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Delta Junction and Fort Greely honor fallen comrades

Angela J. Glass

U.S. Army Garrison Alaska, Fort Greely Public Affairs

American Legion Post 22 and Veterans of Foreign Wars Post 10450 hosted a Memorial Day service May 31, at the Rest Haven Cemetery, Delta Junction, Alaska. Speakers during the service were U.S. Army Garrison Alaska, Fort Greely commander Lt. Col. Joel Johnson and Prince Hall Masons of Alaska, deputy grand master Abdullah Mustapha.

Other highlights of the event included the Delta Junction Boy Scouts Color Guard, invocation by the 49th Missile Defense Battalion chaplain Maj. Sean Crow, and musical guest Daniel Lint. Over 100 attendees attended the service honoring not only all fallen comrades, but military members

who are still missing in action.

Johnson is finishing up his tenure as the garrison commander of Fort Greely, and was extremely grateful to be requested as a speaker.

“It is our responsibility as citizens to remember and honor the Nation’s brave fallen men and women – whether they died on foreign lands in the heat of the battle or after a lifetime in the uniform of our military,” said Johnson. “May we never forget the men and women who know all too much about the cost of our freedom.”

Memorial Day, observed the last Monday in May, represents a day of national awareness and reverence, honoring the military men and women who gave their lives in defense of our nation and its values.



U.S. Army Garrison Alaska, Fort Greely commander Lt. Col. Joel Johnson gives remarks during the Memorial Day service at the Rest Haven Cemetery May 31. Memorial Day, observed the last Monday in May, represents a day of national awareness and reverence, honoring the military men and women who gave their lives in defense of our nation. (Photo by Angela J. Glass, U.S. Army Garrison Alaska, Fort Greely Public Affairs)



Country star Brantley Gilbert put on a great show at Fort Wainwright Saturday with his full band and special effects for the sold-out crowd. (Photo by Eve Baker, U.S. Army Garrison Alaska, Fort Wainwright Public Affairs)

Fort Wainwright hosts first summer concert in two years

Eve A. Baker

U.S. Army Garrison Alaska, Fort Wainwright Public Affairs

On Saturday night, Fort Wainwright kicked off summer in a big way with its first summer concert since before the pandemic. Rapper Chris “Ludacris” Bridges and country star Brantley Gilbert performed outdoors for a crowd of approximately 3,000 military members and their friends and family.

Tickets sold out in approximately four hours after going on sale about a month ago. As a COVID mitigation measure, tickets were sold in “pods” of six, with blocks marked out on the grassy field for each pod that concertgoers were asked to stay in when not getting food or using the restroom.

For this big event, “the biggest portable stage ever to be used in Alaska,” according to Maj. Gen. Peter Andrysiak, commanding

general of US Army Alaska, made its way to Alaska. It took several days before and after the concert to set it up and take it back down, with the tear-down crew having to pause for lightning on Saturday evening and Sunday afternoon.

The large scale of the event was part of the Army’s effort to improve the quality of life for soldiers and their families in Alaska. The concert was clearly a big hit with the on-post community, and despite having reserved spaces on the field, concertgoers lined up more than two hours in advance of the shows start to get through the gates, eager for their first public event since the pandemic.

It wasn’t just the fans who were excited to be there though, the performers were thrilled as well.

“I truly do appreciate the opportunity to be here,” said Gilbert. “It’s an honor to be around y’all – I really



Rapper and actor Chris “Ludacris” Bridges performed in front of a sold-out crowd at Fort Wainwright on Saturday. (Photo by Eve Baker, U.S. Army Garrison Alaska, Fort Wainwright Public Affairs)

enjoy it... We are dedicated to helping any way we know how,” Gilbert said.

Gilbert said a lot

of his mother’s family has served in the military, as have a

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The end of May through the Fourth of July is considered the peak of the summer moving season, so Soldiers, civilians and families need to consider the timing of their PCS moves. (Photo courtesy Office of the Deputy Chief of Staff, G-4)

Here are some helpful tips for the coming PCS season

Staff Report

Office of the Deputy Chief of Staff, G-4

As Soldiers, civilians and families gear up for the upcoming PCS season, the Army has streamlined processes and policies to enable a safe, convenient, predictable, and user-friendly move.

Improvements to make this year’s moves easier include updates to the Army PCS Move App, increased reimbursements for personally procured moves (PPMs), more quality-assurance inspectors and a longer window to submit claims.

Since preparation and planning are imperative for a successful move, the Army PCS Move App, which can be downloaded for free from Google’s Play Store for Android devices and Apple’s App Store for iOS devices, offers information on financial management, entitlements, types of moves, planning, scheduling and the claims process.

In addition, it provides practical advice, links and interactive functions to make the PCS move a low-hassle experience.

The new “live chat” function connects Soldiers with a live customer service representative at the click of a button. The chat function creates a communication log between the caller and the agent, which can be downloaded for record keeping.

The Army’s new policy on reimbursements and allowances reimburses personally procured moves up to 100 percent of what it would cost the government to use an industry provider, permanently changing the Joint Travel Regulation.

And to enable better forecasting and scheduling, the Army now requires PCS orders to be provided 120 days before report dates.

Upon receipt of orders, Soldiers should immediately create an account or log on to the Defense Personal Property System, upload their orders and complete all shipment applications for the move. The next step is to visit the transportation office for counseling, which will assist Soldiers, civilians and families with state-side and overseas moves. By contacting the transportation office quickly,

See PCS on page 4

WEEKEND WEATHER

Friday



Partly sunny. High: 68F.

