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ARCTIC WARRIOR

JOINT BASE ELMENDORF-RICHMOND'S SOURCE FOR NEWS

NOVEMBER 4, 2016 • VOLUME 7 • NO. 44



3-509 TRAINS WITH **CARL GUSTAF**



JBER SWIMMERS MAKE A SPLASH

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Security Forces Airmen train with M240Bs



ABOVE: Airman 1st Class Isaiah McKee, an installation entry controller assigned to the 673rd Security Forces Squadron, fires a M240B machine gun at Grezelka range, Joint Base Elmendorf-Richardson Oct. 27. The security forces Airmen were honing their proficiency. (U.S. Air Force photo/Alejandro Pena)
LEFT: Airman 1st Class Tyler Parrish, an installation entry controller assigned to the 673rd Security Forces Squadron, breaks off a strip of 7.62x51mm ammunition while preparing for M240B machine gun live fire training. ((U.S. Air Force photo/Alejandro Pena)
BELOW LEFT: Airman 1st Class John Smith, an installation entry controller assigned to the 673rd Security Forces Squadron, fires a M240B machine gun at Grezelka range, Joint Base Elmendorf-Richardson Oct. 27. (U.S. Air Force photo/Alejandro Pena)



Ammunition for an M240B machine gun sits ready for action during sustainment training at the Grezelka range. (U.S. Air Force photo/Airman 1st Class Valerie Monroy)

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

ARCTIC WARRIOR

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To advertise in the *Arctic Warrior*, please call (907) 561-7737. Editorial content is edited, prepared and provided by the *Arctic Warrior* staff.

Editorial office and mailing address: JBBER Public Affairs, 10480 Sijan Ave., Suite 123, Joint Base Elmendorf-Richardson, AK 99506; telephone (907) 552-2549.

Send emails about news stories and story submissions to arcticwarrioreditor@gmail.com. Deadline for article and photos is 4:30 p.m., Monday, for the week of publication. Articles and photos will be published on a space-available basis and are subject to editing by the *Arctic Warrior* staff. Submission does not guarantee publication.

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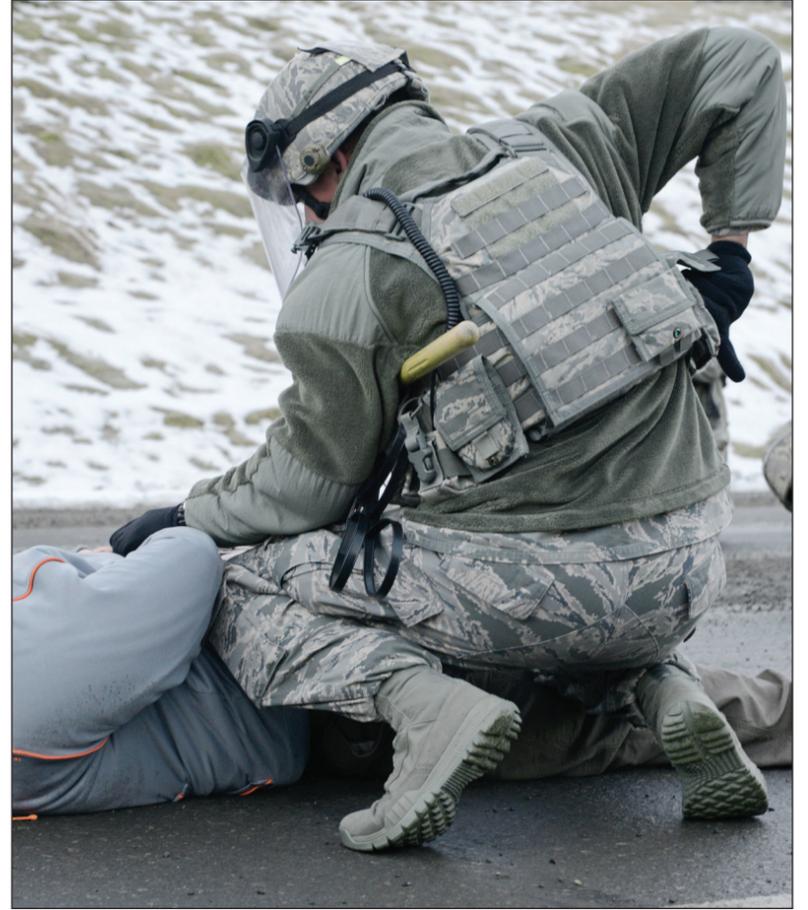
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ABOVE: Joint Base Elmendorf-Richardson security forces personnel perform security operations during a simulated protest as part of exercise Polar Force 17-1 at JBER Nov. 1. The simulated protest began as a peaceful demonstration which escalated, resulting in a few aggressive protesters being detained by security forces. The exercise tests the base's ability to integrate, mobilize, and prepare assigned personnel, aircraft and equipment for a wartime mission and to employ forces and weapons systems. (U.S. Air Force photos/Airman 1st Class Valerie Monroy)

