

Fort Wainwright, Alaska

Dally News - Miner

Vol. 9, No. 30

The Interior Military News Connection



July 20, 2018

## 1-25th ARB Soldiers load up mission



This week Soldiers of 1st Attack Reconnaissance Battalion, 25th Aviation Regiment conduct C-5 Galaxy Loadout operations at LADD Army Airfield, Fort Wainwright, Alaska in order to transfer 14 of the battalion's AH-64D Apache helicopters to Fort Drum, New York. Their hard work and technical expertise during this mission has made this operation truly exceptional while exponentially increasing the battalion's readiness capabilities. (Photo by Sgt. 1st Class Jessica Mears, 1st Attack Reconnaissance Battalion, 25th Aviation Regiment)

#### **Army Futures Command** to build on 3 pillars

'to ensure we can fight and win'

**David Vergun** Army News Service

"We'll potentially be in a near-peer fight in the near future ... and it will be a difficult fight," said Lt. Gen. Paul A. Ostrowski, principal military deputy to the assistant secretary of the Army for Acquisition, Logistics and Technology and director of the Army Acquisition Corps, during an Association of the U.S. Army breakfast in Arlington, Virginia, July 18.

Peer competitors are already investing heavily in such things as hypersonics and electronic warfare, Ostrowski said. "We have to get after those pieces."

To counter these threats and help the Army maintain a decisive advantage over its adversaries, the new U.S. Army Futures Command will focus its energy on three pillars that will support modernization.

Ostrowski called the first pillar "Futures and Concepts."

See FUTURE on page 6

## Agent Orange presumption policy leads to higher VA health care use

**Tristan Horrom VA Research Communications** 

For Vietnam Veterans, having a medical condition presumed related to Agent Orange exposure is linked to greater use of Veterans Affairs health care. That is the main finding of a study by researchers with the War Related Illness and Injury Study Center (WRIISC) at the VA New Jersey Healthcare System. They say the results show that a law passed by Congress nearly 30 years ago has largely met its goal: helping affected Veterans get the care they need. The study results appeared in May 2018 in the journal Medicine.

Agent Orange linked to 14 conditions

Agent Orange is a chemical defoliant that was sprayed by the U.S. during the Vietnam War to kill plants and clear land. It was contaminated with dioxin, which is known to cause cancer and other conditions. Twenty million gallons of Agent Orange were sprayed during the Vietnam War. About 2.7 million U.S. military personnel may have been exposed. Veterans are eligible for compensation from the Veterans Benefits Administration if they have a service-connected disability. The higher the disability rating, the more compensation they are due. Veterans with higher service-connected disability



Private Fred L. Greenleaf crosses a deep irrigation canal during an allied operation during the Vietnam War. (Photo courtesy National Archives)

ratings also have greater access to nocost health care through the Veterans Health Administration. However, it is often difficult to prove direct service connection for Agent Orange-related

conditions because they may develop years after exposure. To address this problem, Congress passed the Agent

See VETERAN on page 2

## 'Time travel' brings Army Guard members home from Mongolia



Alaska Air National Guard Tech Sgt. Thomas Hough, a loadmaster with the 249th Airlift Squadron, paces through a AS C-17 Globemaster III July 1, 2018, during the final stage of its ascent out of Yokota Air Base, Japan, after the passenger Soldiers participated in Khaan Quest 2018. Khaan Quest is a combined (multinational) joint (multi-service) training exercise designed to strengthen the capabilities of U.S., Mongolian and other partner nations in international peace support operations. (Photo by Sgt. David Bedard, 176th Wing Public Affairs)

Sgt. David Bedard 176th Wing Public Affairs

For Airmen of the 249th Airlift Squadron "Arctic Terns" and Soldiers of the 297th Regional Support Group, the C-17 Globemaster III cargo aircraft they were traveling on was a veritable time machine.

Leaving July 1 from Yokota Air Base, Japan, C-17 Tail No. 0168, Flight No. Reach 257, arrived at Joint Base Elmendorf-Richardson, Alaska, late on the evening of June 30.

Occupying the role of Dr. Who, the fictitious time-traveling scientist, was Alaska Air National Guard Maj. David Lang, aircraft commander of the Globemaster.

