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ARCTIC WARRIOR

JOINT BASE ELMENDORF-RICHARDSON'S SOURCE FOR NEWS

THE FINAL FLIGHT & THE NEW COMMANDER

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THE POLAR EXPRESS



Pfc. Andrew Hartfield, a light transporter with the 539th Composite Truck Company from Fort Wainwright, uses a load binder to secure a Humvee (U.S. Air Force photos/Airman 1st Class Javier Alvarez)



ABOVE: Specialist Keon Hill, a transportation operator with the 539th Transportation Company from Fort Wainwright, secures a vehicle on the back of an M915A5 Line-Haul Tractor Truck, in support of Polar Express at Joint Base Elmendorf-Richardson Aug. 3. The equipment transported will be used by U.S. Army Alaska Soldiers from multiple units for an exercise at Donnelly Training Area.

LEFT: Hill uses a load binder to secure a vehicle on a tractor truck for transport to Donnelly Training Area. Several battalions from the 4th Brigade Combat Team (Airborne), 25th Infantry Division, based at JBER, will head to DTA for a live-fire exercise with 105-mm howitzers and 60-mm, 81-mm, and 120-mm mortars to ensure proficiency and increase capabilities, as well as ensure certification for future operations.

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**Joint Base Elmendorf-Richardson/
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Command Chief Master Sgt.
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**Joint Base Elmendorf-Richardson/
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ARCTIC WARRIOR

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WILSBACH TAKES REINS FROM HANDY AT CEREMONY

STAFF REPORT

ALCOM Public Affairs

AIR FORCE LT. GEN. Kenneth S. Wilsbach became commander of Alaskan North American Aerospace Defense Command Region, Alaskan Command and Eleventh Air Force during a change of command ceremony at JBER, at which Air Force Lt. Gen. Russell Handy relinquished command.

The ceremony was officiated by Gen. Lori J. Robinson, commander of the North American Aerospace Defense Command and United States Northern Command, headquartered at Peterson Air Force Base, Colorado, and Gen. Terrence J. O’Shaughnessy, commander of Pacific Air Forces, headquartered at Joint Base Pearl Harbor-Hickam, Hawaii.

Wilsbach’s previous assignment was as Director of Operations, U.S. Central Command, at MacDill Air Force Base, Fla.

Handy, who is retiring from the Air Force after 34 years, flew his last sortie Aug. 10. ●



Air Force Lt. Gen. Kenneth Wilsbach renders his first salute as commander of the Alaskan Command, Alaskan North American Aerospace Defense Region and 11th Air Force at Heritage Park at Joint Base Elmendorf-Richardson Aug. 16. Wilsbach pinned on the rank of lieutenant general during a promotion ceremony preceding the change of command and previously served at JBER from September 1998 to May 2002. (U.S. Air Force photo/Airman 1st Class Valerie Monroy)

Drug screenings and your prescription medication

STAFF REPORT

673d Medical Group

RANDOM DRUG SCREENING IS a reality in today's military. However, few members have a good understanding of the Drug Demand Reduction Program and how to manage controlled substances prescribed by providers to prevent positive results from DDRP screening.

There are a few basic tips which will help avoid trouble with drug testing, and improve how prescriptions are managed.

KNOW IF IT'S A CONTROLLED SUBSTANCE

By the time you leave the pharmacy, you should know whether your new medication is a controlled substance. Ideally this should be discussed by your provider at the time of prescribing; but it is a good idea to read the medication information given at the pharmacy.

As an extra safeguard, the JBER pharmacy will soon be including an extra slip of paper in medication bags for active duty personnel indicating whether you have received a

controlled substance as part of your prescriptions. If you are in doubt, ask your provider or pharmacist.

KNOW WHY YOU ARE TAKING IT

It is very tempting to use the medication prescribed for a wisdom tooth removal upon stubbing a toe or spraining an ankle. However, if the medication in question is a controlled substance, this could potentially result in a positive drug screen and subsequent investigation.

Use your "as needed" medications only for the purpose they were prescribed, and once that condition has resolved do not use that medication any longer. If there is any confusion why the medication was prescribed, ask your provider or pharmacist.

DO NOT KEEP OLD MEDICATION

While a medication may have been very helpful several years ago, using it after many years, even for the exact same purpose, may result in an inquiry, if it returns as a positive result on drug screening. The safest bet is to no longer use the medication

once the prescription has expired; that date can be found on the bottle where it reads "by XXX." However, using the medication while the original condition is still actively being managed is reasonable, as many medical conditions are chronic, and this along with visits to your provider, are taken into consideration, if the medication is found on a drug screen.