Saturday



Partly sunny then chance of rain showers. 73F.

Sunday



Partly sunny then slight chance showers. High: 73F.

IN BRIEF

Alaska Air National Guardsmen of the 176th Wing rescued a pilot and passenger May 31 after they were in an aircraft crash on Mount Hawkins in Wrangell-St. Elias National Park and Preserve two days prior.

The National Park Service requested support from the Alaska Rescue Coordination Center at 2:40 p.m. May 29 after inclement weather precluded local rescue assets from reaching the aircraft, pilot and passenger.

Read more on page 6.

Nutrition Corner: Special Edition – Popular Diets Explained

Gluten Free Diet: The gluten-free diet is an eating pattern that excludes a protein called ‘gluten,’ and it is primarily used to treat celiac disease or other non-celiac gluten sensitivities. This diet can be confusing at first, but with the right information, tools and techniques, a gluten-free diet can be balanced, enjoyable and sustainable.

Gluten is a protein that is found in certain grains and their by-products; these grains include wheat, barley and rye. Most gluten-free diets also omit oat and oat products because it is often processed with wheat and could be contaminated with gluten.

For individuals with celiac disease or other sensitivities to gluten, the protein can cause an immune response that results in inflammation of the cells in the small intestines. This can lead to malabsorption, discomfort, pain, diarrhea, vitamin and mineral deficiencies, and/or general malnutrition. Luckily, many foods are naturally gluten-free, including all meats, fish,

eggs, poultry (un-breaded and without marinade), fruits and vegetables, most dairy products, beans, seeds and nuts.

There are also many grains and starches that can be part of a successful gluten-free diet; some examples of these are amaranth, buckwheat, corn and cornmeal, arrowroot, tapioca and a variety of flours made from gluten free starches (rice, soy, potato, bean, quinoa).

When following a gluten-free diet, it is best to adhere to whole foods as much as possible, but when eating mixed or processed foods, take caution and read ingredients closely. Many of the by-products of gluten-containing grains go by other names and could easily be overlooked. For example “malt,” “durum,” “graham,” “semolina,” “farina” are all trade names of products that come from gluten containing grains.

When in doubt, look for foods that are labeled ‘Gluten-Free’ (warning: these are regulated by the Food and Drug Administration are still permitted

to contain up to 20 parts per million of gluten, so may not be completely gluten-free). Otherwise, seek additional guidance from your dietitian.

For more information about the gluten-free diet, check out this great PDF from Massachusetts General Hospital: http://www.massgeneral.org/digestive/assets/pdf/gluten_free_diet.pdf

Featured Food:
Rice Noodles – As the name suggests, rice noodles are a form of pasta made from the starch of rice that is ground up into a flour and mixed with water. Tapioca and cornstarch are sometimes used in production of these noodles to improve texture and elasticity. Rice noodles are many different shapes and sizes, and can be a great addition to a gluten-free meal.

Recipe Spotlight:
PAD THAI – This is a traditional Thai dish that blends sweet and savory with sour and spicy to create an irresistible flavor profile that can please

every palate. The dish can be used as a side or an entrée and can be meatless or adapted to incorporate a variety of different meats, poultry or seafood.

Ingredients:

- 5 ounces thin Thai rice noodles
- 3 tablespoons vegetable oil
- 1 large egg, room temperature
- 4 tablespoons 1x1/2x1/8 inch slices pressed tofu (bean curd)
- 1 tablespoon sweet preserved shredded radish, rinsed, chopped into one inch pieces
- 1 cup bean sprouts
- 2 1/4 teaspoons tamarind paste mixed with 5 tablespoons water
- 1 1/2 tablespoons (or more) Thai fish sauce (nam pla)
- 1 1/2 tablespoons simple syrup, (made with palm sugar)
- 4 garlic chives, two cut into one inch pieces
- 1/2 teaspoons ground dried Thai chiles, divided
- 2 tablespoons crushed roasted, unsalted peanuts, divided
- 2 lime wedges

Preparation:
Place noodles in a large bowl; pour hot water over to cover. Let soak until tender but not mushy, five to 10 minutes. Drain; set aside.

Heat vegetable oil in a wok or large skillet over medium-high heat. Add egg; stir until barely set, about 30 seconds. Add meat, poultry or seafood product, if using. Cook, stirring, until shrimp and egg are almost cooked through, two to three minutes. Add tofu and radish; cook for 30 seconds. Add noodles and cook for one minute. Stir in sprouts. Add tamarind mixture, fish sauce, and simple syrup and stir-fry until sauce is absorbed by noodles and noodles are well coated, about one minute. Stir in chopped garlic chives. Add 1/4 teaspoons ground chiles and 1 tablespoon peanuts and toss well. Transfer to serving plates.

Garnish with remaining 1/4 teaspoon ground chiles, 1 tablespoon peanuts and lime wedges.

Nutrition Facts: Serves two, provides about 585 calories per serving.

