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ARCTIC WARRIOR

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Joint Base Elmendorf-Richardson

January 6, 2012

Weapons crews compete for load crew of the year

By Air Force Staff Sgt. Cynthia Spalding
 JBER Public Affairs

With another year gone, three more weapons load crews competed in the 3rd Wing Load Crew of the Year competition Dec. 14.

Each participating crew trained continuously throughout the year, first earning best load crew in their squadron, then winning the quarterly award competition. The three load crews are made of three-Airman teams.

The crews were, listed in performance order: from the 525th Aircraft Maintenance Unit, Air Force Staff Sgt. Roger Roscoe, Senior Airman Damian Herbert and Airman 1st Class Craig Edwick. The 90th Aircraft Maintenance Unit had two teams compete, Tech. Sgt. Kimmie Samuel, Senior Airman Wesley Beversdorf and Senior Airman Caleb Hill. Also from the 90th AMU, was the team that won the load crew of the quarter hosted Dec. 9, Air Force Staff Sgt. Jamie Dugan, Senior Airman Colleen McMillian and Airman 1st Class Joshua Schmidt.

"I was very honored to participate in the Weapons Load Crew of the Year competition," Herbert said. "The candidates this year were excellent crews to load up against. No matter what the outcome is, it was fun and exciting. It will be nerve racking to wait and find out who wins in the middle of next year."

"Within the weapons community Air Force wide, we are a tight (career field), and the key morale events are the load crew competitions," said Chief Master Sgt. Eric McGowan, 3rd Wing weapons manager.

Roscoe said the event was a culmination of a year's training and labor. "Load comp is what we work for

See Crews, Page A-3

The Spartan Brigade assumes authority of Paktya and Khowst provinces

'Shoulder to shoulder'



Army Col. Morris Goins, 4th Brigade Combat Team (Airborne), 25th Infantry Division, Task Force Spartan commander and Command Sgt. Maj. Terry Gardner, command sergeant major of Task Force Spartan, uncasing the unit's colors Dec. 31 as the brigade assumes responsibility from Task Force Duke. (U.S. Army photo/Staff Sgt. Jason Epperson)

Goins pledges partnership with Afghan forces

By Army Staff Sgt. Jason Epperson
 4-25th ABCT Public Affairs

KHOWST PROVINCE, Afghanistan – The 4th Brigade Combat Team (Airborne), 25th Infantry Division, based out of Joint Base Elmendorf-Richardson, officially assumed responsibility and operations of

Forward Operating Base Salerno, and the Khowst and Paktya Provinces from the 3rd Brigade Combat Team, 1st Infantry Division, Task Force Duke, stationed at Fort Knox, Ky., in a transfer of authority ceremony Dec. 31.

The ceremony was attended by several high-ranking U.S. officials and Afghan dignitaries.

The ceremony was marked by the traditional casing and uncasing of the 'colors' by Soldiers from the Spartan and Duke Brigades.

The TOA marks the official start of Spartan's mission in Afghanistan. It is also

the start of the brigade's second deployment in support of Operation Enduring Freedom.

During the ceremony, Army Maj. Gen. Daniel Allyn, Regional Command East and Combined Joint Task Force-1 commanding general, showed appreciation for the effort and commitment Task Force Duke Brigade showed during its tour in Afghanistan.

"For the past year, the combined team of Afghan (National) Security Forces from 1st Brigade, 203rd Corps and national and border police supported by Task Force Duke, served as a cornerstone along this historic

See Spartans, Page A-3

Air Force officials announce additional force management measures

Air Force News Service release

WASHINGTON — In ongoing efforts to continue to size and shape the force to current and future requirements, Air Force officials announced additional force management programs.

The Air Force ended fiscal year 2011 about 1,200 Airmen over end strength.

For enlisted Airmen, voluntary programs from last year will continue. These include waivers for active duty service commitments, time-in-grade and enlistment contracts. Involuntary programs from last year will also continue including: date-of-separation rollbacks and initial skills training separations.

There will be two new enlisted force management programs effective in fiscal year 2013; effective Sept. 30, 2013 – adjusted high year tenure limits and career job reservation constraints.

HYT limits will be adjusted for senior airman, staff sergeant and technical sergeant. Specifically, senior airman will be reduced from 10 to eight years, staff sergeant will be reduced from 20 to 15 years, and technical sergeant will be reduced from 22 to 20 years. Staff sergeants with 16 years or more total active federal military service as of Sept. 30, 2013, will be grandfathered and their HYT will remain at 20 years.

Approximately 1,700 Airmen will be affected by the changes to



Basic trainee Airmen march to their graduation ceremony at Lackland Air Force Base, Texas. The Air Force recently announced continuing plans to shape the service for the future. (U.S. Air Force photo/Staff Sgt. Desiree Palacios)

HYT. Airmen will have two additional opportunities to test for promotion before the new HYT takes effect. This implementation timeline provides impacted Airmen 20 months to plan for separation or retirement from active duty should they not be selected for promotion.

CJR constraints will limit the number of first term Airmen who

can reenlist based on Air Force Specialty Code career job requirements. The CJR program objective is to prevent surpluses and shortages in the career force. AFPC controls first term reenlistments by maintaining a career job requirement file for each AFSC.

Airmen in overmanned career fields eligible for a CJR will be de-

termined by a quality "rank order" process in those constrained AFSCs. The Air Force will announce the expected 15 to 20 AFSCs to be constrained at a later date.

For officers, voluntary and involuntary programs will continue. Voluntary measures will be offered to officers in certain year groups and overage career fields

to allow time-in-grade and ADSC waivers. Likewise, the expanded Palace Chase and the 10 to eight Commission Waiver programs will continue to be offered.

There will be one projected involuntary officer board, a Force Shaping Board, for probationary officers; those officers with less than six years of total active federal commissioned service. The board will consider eligible officers in specified AFSCs and in certain year groups. Details of this board will be announced at a later date.

There are currently no plans for Voluntary Separation Pay, a Reduction in Force board or Selective Early Retirement Boards for fiscal year 2013. Additionally, some selective continuation limitations, impacting twice deferred captains and majors, will remain necessary although potentially less strident than in fiscal year 2012.

As a minimum, the Air Force will consider for selective continuation all officers within five years of retirement or those in critical skills.

Air Force leaders are committed to sustaining excellence and meeting fiscal requirements. Today's Airmen should expect continued force management measures until the desired end strength is met. For information about this, and other personnel issues, visit the Air Force Personnel Services website at <https://gum-crm.csd.disa.mil>.

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Community
 Check out the community section for the latest sports, family and recreation news for Joint Base Elmendorf-Richardson and the Anchorage Bowl Area

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Command Emphasis



Earning Community College of the Air Force degree pays dividends

Commentary by Chief Master Sgt. Steven Bohannon
3rd Wing command chief

From the moment we are born until the day we pass away, we are constantly learning. Starting slow, first our "A-B-Cs" and "1-2-3s," then chemistry, algebra, and parenting; our lives are consistently marked by things we learn to do.

However, the greatest thing about learning is the simple fact that doing so is a benefit; we all profit from experience.

Each one of us as Airmen were required to attend some kind of formal training to learn our careers, furthering our knowledge of subject matter and giving us great hands-on experience.

An associate degree from the Community College of the Air Force is no different, and only serves to better your life and benefit our Air Force.

This past November marked the 40th Anniversary of the Community College of the Air Force.

CCAF was founded on the idea the extensive amount of training that an Airman completes during their career should be credited towards a degree.

CCAF serves to enhance multiple aspects of Air Force life including mission readiness, recruiting, retention, and supports the career transition of Air Force enlisted members.

Now let's face it, that all sounds well and good on paper, but what does it really mean to you?

Why should you care about earning a



Courtesy graphic

CCAF degree?

The answer is simple: it's good for you and the Air Force.

In the current fiscal climate and with our nation deep in debt, money is tight and as such our government is looking for ways to reduce the burden.

Economics in Washington works the same as economics at home – when you spend more than you earn, you must cut your expenses.

If you've been in the Air Force for more than a couple years, you've probably seen this in practice.

Force shaping is a harsh reality, one that isn't likely to stop any time soon, and could impact any one of us at some point during our careers.

Finishing your CCAF degree is a lot like buying insurance against this very

real possibility.

A CCAF degree is a good way to ensure a better quality of life for you and your family after your service is over.

Employers in the civilian sector are looking for disciplined (check), competent (check), professional (check) individuals, preferably with a degree.

These are qualities that a great majority of us possess, however, what about the degree? What's great about a CCAF is the fact most of us are already almost done.

Our Air Force technical training counts for a majority of the required credits, leaving just a hand full of courses to complete. Not only will you have the years of technical experience under your belt, but with just a few more credit hours you'll have an associate degree from a regionally accredited school.