If your medication has expired and you have a recurrence of the original purpose, please see your provider for a new prescription or refill of the medication. As long as there is proper documentation you were given this medication by a provider, there will be no concerns, if a positive result occurs during screening. If there is any doubt as to whether you should still be taking your medication, ask your provider or pharmacist.

Should you need to clear out your medicine cabinet, medication disposal facilities are available at the Exchange satellite pharmacy during normal business hours, and at the hospital pharmacy anytime.

DO NOT SHARE MEDICATIONS

While this may seem to be common sense, many service members get into trouble by taking medication belonging to a friend or family member with the best of intentions.

A prescribed medication is intended for, and only for, the individual listed on the label. While you may have been prescribed a narcotic, and your acquaintance may have a narcotic for their own issue, not all narcotics are the same – and they can be detected as such on drug screens.

If you're confused, ask your provider or pharmacist.

The rules and regulations of the DDRP and its random drug screening can be difficult to understand, but these simple guidelines are easy ways to avoid uncomfortable conversations with your first sergeant or commander. ●



Munitions inventory

The 3rd Munitions Squadron will conduct semi-annual inventory Sept. 1 through 9. Users must schedule requests for issues and/or turn-in around these dates. During the inventory, only emergency requests will be processed. They must be submitted in writing and approved by the group commander or equivalent. For information, call 552-3098 or email jber.FV5000@elmendorf.af.mil.

Fuel station closure

The military fuel station at 12th St. and Fairchild Ave. is closed for approximately three weeks for renovation. As this is the only station on JBER-E aside from the flightline, those without flightline access will need to use Building 988 on JBER-R. In case of emergency, the Fuels Service Center may dispatch a fueling truck; call 552-5180.

Reserve ‘Scroll’

Officers wanting to transition to the Air Force Reserve must have their commission transferred to a list called “the Scroll” and approved by the Secretary of Defense. The process averages 120 days, but can take longer, and must be approved before you begin participating in the Air Force Reserve, which may mean a break in service. Even if you’re unsure about transitioning to the Reserve, the Scroll process can be initiated.

For information, call 552-3595.

Pothole repair

The 773d Civil Engineer Squadron encourages all Joint Base Elmendorf-Richardson personnel to report potholes. In housing areas, contact Aurora Housing at 753-1051. All other requests will be tracked by 773d CES. Take note of the location – including street and cross-street names or building numbers. Then email 773CES.CEOH.PotHoleRepair@us.af.mil or call 552-2994 or 552-2995.

Include your name and contact information so crews can follow up about location or the severity. Weather and mission permitting, potholes will be repaired within 24 hours of being reported.

Home-buying seminar

Volunteer realtors and mortgage lenders present an hour-long home buying seminar every Wednesday at either the JBER-Elmendorf or JBER-Richardson Housing Management Offices from 1 to 2 p.m. These seminars are intended to support those interested in purchasing a home by explaining the buying and selling process. The seminar covers loan pre-qualifications, offers and acceptance, inspections, title searches, types of loans, and closure process. For information or to sign up, contact the office.

For the JBER-Elmendorf HMO, call 552-4312, or visit Bldg. 6346 Arctic Warrior Drive. For the JBER-Richardson office, call 552-3088, or visit Bldg. 600, Room 104.

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 release of the offender. Eligible clients include all active duty military of all branches of service, mobilized Reserve Component members, retirees (and the dependents of these sponsors) who make a restricted or unrestricted report for sexual assault. For information, call 353-6507.

DLA Document Services

Defense Logistics Agency Document Services dupli-

cates and prints documents, including color, large-format photographic prints, engineering drawings, sensitive materials, technical manuals and training materials. They also do design, printing and distribution of business cards, letterhead, invitations and programs. The Equipment Management Solutions Program provides multifunctional devices that print, scan, copy and fax. They also offer Document Automation and Content Services, a service for building digital libraries of content with online access. It is open 7 a.m. to 3:30 p.m. Monday through Friday. For information, visit documentservices.dla.mil, visit the office at 984 Warehouse Street, or call 384-2901.

U-Fix-It Store

The U-Fix-it stores, open to all Aurora Military Housing tenants, issue home maintenance items. Availability is subject to change and limits; some may have a cost. American flag kits and fire extinguishers are available. U-Fix-It work includes all home maintenance, allowing occupants to make minor improvements and repairs. The JBER-E location is 6350 Arctic Warrior Drive and is open 8:30 a.m. to 5 p.m., Tuesday through Friday, closed from 1 to 1:30 p.m. for lunch, and Saturday, 9 a.m. to noon and 1 to 4 p.m.

(closed for lunch noon to 1 p.m.). The JBER-R office is at 338 Hoonah Ave., open from 8:30 a.m. to 5 p.m., Monday through Friday, and closed from 1 to 1:30 p.m. for lunch. A blind-cleaning machine is available at the JBER-E location; priority goes to those PCSing. For information, call 375-5540.

