a Thanksgiving meal on Combat Outpost Cherkatah, Khowst Province, Afghanistan. COP living is austere, but Soldiers still find a way to make the most of the holiday season. (U.S. Army photo/Staff Sgt. Andrew Smith)

are stationed in Alaska and will not have the comfort of being with their families this Thanksgiving. Our Army has a long tradition of those who are fortunate enough to be with their families inviting others in to their homes for holiday meals to share in the celebration. Leaders, you know your troops and you know who will likely be

spending the holiday in the barracks. Please consider whether there is room at your table for a fellow Soldier this Thanksgiving.

Holiday weekends are often times of eager anticipation, festivity and joy, but they can rapidly turn to tragedy if we as individuals fail to maintain and enforce the high standards and values expected of us.

The number one cause of holi-

day fatalities and the number one killer of Army personnel are motor vehicle accidents. Most of these accidents result from driving while fatigued, using excessive speed and poor judgment, and driving under the influence of alcohol.

We must promote a culture of thought in our ranks that encourages responsible behavior and personal accountability. I do not

tolerate DUIs and neither should anyone else.

We are each responsible for our own actions and must constantly be vigilant for the safety and wellbeing of our battle buddies.

I think it is absolutely tragic that some Soldiers, who sacrifice so much to wear this uniform, serve honorably in combat and dedicate their lives to defending the American people, dishonor themselves and their service by using alcohol irresponsibly. Our values are better than that and I expect every leader and battle buddy to look out for the safety and lives of our Soldiers, even if it means protecting them from themselves.

I am personally inspired to reflect on what I am grateful for. I'm especially thankful for my opportunity to serve in this Army and be a member of the USARAK family. I appreciate each and every one of you, my Arctic Warriors, and the knowledge and skills you bring each day to ensure we provide the best service possible to the nation we defend.

As always, I am tremendously proud to be your commander. You are the strength of our nation and I am grateful for your contributions to our team. To everyone in the Arctic Warrior family, including our friends, fellow service members and the communities we serve in, I wish you a happy and safe Thanksgiving holiday.

Arctic Warriors! Arctic Tough!

Asia-Pacific strategy focused on long-term regional stability

By Donna Miles
American Forces Press Service

The United States will remain an enduring presence in the Asia-Pacific region, and the nation is increasing its focus there to ensure a peaceful, secure and prosperous future, the commander of U.S. Pacific Command told an Australian think tank Nov. 15 in Canberra.

Navy Adm. Samuel Locklear addressed the Kokoda Foundation at its annual dinner, speaking about implications for Australia of the U.S. pivot to the Indo-Pacific. That rebalance is a cornerstone of the defense strategic guidance issued earlier this year, which recognizes the region's growing economic and military importance.

Noting the region's broad challenges that transcend national borders, Locklear said he's struck by the recognition that no single governance mechanism exists to manage relationships, and no single organization provides a framework for conflict resolution.

"What exists instead is what I will refer to as a 'patchwork quilt' of interwoven security relations," he said.

"Our 'patchwork quilt relationships' in the Indo-Pacific have been shaped by history, and by our shared interests, and are increasingly driven by our economic interconnectedness," he said. "They range from historic bilateral alliances to mature and emerging multilateral forums that focus on converging interests and security concerns."

These relationships sometimes struggle to be effective when their member states' interests diverge, Locklear said. He noted, for example, that more nations are increasingly shifting military resources from internal security matters to external ones as they seek to preserve their own access to the global commons.

That, Locklear said, begs an important question regarding the region's future.

"In this extremely diverse and complex environment that must rely on a patchwork quilt of security relationships to ensure relative peace, can we, together, create an Indo-Pacific security environment that is resilient enough to withstand shocks and aftershocks that will occur in this complex environment, all the while maintaining relative peace and stability?" he asked.

Locklear acknowledged that he doesn't know the answer. "But I do know my children and grandchildren are counting on me to try," he said.

Looking to the future, Locklear said the U.S. rebalance toward the Indo-Pacific will help chart the way toward that goal. It draws on the strength of the entire U.S. government, including policy, diplomacy, trade



Australian privates Matthew Sherring and Jeffery Gambell watch as 1st Battalion (Airborne), 501st Infantry Regiment, paratrooper descends from C-17 Globemaster III aircraft. (U.S. Army photo/SpC. Marcus Fichtl)

and security, he explained. As part of that effort, the U.S. military will transform "to be more agile, more efficient, more technologically advanced, more lethal and ultimately, a better-suited military to the task of securing U.S. interests around the globe," he said.

Locklear dismissed criticism that the rebalance is actually a containment strategy in disguise.

"It is not," he said. "The rebalance is based on a strategy of collaboration, not containment, and focuses on three major elements: strengthening relationships; adjusting our military posture and presence; and employing new concepts, capabilities and capacities."

These new approaches will "ensure we continue to effectively contribute to the patchwork quilt of the security environment and protect U.S. national interests," Locklear said.

Modernizing and strengthening the United States' five Pacific treaty alliances is the keystone of the rebalance, the admiral told the group.

"From the military commander's perspective, I can tell you that these alliances bring with them years of mutual trust and respect, significant interoperability and information sharing, a common view of regional

security landscapes and challenges," he said.

They also provide a base for multilateral relationships to grow, he said, noting the United States' efforts to reach out to nations.

Locklear also recognized the strengthened U.S. commitment to multilateral forums, including the Association of Southeast Asian Nations and the East Asia Summit, which President Barack Obama attended last week in Cambodia.

As the United States works with its allies and partners to establish a force that's not only ready, but geographically postured to respond to crises, Locklear said leaders hope to increase regional engagements.

"Keys to success will be innovative access agreements, greatly increased exercises, rotational presence increases and efficient force posture initiatives that will maximize every dollar spent," he said. "And finally, we will put our most capable forces in the Indo-Pacific ... to ensure we effectively operate with our allies and partners across a wide range of operations, as we collectively work for peace and stability."

Topping the list, he said, will be the United States' most advanced ships, submarines, aircraft, air and missile defense technologies, and intelligence, surveillance and reconnaissance assets, along with

command-and-control architectures. "And, of course, the most highly trained soldiers, sailors, airmen and Marines in the world," he said.

The United States will have to maintain an enduring role in the region, "informed by the imperative that we cannot fail to maintain peace and stability in the Indo-Pacific," Locklear said. "It should not be an option."

America's stabilizing role in the region over the last half century will continue into the future, he said.

"America is a Pacific power ... and we look forward to the hard work ahead to do our part to keep this amazing Indo-Pacific hopeful, peaceful and secure for decades to come," the admiral said.

Wrapping up a two-week visit to Australia, Locklear said he recognized progress made in advancing the historic U.S.-Australia alliance during the Chiefs of Defense Conference last week in Sydney and the Australia-United States Ministerial Consultations that wrapped up yesterday in Perth.