This makes you much more appealing to employers, more competitive for jobs, and makes you a much more valuable candidate for any company. However, CCAF degrees aren't just valuable in the civilian sector; they are equally as important during your service in the Air Force.

For those with dreams of making the top two enlisted ranks, a CCAF degree is absolutely imperative. During the past few years, education has taken a front seat during promotion boards and is an important aspect to a candidate's package.

The Air Force, like many employers in the civilian sector, is looking for intelligent, educated leaders; individuals who have proven they have the necessary skills required in top positions.

Earning a college degree improves your critical thinking and problem-solving skills. It shows leadership your ability and commitment to thrive in a complex and challenging learning environment.

Granted, it's not the end all-be all to operating within the top two enlisted ranks, however, it is a critical piece to the puzzle. Additionally, to obtain a senior rater endorsement, gain acceptance to some special duty assignments, and vie for unit leadership positions, you'll need a CCAF degree.

Let's face it, going back to school isn't always easy. With the current operation tempo, driving the kids to soccer practice, finding time to do PT, and getting a little R and R for ourselves, life sometimes seems just too busy to accomplish a CCAF degree, but don't sell yourself short!

I challenge each and every one who has not yet earned their CCAF degree to give it a shot, sign-up for a class, take a CLEP test, and put your best foot forward. It's not just about checking a box on an Air Force form, it's about your future.

When it comes to reasons why we can't find the time to "get it done," I'd like to pass on to you something a squadron commander once told me, "As you move up the ranks, you'll find that you'll never have as much spare time as you do right now."

What are you waiting for?

I believe that Theodore Roosevelt said it best when he stated, "Far and away the best prize that life has to offer is the chance to work hard at work worth doing." Opportunity is knocking – will you answer?

Defense Bill affects pay, separation bonuses, more

By Karen Parrish
American Forces Press Service

WASHINGTON — President Barack Obama today signed the 2012 National Defense Authorization Act, which increases active-duty and reserve pay by 1.6 percent and governs Defense Department activities, from procurement to military personnel policy.

Several provisions in this year's act will potentially affect active-duty and retired service members and their families.

Section 347 requires DoD to finance an independent assessment of overseas troop basing, advising retention, closure, realignment or establishment of U.S. military facilities outside the United States "in light of potential fiscal constraints on (DoD) and emerging national security requirements in coming years."

Section 402 reduces authorized Army minimum end strength from

562,000 to 547,000. The other services' authorized minimum strengths are unchanged, with 325,700 for the Navy, 202,100 for the Marine Corps and 332,800 for the Air Force.

Section 512 of the act creates a new member of the Joint Chiefs of Staff, which currently includes the Army and Air Force chiefs of staff, the chief of naval operations and the Marine Corps commandant. The new member will be the chief of the National Guard Bureau, who will have responsibility for "addressing matters involving non-federalized National Guard forces in support of homeland defense and civil support missions."

Section 526 extends voluntary separation pay and benefits authority, formerly set to expire Dec. 31, to the end of 2018.

Section 530 converts the high-deployment allowance from mandatory to authorized. The allowance currently pays \$100 a day, in addition to all other pay and allowances, to a deployed service member who has been deployed 401 days or more out of the preceding 730 days.

Section 701 limits annual Tri-care enrollment fee increases for retirees and their family members to an amount equal to the percent-



The Virginia-class submarine USS North Carolina is moored at Fleet Activities Yokosuka, Dec. 11, 2011. The 2012 National Defense Authorization Act, Section 347, calls for a Department of Defense review of overseas troop basing. (U.S. Navy photo/Petty Officer 1st Class David Mercil)

age by which retired pay increases that year.

Section 702 sets mental health assessment requirements for service members deployed for contingency operations. The act calls for a series of assessments: one within 120 days before deployment; another during the period between 90 days after a deployment begins and 180 days after it ends; a third within a year after the deployment ends; and a fourth between 18 months

and 30 months of redeployment.

The act states assessments are intended to "identify post-traumatic stress disorder, suicidal tendencies, and other behavioral health conditions ... in order to determine which such members are in need of additional care and treatment for such health conditions."

Assessments are not required for service members "not subjected or exposed to operational risk factors during deployment in the

contingency operation concerned," the act states.

Section 954 affirms that DOD "has the capability, and upon direction by the president may conduct offensive operations in cyberspace to defend our nation, allies and interests," subject to the law of armed conflict and the War Powers Resolution.

Signing the bill into law today, President Barack Obama acknowledging "serious reservations" about parts of the act, particularly provisions that regulate the detention, interrogation and prosecution of suspected terrorists.

"I have signed the act chiefly because it authorizes funding for the defense of the United States and its interests abroad, crucial services for service members and their families and vital national security programs that must be renewed," Obama said in a statement released today.

The act also contains critical initiatives to control spiraling health-care costs within the Defense Department, develop counterterrorism initiatives abroad, build the security capacity of key partners, modernize the force and boost the efficiency and effectiveness of military operations worldwide, he noted.

National Guard's senior officer elevated to Joint Chiefs of Staff

By Air Force Master Sgt. Thomas Kielbasa
National Guard Bureau

Chief of the National Guard Bureau Air Force Gen. Craig McKinley will officially join the Joint Chiefs of Staff.

President Barack Obama signed a bill into law Dec. 31, which expands the membership of the senior military advisory body to include the chief of the National Guard Bureau.

Under the new law, McKinley, 59, will serve as a full member of the Joint Chiefs of Staff, which traditionally has included a chairman and vice-chairman and heads of the Army, Navy, Air Force and Marine Corps.

"The real import of this legislation is to institutionalize the position of the chief of the National Guard Bureau," McKinley said during a Dec. 19 interview.

He noted variables such as personalities won't deter future National Guard Bureau chiefs from having the "opportunity to give voice to the 460,000 members" of the National Guard.

"It will mean at the highest levels I can represent the adjutants general better than I am doing to-



Secretary of Defense Leon Panetta talks with Air Force Gen. Craig McKinley, the chief of the National Guard Bureau Nov. 8, 2011. McKinley is now a member of the Joint Chiefs of Staff. (U.S. Army photo/Staff Sgt. Jim Greenhill)

day," he said. "Future chiefs will have the opportunity to brief not only the chairman (of the Joint Chiefs of Staff), but the secretary of defense and the president on matters of domestic importance, especially during natural disasters like hurricanes."

According to adjutant general of Florida, Air Force Maj. Gen. Emmett R. Titshaw Jr., the move will improve coordination between

the governors, adjutants general and federal authorities during domestic emergencies.

"The unique status of our National Guard necessitates our chief has a seat with the traditional military services on our nation's highest military advisory council," Titshaw said.

Both chambers of Congress approved the 2012 Defense Authorization Bill in early December,

which included major provisions of the National Guard Empowerment and State-National Defense Integration Act, an act which called for the elevation of the chief of the National Guard Bureau to the Joint Chiefs of Staff.

In addition, the final defense bill also includes other key provisions of the Empowerment Act, including re-establishing the position of the vice chief of the National Guard Bureau at the three-star level; increasing the number of National Guard general officers considered for senior positions at U.S. Northern Command; helping to clarify the disaster response command relationship among the Guard and the U.S. military commands; authorizing the National Guard State Partnership Program and requiring reports by the Department of Defense and the Government Accountability Office on the cost of National Guard and Reserve units compared to similar active component units.

"This truly is a significant and historic day for the Guard and for all the Guard does for our nation," Sen. Patrick Leahy of Vermont, who helped author the Act, said in a Dec. 15 press release. "Many people have asked why this change

is so important to make, and why now.

"Our Guard has been bravely serving in near-constant rotation with active duty forces overseas for the last decade. At the same time, Guard troops have been the military first responders here at home. Yet the Pentagon has not fully caught up with the institutional changes that must accompany those operational changes."

As chief, McKinley is the senior uniformed National Guard officer responsible for formulating, developing and coordinating all policies, programs and plans affecting more than half a million Army and Air National Guard personnel.

Appointed by the president, he serves as principal adviser to the secretary of defense through the chairman of the Joint Chiefs of Staff on National Guard matters.

He is also the principal adviser to the secretary and chief of Staff of the Army, and the secretary and chief of staff of the Air Force on all National Guard issues.

As National Guard Bureau chief, he serves as the department's official channel of communication with the governors and adjutants general.

ARCTIC WARRIOR

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Historic airfield has dynamic future

By Air Force Maj. Guy Hayes
Alaska National Guard public affairs officer

There are similar places all across Alaska like Bryant Army Airfield on Joint Base Elmendorf-Richardson. Listen closely and you can almost hear the men and women who've worked in the hangars, shops and on the flight line.