Richardson Thrift Shop

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

OTC pharmacy counter

The main pharmacy at the JBER hospital has opened an over-the-counter medication clinic for DoD beneficiaries, open from 7:30 to 10:30 a.m., Monday through Friday. Select “over the counter drug needs” at the kiosk. This does not replace a visit with a provider. Flyers and patients who are on personnel reliability program status, pregnant, or under the age of 2 are not eligible due to special needs. The clinic offers basic pain relievers, cough, cold and allergy medications and others. For information visit www.facebook.com/JBERPharmacy.

ADS

IN A LEAGUE OF HIS OWN: PERSISTENCE PAYS OFF

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

A FEW HOURS AFTER Gregory Eissens made his Alaska Baseball League pitching debut, he changed his white and blue Anchorage Glacier Pilots uniform for the Air Force ABUs that brought him to Alaska.

By day, he pitches for the Glacier Pilots; by night, he's an aircraft electrical and environmental systems Airman with the 732d Aircraft Mobility Squadron at Joint Base Elmendorf-Richardson.

People who knew Greg growing up knew it was only a matter of time before he would reach prominence in the sport.

"I've been playing baseball for what feels like my whole life," said Senior Airman Eissens.

At four years old, the tee was the vessel which brought the marriage of bat and ball, the seemingly supersonic clink signaling an assault on the bases.

"I was quick [when I was younger]," Eissens said. "I could throw hard, and my bat was on fire. I couldn't miss a ball."

Baseball came naturally to Eissens, to whom incoming fastballs seemed to make their approach in slow-motion, a Ty Cobb sixth sense.

Eissens' father practiced with him. And as the years went on, dad replaced the tee completely.

"It was a good way to bond with my dad," he said.

Greg remembers his father hitting pop flies as he fought the sun's glare for the catch at his North Carolina home.

That relationship would continue until Eissens' sophomore year of high school, when everything changed.

It's been seven years since Eissens' mother was diagnosed with cancer.

"I ended up having to take her to a lot of treatments," Eissens said. "That just kind of took over."

Overwhelmed by the stress of his mother's diagnosis, the sport lost its significance. Eissens credits his faith in God with having a significant impact in dealing with the stress of his mother's diagnosis. Not just in getting through tough times, he admits to having had opportunities not available to others.

"[God] is probably my biggest motivation," Eissens said.

A year after graduating high



Gregory Eissens, an aircraft electrical and environmental systems Airman with the 732d Aircraft Mobility Squadron at Joint Base Elmendorf-Richardson, prepares a pitch at Mulcahy Baseball Stadium, at Anchorage, Alaska, Aug. 3, 2016. Eissens made his Alaska Baseball League pitching debut playing for the Anchorage Glacier Pilots in the 2016 season. (U.S. Air Force photo by Airman 1st Class Javier Alvarez)

school, Eissens joined the Air Force.

Although he stopped playing baseball, he knew it was just a matter of time before he returned to the game.

During a deployment to Qatar, Eissens made plans for his return.

"I just worked out and got strong," he said.

"You can't really get big and expect all the explosiveness to come back, so I had to retrain myself."

Eissens' persistence led him to contact the general manager of the Anchorage Glacier Pilots.

"He didn't get back to me right away," Eissens said. "So I came to one of the games and approached the dugout. ... He said 'just come and work out with us, and we'll see

if we can put you in the games.'"

In the middle of the baseball diamond at Mulcahy Baseball Stadium, atop a white rubber slab on a mound

of earth stood Eissens — a month after arriving at JBER and nearly five years from his last high school game.

He took to the mound in mid-July, where the op-

ponents he played against were unlike any he's faced in the past.

"It's different pitching against these guys," Eissens said. "They know what's coming. They're not amateurs. They're at a different level than I experienced in high school."

The sixth sense Eissens once had is gone.

"Trying to hit a 97 mile-per-hour fastball after five years of not play-

ing is probably not going to happen," Eissens said. "But I can work as hard as I can and try to get my eyes adjusted and focus."

Eissens returned to baseball with unprecedented commitment.

"I come here at noon for workouts," he said. "Batting practice starts at 4:30; games are at 7. I go to work at about 11 p.m. and work until 7 a.m. I go to sleep for five hours and do it all over again ... I can't not be happy in getting the opportunity to do it."

Eissens' mom has gone through three rounds of chemotherapy since her diagnosis. She prepares to start a new round as the ABL playoffs kick off.

Because of her condition, she is unable to travel, though Eissens says his family could not be happier at everything he's accomplished.