"From where I sit, our alliance is as strong as ever and remains one of the most important in the world," he said. "I am encouraged by what our nations will continue to accomplish as we move together to the next century."

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ARCTIC WARRIOR

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Acting under secretary of the Air Force visits JBER

By Airman 1st Class Omari Bernard
JBER Public Affairs

Acting Under Secretary of the Air Force Dr. Jamie Morin visited with JBER Airmen Nov. 13 during his first trip to the region.

"It's great to be here," Morin said. "It's great to have the opportunity to hear from some of the folks out in the wings and to really gain an appreciation of the challenges and the opportunities that exist here in Alaska."

One of the highlights of his visit was an Airman's call, where he was able to not only thank JBER Airmen for their ongoing support and dedication, but also highlight the capabilities the team provides to the Pacific theater of operations.

"As we look at the world and the global strategic environment, I'll tell you the Air Force sees a future where our contributions are going to be day-by-day, year-by-year more important," Morin said. "We are also seeing a world in which the shifts of global economic and political powers to the Pacific are going to make bases like JBER even more important."

Some examples of JBER's recent contributions include the redeployment of U.S. Army Alaska's 4th Brigade Combat Team (Airborne), 25th Infantry Division, and the 90th Fighter Squadron's recent deployment to Guam.

"All of the machinations we had to go through for the theater support package out to Guam showed the confidence we had in the aircraft to make it happen - my hat is off



Air Force Lt. Col. David Piffarero, 302nd Fighter Squadron commander, shows acting Under Secretary of the Air Force Dr. Jamie Morin the inside of an F-22 Raptor cockpit during a tour of the base Nov. 13. (U.S. Air Force Photo/Airman 1st Class Omari Bernard)

to that team," he said. "The number of hurdles they had to get over was remarkable."

According to Morin, these examples showcase the fact that JBER has an important role in defending the nation's interests and Airmen continue to play a big part in that.

"It is an interesting and challenging time," he said. "The thing we can always count on is innovative and energetic Airmen."

But the focus of the discussion was not just on the shift to the Pacific, Morin also talked about the challenges the Air Force is facing in maintaining a high-quality and ready force.

"When you raised your right hand and swore to uphold and defend the Constitution you knew it would not always have as much certainty as you would like and you accepted the personal challenges that came along with

that," he said.

Morin explained that becoming smaller will allow the Air Force to be a high-quality and ready force - able to modernize and become more capable in the future. To do this, Air Force leaders are focused on three critical programs: the F-35 Lightning Joint Strike Fighter, KC-46A tanker, and the long-range strike bomber.

"We are doing everything to keep them on track. As a result, we are not doing some other things we would like to do," Morin said, but the focus will never stray from Airmen and their families.

Morin stressed the success here and abroad does not just rest on the backs of those who serve in uniform.

"We also have to keep in mind the fact that the folks who serve here are enabled to serve by the families behind them," Morin emphasized. "It's important to recognize that it's not just those who wear their nation's cloth, but those who are standing behind them and lifting them up every day."

While he acknowledged that there are many challenges ahead for the Air Force, Morin emphasized the importance of the Total Force team in meeting those challenges.

"The folks here are doing a tremendous job for the nation and bringing home the hardware to show for it," he said. "You're winning the awards, getting the great inspection results. You are mission oriented and are an exemplar of what can be done by the Total Force team when we work together hand in hand and when we take integration seriously at every level."

Monument

From Page A-1

brigade's recent deployment to Afghanistan.

Army Chaplain (Maj.) Kenneth Bolin, 4-25th ABCT chaplain, led the invocation which focused on the sacrifices of the fallen.

"So strengthen us now, and in the days to come, so we may not forget the sacrifices of these men and the many more they represent," Bolin, a native of Manlius, Ill., said.

Spartan Brigade commander Army Col. Morris Goins spoke to a somber audience, as he quoted the Preamble of the United States Constitution.

"We the People of the United States, in Order to form a more perfect Union, establish Justice, ensure domestic tranquility, provide for the common defense, promote the general welfare, and secure the blessings of liberty to ourselves and our posterity, do ordain and establish this Constitution for the United States of America," Goins quoted.

"While these words of our Constitution of the United States are familiar to millions, few give real thought to their real meaning," he said. "After all, they offer no guarantees to real freedom."

Goins spoke of the sacrifices the fallen Soldiers made for their nation.

"You see the sacrifice of our fallen, our families, our friends and our community," Goins said. "We the people helped the people of Afghanistan have options to create a government of their very own that provides for their safety and happiness as well. In other words, we've given them an option. In order for our nation to continue to be the ray of hope for the world and our own people, we the people must continue to sacrifice."

Several family members of the Spartan heroes, respectfully referred to as Gold Star family members, listened solemnly as Goins openly grieved their loss.

"The Gold Star families that are represented here today, as well as the paratroopers in our community, i.e., 'We the people,' have saved lives in Afghanistan, provided a foreign nation options and protected our families so the future generations of Americans can be free," Goins said. "Sadly, though, in our pursuit of freedom, we suffered fallen comrades. There are eight paratroopers and six Soldiers of Task Force Spartan who paid for our earthly freedoms."

Goins then spoke to the friends and loved ones of the Soldiers being honored.

"For the fallen and to the families, I will say this: I will honor you and the fallen by living my life to the fullest," Goins said. "I will ensure that our children remain free and, lastly, I will remember our fallen as they lived for what they stood for: something greater than themselves. To the families and friends of the fallen, you are not alone. We are always here to talk, and more importantly



ABOVE: Army Col. Morris Goins, commander of the 4th Brigade Combat Team (Airborne), 25th Infantry Division, and Command Sgt. Maj. Terry Gardner, 4-25th ABCT command sergeant major, unveil the brigade's memorial monument at JBER, Nov. 16. The ceremony was hosted to honor the Brigade's fallen paratroopers. (U.S. Army photo/Sgt. 1st Class Jason Epperson)

RIGHT: Army Col. Morris Goins, the commanding officer of the 4th Brigade Combat Team (Airborne), 25th Infantry Division, delivers a heartfelt speech during a memorial to honor the brigade's fallen paratroopers, Nov. 16 at the brigade's headquarters building at Joint Base Elmendorf-Richardson. The brigade commander and command sergeant major unveiled a monument honoring 14 soldiers who were killed in action during the brigade's recent deployment to Afghanistan. (U.S. Army photo/Staff Sgt. Jeffrey S. Smith)

just [to] listen."

A visibly moved Goins concluded his remarks with emotion.

"Today, there may be tears, and I will tell you and continue to tell you often, let the tears flow, for there's more room on the outside than there is on the inside," he said. "I will share a quote with you that I love so much about tears. It is from Washington Irving who once said, and I quote, 'There is a sacredness in tears. They are not the mark of weakness, but of power. They speak more eloquently than ten thousand tongues. They are messengers of overwhelming grief ... and most importantly, unspeakable love.'"