The C-17 wasn't a TARDIS capable of contorting the fabric of space-time. Lang and co-pilot Lt. Col. Greg Yoschak simply piloted the aircraft over the International Dateline on the way to Chinggis Khaan International Airport, Mongolia, to retrieve several dozen Alaska Army National Guard members and a handful of 716th Explosive Ordnance Detachment Soldiers who participated in Khaan Quest 2018 for three weeks.

Khaan Quest is a combined (multinational) joint (multi-service) exercise designed to strengthen the capabilities of U.S., Mongolian and other partner nations in international peace support operations.

The return trip, mirroring the C-17 crew's journey out to Chinggis Khaan, required two legs -- a 5.5-hour hop from Mongolia to Japan and 7.5-hour leg from Yokota to JBER.

See GUARD on page 6

#### WEEKEND WEATHER

#### **INSTALLATION-WIDE YARD SALE** Saturday

Partly cloudy with a high of 74 degrees and a low of 53.

**Friday** 

Mostly sunny with a high of 81 and a low

of 56degrees.

Sunny with a high of 85 degrees and a low of 59.

The next installation-wide yard sale is Saturday, July 21, from 8 a.m. to 4 p.m. Fort Wainwright residents may sell from their homes or from the Family and MWR resale lot, located at the corner of Neely and Meridian Roads. DOD ID cardholders coming from off post to participate may sell from the FMWR resale lots on a first come, first serve basis. General public wishing to enter post with the purpose of attending the yard sale need to obtain a pass from the Visitor's Center by providing a valid driver's license, proof of insurance and registration for the vehicle they are operating. All passengers will be required to show a photo ID. A reminder that marijuana in any form, though legal in the State of Alaska, is still illegal on federal installations. For more information, call 353-7648, Monday through Friday from 9 a.m. to 4 p.m.

#### **VETERAN**

Continued from page 1

Orange Act of 1991. The act directed VA to presume service-connected disability for conditions the National Academy of Sciences deemed related to Agent Orange. Veterans with these conditions qualify if they were in Vietnam between Jan. 9, 1962, and May 7, 1975.

Seven non-cancer conditions have been designated as presumptively service-connected for Vietnam Veterans: chloracne (a severe acnelike skin condition), ischemic heart disease, Parkinson's disease, peripheral neuropathy, porphyria curtanea tarda (a skin condition that causes blisters, hair growth, and discoloration), AL amyloidosis (an immune-system disorder that can damage the organs), and Type 2 diabetes.

Several forms of cancer are also included: chronic b-cell leukemias, Hodgkin's disease, multiple myeloma, non-Hodgkin's lymphoma, prostate cancer, respiratory cancers, and softtissue sarcoma.

Veterans with connected conditions use VA health care more often

To find out how this policy affected VA health care use, the researchers looked at 2013 data on 85,699 Vietnam Veterans.

They found that those with one or more diagnoses of a presumptive condition were more likely to have multiple disabilities than those without one of the named conditions. While they were less likely to have a 100 percent disability rating than those with no presumptive condition, they were more likely to have individual unemployability.

This means they cannot maintain employment because of service-connected disability. Of those with any presumptive condition, 73 percent had Type 2 diabetes. About 44 percent had ischemic heart disease, and 16 percent had some form of cancer. Looking at health care usage, the researchers found that 35 percent of those with a presumptive condition had five or more primary care visits in fiscal year 2013. Only about 15 percent of those

without a presumptive condition had this many visits. Forty-five percent of the presumptive condition group had five or more specialty care visits, compared with 15 percent of those without presumptive conditions. Of the presumptive-condition patients, 37 percent had at least one mental health visit, compared with 16 percent for those without any of the conditions.

In other terms, those with presumptive conditions were more than twice as likely as those without the conditions to be frequent users of primary and specialty care in the VA health care system. They were also more likely to visit emergency rooms than the other group. The study shows that Agent Orange legislation has been effective, write the researchers, at lowering "the threshold for accessing [Veterans Benefits Administration] and [Veterans Health Administration] benefits for Vietnam Veterans who may have been exposed to dioxin."