Greg hopes to one day play in the major leagues — though he knows he has a lot of training before he reaches that level. ●

**“THESE
GUYS KNOW
WHAT’S COMING
... THEY’RE NOT
AMATEURS”**

**Friday
Back To School Bash**

Head to the Arctic Oasis from 11 a.m. to 3 p.m. for crafts, games, zoo animal guests and much more – including the JBER yard sale.
For information, call 552-8529.

Mountain bike trip

Meet up at the Outdoor Adventure Program at 5 p.m. for a ride through Kincaid Park. Equipment and transportation provided; for infomration call 552-4599.

**Friday through Sunday
Anchorage Run Fest**

Celebrate and run at the Anchorage Run Fest.
Pick up your bibs and attend a Health and Fitness Expo on Friday from 3 to 7 p.m. and Saturday from 9 a.m. to 4 p.m at the Dena’ina center.

Saturday races take place at Dena’ina Center with the Kids 2K Fun Run at 10 a.m. with warm-ups at 9:30 a.m. The Anchorage Mile begins at 11 a.m. Sunday races begin at 6th Avenue and F Street, with the 49K at 7 a.m., marathon walk at 7 a.m., marathon at 8 a.m., marathon relay at 8 a.m, half-marathon at 8 a.m., and 5K at 9 a.m.

For more information or to sign up, visit *anchoragerunfest.org*.

Alaska Greek Festival

Alaska’s large Greek community hosts their 22nd annual festival of food, dance and music at the Orthodox church at 2800 O’Malley Road.
Tour the new church with its lavish icons, or just indulge in moussaka and dancing.
For information, visit *akgreek-festival.com*.

**Saturday
Women’s ATV trip**

Meet up with the Women in the Wilderness group at 8 a.m. at the Outdoor Adventure Program for this trip to Jim Creek. Equipment and transportation provided; for information, call 552-4599/2023.

Outdoor triathlon

This free triathlon starts at 10 a.m. at the Buckner Physical Fit-

ness Center and infludes a 5K, a 300-yard swim, and a 20K bike ride. For information, call 384-1369.

Youth bowling league

The youth league’s bowling season starts Sept. 10; sign up from 10 a.m. to 2 p.m. to stay busy through the winter. For information, call 753-7467.

Cornhole tournament

The Warrior Zone hosts this beanbag-toss tournament from 2 to 5 p.m., but they need at least six teams. It’s free; join the fun. For information, call 384-9006.

**Sunday
Aramark specials**

Head to the Polar Bowl for discounts on lunch from 10:30 a.m. to 1:30 p.m. For information, call 770-0376.

Women’s ATV trip

Meet up at the Outdoor Adventure Program for a trip to Eklutna on ATVs. Equipment and transportation provided; for information, call 552-4599/2023.

**Tuesday
Weekly science club**

Children in Kindergarten through 6th grade can discover the world of science from 4 to 5 p.m. at the JBER Library. For information, call 384-1640.

Kayak training

Before you hit the river, learn how to kayak in the safety of the Elmendorf Fitness Center pool at this class from 6 to 8 p.m.
For information, call 552-4599/2023.

**Wednesday
Indoor rock climbing**

Scale the walls of the JBER-E Outdoor Recreation Center from 5 to 7 p.m., but be sure to register first.
For information, call 552-4599/2023.

STEM activities

Youths ages 9 to 18 who are Youth Program members can learn problem-solving while being challenged and engaged at the

Two Rivers Youth Center starting at 4 p.m. For information, call 753-7467.

**Sept. 24
Air Force Ball**

Commemorate the Air Force’s 69th birthday in style at the annual ball.
Tickets are available now; for information, visit *jberafball.com*.

**Ongoing
Care registration**

Looking for a fun before-and-after school program? Enroll your child in the Ketchikan School-Age Program before Aug. 29. The office, behind the Polar Bowl, is open from 6 a.m. to 5:30 p.m.
For more information, call 552-5091.

Fitness Sit-up and Push-up clinics

Every first and third Wednesday of the month, the Elmendorf Fitness Center hosts clinics designed to teach proper sit-up and push-up techniques in an effort to enhance overall performance and fitness test scores.
For more information, call 552-5353.

Potter Marsh Bird Walks

Join the guides Saturday mornings from 8 to 10 a.m., or Tuesdays from 6:30 to 8:30 p.m. for a leisurely guided walk – rain or shine – and learn about the birds and wildlife that make the edge of Cook Inlet their home.
For information, call 267-2281.

Nine & Dine

Enjoy dinner, nine holes of golf, a cart, and prizes Mondays.
Dinner begins at 5:30 p.m. and golf begins at 6:30 p.m. Bring a team or join a team for a great way to meet new people.
For more information, call 428-0056.