Their stories paint a picture of a raw Alaska, and listening to their experiences is like sitting down with a blanket in front of a nice fire. Warm and vivid with the crackle of an old voice sharing experiences of a simple, yet more challenging time.

In the 1950s, Alaska was an untouched and developing territory with aviation at the forefront of transportation.

Fort Richardson was established in 1939 and, following the National Security Act of 1947, the installation split into two military bases in 1950, with the Army handing over Elmendorf Field to the newly created Air Force.

With no airfield of its own, the U.S. Army on Fort Richardson established Bryant Army Airfield in 1958 to provide logistical support to remote areas across Alaska. Consisting of only one hangar, a landing strip and a few small support facilities, its primary mission was to deliver supplies.

"I came to Alaska in 1963 and went to work for the forestry department," said retired Army Col. John Spalding. "I transferred from the Oklahoma National Guard and was flying with the Army because the Alaska Guard didn't have any aircraft stationed here."

Spalding, the Alaska Army National Guard's first state aviation officer, flew the UH-21 Shawnee, UH-1A Huey, L-19 Bird Dog, OH-13 Sioux and the U-1A single engine Otter, which the Guard received in 1968, according to Spalding.

"We had three to five Otters at that time," Spalding said. "There was little security and people could come and go on the flight line.

We only had seven or eight pilots, and most of our missions were for training."

Looking across the flight line, Spalding fondly points out how many things have changed and the improvements Bryant has received throughout the years.

"The airfield has changed quite a bit," Spalding recalled. "Part of the runway was paved and part of it wasn't. Also, in those days the airfield had the operations building, black hangar, Butler building, the tower and that was it."

The Air Traffic Control Tower, known as building 48000, was built in 1961 and manned by U.S. Army personnel. The tower



Retired Army Col. John Spalding, left, and Chief Warrant Officer Dave Benesch, Alaska Army National Guard, share a laugh while Spalding sits in an Alaska Army National Guard UH-60 Black Hawk helicopter at Bryant Army Airfield last month. (U.S. Army photo/2nd Lt. Bernie Kale)

operators controlled the airspace over a very busy flight corridor that included the 120th Aviation Company's UH-1 Huey helicopters.

On March 28, 1964, North America's most powerful earthquake struck South Central region of Alaska. Following the massive 9.2 earthquake, Alaska National Guardsmen assisted with rescue efforts, while U.S. Army pilots flew helicopters out of Bryant to capture aerial photography and survey the damage.

"This is a very stable geological area," said retired Chief Warrant Officer Jim Noe, Bryant Army Airfield airport manager with 42 years of military service. "The tower communications on Elmendorf and the international airport failed in the '64 earthquake. It didn't stop operations on their airfields too much, but it caused problems, and Bryant didn't have any problems."

In 1984, Bryant Army Airfield officially became Bryant Army Heliport. The field, which was also used as a base for flying

clubs, was used mainly for rotary wing operations and didn't require fixed wing aircraft standards for an airfield.

"There are criteria that have to be met on a scheduled basis to keep the airfield up as an airfield," Noe said. "It automatically became a heliport because there are requirements for runway testing and cracked sealing, they just didn't do it, and it became an ineffective airfield."

The U.S. Army's 120th Aviation Company pulled out of Bryant in 1996, eventually leasing the property to the Army National Guard in 1998. With no personnel or funds to keep the tower manned, the air traffic control tower was vacated, but Bryant continued to house the Alaska Army National Guard's C-23 Sherpas and UH-60 Black Hawks.

With the departure of the U.S. Army and funds to man the tower, safety became a concern for many Alaska National Guard aviators, including Chief Warrant Officer Dave Benesch, who transferred into the

Alaska Army National Guard in 1972 following a tour in Vietnam.

"When the 120th left, they took all their tower personnel," Benesch said. "Bryant moved from a Class D, which is controlled airspace, into a Class G, which means anybody can fly through it anytime and do whatever they want to do."

Benesch, who flew the UH-1 Huey 40 years ago in Vietnam, flies the more modern UH-60 Black Hawk today and is optimistic because of the current plans and renovations for the tower, flight line and buildings occurring on Bryant.

"It's a whole different place now and a lot bigger than it was," Benesch commented while sharing a laugh with Spalding. "We have two full-size hangars and this one here, which is almost full size. And what they have coming out in the future, well, I think this is going to be a great place and good headquarters for National Guard aviation."

Spartans

From Page A-1

and strategic stretch of Afghanistan's eastern border," Allyn said. "Task Force Duke exemplified total commitment to partnership, with both security force and local governance teams."

"Today, we welcome the men and women of Task Force Spartan," Allyn said. "The 4th Brigade Combat Team (Airborne), 25th Infantry Division hailing from Fort Richardson, Alaska."

Allyn acknowledged the Spartans' advantage being from an arctic region.

"One thing is certain," Allyn said. "The winter weather here won't intimidate these hardened troopers. The weather today feels like Miami, Florida to the Spartans. In fact, the weather in Anchorage, Alaska, is two degrees above zero."

The outgoing 3rd BCT, 1st Inf. Div. Commander, Army Col. Chris Toner, a native of Topeka, Kan., bid farewell to Afghanistan.

"Task Force Duke leaves Khowst and Paktya (provinces) with our heads held high, having given our very best," Toner said. "Thank you my Afghan brothers for giving us the distinct opportunity to serve alongside you in such a worthy cause."

"Lastly but foremost in our minds is a heartfelt thanks to the families and loved ones who (bore) the true burden of this de-

ployment," Toner said. "Day-in and day-out they have kept the home fires burning, they have taken care of each other, they have wrapped their arms around the families of our fallen and wounded, and they have stood their own watch as the greatest patriots, supporting us, while we're deployed."

Army Col. Morris Goins, Task Force Spartan commander, thanked the Duke Brigade for "rolling out the red carpet."

"You've shared the good, the bad and the ugly with us since our first (predeployment site survey) trip here in April of this year," Goins said. "The sharing of information and the professionalism you showed allowed this [relief in place] mission to be the easiest."

Goins assured his Afghan counterparts the Spartan Brigade is willing to do what it takes to succeed in the mission and is able and willing partners.

"We did not deploy to your country to sit idly by. We came here to do what the Spartans did at the Battle of Thermopylae," Goins said. "We will make a difference. We as Spartans ... will conduct this campaign with you Shana-Ba-Shana or shoulder-to-shoulder in your country."

Goins quoted an Irish prayer for the Duke Brigade as they head home.

"May the road rise up to meet you," Goins said. "May the wind be always at your back. May the sun shine warm upon your face; the rains fall soft upon your fields and until we meet again my friend, may God hold you in the palm of his hand."



ABOVE: Sgt. Maj. Connie Rounds, a Soldier with the 4th Brigade Combat Team (Airborne), 25th Infantry Division, Task Force Spartan, confirms his sight adjustment after firing his weapon at Bagram Dec. 17. Rounds and the rest of Task Force Spartan assumed responsibility last week as part of Regional Command-East. (U.S. Army photo/Staff Sgt. Jason Epperson)
RIGHT: 725th Brigade Support Battalion (Airborne), Task Force Centurion, officially assumes responsibilities Dec. 30 from 201st Brigade Support Battalion, Task Force Centurion, 3rd Brigade Combat Team, 1st Infantry Division, Task Force Duke. (U.S. Army photo/Spc. Eric-James Estrada)



ABOVE: Senior Airman Alex Pritchard, left, inspects Staff Sgt. Roger Roscoe as he prepares a joint direct attack munition during the weapons load crew of the year competition Dec. 14. Three teams competed for the annual award after winning a quarterly competition. Pritchard is a weapons load evaluator with the 3rd Maintenance Operations Squadron and Roscoe is an aircraft armament systems specialist with the 525th Aircraft Maintenance Unit.
LEFT: Tech. Sgt. Kimmie Samuel, right, and Senior Airman Wesley Beversdorf keep their eyes locked on a joint direct attack munition after loading it during the weapons load crew of the year competition Dec. 14. Three teams competed for the annual award after winning a quarterly competition. Samuel and Beversdorf are both aircraft armament systems specialist with the 90th Aircraft Maintenance Unit. (U.S. Air Force photos/Staff Sgt. Cynthia Spalding)

Crews

From Page A-1

all year; it is the sum of all of our hard work," he said.

The selection starts within the AMU's, with flight chiefs evaluating load crews duty performance, dress and appearance, and weapons standardization stats. Then each AMU will select their best crew to compete in the load crew of the quarter, which progresses throughout the year for load crew of the year. The load crews competing get support from their supervisors, officers in charge and commander's making the overall competition a team effort.