The findings highlight the importance of presumptive service connection in serving Veterans, they conclude. The results may also indicate that Vietnam Veterans with these service-connected conditions are more likely than those without these conditions to choose VA for their care. Dr. Dennis Fried, corresponding author on the paper, summed up the importance of the results: "In our era of increased Veteran choice with regard to health care delivery sites and greater integration of VHA and community care, these findings support the importance of VHA provision of services for conditions possibly related to military service." For more information on Agent Orange exposure, visit VA's Agent Orange website.

To learn more about VA research concerning Vietnam Veterans, visit www. research.va.gov/topics/vietnam.cfm.

Editor's Note: One of the Soldier For Life objectives is to advise military and civilian audiences of the various policies, programs, resources, practices, and opportunities existing in the areas of employment, education, and health. See more, at

https://soldierforlife.army.mil/about.

## Weekly Financial Tips: Pets

Ryki Carlson

Survivor Outreach Services Support Coordinator

Everyone loves their pets! In fact, a recent survey by the American Pet Products Manufacturers Association confirms that approximately 63 percent of American households include pets. They offer us unconditional love and affection and ask for little in return – just a short list of basics such as food, shelter, vet care and our companionship. However, the cost of pet ownership is not cheap. Here are some tips for saving money and still providing a loving home for your pets.

Compare vet costs. Call and compare local vet fees. However, do not choose a vet solely on the lowest prices. Since your pet is part of the family, ensure you find a vet you can trust; ask friends and family for recommendations. Then take a moment to search the internet to find discounts for that vet. A quick search could save you up to 50 percent on your visit.

Attend a low cost vaccination clinic. Most weekends, large pet supply stores or animal shelters sponsor low cost vaccination clinics for dogs and cats. These clinics offer a great opportunity to save money and provide

identical vaccinations that a dog or cat would receive at your local vet. Also, ask the clinic if they provide services for annual check-ups or microchips, some do.

Brush your pet's teeth. Brushing their teeth regularly, not only helps avoid tartar buildup, it reduces the number of vet dental cleaning visits, which can run a couple of hundred dollars.

Purchas toys, crates and other pet items from a distributor or online service. Pt toys, beds, crates and other infrequent purchases can be expensive when purchased at a local pet supply store. Pt owners can save money on these supplies by purchasing them from a merchandise supplier or wholesaler. A reliable wholesaler is www.petedge.com.

Purchase high quality pet food. Understand that 'high cost' is not the same as 'high quality.' Check the ingredient list and select a pet food that has the lowest amounts of fillers. Premium pet food provides sufficient vitamins and minerals per serving; where in a lower quality product it takes more food to prove the same amount of nutrients. Low-quality pet foods contain fillers, grains, artificial colorings and flavorings which place a strain on your pet's digestive system. This leads to nutritional deficiencies and other health problems.

Use coupons or coupon codes when purchasing pet products. Some of the major pet food companies offer coupons on their websites or visit coupon codes sites.

Inform your vet. If your pet is a former stray, inform your vet. Some vets give discounts when treating former strays. Also consider getting your pet from the local Humane Society or animal shelter. This not only helps the animal, but your new pet will offer you rewards as well.

Illness care. When your pet gets sick, take care of them immediately to help prevent future and costlier treatments. However, avoid emergency clinics when possible. If it's between 8AM and 5PM call your vet and ask for free advice on what to do. If they need a trip to the vet, your regular vet may be able to get them in.

Consider pet insurance. Compare policies to see how well it fits into your lifestyle and budget. Some plans cover everything, while others cover only catastrophic events.

Remember pets offer their owners much in return for taking care of them. They teach us about love, improving our emotional and physical health, and provide us with the unconditional affection and friendship.

## **MEDDAC** Minute

Brandy Ostanik

Medical Department Activity – Alaska, Public Affairs

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 Referral Center: 361-1810 Tricare On-Line: www.tricareonline.com Health Net Federal Services: www.tricare-west.com 1-844-866-9378

TRICARE ONLINE REMINDERS

TRICARE makes it easy to receive a reminder for upcoming appointments. Beneficiaries who have their cell phone number in their TRICARE profile will receive a reminder text 48-hours, and two hours, prior to their appointment.

