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# ARCTIC ANVIL



Sgt. Thomas Minton, assigned to A Company, 3rd Battalion, 509th Parachute Infantry Regiment, 4th Infantry Brigade Combat Team (Airborne), 25th Infantry Division, U.S. Army Alaska, collects his parachutes before conducting an airborne assault during exercise Arctic Anvil 19-01 at Joint Base Elmendorf-Richardson Oct. 9. Arctic Anvil 19-01 is a joint, multi-national, force-on-force training exercise designed to provide the 1st Stryker Brigade Combat Team a tough, realistic training event that validates their ability to fight and win as a combined arms team in preparation for their rotation at the Army's National Training Center in California early next year. The exercise took place in the training areas surrounding Delta Junction and Fort Greely and involved about 6,000 Soldiers and military personnel - including about 400 paratroopers from the 4th brigade. (U.S. Air Force photos/Alejandro Peña)

**TOP RIGHT:** Paratroopers of the 4th IBCT wait on the flight line before an air assault as part of Arctic Anvil.

**CENTER RIGHT:** Paratroopers board an Air Force C-130J Super Hercules for an air assault exercise.

**RIGHT:** Paratroopers help a comrade stand up to board the aircraft at JBER for an air assault.

**ON THE COVER:** A CH-47 Chinook carries a Humvee near Fort Greely during exercise Arctic Anvil.

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## ARCTIC WARRIOR

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# Don't feed the moose this Halloween season

By **SENIOR AIRMAN  
JAVIER ALVAREZ**  
JBER Public Affairs

There's something in the air come All Hallows' Eve. It's likely the sweet fragrance of a freshly carved jack-o-lantern that coaxes moose from the safety of wooded areas.

Even though pumpkins aren't native to Alaska, that doesn't stop moose from strolling up a residential driveway to enjoy the exotic snack.

No matter how close to Halloween, if a moose is caught feeding on your pumpkin, jack-o'-lantern or decorations such as hay, cornstalks, or straw, the end result will be the same – a \$330 ticket, said Mark Sledge, 673d Civil Engineer Squadron senior conservation law enforcement officer.

People who purposely or negligently leave human

food, animal food, mineral supplements, or garbage in a manner that attracts wildlife are subject the same \$330 fine.

"We can't deviate from state law," said James Wendland, 673d CES chief conservation law enforcement officer. "Generally people put their pumpkins out Halloween night and pull them in when they're done. However, even doing that – if wildlife get to it, it's still considered negligent feeding."

By Oct. 31, sunset is projected for 6 p.m., giving animals the cover of night to make off with their orange treats.

"We recommend people use the plastic artificial pumpkins with LED lights," Sledge said. "By putting out a fresh pumpkin, people are attracting a moose into their neighborhood where kids are going to be walking around in the dark. They're creating a hazard."




**Sugar-rich pumpkins are a delicious treat for moose trying to fatten up for the long winter ahead. Feeding wildlife, including moose, is not only illegal – carrying a \$330 fine – it's also hazardous, as moose rapidly become accustomed to food being available. They return over and over, posing a serious safety risk to humans and pets. Officials urge using plastic jack-o'-lanterns; if you use a real pumpkin, take it inside once trick-or-treating hours end. (Courtesy photo/John Pennell)**

JBER is home to not just moose, but coyotes, foxes and bears, among other animals.

Base wildlife conserva-

tion agents plan to increase patrols on Halloween night to mitigate any chance encounters.

If you do have a wildlife

encounter which poses a threat, call Security Forces to dispatch a conservation law enforcement officer at 552-3421. 

# JBER to celebrate Red Ribbon Week

By **AIRMAN 1ST CLASS  
CAITLIN RUSSELL**  
*JBER Public Affairs*

The Joint Base Elmendorf-Richardson community joins people across the country in celebrating a drug-free lifestyle during the annual Red Ribbon Week Oct. 23 to 31.