RIGHT: A security forces Airman restrains a "protestor" during Exercise Polar Force. The scenario involved a group of people demonstrating at JBER; the simulated protest got out of hand, requiring security forces personnel to step in and detain a few aggressive protesters before handing them off to civilian authorities. Polar Force is a regular exercise which tests the installation's abilities to mobilize and prepare personnel for wartime missions.

POLAR FORCE



Carl Gustaf rifle is 84 mm of fun



Paratroopers assigned to B Co., 3-509th PIR, 4th Infantry Brigade Combat Team (Airborne), 25th Infantry Division, fire the Carl Gustaf recoilless rifle system Nov. 1.



Sergeant 1st Class Robert Barrett, a native of Kalispell, Mont., assigned to Baker Company, 3rd Battalion, 509th Parachute Infantry Regiment, 4th Infantry Brigade Combat Team (Airborne), adjusts a Carl Gustaf recoilless rifle system sight while preparing for live-fire training at Joint Base Elmendorf-Richardson Nov. 1. The Carl Gustaf is a man-portable, breach-loading, 84mm recoilless rifle which is capable of destroying armored targets from up to 700 meters away. (U.S. Air Force photos/Alejandro Pena)

Reserve 'Scroll'

Officers wanting to transition to the Air Force Reserve must have their commission transferred to a list called "the Scroll" and approved by the Secretary of Defense.

The process averages 120 days, but can take longer, and must be approved before the service member begins participating in the Air Force Reserve, which may mean a break in service.

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

For information, call 552-3595.

Pothole repair

The 773d Civil Engineer Squadron encourages all Joint Base Elmendorf-Richardson personnel to report potholes. In housing areas, contact Aurora Housing at 753-1051. Other requests will be tracked by 773d CES. Take note of the location, including cross-street names or building numbers.

Then email 773CES.CEOH.PotHoleRepair@us.af.mil or call 552-2994 or 552-2995.

Include your name and contact information for followup.

Weather and mission permitting, potholes will be repaired within 24 hours.

Special victim counselor

Victims of sexual assault are entitled to legal assistance services.

Communication is protected

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

Those rights include being treated with fairness and respect; being reasonably protected from the accused offender; being notified of court proceedings; being present at all public court proceedings related to the offense; being able to confer with the prosecutor; receiving available restitution; and receiving information about the conviction, sentencing, imprisonment, and offender release.

Eligible clients include all active duty military of all branches of service, mobilized Reserve Component members, retirees (and the dependents of these sponsors) who report sexual assault.

For information, call 353-6507.

DLA Document Services

Defense Logistics Agency Document Services duplicates and prints documents, including color, large-format photographic prints, engineering drawings, sensitive materials, technical manuals and training materials.

They also do design, printing and distribution of business cards, letterhead, invitations and programs. The Equipment Management Solutions Program provides multifunctional devices that print, scan, copy and fax.

They also offer Document Automation and Content Services, a service for building digital libraries of content with online access. It is open 7 a.m. to 3:30 p.m. Monday through Friday.