PERFORMANCE TRIAD TIP

Sleep is a biological need for brain function. Soldiers require seven to eight hours of quality sleep every 24-hours to maintain their mental edge. When Soldiers do not get enough sleep, their mental acuity suffers—putting themselves and fellow Soldiers at risk for making errors that lead to accidents and mishaps. Insufficient sleep is a safety risk and a threat to mission success.

DISPOSE OF UNWANTED

PRESCRIPTIONS

Bassett ACH will be hosting a Drug
Take-Back day Oct. 22, from 10 a.m.
to 2 p.m. at the Fort Wainwright Post
Exchange. This is an opportunity for
individuals with unwanted, unused and
expired medications to dispose of them
safely.

BREAST PUMPS AND SUPPLIES

Do you have a breastfeeding child at home? TRICARE covers breast pumps and breast pump supplies at no cost. You must have a prescription from your

provider and state which type of breast pump you need. For more information on coverage go to www.tricare.mil/breastpumps.

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INTERNAL BEHAVIORAL HEALTH

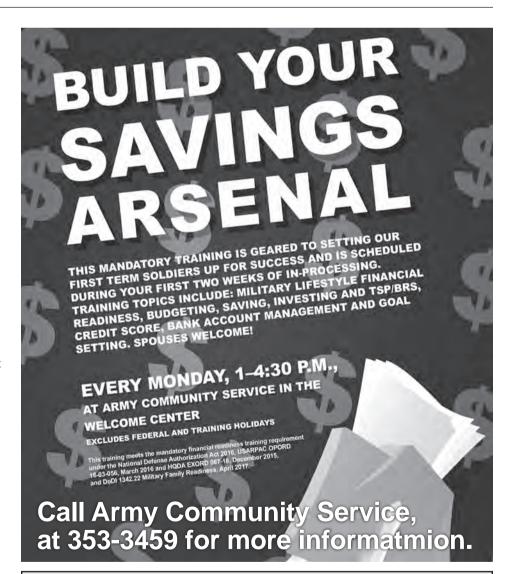
The Bassett ACH Primary Care Clinic now offers internal behavioral health consultations. Assistance with concerns such as stress, chronic pain, tobacco dependency, weight loss, depression, diabetes and more is being offered without the need for a referral. For more information, or to schedule an appointment, call 361-5670.

ANONYMOUS OR NOT

Sometimes being anonymous is not a good thing. When filling out Interactive Customer Evaluation forms, leaving contact information helps us to better serve our beneficiaries. Many times the issue is something we can easily fix, but without contact information we are not able to remedy the situation. Giving us a name and number allows us to contact the beneficiary and correct the problem on the spot.

SAVE A TRIP TO THE ER

Not sure if you need to come into the emergency room or make an appointment? Beneficiaries can call our Nurse Advice Line to talk to a registered nurse 24 hours a day, seven days a week for advice about immediate health care needs. Call 1-800-TRICARE (874-2273).



## **ALASKA POST**

The Interior Military News Connection

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Connection

# History Snapshot: T-3 Runway from SA-16 Rescue plane

L. Amber Phillippe Fort Wainwright Landscape Historian

Department of Defense Press Release: 15 May 1952

"The floating ice island T-3 which the US Air Force has used to establish a weather station, unfolds under the wing of the US Air Force SA-16 Rescue plane as it comes in for a routine landing.

A C-47 of the US Air Force's Air Weather Service can be seen in the foreground, while another plane can be seen in the distance.

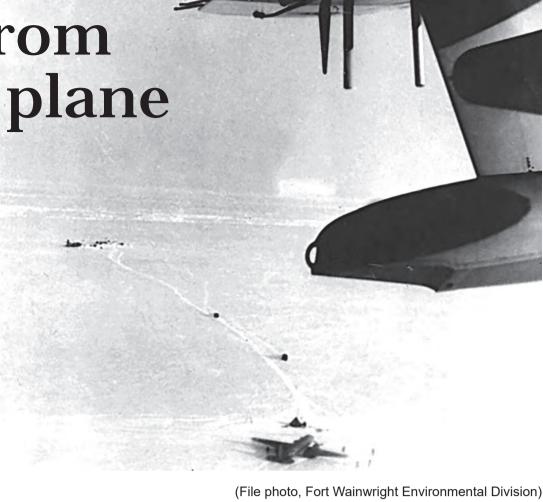
It was through the efforts of the 58th Strategic Reconnaissance Squadron of the Air Weather Service that this island and T-1 and T-2 became known to Air Force scientists.