**JBER Wildlife Education
Center activities**

Learn about Alaska’s amazing animals and natural resources at this free museum, with interactive displays for the kids too.
The center is located at

Building 8481 and open Monday through Friday from noon to 4 p.m. (subject to staffing availability).
For more information, call 552-0310 or email *jberwildlife@gmail.com*.

Wildlife Wednesday

Stay scientifically enriched with the this free science lecture series on the second Wednesday of each month at the Alaska Zoo Gateway Lecture Hall.
Each lecture begins at 7 p.m. and covers a different topic of wildlife research in Alaska.
For information, visit *alaska-zoo.org*.

Library Story Times

Evening Story Time: Tuesdays 6:30 to 7 p.m.
Toddler Tales: Wednesdays 10 to 11 a.m.
Preschool Story Time: Tuesdays and Thursdays 10 to 11 a.m.
Surprising Science: Thursdays 6:30 to 7:30 p.m.

Sunday Pizza and Pins

Enjoy bowling and pizza at the Polar Bowl with deals on pizzas, sodas and shoe rentals for up to five bowlers.
For information, call 753-7467.

Alaska’s Northern Lights

Love the aurora, but don’t love standing in the cold in the middle of a winter night?
Check out the Alaska Center for the Performing Arts as they bring the grandeur to you in high-definition in summer. Shows start every hour from 9 a.m. to 9 p.m. through Sept. 4.
For more information, call 263-2993.

Anchorage market

Every weekend from 10 a.m. to 6 p.m., pick up fresh produce, exotic goods or Alaska souvenirs at one of the largest farmers’ markets in the state.
More than 300 vendors, plus music, food and entertainment, make it a great family outing.
For information, call 272-5634 or email *info@anchorage-markets.com*.

Chapel
services

Catholic Mass

Sunday
8:30 a.m. – Richardson Community Center
11:30 a.m. – Midnight Sun Chapel

Monday and Wednesday
11:40 a.m. – Richardson Community Center
Tuesday and Friday
11:30 a.m. – Midnight Sun Chapel

Thursday
12:00 p.m. – Hospital Chapel

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

Protestant Sunday
Services

Liturgical Service
9 a.m. – Heritage Chapel
Gospel Service
9:30 a.m. – Midnight Sun Chapel

Community Service
10:30 a.m. – Heritage Chapel
Collective Service
11 a.m. – Arctic Warrior Chapel

Chapel Next
5 p.m. – Chaplain Family Life Center

Jewish Services

Lunch and Learn
Fridays at 11:30 a.m.
Kosher lunch provided.
At the CFLTC
Call 384-0456 or 552-5762.

Religious Education

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

Can’t STEM
the learning

CHILDREN BUILD LEGO STRUCTURES DURING A ROBOTICS PRESENTATION BY EAST HIGH ROBOTICS AT THE JOINT BASE ELMENDORF-RICHARDSON AUG. 10. THE PRESENTATION WAS PART OF THE WEEK-LONG SCIENCE, TECHNOLOGY, ENGINEERING AND MATH PROGRAM HOSTED BY THE LIBRARY. (U.S. AIR FORCE PHOTO/AIRMAN 1ST CLASS VALERIE MONROY)



Unoccupied WTU barracks give Airmen living space

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

Airmen of the 673d Medical Group living in unaccompanied housing have found a new home at the Warrior Transition Unit at Joint Base Elmendorf-Richardson.

Approximately 58 MDG Airmen moved to the WTU, said Master Sgt. Tammy Miller, 673d Civil Engineer Squadron unaccompanied housing superintendent.

The most recent group of Airmen moved in at the end of July.

The bottom half of the WTU is currently serving as an annex to the Fisher House, said Senior Master Sgt. Phillip Kersey, 673d Medical Group first sergeant.

As expansions to the Fisher House are completed, and more space becomes available, the rooms will house 22 additional MDG Airmen.

“We have about as many people as the WTU will hold,” he said. “About 80 residents will call the



The Warrior Transition Unit barracks at Joint Base Elmendorf-Richardson is now home to almost 60 Airmen. The WTU recently closed, and has been repurposed to serve as unaccompanied housing for 673d Medical Group Airmen. (U.S. Air Force photo/Airman 1st Class Javier Alvarez)

WTU home.”

Prior to utilizing the WTU, the dormitories on JBER were at capacity, Miller said.

With every influx of Airmen, dorm leaders were forced to move residents out sooner than would normally be allowed.

By occupying the available unused space at the WTU, the Air Force will save more than \$900,000 by not having to pay full BAH to Airmen, she said.

The WTU is a relatively new facility and is ADA-compliant – should the amenities be required,

Miller said.