The names of the honored were read, followed by a moment of silence. The ceremony moved outdoors where Goins and Command Sgt. Maj. Terry Gardner, 4-25th ABCT command sergeant major, unveiled a stone monument memorializing the fallen Soldiers, their names engraved on the stone.

After the unveiling of the memorial, a wreath was presented, followed by the firing of salute volleys and the sounding of Taps.

Gold Star Family members were allowed to pay their respects first and take photographs of the memorial stone.

Several paratroopers, who were de-

ployed with those being honored, said they were touched by the ceremony.

Sgt. 1st Class Thurman Stubbs, the brigade's aviation element noncommissioned officer-in-charge, said the memorial was a chance to show the families how the unit feels.

"It's a chance to honor those that we've lost," Stubbs said. "It's a chance to give those guys their just due. This also gives the families a chance to see that we respect what their family members did throughout that time and that we still care about them. We're still thinking about them even though they're not here."

Gallery

From Page A-1

like to be a Soldier, and particularly what it is like to be deployed.

The gallery represents paratroopers from the private first class level all the way through to the highest represented rank of colonel.

The project started when the Spartan Brigade commander, Army Col. Morris Goins, was looking for a way to chronicle the brigade's history and the paratroopers who fill its ranks. He wanted to do something a little bit different, and because Allen had extensive experience as an international photojournalist while working for the United Nations, he asked Allen for his help.

The project was born.

Allen was based alongside the Spartan Brigade at Forward Oper-

ating Base Salerno, serving as the chief of mission staff, field program officer, and deputy development adviser for the U.S. Agency for International Development.

Allen traveled throughout the brigade's area of operations in order to successfully represent and recognize all of the brigade's battalions.

Allen said the project is important because the brigade's new Soldiers can relate to and learn from their peers and be better prepared for their missions in the future.

"There is a human side to the Army," Allen said. "When you listen to the recordings there is a common thread throughout all of them, a sense of duty, and a sense of commitment."

Army Master Sgt. Gary Mullins, Headquarters and Headquarters Company, 4-25th ABCT, echoed Allen when he said the gallery provides a great way for everybody to share and learn from



Army Master Sgt. Gary Mullins, Headquarters and Headquarters Company, 4th Brigade Combat Team (Airborne), 25th Infantry Division, listens to the commentary Nov. 13 accompanying the portrait of his friend, Sgt. 1st Class Christopher Duffy, 1st Battalion (Airborne), 501st Infantry Regiment, at the 4-25th ABCT headquarters building. (U.S. Army photo/Staff Sgt. Jeffrey S. Smith)

each other.

"The command group did a great job with this, and it shows they really care about the Soldiers," Mullins said. "It has every-

body's perspective - from a private, a company commander, a sergeant major and a battalion commander."

Standing in front of one of the pictures, he told a story about Sgt.

1st Class Christopher Duffy, a platoon sergeant with the brigade's 1st Battalion (Airborne), 501st Infantry Regiment.

"Here is Sgt. 1st Class Duffy," Mullins said. "He's all business, he's a go-getter, he's a guy that's out there making it so we can sleep easy at night."

Passionate about his fellow Soldiers, Mullins continued, "They are always on the job, and if they are not on the job, they are training for the job. When you stand in front of the pictures, it's kind of imposing because it looks like they are piercing right through your soul."

There is a complementary online gallery which features all 26 portraits and their stories. The virtual gallery is complete with spotlights, a skylight, and a slate floor. All of the images are lined up, and visitors can go up to the images, push the button, and listen to the stories.

Briefs and Announcements

Satellite pharmacy

The refill pharmacy at the Moose Entrance of the JBER hospital ceased operations Wednesday.

The AAFES satellite pharmacy opens its doors Monday, and will be open Monday through Friday 9 a.m. to 6 p.m., and Saturday for pickups only from 9 a.m. to 1 p.m.

The main hospital pharmacy is open Monday through Friday 7:30 a.m. to 5:30 p.m.

Brain injury classes

Every Tuesday from 5:15 to 6:15 p.m., the JBER hospital Traumatic Brain Injury Clinic will host education and peer-coping strategies class for spouses and partners of service members affected by TBI.

For more information, call 580-0014.

Scholarship opportunity

The Air Force Aid Society will be accepting applications for the Gen. Henry H. Arnold Education Grant for the academic year 2012 to 2013 until March 9.

Eligible spouses will have an opportunity to receive up to \$2,000 to fund their college education. To apply, please visit www.afas.org/Education/ArnoldEdGrant.cfm.

Giant Voice testing

Giant Voice mass notification system testing occurs every Wednesday at noon. If the announcement is difficult to hear or understand, please call 552-3000.

If the announcement is difficult to hear or understand in any base housing area, please contact JBER at [Facebook.com/JBERAK](https://www.facebook.com/JBERAK).

Do not trespass

Trespassing on JBER-Elmendorf combat-arms firing ranges is both dangerous and illegal.

Units fire on ranges at random times in accordance with their training schedules.

The outdoor range is located approximately one mile north of Sixmile Lake and the indoor range is at Building 4309 Kenney Ave.

For more information or to inquire about access to these areas, call Combat Arms at 552-1846.

Lunch with a Lawyer

Judge Advocate General lawyers will meet with troops every

Tuesday from 11 a.m. to 1 p.m. at the Iditarod Dining Facility to answer general legal questions.

Public Health closures

Public Health closes the first Thursday of the month from 1 to 4:30 p.m. and the third Thursday of the month from noon to 4:30 p.m. every month. For more information, call 580-4014.

Arctic Watch

The JBER Antiterrorism Office encourages all personnel to be vigilant against threats and report suspicious activities to iWatchArmy at 384-0824 or Eagle Eyes at 552-2256.

Rental Partnership

The Rental Partnership Program at JBER is available to all eligible active-duty members and consists of two options.

The first option, RPP Plus, includes utilities and sometimes

cable costs providing an easier budget with a set rental payment year round.

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

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

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

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

JBER-Elmendorf can see RPP officials at the Capital Asset Management Office, Building 6346,

Arctic Warrior Drive, or call at 552-4328 or 552-4374 for further information and assistance regarding this program.

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

Road closures

Gulkana Avenue is closed west of Sixth Street for housing construction, opening again time to be determined.

Dyea Avenue is closed from Fifth to Sixth streets until December for housing construction.

Juneau Avenue is closed near Fifth Street until March 15, 2013, for housing construction.

Alpine Avenue and Birch Hill Drive near Alpine Avenue will be closed until February for housing construction.

Seventh Avenue is closed between Beluga and Dyea avenues until April 15, 2013.

Dining facility survey

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

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

Christmas tree cutting

Christmas tree cutting permits will be issued through Dec. 21.

Users first need to obtain an iSportsman permit from jber.sportsman.net, the iSportsman kiosks at the visitor centers, or at the Wildlife Education Center, Building 8481.