First landing was made on T-3 on 19 March when Lt Col Joseph O. Fletcher, Dr. Kaare Rodahl and Captain Marion F. Brinegar landed in ski-equipped planes as large as

C-54's and the island's population has fluctuated from a low of three persons to a high of 30 persons.

A permanent weather station is contemplated pending the outcome of the current experiment now in progress."

T-3 became the epicenter of "Project Icicle" and was in use from 1951-1961. Researchers on T-3 contributed to the studies of oceanography, arctic meteorology, ice movement, solar radiation, gravity, and magnetism. In 1961 the U.S. Air Force ended its sponsorship of ice station research and turned the island and its facilities over to the U.S. Navy. The Navy used the island off and on over the next two decades as part of their Naval Arctic Research Laboratory until 1979, when researchers made their last visit. T-3 continued to drift, occasionally noted on satellite imagery, until it drifted into open water and presumably melted away sometime in the early 1980s.



If you have any stories or photographs to share with the Cultural Resources Management program please call, (907) 361-9329 or email laurel.a.phillippe.ctr@mail.mil.

## How to spot a scam page on Facebook

Capt. David Flickinger 59th Signal Battalion, Information Systems Engineer

We have all heard the news about fake Facebook pages but do you know how to spot a fake Facebook page? The chances of you encountering a false Facebook page during thirty minutes of browsing are extremely high.

According to a November 2017 New York Times article by Mike Isaac and Scott Shane, Facebook estimated that roughly one in every ten of its 2.07 billion active accounts are fake. While this number is only a snapshot in time, a quick search on the social media site still reveals a large amount of fake accounts and pages.

Facebook attempted to make the

identification of phony pages a little easier through the use of verification badges. A verification badge is a blue or gray icon with a check mark in the center. This icon is located next to the title of the Facebook page. Whereas the blue badge is for prominent people and organizations, the gray badge is meant for local businesses. The process to obtain a gray badge is easier than that of a blue badge, therefore remain cautious when a page only has a gray verification icon. A verification badge is one of the easiest ways to decide whether a Facebook page is legitimate but this feature is not available to small groups or local organizations.

The absence of a verification badge does not automatically mean that a Facebook page is illegitimate so it may be necessary to use additional

techniques to make a determination. Similar to a fake website, one of the best ways to determine the page validity is by carefully examining the title and web address of the page. Abnormal characters or misspelled titles are a key giveaway that the Facebook page is fake. Furthermore, a web address that does not match the page title also indicates that the page may be fake. Checking both the title and web address for the page can help you determine if a page is real or an imitation.

A final assessment of a Facebook page can be made by checking the posts on the site. Many fake Facebook pages have inaccurate information listed in the about section. If the posts or page content is poorly written or does not properly describe the organization then the Facebook page is likely a fake

Scrolling through the pages' information can reveal misspelt words, erroneous information, and misleading content. Imitation Facebook pages are primarily created to make the owners money or mislead users. If radical articles, that are unlikely to be supported by the real organization, are found in the feed then the Facebook page is probably a fake

Please be sure to exercise caution when liking or joining a Facebook page. Spending just a short time on Facebook is likely to reveal at least one fake account. You can exercise discretion by using the techniques listed above which can significantly reduce your exposure to malefactors.



#### Commissary Reset improves shopping experience

Staff Report Fort Wainwright Commissary

The Fort Wainwright Commissary will close early on Sunday Aug. 5, starting at 4 p.m. and remain closed thru Tuesday, Aug. 7, while it undergoes a "reset" as part of the Defense Commissary Agency's ongoing effort to enhance the shopping experience.

The commissary will be re-opening on Wednesday, Aug. 8 for normal operating hours of 9:30 a.m. to 7 p.m.