The National Family Partnership and its network of organizations have worked since 1985 to support the goal of a drug-free America through the National Red Ribbon Campaign.

“The campaign is a time to educate youth on drug and alcohol awareness, and vocalize the importance of being drug-free,” said U.S. Air Force Capt. Kimberly McKenna, 673d Medical Group Alcohol and Drug Abuse Prevention and Treatment Program and Army

Substance Abuse Program manager.

Red Ribbon Week began in honor of fallen Drug Enforcement Agency Agent Enrique “Kiki” Camarena. While in the midst of a drug cartel investigation in Mexico, Camarena was kidnapped and brutally murdered by drug traffickers.

Following his death, coalitions formed to honor Camarena and to raise awareness about the dangers of substance abuse. The red ribbon was used to symbolize his memory and fight against drug exploitation.

The campaign serves as a method for communities to educate youth and encourage participation in drug prevention activities.

JBER elementary schools showed their commitment to the campaign with a drug-free walk.

“The walk is my favorite part of the campaign,” said Andrew Toller, ASAP prevention coordinator. “I enjoy seeing their excitement, especially when they’re able to go with their parents. It’s a great way to get the message out there, while hopefully sparking that conversation between parents and children.

Each year the campaign’s theme – submitted by school-age children and selected by NFP members – changes to more appropriately and successfully appeal to the nation’s youth.

The 2018 Red Ribbon Week theme is “Life is your journey, travel drug free.”

Following the drug-free walk, students and faculty showed support by congregating at Buckner and Paxton fields for aerial photos as they formed words to corre-




**Elementary school students spell out “Future is key” in recognition of Red Ribbon Week at Joint Base Elmendorf-Richardson Oct. 19, 2016. Red Ribbon Week is observed nationwide Oct. 23 to 31 to educate youth and encourage participation in drug prevention activities. (U.S. Air Force photo/Airman 1st Class Crystal Jenkins)**

spond with this year’s theme.

McKenna reiterated the need to stress the importance of drug and alcohol awareness, not just for this campaign, but for life.

“The work our Soldiers and Airmen are doing can be dangerous, and if one of your team members is even just a little bit impaired, it can negatively impact the team, the

mission and the military as a whole,” Toller said.

For those who may be struggling with substance abuse, base programs such as ASAP and ADAPT are available to provide education, treatment for substance abuse and awareness outreach. Personnel can contact ADAPT at 580-2181 or ASAP at 384-1418. 

# JBER supports Red Flag Alaska 19-1

By AIRMAN 1ST CLASS  
JONATHAN VALDES MONTIJO  
JBER Public Affairs

Red Flag-Alaska is a Pacific Air Forces-directed field training exercise for United States and international forces flown under simulated air combat conditions taking place at Joint Pacific Alaska Range Complex over Alaska. The exercises are focused on improving the combat readiness of U.S. and international forces and providing training for units preparing for air expeditionary force taskings.

During these training exercises, Joint Base Elmendorf-Richardson provides necessary support to its partners to help them complete their mission.

For this highly vital training to be accomplished successfully, JBER's full support is required. A representation of this support can be seen in the current Red Flag 19-1, with the Alpha Battery, 3rd Battalion, 27th Field Artillery Regiment out of Fort Bragg, North Carolina.

"Our unit is tasked to provide long-range artillery support for RF-A exercising interoperability with U.S. Air Force units to showcase our capabilities and develop a relationship with the services," said Army Capt. John Heath, commander of Alpha Battery. "Part of the training is putting a [High Mobility Artillery Rocket System] on a cargo aircraft and fly to any destination to provide long-range support."

Maintenance support is a primary function JBER offers during RF-A to their partners.

"JBER has provided outstanding maintenance support to help us continue to sustain while we're here,"



**Soldiers assigned to Alpha Battery, 3rd Battalion, 27th Field Artillery Regiment, 18th Field Artillery Brigade, use a jack on a M142 High Mobility Artillery Rocket System (HIMARS) during Red Flag-Alaska 19-1 at Joint Base Elmendorf-Richardson Oct. 11. Their unit provided long-range artillery support for other units training in the exercise conducted near Fort Greely. (U.S. Air Force photos/Airman 1st Class Jonathan Valdes Montijo)**

Heath said.