History Snapshot: Alexai Point



Alexai Point was a hastily constructed two-runway airfield located on Attu Island in the Aleutians. It was put together shortly after the Battle for Attu in May 1943 using Marsden Matting, tents, Quonset huts and a few wooden frame buildings. By the first weeks of June, the airfield was in active use by the 11th Air Force and soon after by the 344th Fighter Squadron. After the Aleutian Campaign, Alexai Point and Shemya Army Airfield (located 35 miles away) became forward operating bases for the conflict over the Japanese-controlled Kurile Islands. With the end of the war in 1945, troops were gradually drawn down from Alexai Point until only weather and radar units remained. In June 1946 all Soldiers were withdrawn, and the base was closed. (Photo courtesy of Levi Ballard)

MEDDAC Minute

Important Phone Numbers

Emergency: 911
24 Hour Nurse Advice Line: 1-800-874-2273 Opt. 1
Appointment Line: 361-4000
Behavioral Health: 361-6059
Benefits Advisor: 361-5656
Immunizations: 361-5456
Information Desk: 361-5172
Patient Advocate: 361-5291
Pharmacy Refills: 361-5803
MEDDAC-AK Website: www.bassett-wainwright.tricare.mil
MHS Patient Portal: <https://my-access.dmdc.osd.mil/>
Health Net: www.tricare-west.com, 1-844-8676-9378

Patient advocate
The Medical Department Activity – Alaska Patient Advocate acts on behalf of all patients and the commander to resolve problems and implement necessary corrections. Beneficiaries needing assistance, or who have questions about the care received at MEDDAC-AK,

can contact our Patient Advocate at 361-5291.

Talk with a registered nurse
Think you should go the emergency room but aren’t sure? Wondering if you need an appointment? A registered nurse is standing by 24 hours a day, seven days a week to help. Call the Nurse Advice Line for your immediate health care needs. The nurse can even book you an appointment if necessary. Call 1-800-TRICARE (874-2273).

Clean out your medicine cabinet
The New Year is a great time to check your medicine cabinets for expired prescription and over the counter medications. A MedSafe box, located inside the main entrance of Bassett ACH across from the information desk, is in place to securely receive your expired or no longer needed medications.

ALASKA POST

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The Chaplain’s Corner

The Greater Love

CH (CPT) Jaekyu Kong
1/25 Stryker Brigade
Combat Team, 70th
Brigade Engineer Bat-
talion

Salmon are one of the famous species in Alaska. The general Salmon fishing season is from May through September. Salmon hatch in the river and migrate to the ocean. They spend their lives in the ocean for three to six years. Salmon from Alaska spend their life in the

Northern Pacific until they fully grow up to a spawning season. They are recurring to their birth point which is the upper stream of a river. No scientist can figure out exactly how they find the point, but they presume they follow the scent or memory of the scent in their instinct. It is called the homing instinct. Salmon swim up against the river without consuming any food. They spend most of their energy swimming against the flow

of the river. A lot of them are being caught by fishers and other predators like grizzly bears. If they make it through all the obstacles, they spend all their remaining energy digging a hole and lay eggs. Male and female salmon die after they finished their job at the end. Their body is being decomposed and used making plankton that baby salmon consume to grow after they hatch. Even though they are fish and living

by their instinct; it is a great sacrifice for their little ones. The sacrifice seems normal as human parents raising children, but this sacrifice is only possible because of love toward children. This love is what we call agape love. One of the best ways we can experience agape love is by being a parent. As we have passed Mother’s Day and await Father’s Day, we can think about our parents or people who sacrificed themselves and helped us to grow up. There is no greater love than sacrificing the self to save the loved one.



Their love toward us or our love toward our children can be described as God’s love toward us. Nothing can separate our love toward our children as nothing can separate us from God’s love. Romans 8:38~39 “For I am sure that

neither death nor life, nor angels nor rulers, nor things present nor things to come, nor powers, nor height nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord.”

Army employee reclaims life after alcoholism, suicide attempt

Terrance Bell
U.S. Army Garrison Fort
Lee Public Affairs

Nothing seems odd about “Jake” ... at least not on the surface. The 56-year-old grew up in the middle class suburbs of Los Angeles; went to Catholic school; married for the first time at age 20, and proudly served for 22 years in the Air Force.

By his own description, Jake is gregarious, encouraging, enthusiastic and optimistic. His ex-wife views him as a generous people-person who brings to mind the oft-cited quote, “There are no strangers, just friends I haven’t met.” Fellow workers give him props as a caring, top-performing guy.

There’s a deeper story, however, that places Douglas Anthony “Jake” Jacobs – executive assistant to the commandant, Office of the Chief of Ordnance at the Sustainment Center of Excellence – outside the realm of normal.

He is a recovering alcoholic. Most would keep such skeletons secreted in the closet, but Jake discusses it openly believing it will inspire change, hope and healing among those grappling with the worst

of life’s circumstances. His retelling of the journey is as raw, unadulterated and unapologetic as a big city tabloid. Alcohol became a routine part of Jake’s life early in his enlisted years. He joined the military in 1983, married in 1985 and eventually fathered three daughters. Drinking at home never got out of hand because of “self-regulation,” as he put it. What Jake didn’t know was that he was waging a war in his mind. The scars of an abusive childhood became evident one day when his then-9-year-old daughter Kelli failed to clean up after herself in the kitchen. “I remember getting so mad at her and shouting, ‘KELLI!’ I lurched toward her – I will never forget – and that girl backed up into the corner, and I saw the fear in her eyes. She knew I was going to hit her. I stopped at that point and said, ‘Kelli, I’m so sorry.’ What my dad did to me ... stops here. No more.” His close call with child abuse was clearly distressing to recall, but he pushed back the tears and continued the story, again revealing the sensibility of



Douglas Anthony “Jake” Jacobs is an executive assistant to the Commandant, Office of the Chief of Ordnance at Fort Lee. A recovering alcoholic, he survived a suicide attempt and has been sober for more than seven years. (Photo by Terrance Bell)

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CONCERT

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number of his friends from high school, and he spends a lot of time with veterans groups, such as going on motorcycle rides with them. Gilbert also related how his clubhouse—known as the Dog House—has a section that is covered with unit patches, coins, and medals that service members have given to him to display over the years.