For information, visit documentservices.dla.mil, visit the office at 984 Warehouse Street, or call 384-2901.

U-Fix-It Store

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

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

The JBER-E location is 6350 Arctic Warrior Drive and is open 8:30 a.m. to 5 p.m., Tuesday through Friday, closed from 1 to 1:30 p.m. for lunch, and Saturday, 9 a.m. to noon and 1 to 4 p.m. (closed for lunch noon to 1 p.m.).

The JBER-R office is at 338 Hoonah Ave., open from 8:30 a.m. to 5 p.m., Monday through Friday, and closed from 1 to 1:30 p.m. for lunch.

A blind-cleaning machine is available at the JBER-E location; priority goes to those PCSing.

For more information, call 375-5540.

OTC pharmacy counter

The main pharmacy at the JBER hospital has opened an over-the-counter medication clinic for DoD beneficiaries, open from 7:30 to 10:30 a.m., Monday through Friday. Select "over the counter drug needs" at the kiosk. This is not meant to replace a visit with a provider.

Flyers and patients who are on personnel reliability program status, pregnant, or under the age of 2 are not eligible due to special needs. The clinic offers basic pain relievers, cough, cold and allergy medications and nasal sprays, ointments, and constipation and diarrhea medications.

For information visit www.facebook.com/JBERPharmacy.

In-Home child care

Providing child care in your on-base housing comes with many responsibilities.

The licensing process applies to anyone regularly caring for other families' children more than 10 hours a week. The licensing process comes with benefits such as training and support, a library of books, toys and supplies, and reimbursement for food costs.

To become a Family Child Care provider, call the FCC Office at 552-3995.

Richardson Thrift Shop

The JBER-Richardson Thrift

Shop, in Building 724 on Quartermaster Drive, is open Tuesday and Thursday from 10 a.m. to 2 p.m., Wednesday from noon to 6 p.m., and first and third Saturdays from 11 a.m. to 2 p.m. Consignments are accepted whenever the shop is open; for information, call 384-7000.

Bargain shop

The JBER Bargain Shop, at 8515 Saville Ave. on JBER-E, is open Tuesdays, Wednesdays and Fridays and the first Saturday of the month from 10 a.m. to 2 p.m. Consignments are accepted Wednesdays from 10 a.m. to 12:30 p.m. For information, call 753-6134.

Priority placement

The Priority Placement Program and Executive Order 13473 provide appointment for spouses of active-duty service members, including full-time National Guard and Reservists, who are relocating to accompany their service member. The program allows spouses to register for Department of Defense positions and be considered for jobs offered internally.

Spouses are matched with jobs based on their qualifications and preferences. Spouses are eligible for up to two years from the date of the PCS orders and are in the program for one year. Spouses, can register at either personnel office. For information call 552-9203.

Three Air Force Crosses: Col. James Kasler

By **ROBERT VANDERPOOL**
673d ABW Historian

Created by Congress in 1960, the Air Force Cross ranks just below the Medal of Honor as an award for extraordinary heroism in combat.

The Air Force Cross serves as the Air Force equivalent of the Army Distinguished Service Cross and the Navy Cross.

First awarded in 1964, there have been 197 Air Force crosses awarded overall, 52 of them posthumously. Three Airmen have been awarded it twice.

Col. James H. Kasler is the only Airman to have been awarded the Air Force Cross three times.

Born in South Bend, Indiana on May 2, 1926, 18-year-old Kasler enlisted in the U.S. Army Air Forces in May 1944. He served overseas in the Pacific Theater as a tail gunner on a B-29 Superfortress, flying seven combat missions over Japan.

Kasler left the military following World War II and returned to Indiana, where earned a degree. In January 1950, he re-enlisted, joining the U.S. Air Force pilot training program, and received his pilot's wings in March 1951.

In November 1951, 1st Lt. Kasler returned to combat, joining the 4th Fighter-Interceptor Group during the Korean War.