It is more efficient and effective for the residents who work in the hospital to be housed in the WTU because of its close proximity, Kersey said.

“Living off base [tends to] lead to more disciplinary problems – whether it be financial issues or having an altercation with a neighbor,” Kersey said. “This was a way for us to move our people from one dormitory to another, and free up space.

“We can now house our Airmen on base without being forced to send them downtown.”

Dorm occupancy rates have dipped below 95 percent since the move.

“There is now enough room for the inbound Airmen – allowing for the natural in-and-out flow of personnel as they [make a permanent change of station],” Kersey said.

“I think we have provided the highest quality for our Arctic medics,” he said. “They’re deserving and excited to be living there – and I’m excited to have taken part in making this happen.” ●

Drinking on the job: Reservists bring experience to wet lab

by **AIR FORCE MAJ. CARLA GLEASON**
477th Fighter Group
Public Affairs

WHEN WAS THE last time your supervisor encouraged you to have a drink in the name of training?

Participants in the latest security forces sobriety training Wet Lab were asked to do just that to give law enforcement officers hands-on experience administering field sobriety tests.

Ten volunteer participants from various active duty, Reserve and National Guard units around Joint Base Elmendorf-Richardson were asked to drink measured amounts of alcohol based on their weight and size, and then submit to a field sobriety test administered by Air Force Security Forces members.

“They get to see, in a controlled environment, how they feel and where they are at each point,” said Department of the Air Force officer

Michael Fritschie, who measured the participant’s blood pressure and calculated their burn ratio during the lab. “It’s a learning process for them too.”

Not only was it a unique experience for the Airmen test subjects, but the event also provided an invaluable training opportunity for security forces Airmen.

Like a civilian city outside the gates, an installation requires a police force to maintain law and order and enforce standards. JBER has a diverse force of individuals, including Army, Air Force, civilian contractors and Department of the Air Force civilians, who work day in and day out to ensure those who live, work and play here stay safe.

Keeping this diverse group of officers trained and ready when money and resources are tight, however, can be a challenge. That’s where a unique cadre of Air Force Reserve members comes into play.

Several Air Force Re-

serve individual military augmentees, who serve as full-time police officers or deputy U.S. marshals, host training courses for officers on JBER, providing both experience and hands-on opportunities that would be hard to achieve otherwise.

“We conduct this type of training here once a year for four weeks,” said Master Sgt. Eric Hermann, an IMA 673rd Air Base Wing security forces member who is also a civilian officer in the Los Angeles Police Department. “It is the same training the Airmen would receive regularly but the life experience these officers bring can’t be duplicated.”

Senior Master Sgt. Mark Hogan, a former active duty security forces member who has been an LAPD officer for more than 22 years, recruits quality civilian officers into the program and encourages active duty members who are separating to consider a position in the Reserve.

Not only is it good for the officers to continue to serve

their country, according to Hogan, the knowledge they bring back to the Air Force improves the quality of training our current Airmen receive.

“I’ve been in eight years and I thought I knew this stuff already,” said class member Staff Sgt. Karen Nelson. “They taught me things I hadn’t even thought of before. It was more than ‘here is a slide,’ It was ‘here’s a slide and here’s a personal experience I had dealing with it and what I learned from it.’”

“As a law enforcement officer on the civilian side I get a lot of opportunity to train and use my training on a day-to-day basis. I can then bring all of that experience and training to the Air Force,” said Master Sgt. Mark Parker, 673rd SFS IMA and traffic officer from Prescott, Arizona.

“It can be difficult for Air Force Security Forces members to get real-world training. My ten years as a police

officer allow me not only to bring the curriculum, but the experience as well.”

The program also saves money.

According to Hogan, this type of training course costs between \$500 and \$1,500 dollars per participant. At about 25 members per class, plus travel, lodging and per diem, the costs can add up.

JBER’s security forces IMAs conduct the training here free of charge during their annual training days.

At the same time, Reservists bring a level of continuity and stability that is hard to achieve with deployment rotations.

“I do what I can to make a lasting, positive impression on the Airmen I work with,” Parker said. “I had the opportunity to interact with some very knowledgeable non-commissioned officers when I was a young active duty Airman, and I enjoy coming out and teaching what I’ve learned, hopefully making that same kind of lasting connection.” ●

SCHOOL ZONE SPEEDERS COULD LOSE PRIVILEGES

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

WATCH YOUR SPEED, WATCH OUT FOR STUDENTS

In less than two weeks, back to school will be in full swing. The streets in and around Joint Base Elmendorf-Richardson will be filled with children and buses for their first day of school.

JBER personnel should be mindful of the pedestrians and school zone safety lights.