Ludacris is also a big supporter of the military and has a close personal connection to the US Armed Forces. His uncle is an Air Force veteran who served in Desert Storm and is now the pilot for Ludacris’ private plane, a Hawker 700. “Luda,” as he is known to his most devoted fans, is also well known as an actor and one of the stars of “The Fast and the Furious” movie series. The ninth movie in the series, “Fast 9,” premieres June 24, a fact that he mentioned during his performance to loud cheers by the audi-

ence. What some casual fans may not know about Ludacris is that he runs a major charitable organization called the Ludacris Foundation. The goal of the Foundation is “helping kids help themselves... You can look it up at LudacrisFoundation.org,” Ludacris said. One of the pillars of the Foundation is “Leadership and Education,” the goal of

which “is to provide personal development and career path opportunities to enable life goal success” for “vulnerable and disconnected youth,” according to a statement on the Foundation’s website. Ludacris and Gilbert were not the only entertainers at Fort Wainwright, however. Touring comedian Ronnie Jordan performed at the Warrior Zone,

a hangout spot for Soldiers on post, on Friday night. He then did a quick performance before the concert and served as the emcee of the event, introducing both performers and getting the crowd revved up. Though clouds loomed throughout the afternoon and evening, the rain held off until after the concert, much to the relief of the

concertgoers and the more than 140 staff members and volunteers who worked the event.

Worship Services on Fort Wainwright

Good Shepherd Catholic Community
Mass: Sundays, 9 a.m., SLC
Holy Hour Adoration: Thursdays, 6 p.m., SLC
Catholic Women of the Chapel: Wednesdays, 9 a.m., SLC

St. George Anglican Parish
Holy Communion: Sundays, 11 a.m., SLC
Mid-Week Holy Communion: Wednesdays, noon, BACH

Cornerstone Protestant Community
Worship Service: Sundays, 11 a.m., NLC
Protestant Women of the Chapel, Wednesdays, 6 p.m., NLC
Cornerstone Youth, Sundays, 1 p.m., NLC

Congregación Protestante Piedra Angular
Servicio de adoración: Domingos, 1 p.m., SLC
Northern Lights Chapel Nov. 22, 2020

Fort Wainwright Religious Support Office, 353-6112
1051 Gaffney, Unit 10
Southern Lights Chapel (SLC), 8th St & Neely Rd.
Northern Lights Chapel (NLC), Luzon & Rhineland Avenues

Nakasone says US works to stay ahead of cybersecurity curve

Terri Moon Cronk,
DOD News

Twenty years after the Sept. 11, 2001, attacks, the great threat to the nation has evolved into cyberspace — a new strategic environment where cyber actors can increase their power, degrade the power of others, and gain a strategic advantage, said Army Gen. Paul M. Nakasone.

"Our adversaries are operating with a scope, scale and sophistication unlike anything we've seen before," said Nakasone, commander of U.S. Cyber Command and director of the National Security Agency. "Their tactics have evolved far beyond spear phishing and exploitation of weak passwords. Today, our adversaries are targeting and infiltrating our systems by exploiting supply chain and zero-day vulnerabilities, and our adversaries are demonstrating a new risk calculus that has changed the traditional threat landscape."

Speaking virtually to the Armed Forces Communications and Electronics Association, Nakasone said that, by operating in cyberspace, U.S. adversaries can cause damage while



U.S. Army Chief Warrant Officer 2 Todd Alsbaugh, assigned to the 82nd Airborne Division, analyzes network data during the All American Cyber Academy class on Fort Bragg, North Carolina, May 31, 2019. The purpose of the class was to provide in-depth, specialized training to Fort Bragg area cyber security personnel. (U.S. Army photo by Master Sgt. Jonathan Welch)

operating below the level of armed conflict, and they're targeting U.S. economies, critical infrastructure and electoral processes. Adversaries also have launched persistent malicious cyber campaigns to erode U.S. military advantages and increasingly leverage social media to carry out [and] influence operations. These

adversaries also steal U.S. defense secrets, intellectual property and personally identifiable information, he added.

Social media as we know it didn't exist 20 years ago, so now there's a trove of data in smartphones and social media accounts that adversaries can use against us, Nakasone said. Even fit-

ness trackers and genealogy information are data points for our adversaries, who can use that information for malign purposes, such as counter intelligence, social engineering, or ransomware attacks.

China and Russia are the two greatest threats to the United States, and China is the pacing challenge, he

said. "China is becoming more assertive economically, diplomatically, militarily and technologically," Nakasone said. "It seeks to undermine a stable and open international order to establish its credibility and dominance in the global system."