Besides maintenance, JBER also provides storage and office space for a better work environment.

"We have received phenomenal support as an entity supporting Red Flag," Heath said. "We've even been provided office space to plan out of as well as a place to store our vehicles. We are very grateful for the opportunity to have cross training with Air Force units in addition to the other Army units located here. Without a doubt, we have received top-notch support from JBER."

Successes obtained through each


RF-A would not be possible if it weren't for the hard work of JBER personnel.

"There are multiple agencies throughout JBER who assist with units participating in Red Flag exercises," said Air Force Master Sgt. James Sanders, 354th Operations Group Detachment 1, RF-A maintenance superintendent. "Participating units utilize the Red Flag Exercise support staff as a focal point for whatever needs that may arise, from arrival to sustainment as well as re-deployment.

"Exercise Support does a lot for

participants, however, as much as we try, we could not do the exercise without the cooperation and assistance of JBER units."

The men and woman at JBER are dedicated to providing its partners with great training experiences and assisting them with what they need to fulfill their purpose during the exercise.

"All in all, the 354th OG, Det. 1, in conjunction with a myriad of other JBER base agencies, give units an awesome exercise that they want to come back to time and time again," Sanders said. 



**Pfc. Deshawn Presswood, a 135th Forward Support Company, 188th Brigade Support Battalion, light wheel vehicle mechanic, takes out a bearing from a M142 HIMARS.**



**Spc. Savannah Padilla, a 135th Forward Support Company, 188th Brigade Support Battalion multiple launch rocket system repair mechanic, takes out a seal on a wheel hub of a M142 HIMARS.**

**Friday**

**Jazz and R&B night**

Swing over to the Talkeetna Theater starting at 7 p.m. for a free evening of live music for ages 18 and older. For information, call 552-8529.

**School's out bowling**

The Polar Bowl hosts this special from 11 a.m. to 4 p.m. with deals on games. For information, call 753-7467.

**Swim meet signup**

Register today at Buckner Physical Fitness Center pool for the meet on Thursday. For information, call 384-1301.

**Rage City Rollergirls**

Catch the flat-track action as the Rage City Rollergirls kick off their 11th season at the AT&T Sports Pavillion from 6 to 9 p.m. For more information, visit [ragecity-rollergirls.org](http://ragecity-rollergirls.org).

**Saturday**

**Paws to Read**

The JBER Library invites children in kindergarten through 5th grade to read to a service dog from 10 a.m. to noon. For information, call 384-1640.

**Spooktacular bowling**

Roll into the Polar Bowl in costume for Halloween-themed bowling from 11 a.m. to 4 p.m. for children 18 and under. For information, call 753-7467.

**Tuesday - Wednesday Career Workshop**

Explore your interests, skill sets, aptitudes and values and plan a career that works for you with this workshop at Building 7153 from 8 a.m. to 4 p.m. both days. For information, call 552-6619.

**Wednesday**

**Understanding Down's**

October is Down's Syndrome Awareness Month; learn more and find support and acceptance with this class at the Log Cabin from 10 to 11 a.m. To register or for information, call 384-6736 or 552-8840.

**Scavenger hunt**

Get into the Halloween spirit at the 2Rivers Youth Center from 4:30 to 5:30 p.m. with this event for all ages. For information, call 384-1508.

**Thursday**

**Swim meet**

The season's second meet kicks off with warmups at 5 p.m. at Buckner Physical Fitness Center pool. Come cheer on the contestants. For information, call 384-1301.

**Family Fun**

Kennecott Youth Center hosts this evening of family fun from 4 to 6 p.m. with food and games. For information, call 552-2266.

**Lights on after school**

Families can see what it's like to be in the school age centers from 3:45 to 5:30 p.m., with activities and snacks. For information, call your child's center.