Users can read more about the Christmas tree cutting program by clicking on the "Forestry" tab on the iSportsman website.

For more information please contact Sarah Jones, coordinator for the Wildlife Education Center, at 552-0301 or sarah.jones.ctr@elmendorf.af.mil.

WEAR OF REFLECTIVE BELTS CAN SAVE LIVES



Two JBER service members walk to work during a winter's early morning. The trooper on the right demonstrates how a reflective belt helps motorists see her when illuminated by headlights, while the trooper on the left is barely visible. Reflective belts are to be worn with uniforms in accordance to local regulations and standard operating procedures. (U.S. Air Force photo/Tech Sgt. Brian Ferguson)

www.jber.af.mil/news

COMMUNITY

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Joint Base Elmendorf-Richardson

Nov. 23, 2012

Special Olympics Bowling

Annual JBER event brings Alaskans together

By Airman Ty-Rico Lea
JBER Public Affairs

JBER hosted the 8th Annual Special Olympics Bowling Tournament, bringing 236 athletes to the Polar Bowl bowling facility Friday through Sunday.

The three-day tournament brought representatives of seven Alaska communities to the bowling center: Anchorage, central Kenai Peninsula, Homer, Juneau, Kodiak, Matanuska-Susitna Borough and Tanana Valley.

Each individual bowler brought his or her own talents and techniques.

Bowlers were divided into seven squads and each bowled nine games resulting in 2,124 games bowled.

"The event helps break down stereotypes and focus on one's natural human abilities," said Jim Balamaci, president and CEO of Alaska's Special Olympics Organization.

In 1962 Eunice Kennedy Shriver had an idea – inviting young people with disabilities to a summer day camp she hosted in her backyard.



JBER leadership and Special Olympics participants open the 2012 Special Olympics Bowling tournament with the first frame at the Polar Bowl Nov. 16. Participants came from all over Alaska to demonstrate their skills as bowlers. (U.S. Air Force photo/Airman Ty-Rico Lea)

The idea grew, and in July 1968 the 1st International Special Olympics Summer Games were hosted at Soldier Field in Chicago.

More than a thousand people with disabilities from 26 U.S. states and Canada competed in track and field, and swimming.

Now, the Special Olympics encompass more than 30 Olympic-type individual and team sports.

Professional bowler Shawn Raemaeker, who attended the tournament, said the Special Olympics

gave him an opportunity to compete with others that are likely on a whole other competitive level.

"It's the best way to make friends; friends who share my interest as well as my handicaps," he said.

Bowlers in the tournament echoed Raemaeker's sentiments, enjoying the competition and socialization.

"The Special Olympics is important to me because it brings out the best in all of us," said Larry "Howard" Bonfiglio, 32, of the

Homer bowling team.

Matthew Maillle who has participated in several other Special Olympics sports such as hockey, basketball and golf, says he enjoys coming to these events.

"I get to meet a lot of people and build confidence," said Maillle, whose highest bowling score in one game is 187. "I wish good luck to all the bowlers and just have fun."

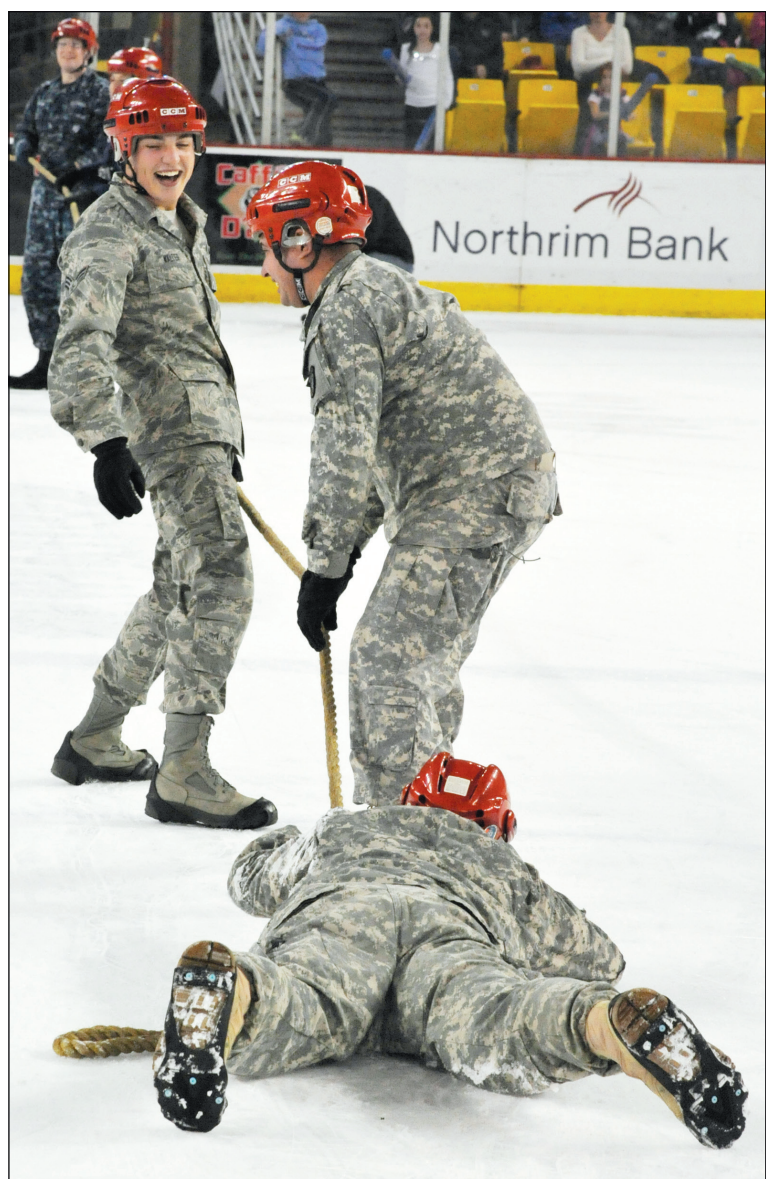
Anchorage bowler Lucinda Knopps, 42, of the Anchorage bowling team, said she enjoys all

of the Special Olympics' games and has been bowling for two years. This is her first year going to state.

Throughout the weekend, 300 volunteers gave their time as lane monitors, pit monitors, awards presenters, medics, food servers, transportation escorts and bus drivers and more.

At the end of the tournament, more than 600 awards were presented while everyone was glad to have stocked up on bowling "turkeys" before Thanksgiving Day.

ACES HOST MILITARY APPRECIATION GAMES, PRESENT SERVICE JERSEYS



ABOVE: Members of each branch of service compete in a tug-of-war competition during the intermission of an Alaska Aces hockey game at Sullivan Arena Saturday. The ECHL Alaska Aces hosted Military Appreciation Nights during games Nov. 16 and Saturday, when they played the Colorado Eagles. Representatives of the Marine Corps Reserve collected toys for Toys for Tots. Other activities included a ceremonial puck drop by Air Force Lt. Gen. Stephen Hoog, Alaskan Command commander, and a presentation of Aces jerseys to leaders of each branch of service.