He characterized Russia as a disruptive threat that aims to undermine the integrity and legitimacy of political systems. "Russia has demonstrated its ability to conduct influence operations in numerous countries, often by combining effective target development with the power of social media," he said, noting that China and Russia are conducting malicious cyber campaigns to erode U.S. military advantages, threaten U.S. infrastructure and reduce U.S. economic prosperity.

Nakasone said the United States must also actively deter rogue regimes, such as North Korea and Iran, which are unpredictable and destabilizing presences in their respective regions. "North Korea poses a significant threat to the international financial and commercial sectors by

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PCS

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customers will have a better chance of scheduling a convenient move, receive confirmation of booking a moving company in advance, and receive approval to conduct a PPM.

The end of May through the Fourth of July is considered the peak of the summer moving season, so Soldiers, civilians and families need to

consider the timing of their PCS moves.

Since each move has unique needs and requirements, Military One Source offers strategies for smooth moves, relocation assistance and personalized support. Their 24/7 hotline (833-MIL-MOVE) provides customer-support representatives who can provide assistance and answer

questions.

The Army also released three household goods claims videos, located on the Army PCS Move App, to provide answers to frequently asked questions.

During relocation time, Soldiers can claim per diem allowance for meals and incidentals for up to seven days without receipts, taking some

of the hassle out of the moving process.

After a shipment is delivered, Soldiers should complete the customer satisfaction survey via the Defense Personal Property System. The survey results will help keep the moving companies accountable by assessing their performance.

The deadline for claim notification is now 180 days after

delivery – up from 120 days – which gives Soldiers, civilians and families ample time to identify and report lost or damaged goods.

PCS season can be stressful, but with proper planning, the interactive Army PCS Move App, changes to entitlements, and improved quality assurance, the Army is taking care of its

most valuable asset – Soldiers, civilians and their families.

Editor's Note: The Office of the Deputy Chief of Staff, G-4, is the Army's headquarters staff for developing, implementing and overseeing Army strategy, policy, plans and programming for logistics and sustainment. Visit www.army.mil/g-4 to find out more.

Alaska Air National Guard rescues two men after airplane crash on Mount Hawkins

Maj. Chelsea Aspelund
176th Wing Public Affairs

Alaska Air National Guardsmen of the 176th Wing rescued a pilot and passenger May 31 after they were in an aircraft crash on Mount Hawkins in Wrangell-St. Elias National Park and Preserve two days prior.

The National Park Service requested support from the Alaska Rescue Coordination Center at 2:40 p.m. May 29 after inclement weather precluded local rescue assets from reaching the aircraft, pilot and passenger.

The AK RCC coordinated with the 176th Wing to redirect rescue assets from an ongoing mission they were already involved with about 130 miles away. Two aircraft and two pararescue teams were in Gulikana on a weather hold for a different rescue mission at Mount Bona when they were tasked to respond to the plane crash at Mount Hawkins.

A 210th Rescue Squadron HH-60G Pave Hawk helicopter and a 211th Rescue Squadron HC-130J Combat King II, each with 212th Rescue Squadron Guardian Angel teams of pararescue personnel on board, were tasked to respond to the incident at Mount Hawkins due to the



Pararescue personnel with the Alaska Air National Guard's 176th Wing rescued a pilot and passenger from an aircraft crash near Mount Hawkins in Wrangell-St. Elias National Park and Preserve, May 31, 2021. The rescue was coordinated by the Alaska Rescue Coordination Center, and was a combined effort between one of the 210th Rescue Squadron's HH-60G Pave Hawk helicopters, an HC-130J Combat King II of the 211th Rescue Squadron, and 212th Rescue Squadron pararescue personnel aboard each aircraft. The National Park Service also collaborated with the AK RCC in a coordinated effort to rescue the stranded personnel. (Courtesy photo, 210th Rescue Squadron)

seriousness of a plane crash and the possibility that the weather was more clear at that location.

"Due to the high possibility of injuries, typical with aircraft accidents, I coordinated with the 176th Wing to redirect the assets already in Wrangell-St. Elias and to dispatch additional assets to Mt. Bona," said Maj. Greg Ulrich, AK RCC search and rescue duty officer.

Mount Hawkins is about 56 miles from McCarthy in eastern Alaska, and about 80 miles from the Canadian border.

The Combat King II established an orbit overhead and radio relayed the best weather routes available to the Pave Hawk. Persistent low ceilings and high moisture content of the clouds delayed the helicopter from reaching the crash.

Rescue attempts continued throughout the night and into the next day with seven aircraft flying more than 74 hours and 18 sorties through inclement weather.

Just after 2 a.m. May 31, using night vision goggles, a Pave Hawk aircrew was able to safely reach the survivors and

lower two pararescues to the site using a 120-foot hoist.

After initial medical assessment, the two persons with minor injuries were hoisted from the crash site and safely transported to Providence Regional Medical Center in Anchorage, Alaska.

Rescue coordination for this effort began when the International Emergency Response Coordination Center notified the NPS Alaska Regional Communication Center of receiving 'rescue needed' messages from an In-Reach device from the vicinity of Mt. Hawkins in the Chugach Range. According to the Federal Aviation Administration, the aircraft went off radar at approximately 2:11 p.m., on May 29, and had no flight plan on file.

The mission Guard assets had originally responded to at Klutlan Glacier near Mount Bona and about 60 miles east of McCarthy, remained ongoing throughout today for the rescue of a group of mountaineers. The group was rescued just before 5 p.m., in a collaborative effort between the AK RCC, 176th Wing rescue, the

Alaska Army National Guard's 207th Aviation Battalion and the National Park Service.