**Oct. 31**

**Zoo Boo**

Get your best costume and celebrate Halloween at the Alaska Zoo from 4 to 8 p.m., with spooky decorations and trick-or-treating around the grounds. For more information, visit [alaskazoo.org](http://alaskazoo.org).

**Nov. 3**

**Country Fair**

The Richardson Spouses

Club celebrates 40 years of their annual Country Fair from 10 a.m. to 5 p.m. at Buckner Physical Fitness Center. The event is open to the public. For more information, visit [richardsonspousesclub.com](http://richardsonspousesclub.com).

**Nov. 8 and 9**

**Veteran Business Forum**

The local veteran business community hosts this event about business development, government contracting opportunities and more at the BP Energy Center from 1:30 to 6 p.m. both days. For information, call 271-4850 or visit [alaska-veteran-business-forum.eventbrite.com](http://alaska-veteran-business-forum.eventbrite.com).

**Ongoing**

**Civil Air Patrol**

Adult members of the Civil Air Patrol meet at the Aero Club Hangar the first and third Tuesdays of each month; cadets meet Saturdays. For more information, call 350-7951.

**Thursday science club**

Youth are invited to the JBER Library to experiment and think about science from 6:30 to 7 p.m.

For more information, call 384-1640.

**Library story times**

The JBER Library hosts preschool story times Tuesdays and Thursdays from 10 to 11 a.m.; Toddler Tales is Wednesdays from 10 to 10:30 a.m. All-ages story time is Tuesdays from 6:30 to 7 p.m. For more information, call 384-1640.

**Model railroading**

The Military Society of Model Railroad Engineers meets at 7 p.m. Tuesday and 1 p.m. Saturday in the basement of Matanuska Hall. They also host an open house every third Saturday through April; everyone is invited.

For more information, call 552-4353 or visit [facebook.com/msmrre](https://www.facebook.com/msmrre).

**Chapel services**

**Catholic Mass**

**Sunday**  
 9 a.m. – Arctic Warrior Chapel  
**Monday and Wednesday**  
 11:40 a.m. – Arctic Warrior Chapel  
**Tuesday**  
 Noon – JBER Hospital Chapel  
**Friday**  
 Noon – JBER Hospital Chapel

**Confession**

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

**Protestant Sunday worship services**

**Gospel**  
 9:30 a.m. – Midnight Sun Chapel  
**Contemporary**  
 11 a.m. – Arctic Warrior Chapel  
**Traditional**  
 11 a.m. – Heritage Chapel

**Religious Education**

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

**First-term foundations**



**Tech. Sgt. Jesse Underhile, a religious affairs Airman and native of Decatur, Ind., directs fellow Airmen to a buffet table at the First-Term Airmen Course at the Midnight Sun Chapel on Joint Base Elmendorf-Richardson Oct. 17. The FTAC provides a structured first duty station development program to transition Airmen from a training mindset to the mission-oriented environment, and reinforces lessons learned in basic military training and technical training. (U.S. Air Force photo/Justin Connaher)**

# 'Make-do' fun creates memories, resilience

By **AIR FORCE CHAPLAIN (MAJ.) M. DAVID HALTOM**  
3rd WSA Chaplain

I remember my first Halloween. I was 5 years old and my Mom used to say we were “dirt poor,” so we had to use our imaginations to create “make-do” costumes. My kids can’t imagine Halloween without galactic droids or the Disney princesses lining retail shelves. We recently visited a costume store and made the mistake of spending \$55 on an unreturnable costume we later discovered was torn. Of course, the manager refused to exchange or refund the item and we were beside ourselves as our daughter stood crying loudly in public. I could barely handle her heartbreak until I realized this was a wonderful reminder of what matters most as we enter the consumer-driven holiday season.

I remember being 5 years old. My life was chockful of stone walls and trees to climb, lizards to catch, nooks and crannies to explore, and parks and empty lots in which to play. I had no TV – didn’t even know it

existed – and very few store-bought toys. But my imagination had wings, and fly I did, to whatever place and in whatever pretend-person I pleased.