ABOVE RIGHT: Kane Lafranchise of the Alaska Aces, maneuvers with the puck during a military appreciation game at Sullivan Arena Saturday.

RIGHT: Hoog performs a ceremonial puck drop before an Alaska Aces hockey game at Sullivan Arena in Anchorage Saturday. (U.S. Air Force photos/Senior Airman Blake Mize)



Chaplains provide for free exercise of religion – or no religion

Commentary by Air Force Chaplain (Capt.) R. Scott Savell

A few months ago I heard an Airman ask a senior leader a question about religious freedom. I could tell from the wording and tone of his question that he was hostile to the idea of prayers being offered at official functions. A distant family member recently quipped, "Religion has no place in politics."

In other words, people of deeply held religious conviction should shut up and go to the back of the bus.

Religious freedom – this seems to be an ongoing debate in American society and especially in the military.

But it need not be this way. The United States has a rich history of supporting and protecting religious freedoms and recognizing the role faith has played throughout our history as a nation.

This has been the case from the very early days of our nation. In 1775, George Washington wrote, "You are to protect and support the free exercise of religion of the country, and the undisturbed enjoyment of the rights and conscience in religious matters, with your utmost influence and authority."

Chaplains exist, first and foremost, to provide for the free exercise of religion.

In other words, we protect your First Amendment right to practice

your faith or to hold to no faith. Chaplains understand and are sensitive to the religiously diverse environment in which we serve.

And religious accommodation – allowing for an individual or group religious practice – is something we take very seriously. Therefore, since we live and serve in a religiously diverse community, and because the holidays are upon us (Christmas, Hanukkah, Winter Solstice, etc.), please allow me to offer the following suggestions so that each of us might enjoy "the undisturbed enjoyment of the rights and conscience in religious matters."

First of all, embrace your faith. Your faith is your faith. Make it something special and

allow it to inform your life. Be proud of who you are as a person of faith (or no faith as the case may be).

Secondly, never apologize for what you believe. You have just as much right as the next person to celebrate your faith.

Thirdly, since the holidays are typically joyous events, allow yourself to enjoy the various celebrations so long as you can do so in good conscience.

The Christian scriptures offer some good guidance here: "Therefore do not let anyone judge you by what you eat or drink, or with regard to a religious festival, a new moon celebration or a Sabbath day" (Col. 2:16).

Finally, remember respect

is key. You can't ask someone to respect you if you are unwilling to respect them.

We hear a lot these days about those of no faith being offended by having to be in close proximity to the faith expressions of others. In our society – one with a rich history of religious freedom – respect and tolerance of each other should be the ideal for which we constantly strive.

Robert F. Kennedy said, "America's answer to the intolerant man is diversity, the very diversity which our heritage of religious freedom has inspired."

Let's all strive to encourage and support one another as we enter into this diverse holiday season.

American freedom goes far back beyond Jamestown

Commentary by Senior Airman Jarad Denton
Air Force News Service

JOINT BASE LANGLEY-EUSTIS, Va.— What are you thankful for? The question followed me the entire, extended weekend, as I struggled to write this article.

It followed me as I made my way through the historic sites of Virginia. The air was unseasonably warm for November, as I walked through the remnants of Jamestown, Va. – America's first permanent English colony.

The ground crunched beneath my feet as my shoes pressed into sand, dirt and stone that had seen the likes of such historical figures as John Smith, John Rolfe and Pocahontas.

As I weaved my way between brick foundations which had once been homes, my eyes caught sight of an oak tree that seemed strangely out of place.

It was a live oak, dedicated June 15, 1965 to mark the 750th Anniversary of the sealing of the Magna Carta.

It seemed strange that a tree would be planted at Jamestown to honor a document written in a country which unsuccessfully tried to squash our own pursuit of freedom.

However, during the American Revolution, the Magna Carta acted as both an inspiration and a justification for the defense of liberty.

It was June 15, 1215 in a field at Runnymede, England when King John pressed his seal into a document that would change the world forever.

Written by a group of rebellious barons, the document sought to protect their rights and property against a tyrannical king.

"No freeman shall be taken, imprisoned, disseised, outlawed, banished, or in any way destroyed, nor will We proceed against or prosecute him, except by the lawful judgment of his peers and by the law of the land," the document stated. "To no one will We sell, to no one will We deny or delay, right or justice."

Similarly, the colonists, who had etched their mark into America from humble beginnings, believed and demanded the same rights as Englishmen.

These rights, which were guaranteed in the Magna Carta, were later drafted into the U.S. Constitution and the Bill of Rights.

Centuries later, the Magna Carta is still regarded as one of the most important legal documents in the history of democracy.

"The democratic aspiration is no mere recent phase in human history," said President Franklin D. Roosevelt during his 1941 inaugural address. "It was written in the Magna Carta."

The Magna Carta was more than just our history, I thought as I enjoyed the shade the oak provided.

It could not be left to wither and turn to dust in the wind, especially during a month when people began looking into the things they were thankful for.

This was more than our history – it was our identity.

For a mere 180 years after Jamestown was founded in 1607, and some 300 miles north, a group of men came together inside the State House at Philadelphia to revise the Articles of Confederation.

From those articles, through a series of discussions and debates, an entirely new government was formed – with the Constitution as its guiding light.

"We the People of the United States,

in Order to form a more perfect Union, establish Justice, insure domestic Tranquility, provide for the common defence, promote the general Welfare, and secure the Blessings of Liberty to ourselves and our Posterity, do ordain and establish this Constitution for the United States of America," the document states in its opening lines.

While some of its framers regarded the Constitution as far from perfect, they did recognize the importance of its existence – if not the effect it would have on the world and generations to come.

"I confess that there are several parts of this Constitution which I do not at present approve, but I am not sure I shall never approve them," wrote Benjamin Franklin in a speech he wished to give prior to the signing of the Constitution's final draft.

"In these sentiments, Sir, I agree to this

Constitution with all its faults, if they are such; because I think a general Government necessary for us..."