The AK RCC would like to remind all aviators flying in Alaska to file a flight plan, bring appropriate survival gear, and equip your aircraft with the modern 406MHz style emergency locator transmitter. The lack of these safety features complicated the rescue mission and could have contributed to a different outcome.

For this rescue, the 210th RQS, 211th RQS, 212th RQS and AKRCC were awarded two saves.

Alaska Air National Guardsman excels in marksmanship

Spc. Grace Nechanicky
Alaska National Guard Public Affairs

Alaska Air National Guard Staff Sgt. Matthew Larson, a security forces member with the 268th Security Forces Squadron, Clear Air Force Station, was awarded first place in part of the annual marksmanship competition known as the Adjutant General Match, or TAG Match, at Joint Base Elmendorf-Richardson's shooting range last month.

Larson's passion for marksmanship started simultaneously with his military career.

"I got my first rifle when I graduated high school," he said. "So, 2011."

In the same year, he enlisted in the Air National Guard's 168th Wing.

"I really didn't know how to shoot very well, so



Alaska Air National Guard Staff Sgt. Matthew Larson, a security forces member with the 268th Security Forces Squadron, poses for a photo after the annual Adjutant General Match, May 16. (Courtesy photo)

the Air Force sparked that interest in me more, and it just kind of developed from there," he explained. "But the TAG Match and the shooting competitions really kept my interest in it over the years."

Larson said that the com-

petition is a good training tool that he can bring back to his unit and include in their current overall training.

Members of Air Force security forces are tasked with providing force protection duties, guarding weapons, air bases and Air Force personnel from possible dangers.

"Here at Clear Air Force Station we are entrusted with the protection of critical equipment," explained Larson. "We are trained in law enforcement and combat arms to protect and serve our fellow Airmen."

Larson emphasized the critical importance of marksmanship skills in his career field, and said that the TAG Match was a great training opportunity.

He competed in the TAG Match for the first time in 2015, and this year is the second time he participated in the state-level competition.

"I think [marksmanship] is really important," said Larson. "I'm a little biased because of my career field and my passion for marksmanship, but I do think every Airman or Soldier

should be getting out to the range and putting rounds on the targets."

Larson was one of 20 individuals in the Alaska National Guard to be selected to move on to the regional competition this year. Sixteen of those members, including Larson, are considered new shooters on the state team.

He placed first in the open rifle competition, earning himself a spot on the state team, as well as the Governor's Twenty tab, which he will get to wear for the remainder of his military career.

The Governor's Twenty tab is awarded to the top 20 competitors in each state. The categories awarded include rifle, pistol, light machine gun teams, and sniper teams. Since Alaska did not host LMG or sniper shooting, only 16 individuals were awarded the tab.

CYBER

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sponsoring cyber exploitation of financial institutions to illicitly acquire funding and evade U.S. and United Nations sanctions."

He said Iran has also demonstrated the capability and intent to strike in its region and against the United States in cyberspace. "Moving forward, we expect that these and other adversaries will increase their efforts in cyberspace to undermine U.S. and allied interests," he said. "These malicious actors will continue to identify vulnerabilities in software across our governments, military and private-sector

networks. And they'll embrace common anonymization platforms, generalized toolkits and open-source capabilities — anything that makes it more difficult for network defenders to detect and attribute their activity."

Such challenges to the United States will increase in both scale and scope, Nakasone said. "We must raise the bar. We must be resilient, and we must act. Our success in the new era of strategic competition will rely, in part, on our ability to develop partnerships of all kinds that acknowledge shared risks,

shared goals and shared solutions. Our adversaries have worldwide reach. Partnership is where the power is."

Nakasone said U.S. Cyber Command and the National Security Agency work with the U.S. government, private industry, academia and international partners to achieve and maintain cyberspace superiority by building resilience at home, implementing proactive defense strategies, and contesting adversaries' campaigns and objectives. He added it's through these partnerships and collaborations that the

U.S. will make it increasingly difficult for adversaries to operate.

NSA expanded its ability to counter cyber threats and share information with partners in innovative and unclassified ways when agency leaders opened the Cybersecurity Collaboration Center in December, Nakasone said. NSA partnerships with the private sector enable the agency to quickly secure national security systems, the Defense Department and defense industrial base networks.

"Thanks to our existing public-private dialogue,

NSA has been able to quickly identify and issue advisories on critical vulnerabilities and commercial software for the national security systems that could also potentially affect millions of users around the world.

"We're all here with one overarching goal: to secure our future," Nakasone said. "And as threats evolve and our nation and our adversaries become more sophisticated, we must remain ahead of the curve. I have confidence that we, as a nation working together, will meet the critical challenges ahead."

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LIFE

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someone determined to openly acknowledge problems and shortcomings rather than hide behind denial. It was a part of “Rational Jake” – his thoughtful and pragmatic alter-ego that would repeatedly come to his rescue.

Around the turn of the century, Jake was an Air Force recruiter in Baltimore. He was in his late-30s, and he was feeling the pressure of being an “outsider white male” saddled with the challenge of engaging and signing up mostly inner-city black youths. The obstacles were plentiful and drinking seemed like a good way to block it out. Rational Jake, however, needed more.