On my first Halloween, I was a pirate and one of my fondest memories is the fun I had with my Dad and Mom “making-do.” We borrowed one of Mom’s bright scarves for a sash and her black galoshes for ten-league boots. A stick became my broadsword and a folded newspaper my swashbuckling tricorne hat. Looking at myself in the mirror, I was Captain Blood! My mates and I sailed the seven front doors of our street in search of “treats” while dreaming of the “tricks” we’d play.

Time has taken a toll on childhood. Today, instead of sending children outdoors to play, we let them sit in front of televisions and iPads, staring at tasteless, odor-free, hands-off, screen-based counterfeits of the real world. Meanwhile, their imaginations atrophy, along with their initiative, curiosity, resourcefulness, and creativity. Instead of providing children with opportunity and the materials to create handmade


playthings, we go into debt and overdose them with toys that stimulate relatively little imagination. With garages and playrooms packed full of purchased fun, our kids declare, “I’m bored!” How can that be?

In our consumer-driven culture, studies show we are robbing our children of magical “make-do” moments. By giving them everything, we give them nothing of real value. Through the magic of making do, children exercise imagination, initiative, creativity, intelligence, resourcefulness, and self-reliance. They practice discovery and invention, which are the basics of science. It is not only the essence of truly creative play – of childhood – it’s also the story of the advancement of the human race; it has been significant to nearly every important invention or famous discovery. The child who discovers the magic of how to make do is on the road to success and self-esteem.

When parents share make-do moments with their kids, they create lasting and playful memories – are the building blocks of a strong relationship. Our kids need to associate

their parents with good feelings and experiences so when the hard times come, discipline is more readily received. When your teenage son is angry you took the car keys away for allowing his friends to ride the roof like a surf board, there’s a good chance he’ll be more accepting as he remembers the fun, not-so-perfect make-do moments that remind him you care about fun, too.

Those moments breed resiliency and the ability to creatively bounce back when life is hard. When kids can draw from a deep well of good feelings and experiences with parents, it doesn’t take long for them to realize a healthy love isn’t a pampering love concerned with purchasing their happiness – it’s a perfecting love concerned with their true well-being.

The holidays are the perfect opportunity to deepen the well of these moments – and avoid the retail hassle and ensure longevity and resilience in your relationships. Chaplains are a great resource to help sharpen parenting skills and maybe have some unforgettable fun in the process. If you want to talk, call 552-5762. 

**Disposition of effects**

1st Lt. Spencer Davis, D Battery, 2nd Battalion, 377th Parachute Field Artillery Regiment, is authorized to make disposition of personal effects of Sgt. 1st Class James Alcorn, Headquarters and Headquarters Battery, 2-377th PFA, as stated in Army Regulation 638-2.

Any person or persons having claims for or against the estate of the deceased should contact Davis at 805-861-4196.

**Firewood permits**

Free personal-use firewood permits will not be issued after Oct. 26. Free permits will expire Oct. 31; effective Nov. 1, there will be a cost of \$35 per cord of firewood, and \$17.50 for a half-cord. To receive a permit, an iSportsman permit is required. For information, visit <https://jber.isportsman.net/Firewood.aspx>.

**Law School applications**

The Office of The Judge Advocate General is ac-

cepting applications for the Army's Funded Legal Education Program.

The Army projects sending up to 25 active-duty officers to law school at government expense beginning the fall of 2018; officers will remain on active duty while attending.

Interested lieutenants and captains should immediately contact the Staff Judge Advocate at 384-2434 for information.

**Main Pharmacy hours**

The main JBER pharmacy, on the first floor of the JBER hospital near the Bear entrance, is open from 7:30 a.m. to 4:30 p.m. The pharmacy at the Exchange is open 9 a.m. to 6 p.m. Mondays through Fridays for civilian prescriptions and refills, and Saturdays from 9 a.m. to 1 p.m. for refills only.