Piloting the F-86 Sabrejet, Kasler earned his first aerial victory in Korea on April 1, 1952, by shooting down an enemy MiG-15.

Over the next two months, Kasler shot down five more MiG-15s, bringing his aerial victory total

to six kills and earning his status as a Korean War ace.

Kasler returned to the United States in July 1952, having flown 100 combat missions over Korea.

Over the next 14 years, Kasler served in a variety of assignments in the United States, Canada, Italy, and Germany.

In February 1966, Maj. Kasler returned to combat duty. This time, he flew the F-105 Thunderchief fighter-bomber when he joined the 366th Tactical Fighter Wing at Takhili Air Base, Thailand.

Four months later, on June 21st, Kasler was tasked with leading a low-level attack against a Hanoi petroleum facility in one of the most heavily defended sectors of North Vietnam.

Kasler led the F-105s to the target through concentrated enemy anti-aircraft missile and artillery defense, and they released their bombs – destroying 90 percent of the target and forcing the North Vietnamese to eventually abandon the facility.

On the return flight, they spotted a target of opportunity. Kasler led the flight of F-105s in a cannon attack against an enemy truck convoy, destroying half of it.

This action earned Kasler his first Air Force Cross.

On Aug. 8, 1966, Kasler was flying his 91st combat mission of the Vietnam War.



Col. James Kasler, a veteran of three wars, is the only Airman to have received the Air Force Cross three times for actions against the enemy. (Courtesy photo)

As he led a formation of F-105s in another low-level bombing attack, his wingman was hit by enemy ground fire, and forced to eject.

Kasler located the downed pilot and remained above his position, providing cover until he ran low on fuel.

He left his position to refuel by aerial tanker, then returned to provide cover and direct the incoming rescue aircraft.

For this, he was awarded a second Air Force Cross.

As he hovered over the Airman, Kasler's Thunderchief was hit, forc-

ing him to eject.

Kasler was captured by North Vietnamese ground forces and forced to spend the next six and a half years as a prisoner of war.

During his time in captivity, Kasler spent much of his time at the infamous "Hanoi Hilton," where he was singled out for special attention by his captors and tortured repeatedly to get him to cooperate with their propaganda efforts.

Kasler never cooperated with the North Vietnamese, and his ability to endure such brutal treatment served as an inspiration to fellow prisoners.

For his resilient display of willpower and courage in the face of the enemy, Kasler was awarded a third Air Force Cross.

Lieutenant Col. Kasler was eventually released from captivity March 4, 1973.

Kasler returned the United States, and rejoined the 366th Tactical Fighter Wing as vice commander at Mountain Home Air Force Base, Idaho.

He remained there until retiring from the Air Force as a colonel on May 1, 1975, finishing his career a combat veteran of three wars.

Kasler was also awarded two Silver Stars, a Legion of Merit, eight Distinguished Flying Crosses, two Purple Hearts, and two Bronze Stars.

He passed away at the age of 87 years old on April 24, 2014. 

**Saturday
Country Fair**

The Richardson Spouses' Club hosts their annual Country Fair from 10 a.m. to 5 p.m. at the Buckner Physical Fitness Center with handmade crafts, photography, knives, food and much more.

For information, call (571) 606-6955.

BOSS volunteering

Better Opportunities for Single Service Members volunteers at Bean's Cafe from 11:45 a.m. to 4 p.m. Meet at the cafe to sign in.

For information, call 384-9023.

**Saturday and Sunday
Holiday gift festival**

Looking for something Alaskan to send home as gifts? The Dena'ina Center hosts the 29th annual Holiday Food and Gift Festival from 10 a.m. to 6 p.m. Saturday and 11 a.m. to 5 p.m. Sunday, featuring unique gifts, handmade arts and crafts, and much more.

Santa and his elves will be on hand for photos. For information, visit anchoragemarkets.com.

**Monday - Thursday
JBER Library contest**

Veterans, active-duty and retirees can hazard a guess as to how many items are in a container for a chance to win a Rosetta Stone language set.

For information, call 384-1640.