"That's one side of it. The logistics of putting the whole thing together comes from the men and women of the Weapons Standardization, without these professionals our competitions wouldn't be a success," McGowan said. "As the wing weapons manager, I'm proud of all our 3rd Wing 'load toads'."

This year's annual winner will be announced at the maintenance award banquet hosted in May.

Briefs and Announcements

DBIDS registration

All DoD ID card holders are required to enroll into the Defense Biometrics Identification System on Joint Base Elmendorf-Richardson to include Active Duty, Reserve, Army National Guard family members and retirees.

All personnel were required to be registered as of Sunday. Register at the People Center, Building 8517, Room 100 from 7:30 a.m. to 4 p.m. or at the main entrance of the JBER hospital. People can also register at the Visitor Control Center which is open 24 hours a day, seven days a week.

Personnel not registered by January 2012 will incur delays at the gate and be forced to the already busy Visitor Control Center to gain access to JBER.

Dining facility change

The Kenai Dining Facility's last full day of operation is Sunday, when it will serve all meals.

The remodeled Iditarod Dining Facility will open for all meals on Monday.

Dining facility change

The Wilderness Inn, in Building 647 assumed all JBER-Richardson dining facility operations Oct. 31.

The Gold Rush Dining Facility in Building 655 closed and is scheduled to reopen 90 days after the return of 4th Brigade Combat Team (Airborne), 25th Infantry Division.

Hours for the Wilderness Inn are:

Monday thru Friday
- Breakfast: 7-9 a.m.
- Lunch: 11 a.m. to 1 p.m.
- Dinner 5-6:30 p.m.
Saturday and Sunday
- Breakfast: 8-10 a.m.
- Lunch: noon to 1:30 p.m.
- Dinner 4-5:30 p.m.

Air Force ID card changes

Due to long wait times for walk-in customers, effective Monday, all military members or Department of Defense civilians will be required to schedule an appointment via the Military Personnel Section Customer Service Appointment website at <https://673fssmpscustomerser.clickbook.net>.

The MPS will only see military members on a walk-in basis if their card is lost, needs to be unlocked, certificates need updating, or it ceases to function.

It is also highly encouraged for appointments to be made for civilian employee, dependent, Reserve, National Guard and retiree ID cards.

Furnishings management

The Furnishings Management Office offers 90-day loaner furniture for Airmen arriving at or leaving JBER-Elmendorf.

The FMO also has appliances for Airmen residing off base, for longterm use.

Delivery and pick-up is provided for 90-day loaner furniture and appliances. The FMO also has longterm furniture for ranks E-1 through E-5.

These items are available on a first-come, first-served basis. The service member is responsible for transporting these furnishings. Airmen should take a copy of PCS orders to the Government Housing Office at 6346 Arctic Warrior Drive to schedule delivery. Call 552-2740 for any questions regarding the

FMO program. Hours of operation are Monday through Friday, 8 a.m. to 4:30 p.m. Soldiers can call 384-0092 for the JBER-Richardson FMO.

MiCare registration

MiCare, the online personal health record and secure messaging application, has been available to patients and medical group staff at Joint Base Elmendorf-Richardson since December.

More than 2,400 patients have already signed up to take advantage of the ability to communicate with their primary care clinicians online. Registered patients also have access to electronic records, allowing them to view and maintain their health records.

The 673d Medical Group is the first Air Force site to test this system.

Once registered, patients have the ability to participate in the study by completing a short series of surveys during the course of the next year. This provides an opportunity for all active-duty, retired and dependent patients to have an impact on shaping the future of Air Force health services.

To register, visit the Military Treatment Facility, where enrollment specialists are available in each primary care clinic.

All beneficiaries who are enrolled in the family health, pediatrics, flight medicine and internal medicine clinics are eligible to participate. Patients need to show a military identification card and provide information, including name, social security number, birthday and email address.

The enrollment specialist will enter the information and patients will receive an email which contains a link and instructions for completing the registration process.

The project team is monitoring results in order to develop future

implementation plans.

The Air Force is also interested in understanding how this new technology impacts the quality of health care provided to patients, as well as the overall well being of the patient population.

A research team is conducting a study in conjunction with this pilot program.

Rental Partnership

The Rental Partnership Program 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 it may apply.

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.

See RPP officials at the Capital Asset Management Office, Building 6346, Arctic Warrior Dr., or call at 552-4328 or 552-4374 for further information and assistance regarding this program.

U-Fix-It Store reopened

The U-Fix-it Store, previously known as the Self Help Store on JBER-Richardson, reopened in Building 706 to all Aurora Military Housing tenants.

Assorted items for maintaining your home may be issued from the U-Fix-It Store.

The items available are subject to change and limits and some may have a cost.

There are also American flag kits, and fire extinguishers available. U-Fix-It work includes all home maintenance activities.

Its purpose is to allow the occupant to make minor improvements and repairs to their home and cut down on the amount of service orders at maintenance.

This allows tenants to do work in their homes themselves, thus improving the appearance of the interior as well as the exterior of the home.

There are two stores located on base. The JBER-Elmendorf location is 6350 Arctic Warrior Drive and it is open 8:30 a.m. to 5:30 p.m., Monday through Friday and Saturday, 9 a.m. to noon and 1 to 4 p.m. (closed for lunch noon to 1 p.m.).

The JBER-Richardson location is Building 706 1st St., open from 8 a.m. to 5 p.m., Monday to Friday; Saturday usage will require using the JBER-Elmendorf location.

For U-Fix-It information call 743-9070. A window blind cleaning machine is currently located at the JBER-Elmendorf location.

There will also be window blind cleaner installed at the JBER-Richardson within one or two months.

A "reservation required to use" policy is in place with the priority going to military members PCS-ing. For more information, call 552-4439.

Quartermaster Laundry

The Quartermaster Laundry, located at 726 Quartermaster Road, cleans TA-50 gear for free and is open Monday to Friday 7:30 a.m. to 4:30 p.m.





CENTURIONS DELIVER

Spartan riggers support the fight

Joshua Stevens, a parachute rigger with Headquarters and Headquarters Company, 725th Brigade Support Battalion (Airborne), Task Force Centurion, prepares to hook up a sling load to a Russian Mi-8 helicopter at Forward Operating Base Salerno, Tuesday. (U.S. Army photo/Chief Warrant Officer 2 Michael Morris)

By Army Capt. Chase Spears
4-25th ABCT public affairs officer

KHOWST PROVINCE, Afghanistan – A group of Alaska-based parachute riggers are now rigging everything from fuel to food for delivery to Soldiers on the front lines in Afghanistan.

The riggers are part of the 725th Brigade Support Battalion, Task Force Centurion, which recently deployed to eastern Afghanistan. The battalion is led by Army Lt. Col. Brad Hinson from Jackson, Tenn., and Command Sgt. Maj. Brian Morrison, a native of Crawfordsville, Ind.

Task Force Centurion took charge of the support and sustainment mission for the 4th Brigade Combat Team (Airborne), 25th

Infantry Division, Task Force Spartan, in late December. Centurion provides daily support to Soldiers in remote forward operating bases and combat outposts.

The sight of the large foreign-manufactured helicopters flying with large cargo bundles suspended beneath them in mid-air would be out of the ordinary over Eagle River. But it's a requirement to get supplies where they're needed most in a combat zone.

"This section has already coordinated for the transportation of more than 3,000 Soldiers and just under 1 million pounds of cargo by contracted aviation in less than one month," said Army Capt. Adam Jones, transportation officer for TF Centurion. "Without this air coordination, the maneuver forces would not be able to sustain operations at

certain bases."

The paratroopers of Task Force Centurion departed Joint Base Elmendorf-Richardson in December to begin a 10-month deployment to eastern Afghanistan. At home station in Alaska, the riggers support the brigade's airborne mission by re-rigging the thousands of parachutes the brigade uses every week for airborne proficiency training. They also keep their skills fresh by rigging entire Humvees and howitzer artillery platforms for what's known as aerial delivery.

While Task Force Spartan's paratroopers aren't jumping in Afghanistan, Centurion's paratroopers still provide the kind of support that the brigade needs to carry out its mission. Much of that involves the delivery of fuel and other supplies using a mix of

military and civilian contracted helicopters, in addition to ground convoys.

Sustaining the force is a team mission; however, some personalities stand out. The BSB's Support Operations Air Transportation section is at the spearhead of the battalion's logistical support mission. This section is led by Army Staff Sgt. Michael Wambsgans. His duties include planning and coordinating with military and civilian contract agencies to bundle, sling load and fly needed supplies anywhere needed in the brigade's battle space in east Afghanistan.

Despite the rough terrain of east Afghanistan, air delivery isn't the only option.