**iSportsman enrollment**

Anyone choosing to recreate in JBER training areas must obtain an iSportsman permit and sign in and out

using the iSportsman system prior to recreating.

A pass costs \$10; \$5 for those 60 and older and disabled persons. Passholders may also need an installation access pass.

For information, visit [isportsman.jber.net](https://isportsman.jber.net) or call 552-8609 or 384-6224.

**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 participating in the Reserve, which may mean a break in service. Even if you're unsure about transitioning to the Air Force Reserve, 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.

For holes in housing areas, contact Aurora Housing at 753-1051. Other requests will be tracked by 773d CES. Note the location, including cross-streets or building numbers. Then email [773ces.ceoh.potholerepair@us.af.mil](mailto:773ces.ceoh.potholerepair@us.af.mil) or call 552-2994 or 552-2995. Include contact information in case crews need to follow up.

**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.

U-Fix-It allows occupants to make minor improvements and repairs.

The JBER-E location, at 6350 Arctic Warrior Drive, 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.

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.

**DLA Document Services**

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

They design, print and distribute business cards, letterhead, invitations and programs, and provide devices to print, scan, copy and fax while providing maintenance and printer ink cartridges. They offer document automation and content services for building digital libraries.

To register, go to <https://www.dso.documentservices.dla.mil>.

For information visit [documentservices.dla.mil](https://documentservices.dla.mil) or call (808) 473-1699 or (315) 473-1699.

# Domestic violence hurts; learn to prevent it

By **AIRMAN 1ST CLASS  
CAITLIN RUSSELL**  
*JBER Public Affairs*

October is Domestic Violence Awareness Month – a time to reflect on the importance of awareness, prevention tools and education.

“It’s important that we take action, not only during this month, but throughout the year,” said Jennifer Frysz, 673d Medical Group Family Advocacy outreach manager. “By taking that step forward, it’s possible to lower cases of maltreatment and increase awareness.”

On average, domestic abuse in the United States occurs in nearly 20 relationships per minute – more than 12 million women and men each year.

Anyone at any time can fall victim to domestic violence. “It does not discriminate according to race, age, sexual orientation, religion or gender,” Frysz said. “Domestic violence can happen

to married couples, couples who live together or dating. It affects people of all socioeconomic backgrounds and education levels.”

Domestic violence is defined as verbal, emotional, physical or sexual behavior that is controlling, humiliating, intimidating, threatening, blaming or violent against a spouse, partner or family member.

“Domestic violence prevention is the key piece to stopping the cycle of abuse,” Frysz said.

Prevention starts with being aware of signs of abuse and risk factors, reporting abuse and ensuring couples have the resources available to properly cope with stressors.

“Risk factors can include poor coping skills, problematic or abnormal behavior, alcohol and/or drug abuse, depression, financial struggles, problems in relationships,” Frysz said.

If a friend, relative, neigh-



Domestic violence affects more than 12 million men and women each year. JBER’s Family Advocacy Program can help provide assistance, but more importantly, teach strategies to prevent it before it starts. (Courtesy photo)

bor or co-worker shows signs of domestic abuse, reach out and offer support.

- Show concern. Let the person know you’re ready to help.


- Encourage the victim to seek medical attention for any injuries.

- Offer information on support resources. You can urge the victim to contact the Family Advocacy program to speak with a victim advocate.

- Talk about restricted reporting. Except for certain circumstances, victims can get assistance from a Family Advocacy victim advocate and receive medical care without it automatically resulting in an abuse investigation or notification to the service member’s command.

- Call 911 if the victim is in immediate danger of an assault or physical injury.

JBER’s Family Advocacy program provides various resources for personnel to promote happy and healthy military families. Resources include workshops on parenting, anger management and relationships. Home visitations and preventative counseling are also available.

For more information, contact Family Advocacy at 580-5858 or visit [military-onesource.com](http://military-onesource.com). 