"We hate inconvenience customers with the closure, but this is something we'll all appreciate when it's done," said Store Director Darlene Robertson.

The reset is part of an program agency-wide that systematically changes how products are displayed on shelving throughout a commissary in order to better serve customer shopping patterns. The goal is to give commissaries worldwide a more customer-friendly product flow and a layout that is as consistent as possible from location to location, according to Tracie L. Russ, director of sales.

"Although we have

are constructed exactly

alike, a customer-friendly product flow means dog food will be next to pet supplies instead of the charcoal, peanut butter is best found next to the jam, and you shouldn't have to cruise three different aisles to find all your cleaning products. It's a simple matter of making the commissary layout more sensible by 'resetting' the store," he said.

DeCA is intent on making the commissary shopping experience faster and easier – making the commissary the place to shop every day, not just on pay day.

One of the priorities is to help busy, active-duty shoppers make quick runs through their commissary and get home more quickly.

"The whole idea, in a nutshell, is to get convenience into the shopping experience," said Russ. Consistency is also part of the reset equation. "Why shouldn't you be able to go to different commissaries and find basically the same layout?"

> "We try not

inconvenience customers while resetting stores," said Russ, "but we often have to close the store for a day, sometimes two, in order to tear down the shelving and move it and restock. Our customers usually like the new layout once they get used to it. Sales increases always follow a store reset and that's an indication that the user-friendly product flow is a good change."

To make changes easier for customers to follow, stores have aisle layout maps available as well as generic item locators on their web pages. Store web pages are under the locations link at www. commissaries.com along with store hours, contact information, store news and special customer service features.

## Storm water pollution prevention starts with you

Ida Petersen

Fort Wainwright Water Program Manager

After spending 4 years in the Pacific Ocean, Staff Sergeant A.K. Salmon has returned to his birthplace in the Chena River to ensure that his habitat is healthy and free of pollutants. Sgt. Salmon's primary objective is preventing pollution in storm water from harming the ecosystem.

Storm water begins as rain or snow falling on the natural or urban landscape. On Fort Wainwright, the water that isn't absorbed into the ground travels through drainage swales, culverts, and creeks and into the Chena River and the several ponds on post. Water in the system can contact pollutants and carry them along right into Sgt. Salmon's living room.

Human activities such as watering lawns or washing vehicles also introduces water and pollutants to the system. Common pollutants are oil and other fluids from vehicles, sediment, pet waste, nutrients, and litter.

As an actual fish, Sgt. Salmon is unable to speak or type, so the Directorate of Public Works, Environmental Division is serving as a liaison to share his message of pollution prevention.

The Environmental Division also

helps to maintain Fort Wainwright's Municipal Separate Storm Sewer System permit, or MS4, and associated Storm Water Management Plan. This plan includes requirements to label storm water outfalls and storm drain inlets to increase public awareness of the connection between our actions and water quality. Look for Sergeant Salmon on signs posted at Fort Wainwright's 27 storm water outfalls along the Chena River and Badger Pit. Over the summer, storm drain inlets will be marked with Sergeant Salmon placards to remind us all that pollution prevention starts with us.

What can community members do to help Sgt. Salmon's mission?

OIL AND VEHICLE FLUIDS
Use drip pans for leaking vehicles.
Perform vehicle maintenance inside a
garage or at the Auto Skills Center, in
building 4730 and contain all fluids.
Wash cars at the car wash, where water
gets recycled or treated before it goes
back into the environment. If you
notice a petroleum sheen on a pond
or river, report it to Fort Wainwright

#### **SEDIMENT**

Although it may seem harmless, an increased load of dirt or sediment into the surface water can smother

Dispatch by calling (907) 353-7353.

salmon eggs, reduce light and oxygen in the water, and damage fish gills. Erosion is especially problematic on construction sites and the banks of waterways.

#### PET WASTE

Pet waste contains billions of fecal coliform bacteria. It also contains viruses, bacteria, and parasites that cause disease and an excess of nutrients that can harm the environment downstream. Clean up after your pet right away at home and along the walking paths.

Pick up a free bag dispenser and baggies at DPW Environmental at 3023 Engineer Place, or at the North Haven Communities main office at 4268 Neely Road.