"Last week the 725th pushed out our

See **Centurions**, Page A-8

Centurions

From Page A-7

first convoy over the (Khowst-Gardez) pass from Salerno to Gardez,” said Army Capt. Eddie Gorbett, the battalion operations officer.

The roads of Afghanistan are rough and lack the conveniences of the U.S. interstate system. There were problems to overcome like vehicle breakdowns and flat tires.

“During their convoy, they moved over hard ball, dirt and even river beds to get from one destination to the other. These Soldiers quickly responded to all challenges and ensured all Soldiers made it back safe and tactically,” Gorbett said.

While transitioning with the outgoing 201st Brigade Support Battalion from Fort Knox, Ky., the 725th BSB diligently worked to learn the battle rhythm the 201st BSB used to ensure the smooth flow of operations over the last year.

Spartan Soldiers spent the last several months in Alaska training and learning what worked and what didn’t work for the units they were replacing.

The transition of authority ceremony, held on Forward Operating Base Salerno Dec. 31 was a culminating event to the 3,500 paratroopers, who call Task Force Spartan their unit. They spent the last 18 months training for this mission in Alaska and the warm August climate of Fort Polk, La.

The mission of TF Spartan is to assist in creating the conditions necessary for a full transition of security and governance responsibilities to the Government of Afghanistan. For its part of that mission, The 725th BSB is observing Afghan National Army operations in order to build trust, learn the ANA logistics system, and identify areas to focus on while mentoring and training the ANA, according to Army 1st Lt. Courtney Fuller, personnel officer for the battalion.

A 3,500 paratrooper brigade conducting combat and support missions everyday requires significant resource support. The BSB provides flexible and responsive logistical support to TF Spartan’s maneuver units arrayed across the area of operations, Jones said.

“The BSB sustains the brigade by providing its subordinate units with basic necessities including, food, fuel, ammunition and other types of supplies, Fuller said. “The 725th BSB will travel by land and air in order to sustain the troops throughout the brigade’s area of operation.”

The commander of the 725th BSB, Task Force Centurion, Army Lt. Col. Brad Hinson, summarized the principle that guides all members of his team.

“No mission will fail due to logistics,” he said.



ABOVE TOP: Pfc. Briana Funtukis, a parachute rigger with Headquarters and Headquarters Company, 725th Brigade Support Battalion (Airborne), Task Force Centurion, prepares a sling load to be airlifted at Forward Operating Base Salerno Tuesday. Funtukis, a native of Detroit, is part of Task Force Spartan, which recently took over areas of responsibility in Paktya and Khowst provinces.

ABOVE: San Antonio native Sgt. Joshua Stevens, a parachute rigger with TF Centurion, prepares to hook up a sling load to a Russian Mi-8 Hip helicopter at FOB Salerno Tuesday.

RIGHT: Army Staff Sgt. Michael Wambsgans, support operations non-commissioned officer in charge with TF Centurion stands in front of a Sikorsky S-61 helicopter at Forward Operating Base Salerno Tuesday. (U.S. Army photos/Staff Sgt. Jason Epperson)





Sweet volunteers

ASYMCA, other organizations distribute holiday treats to single service members, Page B-7



Talking politics?

What's OK at work and when it goes too far, Page B-2

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COMMUNITY

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Left-wing Lieutenant

Jacques Lamoureux, in white, left wing for the Alaska Aces, shoots the puck during a practice at the Sullivan Arena Dec. 28. Lamoureux not only plays hockey with the Aces, he's also a second lieutenant assigned to the 673d Contracting Squadron at Joint Base Elmendorf-Richardson. (U.S. Air Force photo/Senior Airman Christopher Gross)

By Senior Airman Christopher Gross
JBER Public Affairs

A series of figure-eight-like drills and countless laps of skating up and down the ice working on stick technique, passing and shooting is not how most Airmen spend part of their morning and lunch break.

For most Airmen in today's Air Force, conquering everyday mission requirements along with juggling family time occupies most of their day.

However, that's not enough for contract-

ing specialist Jacques Lamoureux – aside from being an active duty Airman, he finds time to play professional hockey with the Alaska Aces.

The 190 pound 25-year-old from Grand Forks, N.D., plays left wing for the Anchorage-based team, when he's not fulfilling his second lieutenant duties for the 673d Contracting Squadron at Joint Base Elmendorf-Richardson or spending time with his wife.

According to Lamoureux, hockey was a big part of growing up in North Dakota. With long cold dark winters, neighborhood

children were always looking to start a pickup game at the local outdoor rink or pond.

"Hockey is kind of what we gravitated towards, because that's what everybody did growing up," Lamoureux said.

Like many hockey pros, Lamoureux was skating long before he can remember. He has pictures and has been told stories of how his father would lace up his skates and take him down to the frozen pond behind their house. His father would give him a chair to skate around with to help him keep his balance. At age two, this would be the start of

Lamoureux's drive for hockey.

"That's where I developed a love for the game. Playing on the pond, (the game) is so pure," Lamoureux said.

It was never really a challenge to find some competition either. With six children, all within five years of each other, pickup games were always easy to come by.

Lamoureux grew up with three brothers and two sisters, all of which still play or have some part in hockey, his twin sisters were

See **Hockey**, Page B-4

Soldier sisters meet up for a visit in Afghanistan

By Spc. Eric-James Estrada
4-25th ABCT Public Affairs

KHOWST PROVINCE, Afghanistan — What started as a simple journey for Army 2nd Lt. Tess White turned into a race against time to see her sister, Sgt. Tobey White, before her tour of duty ended in Afghanistan.

Tess' journey began Dec. 9, when she left Joint Base Elmendorf-Richardson and traveled around the world, worried she would miss her sister Tobey, who was near the end of her deployment.

Her worries were unfounded as she arrived at Forward Operating Base Salerno Dec. 21 and reunited with her sister.

The sisters, Columbus, Ohio, natives, have a rich family military history. Both parents are former Marines, and someone from their family has fought in every war since the Civil War.

Now, the two sisters take their own place in their family's history as the first two females to fight in a war. Tobey is the first female in war and Tess is the first commissioned officer. Their mom, Hollie Andrews, was the first female to join the military.

Tess, the officer in charge for the joint visitor bureau, Headquarters and Headquarters Company 4th Brigade Combat Team (Airborne), 25th Infantry Division, Task Force Spartan, said that she and her sister have always been in competition with one another, and joining the military was no different.

Both sisters competed to be the first commissioned officer.

When Tobey, a public affairs specialist for HHC, 3rd Brigade Combat Team, 1st Infantry Division, Task Force Duke, first entered Officer Candidate School, Tess was still in college going through Reserve Officer Training Corps and

was thrilled for her sister, until she realized one important aspect.

"Tobey's going to commission before me and out rank me. That's not fair," Tess said.

Tess also added that her sister has yet to salute her.

"I've saluted you," Tobey said with a lighthearted stare. "Remember after you received your commission?"

Tobey joined the enlisted side after an injury prevented her from completing Officer Candidate School. After her injury, Tobey was faced with the choice of leaving the Army or re-classing. She spoke with her father, who gave her blunt advice.

"We're not quitters. Do want you want to, but we are not quitters," he told her.

Her father's words inspired her to continue with an Army career, re-classing as a public affairs journalist.

"Failing out of OCS was probably the best thing for me because it gave me the opportunity to work in public affairs," Tobey said, "which is what I wanted to do anyways. I was very pleased with the end result."

For Tess, serving her country has always been a life-long dream.

In high school she tried to enlist in the Marine Corps, but her father, a former Marine gunnery sergeant and veteran of Desert Storm, made a deal with her.

"Give me one year of college. If you don't like it, then you can join." That was the deal we made," Tess said.

Tess eventually joined the ROTC program at Ohio State University, where she received a two-year ROTC scholarship and earned her commission.

She also met her husband at the Leader Development & Assessment Course at Fort Lewis, Wash. He is currently finishing field



Sisters Tess (left) and Tobey White, from Columbus, Ohio, unwrap presents on Christmas Day. Tess is a second lieutenant and Headquarters, Headquarters Company 4th Brigade Combat Team, 25th Infantry Division, Task Force Spartan, Joint Visitor Bureau officer in charge, while Tobey is a sergeant with Headquarters and Headquarters Company, 3rd Brigade Combat Team, 1st Infantry Division, Task Force Duke public affairs specialist. (U.S. Army photo/Staff Sgt. Jason Epperson)

artillery training and hoping to join the 2nd Battalion, 377th Field Artillery Regiment, of the 4th ABCT.

A running joke between the sisters and their parents is whose service is the toughest.

Their mother, a former Marine Corps corporal, enjoys teasing her daughters.

Tess shared one particular moment when she attended a military ball while a cadet.