**Wednesday
Intro to winter camping**

Want to enjoy the aurora from a tent this winter? Head to the Outdoor Adventure Program building from 5:30 to 7 p.m. for this free class to learn what you need and

how to stay safe and warm.

For information, call 552-4599/2023.

**Thursday
Parent Advisory Board**

All parents are invited to Room B170 of Building 600 to discuss youth programs and activities. Check out events, programs and happenings.

For information call 552-2266 or 384-1508.

Ice Cream Social

Two Rivers Youth Center hosts this social from 5 to 7 p.m. to celebrate the Month of the Military Child. For information, call 384-1508.

Women's winter camping

The Outdoor Adventure Program hosts this intro to winter camping for the Women in the Wilderness program, from 5:30 to 7 p.m. For information, call 552-4599/2023.

**Nov. 11
Veterans meet-and-greet**

BassPro hosts this event for veterans to meet each other and civilians to meet veterans. Small artifacts, uniforms, caps, photos and awards are encouraged.

For information, call 717-9896.

**Wednesday - Nov. 12
Alaska Aces hockey**

The Aces take on the Indianapolis Fuel at Sullivan Arena. Games start at 7:15 p.m.; for information visit alaskaaces.com.

**Nov. 17 - Dec. 18
Christmas Towne**

Visit Christmas Towne on Camp Gorsuch Road in Chugiak.

Lit walking trails, holiday decorations and music and Santa bring the smells and tastes of the holidays early.

Visit Thursdays through Sundays from 10 a.m. to 6 p.m.

For information visit christmastownealaska.com.

**Nov. 19 and 20
Crafts Emporium**

The Dena'ina Center hosts the 38th annual Arts and Crafts Emporium, with a huge selection of handmade art, crafts, foods and one-of-a-kind gifts. Santa will be in attendance with his elf; events run from 10 a.m. to 6 p.m. Saturday and 11 a.m. to 5 p.m. Sunday.

For information, visit anchoragemarkets.com.

**Nov. 22 through 26
Great Alaska Shootout**

The University of Alaska Anchorage Seawolves take on their top foes at this long-running tournament at the Alaska Airlines Center. For information, visit goseawolves.com.

**Ongoing
Fitness skills: Sit-up and Push-up clinics**

Every first and third Wednesday of the month, the Elmendorf Fitness Center hosts these clinics designed to teach proper sit-up and push-up techniques. Enhance your performance test scores. For information, call 552-5353.

**JBER Wildlife Education
Center activities**

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

The center, at Building 8481, is open Monday through Friday,

from noon to 4 p.m. subject to staff availability.

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

Wildlife Wednesday

Stay scientifically enriched with this free lecture series on the second Wednesday of each month at the Alaska Zoo Gateway Lecture Hall. Each lecture begins at 7 p.m. and covers a different topic.

For information, visit alaska-zoo.org.

Library Story Times

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

Toddler Tales: Wednesdays 10 to 11 a.m.

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

Surprising Science: Thursdays 6:30 to 7:30 p.m.

Weekly hikes

The Alaska Outdoors host easy to moderate hikes every Monday and Thursday throughout the year. Monday hikes are easy and suitable for parents with children; Thursdays are for more moderate hikers. For information, visit alaska-outdoors.org.

PWOC meetings

The Protestant Women of the Chapel meet Tuesdays at 9:30 a.m. and 7 p.m. at the Arctic Warrior Chapel. For information, email jber.ak.pwoc@gmail.com.

MCCW/CWOC

The Military Council of Catholic Women and Catholic Women of the Chapel meet Tuesdays from 6 to 8 p.m. at the Arctic Warrior Chapel.

For information call 552-5762.