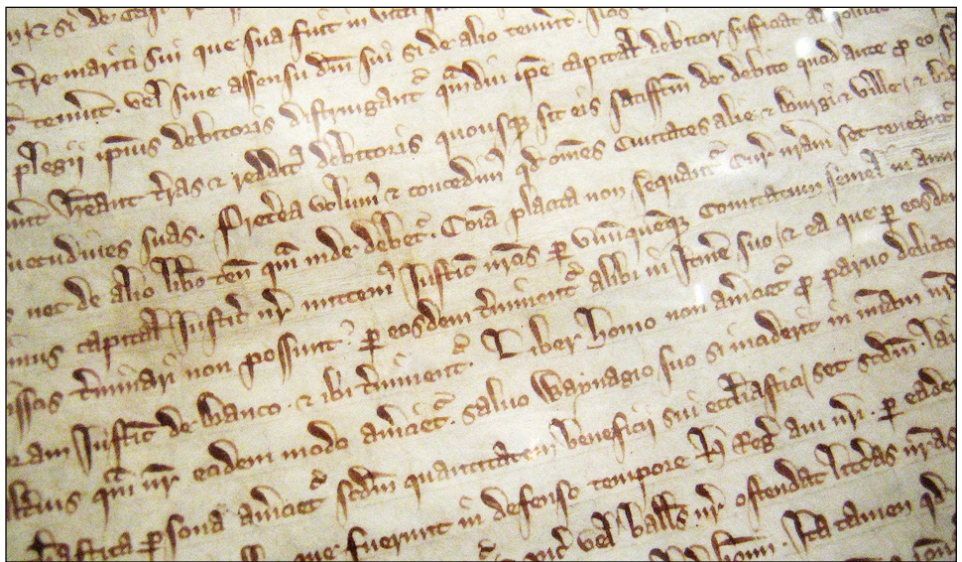
An imperfect document for an imperfect world; but, from its pages came the birth of a nation that would idealize the principles of a democratic society.

As I moved on from the oak tree, I realized what I was most thankful for this holiday season.

I was thankful for liberty. I was thankful for freedom. I was thankful for the sacrifices made by countless people throughout hundreds of years to lead us to the point where I could walk freely across the land and appreciate the rich history behind it.

I was thankful for those who came before me who contributed to the shaping of this nation.

But, most importantly, I was thankful for America.



A section of a copy of the Magna Carta. This copy dates back to 1297. (Courtesy photo)

FSS EVENTS



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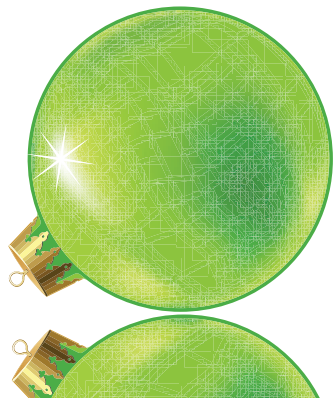
552-8529 BLDG. 9497

Wreath Auction

With the CDC's

November 26 - 30

Help us raise money for the Parent Advisory Board.



Planning a squadron function? The bowling center is available for your Hail & Farewells, promotion parties, and just a plain ol' office lunch party. Call 753-PINS for more information.

NFL Monday Night Football at the Polar Bowl!

Watch the game with us and wear your best football gear for chances to win great prizes, including jerseys! Alaska Airline Miles will be awarded to the "Hardest Working Fan" of the season. Weekly Snacks & Drink Specials!



& ACTIVITIES

Community happenings

**FRIDAY AND SATURDAY
Great Alaska Shootout**
The highlight of pre-season college basketball kicks off Nov. 20 at 6 p.m.
For schedules, news and other information, visit www.uaa.alaska.edu/.

**FRIDAY
Holiday tree lighting**
Santa and his reindeer headline this lighting of the tree in the town square with a concert at 5 p.m. and a lighting ceremony starting at 5:30.

Cocoa and cookies are provided. For information, visit www.anchoragedowntown.org.

**SATURDAY
Strange Planets**
The Anchorage Museum's planetarium hosts this exhibit about planets outside our solar system, starting at 3 p.m.
For information, call 929-9200.

Police Navidad
The Anchorage Police Department Employees Association hosts this holiday festival with a theme of "Christmas Around the World," representing Anchorage's diverse community.

Games and activities for the whole family are planned, as well as performances and cultural presentations
For information, visit www.policenavidad.com.

**NOV. 30 THROUGH DEC. 9
Anchorage film festival**
The 12th annual Anchorage International Film Festival is a ten-day extravaganza all over Anchorage. Check out "films worth freezing for" throughout the city.
For information, visit anchoragefilmfestival.org.

**DEC. 1
UAA Crafts Fair**
The Student Union Building hosts this craft fair featuring Alaskan-made crafts.
Speak directly to the artists and find a wonderful array of items from pottery to bath products, from woodwork to glass and metal.
For information, call 786-6152.

**DEC. 3 AND 4
Sounds of the Season**
The Air Force Band of the

Pacific plays the sounds of the season at the Alaska Center for the Performing Arts starting at 7 p.m.
For information, call 552-3081.

**DEC. 4
JBER career fair**
The Education Center on JBER hosts this job fair for military and spouses alike from 10 a.m. to 3 p.m. More than 40 companies will attend. Make a transition to another career field.
For information, call 384-6716 or 552-0885.

**DEC. 7
Merry Merchant Munch**
The businesses of Eagle River host this old-fashioned holiday competition, with sleigh rides, carolers, food and much more both days.
Get into the holiday spirit. For information, visit www.cer.org.

A Christmas Carol
The classic Dickens novel comes to life at the Alaska Center for the Performing Arts at 7 p.m.
The Alaska Theatre of Youth brings back Scrooge, Tiny Tim and all your favorites.
For information, call 263-2787.

Winter Wonderland Walk
Downtown Eagle River Commons hosts the annual tree lighting and features elementary school choirs.
Santa and his team of eight real reindeer headline, while sleigh rides and treats are also planned.
For information, visit www.cer.org.

**DEC. 15
Christmas Village**
One of the newest holiday shows in Alaska happens at the Dena'ina Center from 10 a.m. to 6 p.m.
Buy and sell both Alaska-made and imported gifts.
For information, email info@anchoragemarkets.com.

Reduced Shakespeare
The Reduced Shakespeare Company takes viewers on an irreverent trip through the holidays with the Ultimate Christmas Show.
The "Three Wise Guys" celebrate familial dysfunction and slapstick merriment at the Alaska

Center for the Performing Arts.
For information, call 263-2787.

**ONGOING
Discovery chapel classes**
Soldiers' Chapel hosts classes for all ages, from elementary school through adults, Wednesday evenings.
A free meal begins at 5:45 p.m.; classes last from 6:30 to 7:30 p.m. Nursery care is provided.
For information, call 384-1461 or 552-4422.

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

Model railroading
The Military Society of Model Railroad Engineers meets at 7 p.m. Tuesdays and 1 p.m. Saturdays in basement Room 35 of Matanuska Hall, 7153 Fighter Drive.
Anyone interested in model railroading is invited.
For information about meetings, work days, and shows, call 952-4353, visit their site at www.trainweb.org/msmre or email bjorgan@alaska.net.

Wildlife Wednesdays
This science lecture series takes place at 7 p.m. the second Wednesday of each month at the Alaska Zoo Gateway Lecture Hall.
From October through April, learn about different wildlife topics and enjoy coffee or tea.
This series is aimed at older audiences, not children – university students and scientists especially.
For more information, call 341-6463 or email slhartman@alaskazoo.org.