"I wore my Class A's, and my mom tells me 'I never thought one of my daughters would ever wear those greens,'" said Tess. "I was about ready to cry."

Tobey added that when she was trying to choose which service to enter, her parents fully supported any choice she made, telling her, "It's your life. Choose the service that is the best fit for you."

Upon signing the contract, however, her parents teased her by saying the Marines were too tough.

As Tobey's tour comes to a close and Tess' begins, the sisters look forward to spending Christmas with each other and opening their presents together.

"I lugged a few gifts with me just to have her open them on Christmas," Tess said.

Tobey also left her sister with words of encouragement.

"Your deployment will be what you make of it," she told her younger sister. "If you stay focused, work out, and don't get complacent, the time will fly by."

"Take care of Dad," Tess told her sister before leaving.

"Mom will be fine, but you know Dad will spend every other day worrying."

Tess then proceeded to give her sister one more good tease about why she is better.

"I'm airborne and she's not. Airborne, Hooah!" joked Tess.

Ring in the new year with forgiveness is healthy

By Air Force Chaplain (Lt. Col.)
Keith Muschinske
673 ABW Chaplain

Yes, instead of simply “ringing in” the New Year, how about “forgiving” it in! Last year, in Bloomington, Ind., Adam Sarnecki confronted a man breaking into a parked car. Surprised and panicked, the criminal shot and killed Adam.

Imagine the shock, anger and resentment – even hate – you might feel if that had happened to one of your friends or family members.

Perhaps you’ve already experienced a similar crime or injustice. But in this case the father of the victim, Ron, responded with unexpected love and understanding. Although he was extremely upset about losing his son, Ron told reporters he forgave the killer.

Although you may absolutely disagree with or at least find it hard to identify with this reaction, there is a critical lesson to be learned here. Despite the traumatic experience of losing his son to a murderer, Ron Sarnecki is now on his way toward a peaceful life. He has learned the freeing power of forgiveness.

At one point in our life, we’ve likely each been wronged. Maybe you were in an abusive relationship or a friend turned his back on you or someone you thought was a friend undermined your career or your marriage, and you’ve carried bitterness and resentment with you ever since.

You might not have had any choice in what happened to you or contributed in any way to your injustice, but here’s the good news: you do have a choice in how you react to this adversity and how you will live the rest of your life.

Is it time to release the heavy burdens of

anger and bitterness that have weighed you down for so long? Is it time to forgive like Ron Sarnecki did?

Before going any farther, let’s first clarify what forgiveness is not. To forgive is not to excuse, justify, pardon, ignore or condone what someone else did. Forgiveness does not necessarily or automatically mean that you reconcile with this person or that you invite him or her back into your life.

The purpose of forgiveness is to free yourself from the negative control and power, thoughts and emotions that so often accompany carrying a grudge.

Research suggests there are common, negative consequences for those who find it difficult to forgive.

For example, a lack of forgiveness is often accompanied by resentment, which is associated with feelings of depression and anxiety. People who are less forgiving are more likely to be hateful, angry and neurotic.

Think about it. Whether positive or negative, your own thoughts and especially feelings like hate and anger can sap your own energy. Ever heard the phrase “He was consumed by his own anger”?

While people who are able to forgive are indeed more likely to be happy and physically healthy, those benefits can take time.

One study showed that emotionally abused women who participated in forgiveness therapy experienced greater self-esteem and reduced feelings of depression and anxiety compared to those in standard therapy, but it’s important to note that these women were in forgiveness therapy once a week for eight months, on average.

True forgiveness can be one of the most difficult things you ever experience but, through hard work and perseverance, the benefits can be well worth it. Here are a

couple of ideas to help you begin the process:

Remember when you were forgiven. If you are having trouble forgiving someone, think back to a time you were in the opposite situation – a time when someone else hesitated to forgive you. Put yourself in the shoes of that person. Why did she finally forgive you? Did you deserve it?

What would your life be like if she never had? What do you think her life would be like if she still held a grudge against you? Remember, one day you may need to be forgiven again and someone else will be in the same position you are in now. If you would hope to be forgiven, it’s right to do the same for others.

Recognize the value forgiving brings to developing your spiritual resiliency. Here’s where you may be able to “pile on” the spiritual.

How does your religious faith or your God deal with forgiveness? Christians, for example, are challenged to “forgive as you have been forgiven” by God through Jesus Christ.

Bring the power of prayer to bear on your challenge to forgive. But whether you consider yourself spiritual by virtue of your religious beliefs or whether you don’t feel you have a religious bone in your body, if you reflect on this process of forgiveness long enough, you may even surprise yourself by admitting something deeper than “just me” must be at work to truly empower forgiveness.

Write a letter to the person you “should” forgive. You may not feel comfortable directly contacting whoever wronged you, and that’s okay.

But you may still benefit greatly from writing a letter detailing what happened, how you felt about it, and

what you wish he or she would have done instead.

Then, do your best to imagine how to move forward in forgiveness and understanding towards that person. Think carefully before you actually send the letter – when in doubt, wait a while longer. Remember, you don’t have to send it to reap the freeing benefits that forgiveness brings to you.

It’s natural to be tempted to hold onto anger and bitterness like an old, faded photograph. Without it, there would be nothing to remind you of what happened to you and why it was wrong.

Sometimes we even think we’re drawing “good” energy from feeling wronged or remaining a victim of injustice.

However, ask yourself a simple question: does this truly make you happy? Does it really feel good to hold onto hard feelings toward someone day after day, week after week, month after month, even year after year? Imagine what life could be like if you let those hard feelings go. Do you even remember what it feels like to live with such a heavy burden on your shoulders? If not, it’s time to find out.

Ultimately, forgiveness will set you free. There could still be hard days when memories come back and hard feelings resurface. But if you make a conscious choice to forgive what took place, your life will be forever changed.

Your hard heart will soften and you will see the world differently. Whether with or without God’s help, give yourself the gift of forgiveness and see for yourself the peace that awaits you in 2012.

(The preceding is one of many Chaplain’s Corner articles intended to increase your spiritual resiliency – Arctic Tough, Mission Ready, Family Strong.)

Political season is upon us – but there are limits to what you can say

Commentary by Air Force
2nd Lt. Abraham J. Raymond
Air Force News Service

With the excitement of the presidential primaries lurking around the corner, there are a few things Airmen must remember during this upcoming political season.

When you joined the military or became a federal employee, you did so with the knowledge that this decision came with some sacrifice.

Everyone is encouraged to register to vote, research candidates and vote for the candidates. However, in order for this representative democracy to function properly, civil servants and military professionals cannot be seen as partisans.

Both military members and federal employees work for the government and in doing so they must support elected officials

regardless of whether or not they voted for, or against, particular candidates. For this reason, among others, getting a paycheck directly from the federal government necessarily limits a person’s ability to participate in some aspects of the political process.

Department of Defense Directive 1344.10, “Political Activities by Members of the Armed Forces on Active Duty,” and Air Force Instruction 51-902, “Political Activities by Members of the U.S. Air Force,” outline permitted and restricted political actions for active military members.

Military members who violate these rules may face punishment under the Uniform Code of Military Justice.

There are some reoccurring issues surrounding prohibited political activities. A frequent issue

concerns whether or not an individual can display a large political sign on his or her car or truck. Displaying a large political sign on your automobile is prohibited; however, members are allowed to display a political bumper sticker on his or her car or truck.

Military members are prohibited from using official authority to influence an election or solicit votes for a specific candidate or issue.

Military members are limited in their involvement in the political process off duty as well. This includes being a candidate for, or holding, political office, except in those circumstances authorized by the AFI.

Speaking at any partisan political gathering, including a radio or television program, and advocating for a partisan political candidate or

party is also prohibited.

Military members should reference AFI 51-902 when they have any questions regarding the legality of their political activities.

Rules governing political activities by government civilians are found in a federal law known as the Hatch Act. DoD civilians who violate the Hatch Act face adverse personnel actions, including suspensions and employment termination.

Most restrictions surrounding the Hatch Act are centered on the prevention of supervisors influencing subordinates to participate in or contribute to partisan groups or candidates. Federal employees may not display partisan political campaign materials in the workplace.

While federal employees may express opinions about candidates and issues when off duty, when

on duty, in uniform, in a federal building, or in a federally owned or leased vehicle, federal employees may not express opinions directed at the success or failure of a political party, candidate for partisan political office or partisan political group.

There are three important things to remember during the upcoming political season.

First, regardless of status, using command influence to sway subordinates to vote for a particular party, candidate or issue is prohibited by law or directive.

Second, when you receive a paycheck from the federal government, some aspects of your political freedom are limited.

Third, if you are unsure whether or not a political activity is approved, reference AFI 51-902 or contact your base legal office.