# Sitka 43 wreckage continues to serve

By **AIRMAN 1ST CLASS  
CRYSTAL JENKINS**  
*JBER Public Affairs*

More than eight years ago, a Boeing C-17 Globemaster III belonging to the 3rd Wing and operated jointly with the 176th Wing, lifted off the runway at then-Elmendorf Air Force Base, to conduct practice for an upcoming airshow.

Within a few minutes it impacted the ground and exploded. Four Airmen were lost that day, and their memories live on through the individuals stationed at Joint Base Elmendorf-Richardson.

In 2017, a team of Airmen from various units assembled with the sole mission of removing wreckage that had been stored at JBER since 2010.

After multiple shipments and combined efforts of many units including the 773d and 673d logistics readiness squadrons, the end of September found the ‘Sitka 43’ wreckage finding a new purpose at the Air Force Safety Center Crash Lab at Kirtland Air Force Base, New Mexico.

AFSEC’s mission is to safeguard Airmen, protect resources and preserve combat capability. The goal is to develop skilled investigators who will be able to identify factors,



**Senior Airman Jesse Richey, a 773d Logistics Readiness Squadron vehicle operator, straps down cargo at Joint Base Elmendorf-Richardson, Sept. 28. Richey was part of a large team removing debris from the fatal crash of the Sitka 43 C-17 Globemaster III stored at JBER since 2010. (U.S. Air Force photo/Airman 1st Class Crystal A. Jenkins)**

analyze findings and develop recommendations that will prevent future Air Force mishaps.

“The lab is a 29-acre site used as a hands-on training facility,” said Gwendolyn Dooley, Chief, AFSEC Training and Force Development. “The wreckage will be laid out to duplicate the original mishap in both scale and investigative clues. Additionally, course material will be revised to incorporate a mishap investigation lab utilizing the C-17 wreckage.”

This addition expands the curriculum at AFSEC by providing students

with a modernized hands-on lab for heavy aircraft during the Aircraft Mishap Investigation Course.

“The C-17 is the first heavy cargo aircraft to be placed at the crash lab,” said Air Force Lt. Col. Rich Couture, deputy division chief, AFSEC Training and Force Development. “This will enhance student learning by enabling them to see and actually touch the debris while applying investigative techniques during the lab.”


During the classroom-based portion of the mishap investigation course students are provided data from the original mishap, then pro-

ceed to the crash lab to apply what they’ve learned.”

We believe this blended learning approach will enhance the students’ ability to investigate mishaps while also enhancing the Air Force’s ability to fly, fight and win – in air, space and cyberspace, Couture said.

Although the wreckage will benefit future Airmen at AFSEC, the team assembled at JBER have also been impacted.

“When I was first told that I was going to be a part of the C-17 wreckage disposal team, I saw it as another project,” said Air Force Master Sgt. April Godbolt, a wreckage disposal team member and section chief for customer support with the 673d Logistics Readiness Squadron. “I felt this way until I set foot on the actual yard. Immediately my entire demeanor shifted. I felt such a somber feeling, realizing the great loss of life that had occurred here.

“It was from that moment I knew this was more than just disposing of a destroyed aircraft, but rather my responsibility to remove it for the sake of the Airmen and for the families who had suffered the loss of their loved ones. I have counted it an honor and a privilege to be a part of something that has and will continue to have an impact on the lives and hearts of so many.” 

# FEELIN' HOT HOT HOT



Pvt. Antonio Martinez, right, a military police officer with the 545th Military Police Company, 17th Combat Sustainment Support Battalion, U.S. Army Alaska, takes down a simulated assailant after being contaminated with oleoresin capsicum (OC), or pepper, spray while conducting familiarization training at Joint Base Elmendorf-Richardson Oct. 9. All security forces and military police personnel are exposed to OC spray when they first arrive at their units. OC spray is a non-lethal weapon used to incapacitate individuals. (U.S. Air Force photos/Alejandro Peña)

BELOW: Airman 1st Class Anna Murphy, assigned to the 673d Security Forces Squadron, is sprayed with OC during training. OC is derived from chili peppers, and inflames mucous membranes - eyes, nose and mouth - causing immediate closing of the eyes, a runny nose, watery eyes and coughing.