TBI coping classes
Does your spouse or partner suffer from a traumatic brain injury?
Meet with others and learn peer coping strategies Tuesdays from 5:15 to 6:15 p.m. in the JBER Hospital dining hall's conference room.
For information, call 580-4081.

ference room.
For information, call 580-4081.

Borealis Toastmasters
Conquer your fear of public speaking with Toastmasters. This safe, friendly club helps build confidence through presentations, feedback and listening. Meetings are every Thursday in Room 146 of the BP building from 7 to 8 p.m.
For information, call 575-7470.

Road Warriors running
Stay fit with a group who can help you stay motivated right here on JBER. Military, family members and civilians alike are welcome to train and get involved with running, biking and swimming events.
For events and information, check the Road Warriors (Alaska) Facebook page or call 384-7733 or 552-1361.

Experience the Aurora
It's the next best thing to the Alaska winter sky – and more comfortable than being out in a parka.
The Anchorage Museum's planetarium provides an immersive show that explains the science behind the Northern Lights.
For more information, call 929-9200 or visit anchagemuseum.org.

Scholarship opportunity
The Air Force Aid Society is now accepting applications for the Arnold Education Grant for the 2012-2013 academic year. Applications will be accepted through March 9.
Eligible spouses will have an opportunity to receive up to \$2,000 to fund their college education.
To apply, please visit www.afas.org/Education/ArnoldEdGrant.cfm or call 552-9647.

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

Chapel services

Catholic Mass

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

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

Confession

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

Protestant Sunday Services

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

Buddhist

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

Night at the Fights

The Egan Center hosts boxing every Thursday night through early April in this 23-year Anchorage tradition with several fights each night. Doors open at 6:30 and fights start at 7.
For information, visit thursdaynightfights.com.

Ski rentals are available. Check out our winter specials each month this season.



JBER Elmendorf ORC BLDG. 7301 • 552-2023

Cross Country Ski Waxing Clinic
November 25 • 1PM • \$5

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Ages 8 & up
Open day is anticipated November 22
Tickets can be purchased from Information, Tickets and Travel
Call 753-2378



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Births

Oct. 22

A son, Vincent Thomas Belin, was born 22 inches long and weighing 8 pounds, 15 ounces at 9:34 p.m. to Lauren Rose Victoria Belin and Senior Airman Thomas Enrique Belin of the 703d Aircraft Maintenance Squadron.

Oct. 23

A daughter, Kelyn Ann Aaliyah Denae Sennet, was born 21.5 inches long and weighing 7 pounds, 15 ounces at 7:55 a.m. to Mashawnda Tyshea Sennet and Sgt. Preston Julian Sennet of the 109th Transportation Company.

Oct. 24

A son, Jack Verle Combs, was born 20.5 inches long and weighing 8 pounds, 6 ounces at 7 p.m. to Senior Airman Kenna Marie Waters of the 673d Medical Support Squadron and Steven Combs.

A daughter, Abiegail Patricia Lynan Laughridge, was born weighing 5 pounds, 9 ounces at 10:33 p.m. to Mary Elizabeth Laughridge and Spc. Christopher Brian Laughridge of the 2nd Battalion, 377th Parachute Field Artillery Regiment.

A son, Zhyon Elli Pernell, was born 21 inches long and weighing 7 pounds, 9 ounces at 2:38 p.m. to Merissa Ann Pernell and Spc. Ivan Anthony Pernell Jr. of Headquarters and Headquarters Company, 2nd Engineer Brigade.

Oct. 25

A daughter, Raphaella Sarea Dollente Cartaciano, was born 19 inches long and weighing 6 pounds, 14 ounces at 10:47 p.m. to Raissa Sheila Dollente Cartaciano and Air Force Staff Sgt. Raffy Bautista Cartaciano of the 673d Medical Group.

A son, Jonathan Connor Weeks, was born 20 inches long and weighing 7 pounds, 8 ounces at 2:23 a.m. to Air Force Maj.

Lisa Marie Weeks of the 673d Medical Group and Darrell Royal Weeks.

Oct. 26

A daughter, Allie Elizabeth Duke, was born 20.75 inches long and weighing 8 pounds, 7 ounces at 7:47 p.m. to Erin Nicole Duke and Air Force Staff Sgt. James Andrew Duke of the 673d Medical Operations Squadron.

Oct. 29

A daughter, Kynlee Marie Fortado, was born 20 inches long and weighing 7 pounds, 2 ounces at 2:44 p.m. to Brittany Nicole Fortado and Sgt. Justin Michael Fortado of Headquarters and Headquarters Detachment, U.S. Army Alaska.

Oct. 30

A daughter, Sophia Annabella Garcia, was born 19 inches long and weighing 5 pounds, 10 ounces at 8:37 p.m. to Monica Lizbeth Garcia and Spc. Alejandro Garcia of the 95th Chemical Company.

A son, Marcellus Amir Lawrence, was born 20 inches long and weighing 7 pounds at 2:30 a.m. to Miriel Carlynn Lawrence and Army Staff Sgt. Jack Lawrence III of the 95th Chemical Company.

A son, Logan Lucas Negale, was born 19 inches long and weighing 6 pounds, 4 ounces at 1:22 a.m. to Airman 1st Class Kristyn Nicole MacMurray of the 673d Medical Operations Squadron and Joshua Luke Negale.

Oct. 31

A daughter, Kinzleigh Nicole Brewster, was born 20 inches long and weighing 5 pounds, 14 ounces at 10:02 a.m. to Sheila Marie Brewster and Spc. Justin Tyler Brewster of Headquarters and Headquarters Detachment, 59th Signal Battalion.

Nov. 1

A son, Luke Westin Baird, was born 21 inches long and weighing 7 pounds, 14 ounces at 2:13 a.m. to Katharine Eleanor Baird and Senior Airman Wesley Patterson Baird of the 3rd Aircraft Maintenance Squadron.

Nov. 2

A daughter, Katherine Penelope Garrett, was born 19.5 inches long and weighing 6 pounds, 13 ounces at 10:23 p.m. to Kristen Michelle Garrett and Airman 1st Class Dustin Emory Garrett of the 673d Security Forces Squadron.

Nov. 3

A son, Jack Curtis Johnson, was born 22 inches long and weighing 8 pounds, 6 ounces at 8:18 a.m. to Erin Marie Johnson and Airman 1st Class Matthew Michael Johnson of the 673d Civil Engineer Squadron.

Nov. 6

A daughter, Dakota Jean Johnston, was born 20 inches long and weighing 6 pounds, 14 ounces at 12:53 p.m. to Amanda N. Johnston and Air Force Staff Sgt. Christopher T. Johnston of the 3rd Aircraft Maintenance Squadron.