Indoor and Outdoor Winter Fun!

Willow Snowmachine Trip

January 7: 8 a.m. - 5 p.m. Cost \$150

Alyeska Ski/Snowboard Trip

January 13: 8 a.m. - 4 p.m. Cost \$100

Petersville Snowmachine Trip

January 14: 7 a.m. - 5 p.m. Cost \$150



JBER Richardson Outdoor Recreation Center Special Trips

To register, call 384-1475 or 1476

Frozen Tundra Ice Fishing Tournament at Hillberg Lake

January 7 • Noon - 2 p.m.

Largest Fish Wins the Grand Prize

Two Age Brackets: 12 & younger, 13 & older

Check in at station prior to fishing

16 & older must have valid fishing license

Rental equipment available at Outdoor Recreation

Get Crafty!

TONIGHT January 6

“Magnetic Military Frame”
“Basic Knitting” or “Basic Crochet”
6:30 p.m. \$20 each

January 8

“Basket Making”
Noon \$30

Polar Express Arts & Crafts

JBER Richardson
Bldg. 755 • 384-3717

January 11

“Hand-built Pottery for Kids” \$20

Tuesdays & Thursdays

“Pottery for Adults” 4-part class
\$60 plus clay

Far North Arts & Crafts

JBER Elmendorf
Bldg. 6136 • 552-7012

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Lesson Center
552-5026

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facebook.com/hillbergskiarea

Hillberg
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Skis must be returned by 3 p.m.
Season Rental Packages available at JBER Outdoor Recreation Centers.

Call 552-2023 for more information.



DYEA SKI CENTER

Tubing Hill: 50 min. for \$3 pp.
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Equipment Rentals Available

Hillberg Season Passes Honored

Call for updates:

Dyea Ski Center: 384-2960

Fridays • 3 - 8 p.m.

Saturdays & Sundays • 12 - 8 p.m.

Community happenings

SATURDAY
Silent film double feature
 Revisit the first days of cinema with Buster Keaton's "One Week" and Harold Lloyd in "Safety Last" at the Alaska Center for the Performing Arts. These classic film showings start at 8 p.m.
 For information, call 274-8668.

Bargain Shop
 The Bargain Shop will be open from 10 a.m. until 1 p.m. The shop is located at 8515 Saville Ave. Stop by to shop, volunteer or drop off donations. Become a fan on Facebook and get weekly updates.
 For more information call 753-6134.

THURSDAY THROUGH JAN. 21
Beauty and the Beast
 Disney's animated hit comes to life in Anchorage in this Broadway musical. Times of the show vary, usually at 7:30 or 8 p.m. with matinees available.
 For schedule and information, call the ACPA at 263-ARTS.

JAN. 10
AFGE meeting
 The American Federation of Government Employees 1101 will meet at 5 p.m. in the People Center. All union employees are welcome.
 For information call 552-4637.

JAN. 14
Josh Ritter concert
 Americana singer Josh Ritter, hailed as a gifted arranger and lyricist, brings his unique style to the Alaska Center for the Performing Arts at 7:30 p.m.
 For information call 263-ARTS.

Rage City Rollergirls
 Anchorage's own flat-track roller derby takes over the Dena'ina Center once again, with plenty of action. Doors open at 6:30, and wheels roll at 7. For information, visit www.ragecityrollergirls.com.

JAN. 18
Alaska fight championship
 Alaska Fighting Championship brings a rousing battle to the Sullivan Arena at 7:30 p.m. Tommie Matthews battles Mike Fannon in a bid for the heavyweight contender spot, as well as other fights.
 For information email sarah@alaskafighting.com or call 351-8184.

JAN. 19 THROUGH 29
Anchorage Folk Festival
 Anchorage unplugs with folk performances from local musicians and masters from beyond the state. Hundreds of acts from all over the world converge on Anchortown, all free.
 For information call 566-2334.

JAN. 21
Cheap Date Night
 The Elmendorf Officers' Spouses' Organization hosts a "cheap date night" for couples starting at 6 p.m. in Anchorage.
 For information, visit elmendorfoso.com or visit them on Facebook.

Model Railroading
 The Military Society of Model Railroad Engineers presents Model Railroading Day from 10 a.m. to 5 p.m. in basement Room 35 of Matanuska Hall, 7153 Fighter Drive.
 Anyone interested in model railroading is invited.
 The club regularly meets at 7 p.m. Tuesdays with work sessions at 1 p.m. Saturdays in the same room.
 For information, call 552-5234, visit www.trainweb.org/msmrr or email bjorgan@alaska.net.

JAN. 27 AND 28
Mike Garson in concert
 Famous for years of touring with David Bowie, keyboardist Mike Garson pushes any and all limits with a seamless blending of rock, classical and jazz music.
 Check him out at the Alaska Center for the Performing Arts at 7:30 p.m. both nights.
 For information call 263-ARTS.

JAN. 28 AND 29
Anchorage Symphony
 The Anchorage Symphony presents "Out of This World," a collaboration with Emmy-nominated astronomer and artist Dr. Jose Francisco Salgado.
 Together they present an awe-inspiring music and video performance of "The Planets" at the Alaska Center for the Performing Arts at 8 p.m. Saturday and 4 p.m. Sunday.
 For information call 274-8668.

AKC dog show
 The Alaska Kennel Club hosts

a dog show at Egan Center, time to be determined, in conjunction with the Kenai Kennel Club.
 For information, visit alaskakennelclub.org or call 346-1601.

FEB. 3
3rd Wing award ceremony
 Join 3rd Wing Airmen as they are recognized for their achievements at Hangar 1 at 5:30 p.m.
 Anyone with base access is welcome to attend the ceremony.
 For information call 552-7519.

FEB. 5
Alaska Ski for Women
 Ski for Women takes over Kincaid Park in this annual event.
 Costumes make this a great spectator event that encourages women of all ages and abilities to get involved with Nordic skiing.
 For information call 276-7609.

FEB. 9 THROUGH 12
Anchors Aweigh show
 The Dena'ina Center hosts this boat show with boat safety classes and plenty of booths. Whether your interest is river rafting or boating, ocean vessels, you'll find something here. Thursday through Saturday from 10 a.m. to 8 p.m. and Sunday from 10 a.m. to 5 p.m.
 For information visit anchorsaweighboatshow.com.

FEB. 10 AND 11
The Music of Queen
 The Anchorage Symphony Orchestra will rock you with this tribute to the music of Queen. Featuring the ASO and rock musicians as well as a 50-voice chorus, this show takes place at the Alaska Center for the Performing Arts.
 For information call 274-8668 or visit anchoragesymphony.com.

FEB. 10 THROUGH 18
The Blue Bear
 Based on the book by Lynn Schooler, this performance is about finding and losing a close friend.
 Schooler grows to trust again as he creates this portrayal of a remarkable friendship. The show plays at the Alaska Center for the Performing Arts, Thursday through Saturday at 7:30 p.m. and Sunday at 4 p.m.
 For information call 263-ARTS.

FEB. 15
Alaska fight championship
 Who needs UFC when there's

the Alaska Fighting Championship?

Alaskan fighters – some of whom go on to large-market venues – battle it out at Sullivan Arena starting at 7:30 p.m.
 For information email sarah@alaskafighting.com or call 351-8184.

ONGOING
Thursday Nights at the Fights at Egan Center
 Seven boxing matches at the Egan Center begin at 7:30 p.m. every Thursday evening.
 Tickets are available at the door or in advance through Ticketmaster.
 For information call 263-2800.

1, 2, 3 Magic classes
 Family Advocacy hosts this class on handling difficult behavior in children and encouraging good behavior in a clear, fair way.
 The techniques work even for children with disabilities and attention deficit disorder.
 This three-session class meets from 10 to 11:30 a.m. at the Education Center in Room 224.
 For information on this or any other programs offered by Family Advocacy, call 580-5858.

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 also free home-cooked meals Thursday evenings, served at 6:30 p.m.
 For information, call 552-4422.

Sing-a-long at the Zoo
 Pre-school aged kids 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-a-longs are held at 10:30 a.m. Mondays at the coffee shop greenhouse.
 For information email klarson@alaskazoo.org.

Planetarium shows
 Through 3-D graphics, surround sound and a dome screen, the Anchorage Museum's planetarium offers a fascinating way to learn about astronomy, the solar system

Chapel services

Catholic Mass
Sunday
 9 a.m. – Soldiers' Chapel
 10:30 a.m. – Elmendorf Chapel 1
 5 p.m. – Soldiers' Chapel (Evening Mass ends Dec. 18)
Monday through Friday
 11:40 a.m. – Soldiers' Chapel
Monday, Wednesday and Friday
 11:30 a.m. – Elmendorf Chapel Center
Thursday
 11:30 a.m. – Hospital Chapel

Confession
Sunday
 4:30 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
Celebration 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.)

and more.
 For information, call 929-9200, or visit www.anchoragemuseum.org.