“It became overwhelming, and I was finally able to say, ‘I need help.’ I felt there was nothing wrong with that.”

The behavioral health diagnosis was moderate, reoccurring depression. He received treatment, returned to work with renewed coping skills and excelled as a recruiter, topping quotas for four straight years.

The still-corrupted version of Jake; however, was not about to let him put down the bottle. That became evident at his next duty station in South Korea. The return to his chemical, biological, radiological and nuclear specialist career field was less stressful, but he was without his family and immersed in the drinking culture of “bachelor” military members.

Jake described a near-nightly routine of playing video games and drinking in his dorm – working on one pint while a back-up sat in the freezer. One evening after the last shot was poured, he couldn’t remember whether he had that extra bottle. Fearing he would be forced to endure the night without his comforting companion, he became frantic.

“I’ll never forget it because I was like physically anxious, thinking, ‘I hope I have a full bottle.’ When I opened the door and had one, I was like ... ‘Whew!’”

With his problem re-exposed, Rational Jake re-emerged to confront him with the truth. He couldn’t make it through his off-duty hours without alcohol. The evidence was undeniable. Something had to be done.

“About a week later ... I went to the (base’s alcohol treatment program) and said, ‘Yeah, this has got to stop.’”

One could argue Jake’s humility pushed him to seek help. He agreed and said pride also had a role – a conundrum a lot of individual’s face. “I want people to know we can be a mix of things,” he said. “We’re such complex beings. We can know it up here (pointing to his head), but sometimes we don’t know it down here (pointing to his gut).”

Jake could not be fully enrolled in an

alcohol treatment program until leaders at his next duty station – Dover Air Force Base, Del. – sent him to the closest available one at Andrews Air Force, Md. The 28-day outpatient regimen he underwent in 2004 gave him some useful tools.

“I learned the basics I would finally practice later on,” he acknowledged. “The program was great. We had groups (in which they shared experiences). We learned how to productively spend our time; what triggers people to drink; etc. There are different reasons, but almost all of them are emotional. Nobody logically takes a drink, for the most part. For me, it was feeling depressed.”

The epiphanies of the outpatient program made him hopeful, but he still doubted there would be a meaningful shift in his behavior moving forward.

“Seventy-five percent of me recognized ‘I did this; I learned something,’” he observed. “A quarter of me said, ‘I think I may drink again.’ I wasn’t being rebellious or anything because I asked to be there. Part of me was doubtful, and I felt like a fraud.”

At Dover, Jake was again a geographical bachelor as his family opted to continue living in Baltimore. He drank throughout the week but self-regulated during weekend home visits.

“I was an educated alcohol abuser,” he said in retrospect, chuckling about the very idea.

For some time, Jake attended Alcoholics Anonymous meetings with a neighbor. He identified with his fellow AA members, but intellectualized he was “not exhibiting signs of alcoholism, yet.”

What makes someone an alcoholic? Answers vary. Jake said he favors AA’s “Big Book” definition.

“It says if you sincerely desire to stop drinking or cannot control the amount consumed once you start, you may be an alcoholic. I love that because it doesn’t say that you are, but it gives you two key things to watch.”

Jake was an alcoholic, albeit, a functional one. When did he know? When did he finally feel it in his heart, mind and gut? It was around 2011. He had been divorced four years and was well into his career as a civil servant in Washington, D.C. He was primarily a beer drinker but eventually moved to wine and liquor as his tolerance level increased. Then, alcohol began to affect him physically. He’d wake up with the shakes and needed a sip to smooth them out.

Soon, there were other indications like blackouts. Jake would get voicemails about conversations with people the night before that he could not recall. He was speeding down the path of destruction his AA sessions had educated

him about, but it still did not compel him to seek help.

“I knew I had a problem, but I just didn’t have any reason at that time to break the cycle,” he said. “Earlier in my life I did, but all the sudden I didn’t. I was like, ‘whatever’ and just kept going.”

Jake – the gregarious, encouraging, enthusiastic and optimistic person he was known to be – had descended into a repulsive version of himself.

“I’ve only told one person ‘I hate you,’” he said, recalling the episode around 2013. “I looked him in the eye and said ‘I hate you!’ with such malice and venom.” He was standing before a mirror staring at himself when he uttered those words.

The depth of his downward spiral was described by his second wife LaKaisha Green. She recalled an occasion at the time they were dating when she stopped by his house to check on him after learning he missed several days of work. She became emotional recalling the scene at the door.

“He hadn’t shaved. His hair was a mess. His clothes were stained. ... Food was on the floor everywhere (along with) empty bottles of alcohol. ... Clothes were (strewn about the townhome), and it smelled like he hadn’t bathed in a while,” she said of the person she knew to be tidy and organized.

Jake was admitted to the hospital later that day, Green said. Because he voiced suicidal ideations, the inpatient care continued for some time.

Reacquainted with his rational persona in 2014, Jake admitted himself into a four-month outpatient rehab program and once again began attending AA meetings. He admitted to sometimes hitting the bottle immediately after a session.

Considering all he had experienced, Jake still wanted to drink because he “hadn’t gone through enough crap,” in his words. The episodes of overnight and multi-day binges returned.

At some point, Jake recognized the trap he was caught in. He had done rehab twice. He had attended AA meetings. He trusted a higher power would guide him. His rational persona questioned, “What have I not done to stop drinking? I checked all the boxes.”