A daughter, Lila ShinBi Smith, was born 21.5 inches long and weighing 8 pounds, 5 ounces at 11:56 p.m. to Yeun-Ji Smith and Spc. Joshua Adam Smith of the U.S. Army Dental Activity.

A daughter, Alyssa Mia Whitney, was born 21.5 inches long and weighing 8 pounds, 8 ounces at 5:54 p.m. to Miladee Navarro Whitney and Senior Airman Louis Robert Whitney of the 673d Medical Operations Squadron.

Nov. 7

A son, William Tunkin Smith, was born 20.75 inches long and weighing 7 pounds, 9 ounces at 12:49 p.m. to Amanda Kaye

Smith and Senior Airman Charles William Smith of the 673d Surgical Operations Squadron.

Nov. 8

A son, Alexander Michael Jennings, was born 19 inches long and weighing 5 pounds, 9 ounces at 6:09 p.m. to Lauren Michelle Jennings and Senior Airman Samuel Keller Jennings of the 673d Logistics Readiness Squadron.

A daughter, Kaylin Breanne Pagan, was born 20 inches long and weighing 8 pounds, 3 ounces at 11:34 p.m. to Danielle Christine Pagan and Senior Airman Gregory Paul Pagan of the 3rd Aircraft Maintenance Squadron.

Nov. 9

A son, Landon Joshua Stevens, was born 21 inches long and weighing 7 pounds, 10 ounces at 5:35 p.m. to Zorka Singleton and Sgt. Joshua Parkes Stevens of Headquarters and Headquarters Company, 725th Brigade Support Battalion.

Nov. 10

A son, Owen Sean Smith, was born 20.5 inches long and weighing 7 pounds, 2 ounces at 7:28 a.m. to Jenifer Catherine Doyle-Smith and Air Force Staff Sgt. Everett Sidney Smith of the 537th Airlift Squadron.

Nov. 13

A daughter, Brooklynn Gail DePew, was born 21.75 inches long and weighing 8 pounds, 13 ounces at 7:39 a.m. to Air Force Staff Sgt. Sabrena DePew of the 3rd Maintenance Group and Senior Airman Maynard L. DePew of the Air Force Office of Special Investigations.

A daughter, Adalyn Sofia Harvey, was born 20 inches long and weighing 8 pounds, 4 ounces at 10:52 p.m. to Miranda Hakimi Harvey and Senior Airman Tyler

Joseph Harvey of the 381st Intelligence Squadron.

A daughter, Gabriela Marie Ramos, was born 20.5 inches long and weighing 7 pounds, 3 ounces at 8:07 p.m. to Spc. Andrea Marie Ramos of Headquarters and Headquarters Company, 725th Brigade Support Battalion and Spc. Vosuelt Ramos.

Nov. 14

A daughter, MacKenzie Kylara Martinez, was born 20.25 inches long and weighing 7 pounds, 13 ounces at 5:45 p.m. to Audrey Raye Martinez and Senior Airman Michael Paul Martinez of the 732nd Air Mobility Squadron.

A son, Jaxon Avery Mattox, was born 20 inches long and weighing 7 pounds, 9 ounces at 6:37 p.m. to Amanda Leigh Mattox and Spc. Seth Avery Mattox of the 1st Battalion (Airborne), 501st Infantry Regiment.

Nov. 15

A son, Noah Maximus Wagner, was born 19.5 inches long and weighing 6 pounds, 10 ounces at 2:25 p.m. to Wendy April Wagner and Air Force Staff Sgt. Matthew George Wagner of the 3rd Maintenance Squadron.

Nov. 16

A son, Gideon Donn Snodgrass, was born 19.5 inches long and weighing 7 pounds, 7 ounces at 9:51 p.m. to Kittra Lee Snodgrass and Army Staff Sgt. Joshua Donn Snodgrass of the 3rd Battalion (Airborne), 509th Infantry Regiment.

Nov. 17

A son, Christian Wayne Reynolds, was born 19 inches long and weighing 7 pounds to Pfc. Tonya Ashanti Reynolds of Headquarters and Headquarters Company, 425th Brigade Special Troops Battalion, and Sgt. Preston Wayne Reynolds of the 207th Combat Support Company.

Be prepared for zombies, snow, winter weather this year

Commentary by Air Force Staff Sgt. Cynthia Spalding
JBER Public Affairs

A widespread, craze-infused zombie outbreak is heading in your direction. Men, women and children are running amok everywhere. It's cold, there's snow and all you have is your broken-down vehicle and what's inside it. What do you do? What do you have to do it with?

Being prepared for disasters is important, but living in Alaska is not like living anywhere else. There are a lot of things to look out for and being prepared is every service member's responsibility.

Although we haven't had much snow yet this year, it's probably coming.

Along with snow comes a multitude of other disasters you could run into this winter. Taking a road trip, snowshoeing, ice-fishing, snowmobiling or driving are just a few situ-

ations that could go wrong rather quickly.

Whether being attacked by zombies on the road or in your home, having an emergency kit readily available is a good start to being prepared. Imagine, you are walking outside in the cold Alaska winter because your trusty rusty broke down. Cell phone service doesn't exist in the middle of nowhere. It's going to be dark for a while and you have a long way to travel before you see any sign of humanity. The ground is covered in snow and ice. Now – what do you wish you had in your car?

Some tips on what you might find necessary to survive this unforeseen trip are listed below. Keep in mind that you might need to carry some of this, so finding the most compact forms are ideal.

1. Water. Even though you may be cold, you can still become dehydrated. Plus it can give you fuel to run from zombies (or in our case, animals such as wolves). Water can

also be the source used to heat up your food.

2. Food. You want to have non-perishable items; some that you won't mind eating cold if need be.

3. Medications. Are there any medications that you need, any pain medicine for accidents, zombie bites or scratches?

4. Tools and supplies. Knives, duct tape, GPS, radios, flashlights with extra batteries and anything that can generate heat such as candles. Shovels are a nice thing to have too. From digging a wind shelter or your car out of snow, to swatting away bad company.

5. Blankets. It's cold. The more layers you have could be the difference in staying warm or becoming zombie-like statues.

6. First aid. You will need this for frost bite, or worse, a zombie attack.

7. Firearms. If you can get a license to carry a firearm, having one on a trip could save your life. Sound travels and could be a sign you can give off to signal your SOS.

From killing off zombies to surviving the wild, a firearm and extra ammo can come in handy. In some situations you can use firearms for signaling. Three shots fired at distinct intervals usually indicate a distress signal. Make sure to follow all installation guidelines when bringing firearms onto the installation.

This list is just a simple example of what one traveling around Alaska during the winter should keep in their vehicles. There are many areas in Alaska that receive a very large amount of snow and just digging out of a home is sometimes a disaster.

When driving or traveling through Alaska, remain vigilant of your surroundings. Not every road is marked with poles to let you know where the side of the road ends and zombies begin.

You can find out more information on how to be better prepared for disasters on www.cdc.gov.