Scholarship opportunity
 The Richardson Spouses' Club is accepting scholarship applications for 2012.
 The scholarship is open to all eligible JBER military and retiree dependents, and can be used toward undergraduate studies.
 Deadline is Feb. 29. For information, visit fsc.shutterfly.com.

ELMENDORF-RICHARDSON FORCE SUPPORT SQUADRON Experience Joint Base Elmendorf-Richardson

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For More Information
 Kennecott Youth Center, 552-2266
 Two Rivers Youth Center, 384-1516

Be sure to enjoy Alaska safely in the new year!

From Hockey

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part of the 2010 Women's Olympic team, taking the silver medal that year.

"We all grew up playing sports together. If we couldn't find enough friends to have a game, we had enough people in our household to have one," he said.

While growing up, Lamoureux said his dad was always that person he admired and still does today.

"My dad's the one person that I've always looked up to, not only in hockey, but as the type of person I want to be one day," Lamoureux. "He provided for our family, for six kids and he always gave us a chance to do what we wanted to."

Lamoureux's father was originally from Edmonton, Canada, and moved to North Dakota to play hockey at the University of North Dakota. All of the Lamoureux children except for Jacques, have attended or currently attend UND. Lamoureux said he wanted the opportunity to serve his country, so he applied to attend the Air Force Academy but didn't get in his first go-round.

So he spent a year at Northern Michigan University attending classes and playing hockey, he said he got a taste of the college life and decided it really wasn't for him. Following one year at NMU he was accepted into the academy and would attend for the next four years.

"When I first got recruited there, I loved it and what they had to offer, I liked the regimen and life style," he said. "I got a great education, served my country and played hockey, (so it was the) best of all three worlds."

While at the academy, Lamoureux won the conference with his team three out of the four years he was there, and he was an All-Conference and All-American player.

However, like most great players, Lamoureux is very humble about his accomplishments.

"We had great players on a great team and when you have a team that has success you're going to have individuals that have success," said a down-to-earth Lamoureux.

While at the academy, one of Lamoureux's brothers – who played for the Aces as well a few years back – tossed out the idea that if he had happened to get stationed



Louis Mass, left, Alaska Aces assistant coach, works one-on-one with Jacques Lamoureux, left wing for the Aces, during a practice at the Sullivan Arena Dec. 28. Lamoureux not only plays professional hockey with the Aces, he's also a second lieutenant assigned to the 673d Contracting Squadron at Joint Base Elmendorf-Richardson. (U.S. Air Force photos/Senior Airman Christopher Gross)

here he might have a shot at playing with the Aces.

Everything seemed to fall in place and Lamoureux was assigned to Joint Base Elmendorf-Richardson. He graduated from the academy in May and arrived to Alaska in August. He contacted team representatives to let them know that he was stationed here and in the mean time skated and worked out at the outside rink downtown.

Lamoureux received a phone call during one of his self-mandated practices, only a few weeks into the Aces season, and he was told they would need him to play the next night. After working out the details over the phone, Lamoureux called his father to tell him the good news. In return, he said he received a fatherly speech about what he needed to do to have success.

"I was excited, I was nervous, and had the butterflies," said Lamoureux about the

emotions he experienced when he received the call. "It was good to get the nerves back, I was excited and I missed the feeling of playing in a game."

Through his first few games, Lamoureux said the body checks and skating at game speed felt really good. He also scored a goal in only his second game with the Aces.

Louis Mass, Aces assistant coach, had nothing but good things to say about the left winger. He said he's impressed with what Lamoureux brings to the ice and his dedication with being able to juggle his job, hockey and family.

"He's obviously very motivated, you can tell even by the line of work he's in. He's a guy who sacrifices quite a bit," Mass said.

As for his Air Force job, Lamoureux works as a contracting specialist, where he helps the Air Force in making purchases. It a career that he wanted to do coming into the

Air Force, he said.

As for hockey interfering with his work, there have been no problems and neither will Lamoureux let there be any problems, he said; work comes first.

He comes in early to get work done and takes off for a three-hour practice and comes back to finish the rest of the work day. As for away games, if the team needs him, he simply takes his own leave to travel with the team.

Lamoureux said it's always been a dream to play at this level.

"I've always wanted to play pro hockey, but I never thought I'd be in a situation like this," he said.

He credits his parents for teaching his siblings and him how to work hard for where they want to be in life and he's fortunate that he's carried that will of working hard throughout his life.



Jacques Lamoureux, left wing for the Alaska Aces, maneuvers around a water bottle during a drill at the Sullivan Arena Dec. 28. Lamoureux not only plays professional hockey with the Aces, he's also a second lieutenant assigned to the 673d Contracting Squadron at Joint Base Elmendorf-Richardson.

Start the new year off right by taking care of your health

Rest, exercise, nutrition can make huge improvements in wellness

Dr. James Bender
DoDLive blog

Around the holidays, especially heading into the new year, people tend to reflect on what they've accomplished and make resolutions to improve themselves or achieve certain goals.

Many people set goals related to physical fitness: lose 10 pounds, bench press 300 pounds, or max out their physical fitness test.

These are great goals that are worth pursuing, but what about goals related to improving your mental health?

There are things you can do to improve

your memory, mood and generally get psychologically fit.

A clear mind can positively affect many parts of your life—both in the military and in civilian life. The following tips can help you achieve your goals of developing a healthier mental state next year:

Good nutrition is important for your physical and mental health.

There's a lot of evidence showing that omega-3 fatty acids and folate help the brain. Also, adopting a healthy diet in general supplies the brain with the nutrients needed to maintain the many complex chemical reactions the brain executes on a daily basis.

Aerobic exercise isn't only good for you physically; it's great for your brain.

Evidence shows it can lead to better cognitive performance, decrease age-related cognitive decline, and lower stress.

Get a professional opinion if you're often feeling depressed, anxious or suspect you may have a psychological health condition.

Treating mental health concerns will not only improve your quality of life, it will enhance your physical and mental performance.

Give your brain a workout. Learning a new language, musical instrument or playing

chess are all ways to improve concentration and sharpen the mind.

Sleep is very important for memory and overall mental health.

Your brain functions more efficiently when you get enough sleep.

Be socially active and foster relationships. This tends to reduce stress, symptoms of anxiety and depression, and provide valuable support when you need it.

By doing these things, you will go a long way toward improving your mental health and being psychologically fit.

Find a few additional tips and resources to help you in this Real Warriors Campaign article.

Keep in mind improving your mental fitness takes work and an active commitment – prioritize sleep, exercise and nutrition. But like any other worthwhile pursuit, the rewards are worth the effort.

Stay safe and warm. And happy new year. Some other tips for keeping your mental health:

Spend time with others – Spending time with family and friends is important. Reach out to someone you haven't talked to a while and create new memories.

Call on a friend or relative to join you

as you run errands or complete routine, everyday activities. Doing things together is a great way to raise your spirits and engage those around you in your life.

Indulge yourself – Soothe aching bones and wash away worrisome thoughts with a long bath or hot shower.

Enjoy a healthy dessert, sip a glass of tea or juice, or just curl up under a blanket and relax when it's cold.

Make the most of leisure time – Make plans with family members, loved ones and/or a tour group to visit a place you've always wanted to go.

Join a club, start a new hobby or learn a new skill such as gardening, bird watching or dancing.

Whatever you choose to do, make sure it's something that you truly want to do.

Eat something new – Whether it's tackling a new recipe or re-inventing a traditional one, cooking is a great way to eat well and have fun in the process.

Invite family and friends to join you once a week for dinner and take turns preparing meals.

Kick off special events with a potluck dinner or host an evening filled with international cuisine.



Eats and Treats



Singles receive some holiday cheer

ABOVE: From left, Bonnie Berger, Margaret Ames, and Carolyn Fleming of the Epsilon Sigma Alpha Sorority - Alpha Zeta Chapter work together to assemble holiday platters filled with cookies and fruit for single Soldiers on Joint Base Elmendorf-Richardson Dec 20.

RIGHT: Sgt. Alfred Fulker-son of the 545th Military Police Company, 793rd Military Police Battalion, receives a holiday platter filled with cookies and fruit from Bonnie Berger, one of three volunteers from the Epsilon Sigma Alpha Sorority - Alpha Zeta Chapter who assisted the local ASYMCA to put them together for single Soldiers Dec. 20, as Spc. Matthew Verner of the 164th Military Police Company, 793rd Military Battalion looks on. (U.S. Air Force photo/Johnathon Green)