**Chapel
services**

Catholic Mass

Sunday

8:30 a.m. - Arctic Warrior Chapel

11:30 a.m. - Midnight Sun Chapel

Monday and Wednesday

11:40 a.m. - Arctic Warrior Chapel

Tuesday and Friday

11:30 a.m. - Midnight Sun Chapel

Thursday

12:00 p.m. - Hospital Chapel

Confession

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

**Protestant Sunday
Services**

Liturgical Service

9 a.m. - Heritage Chapel

Gospel Service

9:30 a.m. - Midnight Sun Chapel

Community Service

10:30 a.m. - Heritage Chapel

Collective Service

11 a.m. - Arctic Warrior Chapel

Chapel Next

5 p.m. - Chaplain Family Life Center

Jewish Services

Call 384-0456 or 552-5762.

Religious Education

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

Flu shots: Yes, there's still time - and it's important

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

Influenza, commonly known as the flu, spreads around the United States annually, but usually peaks between October and May. It is projected that Alaska's flu season will spike between January and April.

Because the vaccine loses effectiveness after a few months, the JBER hospital Allergy and Immunizations clinic recommends getting them early.

"Once [children] start getting sick, it takes time out of the parents' day," said Tech. Sgt. Stenneth Smith, 673d Medical Operational Support Allergy and Immunizations clinic technician. "When they stay home for their kid, that's a loss of manpower. We are trying to prevent the loss of manpower ultimately, and to accurately vaccinate our peo-

ple so they remain healthy."

Each year, thousands in the United States die from the flu and many more are hospitalized, according to the U.S. Department of Health and Human Services and Centers for Disease Control and Prevention. The vaccine can protect against the flu or lessen the severity, and prevent the disease from spreading even further.

The flu can last several days. Symptoms include cough, sore throat, runny or stuffy nose, headache, fatigue and fever. The disease can also lead to pneumonia, blood infection, and seizures in children. Infants, pregnant women and people 65 or older are at greater risk.

Patients should not get the vaccine while sick or if they have ever had Guillain-Barre Syndrome or a life-threatening allergy to any part of the vaccine.

There is a chance of a mild reaction that lasts one to two days af-

ter receiving a flu shot. There might also be some soreness, swelling and itching where the shot was given.

"It's just a regular intramuscular shot," Smith said. "You come in, get it in the right or left deltoid (upper arm), which may cause slight soreness and redness."

Once the vaccine is introduced to the system, white blood cells have to first identify it, then create antibodies. This takes three to 14 days, depending on your immune system.

Smith recommended waiting for full effect before travelling, as highly populated areas like airports are common locations for the flu.

"Some people have a misconception that, 'Oh, I got the flu shot and now I'm sick,' Smith said. "No, the flu shot did not make you sick, it stimulated a greater immune response while you were already fighting an infection."

The clinic provides "flu lines" for

units, vaccinating groups of more than 40 at the unit's time and location.

Tuesdays and Thursdays are extremely busy at the immunization clinic, but anyone can walk in Monday through Friday from 7:30 a.m. to 4:15 p.m. for vaccination.

Army patients need to bring shot records to the clinic the day prior to wanting a shot, as the Army uses a different medical system.

"We will not be processing shot records [the day of vaccination] during flu season due to patient volume," Smith said.

Getting a flu shot is worth a small inconvenience, so be patient.

"Expect increased wait times due to fluctuating manpower," Smith said. "Things to make the process faster are to have your I.D. card ready and arm chosen. These little things add up when you are going by the seconds." 

Magpie prints in the snow: 'God moments' on the trail

By **ARMY CHAPLAIN (CAPT.) REBECCA MCMICHAEL**

59th Signal Bn. Chaplain

I enjoy my time stationed in Alaska in the winter, even though it has challenges such as the darkness and cold temperatures.

One blessing I found is cross-country skiing.

My time spent skiing brings me closer to nature and God.

It is refreshing and enjoyable.

Navigating hills can be tough, but I love the time spent outside in the snow. I am able to pray as I ski, which brings me closer to God.

There are sightings of wildlife and amazing snow formations. I especially like to birdwatch.

Last week I noticed something amazing and new; if

you pay attention and look closely, sometimes there are remarkable features in the snow that nurture spirituality. I had a God moment I will share with you.

Magpies make beautiful "angels" when they land in snow. I knew this was a magpie snow angel, due to the long tail feathers.