“The JBER-E [safety] lights will start flashing at around 8:50 a.m. and end at 9:20 a.m. with a speed limit of 20 mph,” said Senior Airman Jeffrey Travis, 673 Security Forces Squadron unit trainer. “The [JBER-R] lights start around 8 a.m. and end at 9:30 a.m. with a speed limit of 15 mph.”

During normal operations, the speed limit near schools will return to 25 mph. Travis stressed drivers should pay attention to the signs, and school zone speed limits will be enforced regardless of the lights flash-

ing. If caught speeding by 5 mph or more, [the driver] get a mandatory 30-day driving suspension, no questions asked, for a first offense on the installation.

“Be diligent, obey the school zone speed limits and look out for children,” said School Liaison Officer Holly Warners. “Especially watch around neighborhood bus stops, school crosswalks, parking lots and student drop off areas.”

Warners added drivers need to be mindful of school buses.

“Always stop when the lights are flashing and allow students to get on and off the bus safely.”

The responsibility of staying safe also falls on the students.

“Students should arrive at the bus stop on time, properly dressed for the weather conditions and not engage in horseplay,” Warners said. “Parents need to remind children to behave and be respectful to other students as well as the bus driver. It is not the bus driver’s job to monitor behavior; their job is to drive the bus to and from school undistracted in the safest manner possible. Distractions to the driver put everyone in danger and are not tolerated.”

Parents and children who are new to JBER are encouraged to reach out to the School Liaison Office.



School begins Monday for most students in Anchorage; drivers must be extra-vigilant, especially in school zones. (U.S. Air Force photo/Staff Sgt. Sheila DeVera)

School liaison officers help transition families with school age children to and from the local area focusing on what school children will attend, options and school choices, special education resources and connections in schools and the district.

If children are having difficulty transitioning, some district schools have counselors on staff to assist children as needed.

“The JBER elementary schools are fortunate to have Military Family Life Counselors, whose primary job

is to be present for students needing a little extra help adjusting to a transition such as a permanent change of station, deployment, reintegration of a parent, etc. Parental permission is required,” Warner said. “Off base elementary, middle and high school with significant numbers of military connected students also have MFLCs assigned to them.”

The first day of school for elementary students in the Anchorage School District will be Aug. 22 for grades 2 through 12 and Aug. 29 for Kindergarten and first grade. ●

CAPABILITY FORECASTING KEEPS THE CARGO MOVING

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

Airmen and civilians of the 732nd Air Mobility Squadron forecast the capability of every aircraft transiting JBER to move cargo, passengers and mail within a 72-hour schedule.

“I use multiple resources to create that forecast ... to include Red Flag, base operations, working with contractors, the Army and other sister services,” said Shawn Lock, 732nd AMS capability forecasting lead and load-planning supervisor. “But this schedule is only accurate three to four days out; anything beyond that is wishing.”

Capability forecasting provides each terminal work center with daily and monthly reports to facilitate equipment scheduling and workload planning.

This is one aspect of the large job the AMS does despite being a small tenant unit. Their primary mission is to provide service to transiting aircraft, including command and control, maintenance, fleet service, and passenger handling.

“We’ve worked with every plane imaginable; Russian, Japanese, British, [even] Air Force One,” Lock said. “It’s not unusual for us to have flights coming from Iceland, Europe and the eastern hemisphere over the North Pole.”

Most aircraft come from Travis Air Force Base, California, and Joint Base Lewis-McChord, Washington, to Yokota and Kadena air bases, Japan, and Osan Air Base, South Korea.

But schedules are not set in stone; the ‘cape’ forecast is constantly changing because of factors like weather and mishaps.

“Of course weather is the biggest variable that can stop and change everyone’s plans in a matter of minutes,” Lock said. “It could say zero percent chance of snow in the forecast, but we [could] wake up to 18 inches of snow.”

Aircraft maintenance is another variable to work around. If a scheduled plane has been loaded with cargo, but needs maintenance, the Air Terminal Operation Center would coordinate to put the cargo on another aircraft that needs to be squeezed into the schedule.

“During the summer, more stuff goes out, because there [are] only two seasons in Alaska; winter and construction,” Lock said. “Most of our cargo is construction equipment or aircraft parts.”

Because Alaska is unique in location as it is in mission, this AMC is the only one of its kind to also support far-

flung radar sites. The cape forecast also plans the delivery of fresh food and other cargo to each military radar site in Alaska.

“We are always on the lookout for weather issues, and sometimes these flights can be delayed for weeks because of weather,” Lock said. “Historically, the longest we were unable to get to a site was nine weeks.”

Each site is equipped with water, dried food and other goods, so teams can last up to 45 days without fresh food delivery, because aircraft are often delayed – mostly by snow and fog.