Airman 1st Class Daniel Morrow, assigned to the 673d Security Forces Squadron, rinses his face with water after completing training with OC spray. Law enforcement personnel may need to use the spray, but conditions may cause it to contaminate them - so they must be familiar with it and able to work through the pain while subduing a suspect.

RIGHT: Martinez cuffs a simulated detainee, his face still covered in OC spray. The spray, made of extracts of chili peppers, is used by law enforcement personnel to incapacitate people during riots, crowd control or in self-defense. It is broadly the same as bear spray, although bear spray contains more of the pain-causing compounds and OC spray contains more inflammatory compounds. Once the spray is washed off, the effects last about an hour.



# It's that time again: Get your flu vaccine

By **AIRMAN 1ST CLASS  
CAITLYN RUSSELL**  
*JBER Public Affairs*

As winter heads our way, so does flu season. The 673d Medical Operations Squadron Allergy and Immunization Clinic has just the solution – the flu vaccine.

Each year, thousands of people in the United States die from the flu and many more are hospitalized. The vaccine can protect patients from getting the flu, lessen its severity, and prevent the disease from spreading further.

Symptoms can include cough, sore throat, runny or stuffy nose, headache, fatigue and a low-grade fever. Infants, pregnant women and people 65 or older with certain health conditions are at greater risk.

According to the Centers for Disease Control and Prevention, during the 2017-2018 season there were 183

reported child deaths because of flu-related complications that could've been avoided by receiving the vaccine. Complications include pneumonia, sinus problems, ear infections, dehydration, brain dysfunction, worsening of long-term medical conditions like heart disease or asthma, and in severe cases, death.

“Starting from the age of six months to eight years old, children are required to receive the flu vaccine twice a year,” said Air Force Staff Sgt. Natasha Mullins, 673d MDOS Allergy and Immunization technician. “For kids it's even more important for them to get the flu vaccine. They're more susceptible to the flu, and it's easily spread at school.”

There is a chance of a mild reaction that lasts one to two days after receiving a flu shot. There may also be soreness, swelling and itching where it was administered.



**Tech. Sgt. Jason Stee, 673d Medical Operations Support Squadron medical technician, administers a flu vaccine to a patient at Joint Base Elmendorf-Richardson Oct. 15. (U.S. Air Force photo/Airman 1st Class Caitlin Russell)**

Once the vaccine is introduced to the system, white blood cells identify it as a foreign object, then create antibodies to fight off the infection, which can take up to two weeks.

“The vaccine cannot cause flu illness,” Mullins said. “It contains an inactivated virus and may give cold symptoms, but not the flu.”

If a patient is sick before the two weeks, then they already have the flu virus. This means the patient will start

initiating symptoms, because the virus would spread faster than the immune system could destroy it.

Along with getting the vaccination, there are several other ways to help stop the spread of the virus.

Everyone should cover their mouth and nose when coughing or sneezing, avoid close contact with people who are sick, and wash hands and disinfect surfaces and objects that may be contaminated with germs.

Although the flu vaccine is available to dependents and retirees, it's mandatory for active-duty personnel.

The Allergy and Immunization Clinic will provide flu lines in the units or as a mass vaccination. Lines can be scheduled for groups of more than 40 people at the requestor's designated time and location.

“Base regulations state by Dec. 15 we will need to be at 100-percent flu vaccine accountability for active-duty members,” Mullins said.

The clinic can serve JBER's 155,000 people, but as of early October, has vaccinated about 3,200.

The clinic is open Monday through Friday from 7:30 a.m. to 4:15 p.m., excluding every third Thursday for training, all military holidays and family days. Walk-ins are welcome.

For information, call the clinic at 580-2001. 