With Rational Jake slowly fading into oblivion, Hopeless Jake started calling the shots, questioning his counterpart’s purpose and existence. He received answers from Suicidal Jake, who abruptly supplanted the former personas with a plan to terminate all of them.

“I was going to work one day, and I was having fantasies about how I was going to kill myself,” he said, noting similarities to the plot hatched by Nicholas Cage’s character in

the movie, “Leaving Las Vegas.”

“I started to make plans. I could rent a room – take leave for a week – buy all this liquor and I could drink myself to death.”

The fantasized version never occurred, but Jake was sinking into even darker depths. Suicide was going to happen. It was just a matter of how and when. He eventually came to believe sleeping pills would be easiest.

“One day, I was half drunk. I don’t even remember the date,” he recalled, “It was the point I said tonight is the night. I’m done. I can’t do this anymore.”

Armed with liquor and pills, Suicidal Jake got into his truck and drove out to a parking lot on Woodyard Road in Clinton, Md. It was a spot he had cased. Upon his arrival at dusk, however, his thoughts began to waver. Rational Jake had resurfaced, weakened but fighting to be heard.

“It wasn’t like this is it (where it ends); there was a part of me that still wanted to live, but there was a bigger part of me that said, ‘We’re never going to get sober.’”

A suicidal, more resolute Jake once again gained control. He took a swig of booze, followed it with a handful of pills, repeated the step, then leaned back in his seat and “waited to die.”

Fate fought against the plan. Jake awoke the next morning, groggy. He managed to open the truck door, fell onto the concrete and vomited. He passed out once more only to awake vomiting again. Jake tried to make sense of the failed attempt.

“I thought, ‘Ok, I didn’t die; maybe that’s a sign,’” he said with uncertainty. “There were no clouds parting or (an exclamation of) ‘Oh my goodness! God has saved me!’ At least for me, it didn’t happen that way. It was more like, ‘God doesn’t want me to die, and I feel like crap.’”

A few days later, Jake returned to work. He also resumed drinking in those old familiar binges. During Labor Day weekend in 2014, he was liquored-up to the max, forcing him to seek hospitalization nearby. Jake was later transported to Walter Reed Medical Center in Bethesda, Md. Released 48 hours later, Green came to pick him up.

“We were walking back (to his car), having no particular conversation,” she recalled, “but then what happened was so beautiful.”

It turned out to be a watershed moment. The beaker of knowledge held by Survivor Jake was upended into the pool of what Rational Jake knew about his problem. “I had all of this knowledge about what I was supposed to do up here,” he said, pointing to his head, “but there was something

preventing it from reaching my gut. I have no idea how it busted through, but I literally felt this feeling come down into my midsection. At that point, I knew I had accepted it.

“Like (TV preacher) Joyce Meyers always says, ‘I know what I know that I know’ now that I cannot safely take a drink anymore,” he continued, “and I am at peace with that.”

Indeed, Jake felt clearheaded and far removed from his vice despite the fact he had been poisoning himself just two days earlier, and for that matter, over the course of his entire adult life. Rational Jake wasn’t just making a cameo, he was now in the starring role, ready to guide his character through abstinence and recovery.

“I had my ‘ah-hah’ moment,” he said. “Since then, I never had even a desire to drink because I know I’m doing healthy recovery by staying active and remembering those things.”

“Those things” being all he went through to become sober, and maintaining his sobriety by following the AA and Celebrate Recovery programs, the latter being a Christian-based initiative.

“They’re both 12-step programs and are proven to work,” Jake said. “For me, I’m not going to second guess it or say, ‘Maybe I’m not an alcoholic.’ If I look back, I’m pretty sure (considering) the crap I’ve been through, there’s no question in my mind I am.”

Jake said he prays every morning and goes through his “gratitude list,” which he thinks sets the stage daily for thinking with humility while helping to shield him from sliding back into thoughts leading to relapse.

“It all starts with an attitude of gratitude,” he said. “I don’t say that to sound trite or to use some sort of catch-

phrase. I know for me and a lot of alcoholics I’ve talked with, we have to maintain an attitude of gratitude. That’s not a passive activity. For me, I have to work at it some days. When I have situations that are sucky, I have to remind myself that somebody else has it worse.”

One could hypothesize that it’s a part of life’s redeeming equation that Jake – the chronic alcoholic who tried to kill himself – now goes out of his way to share his story with others individually or in group settings.

“I can’t go back and change my past,” Jake said with confident acceptance. “For me, when I think about where I have been – I never thought I would say this – I’m actually grateful things turned out this way. I had to deal with alcoholism and suicide. That’s my story, but I’m still here to tell it.”

Jake further recognized that the rational, repulsive, hopeless and suicidal versions of himself are relatable to others, and they give his presentations to those seeking help a life-affirming ring of powerful truth.

“Seven years ago, I felt relief and exhaustion,” he said about becoming sober. “Now, I feel like the bad things that happen to people can actually turn into good. Now, I say I’m really grateful I’ve had these experiences because I’m helping people understand where I am.”

Jake is an alcoholic. One in recovery, who strongly stands in full appreciation of his journey – good and bad – and knows sharing his rather raw, unadulterated and unapologetic message about alcohol use is a godsend; a means of lifting others as well as himself.

“At the end of the day, I really want to help people,” he said. “Even if it’s just a smile or whatever... but it’s more for me; it’s a two-way street.”