The primary aircraft used is the DC-6, a low-altitude piston-powered transport airliner, but when the weather cannot permit its access, other planes are chartered in to help.

“[The DC-6] can’t go above 15 to 17 thousand feet, so for some of the sites,

they have to fly between the mountain ranges,” Lock said. “They can fly around a mountain and right into a blizzard without any notice. When a DC-6 comes in – the big plane it is – it might need a half a mile of visibility with a 12,000-foot ceiling.”

If the scheduled flight to any of the radar sites has been delayed for a week, the AMC sets up alternatives.

“The carriers work well with us on this and file flight plans for both routes; the weather [determines] which one goes,” Lock said.

The AMS Command and Control Flight provides support through cape forecasting in everything from radar site delivery to daily cargo runs, and local to international transit. Whenever an aircraft stops for immediate maintenance or can’t land due to quiet hours, the schedule is adjusted and the mission continues. ●

HOPE AND ENCOURAGEMENT DESPITE OUR CIRCUMSTANCES

by **ARMY CHAPLAIN (CAPT.) BRIAN MUSSELMAN**
673d MDG Chaplain

The Count of Monte Cristo is one of my favorites movies, and I highly recommend it. It’s a story about relationships within economic stature. It’s about integrity and character and not compromising these at any cost.

It is about revenge, yet it concedes to an interesting twist. The movie somewhat reminds me of the Apostle Paul, who in 60 A.D. wrote a letter to a group of Christians living on an island called Colossae.

What always draws my attention into this letter is that it was written when Paul was incarcerated. From a very challenging place in his life, from a place where it seems ludicrous to send a message of inspiration and encouragement. From the confines of a dark and isolated prison, Paul encouraged his fellow believers to hold on to truth, stand firm in their faith, and stay confident in knowing to whom they belong.

Sometimes standing firm in what we know to be true – whether you are a Christian following the Bible

as your guide to knowing God personally, or of a different faith – no one has a life without challenges.

Paul wrote that “Christ is our life” (Colossians 3:4). But this is easier said than done at times.

Recently, I got a glimpse of this as I read a story online.

“All alone, she sat in the back of the church. The rest of the women at the conference that weekend had already exited the auditorium. Gathering my books and papers, I walked over to where she was sitting; her head was bowed low, and her shoulders were drooping. She was a mother of three. Her oldest son, suffering from muscular dystrophy, had been confined to a wheelchair for most of his 17 years. Her other two children had a variety of learning and emotional challenges. With her head still bent, she whispered, ‘I’m married to a mean, hateful man who makes my life miserable. He won’t help me with our son. He even refuses to help while I hold our son when he goes to the bathroom. I buried my father this week,’ the woman continued. ‘At the funeral I learned

that my father had disinherited me from his estate because he hated my husband.’ She then said a haunting thing: ‘I came this weekend with one prayer,’ she said. ‘I asked God to kill my husband. I prayed, “Lord, I need a way out! I feel like a bird in a cage.”’ Finally she lifted her eyes and said, ‘When I prayed that prayer, God spoke to me as clearly as I’ve ever sensed his voice. He said, “Even a bird in a cage sings.”’ With tears running down her face she asked, ‘What am I supposed to do with that? How do I live with that answer?’

Feeling utterly impotent, I replied, ‘If God says, “sing,” you need to find your song.’”

Do you feel enslaved to your circumstances, trapped with seemingly no way out? The Count of Monte Cristo’s Edmond Dantes was in this exact predicament. Not wanting to give things away, I can tell you his life changes both during his wrongful imprisonment and after it.

If you were in a dungeon, at your wit’s end, would you be able to find the strength to encourage, inspire,

and care for others? Paul did. Unlike Paul, I’m more apt to go to God with prayers when things are not going well.

In fact, when life seems it’s as it should be, I’m tempted not to pray because I fool myself to believe I don’t need him. Truth be told, I always need God.

Paul communicates the opposite: when things are going well – not necessarily for himself – he encourages the Christians of Colossae despite his circumstances.

Paul reminds his fellow Christians they have hope and encouragement, “the capacity to see things through.” This is endurance. Edmond Dantes didn’t know he had it in him. It’s often true with me, too.

Are things going well for you? Does your current place in life compel you to look to God more or less? Or, might you be thinking as I have on occasion: things going well means I’m fine without God?

Let’s not allow circumstances to dictate whether we need God. I always need God. The Bible and my life experience tell me this. ●



CLASSIFIEDS

MCGINLEYS
(2X2 FPC)

FIRST BAPTIST
(2X2 FPC)

PET EMERGENCY
(2X2 FPC)

MARK JUST
(3X3 FPC)

FILL
(3X3 FPC)

USAA
(6X10 FPC)

HARD ROCK???
(6X5 FPC)