Some folks consider magpies noisy nuisance birds, but I have a lot of respect for them; they like to have a good time and they take good care of their young.

They also create remarkable snow angels with their feathers.

It is a graceful and delicate imprint in snow, given the right conditions.

The snow has to be light and fine, otherwise, the angel does not appear.

If the temperatures rise, the snow becomes too heavy for the delicate print.

I consider myself blessed to have seen the snow angel. I could have skied past it, but I stopped because it was different.

I took a closer look; I had never seen anything like this before on my treks.

The morning was crisp and cold. The snow was radiant.

This was indeed a God moment.

I was refreshed and inspired by the beauty and simplicity of the surroundings.

It was an opportunity to observe the beauty of God's remarkable creation in Eagle River, and a chance to commune with God in the glorious snow that is beyond compare.

It is a blessing to live in Alaska in the winter and witness snow angels.

I was grateful to God for all I have in life.

I enjoy bird watching;

but the magpie snow angel was special.

When the magpies come to my deck in the summer, I watch them feed their fledglings and grow as a family – their summer cycle.

Now I have a connection to them in the winter.

I think creatures praise God through their day-to-day living and growing.

They can inspire us to reverent praise.

Psalm 104 says it well. "By the streams the birds of the air have their habitation; they sing among the branches...O Lord, how manifold are your works! In wisdom you have made them all; the earth is full of your creatures."

Magpies, with all their commotion, point to an awesome God.

The snow angels represent God's messages in life.

What message does God

have for me today?

Even the simple, delicate joys can be a connection to the almighty.

Slow down – take time to pray and connect with God.

There is meaning and beauty in our existence; life is not about problems and suffering, but instead what lies beyond the chaos.

In the fast pace and the daily grind of work, it is good to know we are part of something bigger; we have a greater purpose.

God is beyond work stress and tragedies in the news. God pays attention to magpies in the snow and people skiing on trails in Eagle River, and what God creates is good.

There are so many blessings in this world – if we just open our eyes and pay attention.

There are many more God moments to be had on the next trail. 

HALLOWEEN HAPPENINGS



ABOVE: Service members and families participate in a costume fun run at Hangar 5 Oct. 28. (U.S. Air Force photo/Airman 1st Class Valerie Monroy)
RIGHT: Phill Sawin, and daughter Isabelle, 2, pick their prize during Trunk or Treat event at the Arctic Oasis. (U.S. Air Force photo/Airman 1st Class Javier Alvarez)



ABOVE: Service members and families participate in a costume fun run in Hangar 5 Oct. 28. The run was a mile long and prizes were awarded to the top three finishers as well as best adult and child costumes. (U.S. Air Force photo/Airman 1st Class Valerie Monroy)
ABOVE RIGHT: William Echevarria Jr., 5, tests his strength during Trunk or Treat at the Arctic Oasis at Joint Base Elmendorf-Richardson. Halloween aficionados decorated their vehicles and handed out candy during Trunk or Treat as attendees voted on the best-decorated trunk. Trick-or-treaters also participated in Halloween games and activities. (U.S. Air Force photo/Airman 1st Class Javier Alvarez)
RIGHT: Airmen 1st Class Davis Lavance and Justin Rippentrop, entry controllers with the 673d Security Forces Squadron, assist trick-or-treaters crossing the street at the Chugach housing community Oct. 31. Members of the 673d SFS participated in Pumpkin Patrol, an annual event which provides an increased police presence – affording candy enthusiasts a secure environment to trick-or-treat. (U.S. Air Force photo/Airman 1st Class Javier Alvarez)





Buckner Physical Fitness Center hosted the second Joint Base Elmendorf-Richardson Intramural Swim Meet, Oct. 28. Thirty people participated in 28 events during the final meet of the year. Scores from swim meet 1 and 2 were combined to determine first, second and third place winner. (U.S. Air Force photos/Airman 1st Class Valerie Monroy, Airman 1st Class Javier Alvarez)