#### NUTRIENTS

Common sources of nutrients are fertilizer and pet waste. Nitrogen and phosphorus are essential elements for life, but too much of them in the water can cause an overgrowth of algae and, in turn, reduce the oxygen in the water and produce toxins or bacteria. Limit your use of fertilizer, store chemicals properly, and clean up after pets.

#### LITTER

Not only is litter unsightly, but it can harm birds, fish, and aquatic



(Illustration by Ida Petersen, Fort Wainwright Water Program Manager)

animals. Plastics will take thousands of years to break down. Participate in Cleanup Day and pick up trash when you see it throughout the year. Secure items in the back of truck beds to prevent them from blowing out.

Fort Wainwright and Interior Alaska have a tremendous resource in the surface water that dots and traverses our landscape. With that water comes diverse life ranging in size from single-celled organisms to 20-pound king salmon to the largest moose in the world.

People directly come into contact with the water for transportation, recreation, and fishing. Pollution may also impact us indirectly through plants and animals and, over time, polluted surface water could affect the surrounding soil or underground drinking water supply. The way we take care of storm water affects the entire ecosystem.

Keep on the lookout for more information in the Alaska Post.

Sergeant Salmon thanks you!







#### ICE CREAM FLING AND ICE CREAM SKEDADDLE 5K FUN RUN

5k Fun Run Ice Cream Fling: 2 to 5 p.m. It's the sweetest day of the year! Enjoy the day with the family with either a 5k Fun Run, free ice cream, or BOTH! The run starts at 1:30 p.m., on July 21, with free ice cream for all at the finish line. Have a blast with face painting, yard games, and other outdoor activities for everyone. Last Frontier Community Activity Center, building 1044 Call 353-7755.

#### B.O.S.S. LIFE SKILLS: BASIC VEHICLE MAINTENANCE

Understand what makes your vehicle run, and what it takes to maintain your vehicle for smooth driving. This B.O.S.S. Life Skills event is open to eligible Service Members. From 1 to 5 p.m., July 23, at the Automotive Skills Center, building 3730 Call 353-7648, registration required.

#### SUMMER BLOOD DRIVE

Donating blood is so easy and rewarding! The Summer Blood Drive, from 9 a.m. to 4 p.m., July 26, at the Last Frontier Community Activity Center, building 1044 Call 353-7755, is a great way to save a life. Register in person ahead of time or online at www. bloodbankofalaska.org

#### RETIREE APPRECIATION DAY

The U.S. Army Garrison Alaska command team and the Northern Alaska Military Retiree Council, invite you and your family to the annual Retiree Appreciation Day on Saturday, Aug. 4 at the Last Frontier Community Activity Center, building 1044, on Fort Wainwright. We will begin the day's activities at 9 a.m. The Posting of the Colors, opening remarks and guest speaker session will begin at 10 a.m. The Information/Health Bazaar is planned throughout the day as well the opportunity to win many door prizes from local businesses. The information bazaar provides retirees and veterans an opportunity to speak with representatives from a variety of state, federal, retiree, and veterans organizations

regarding services available to you and your family. The Dining Facility, will be offering brunch to retirees and their families for \$6.25 per person from noon to 1 p.m. The bowling alley and golf course will be offering discounts for retirees throughout the day. We look forward to seeing you there.

If you have any questions, or would like to RSVP, please call Steven Schack at (907) 353-2095.

## Medal of Honor Recipient Focus on Behavioral Health

Speaker: Master Sergeant (Retired) Leroy Petry "Take a Knee for Behavioral Health"

#### Date: Wednesday, July 25th



Master Sergeant (Retired) Leroy Petry is a 2008 Medal of Honor Recipient and an ardent advocate of behavioral health, and substance dependency care and treatment for our Military, their Families, and our transgenerational veteran population.

Location: Northern Lights Chapel, Fort Wainwright Times: 1:30 p.m. and 4:30 p.m.

MSG(R) Petry will discuss taking advantage of behavioral health and substance abuse resources available to our population.



For more information about MSG(R) Petry, please scan the QR code at left or visit https://www.army.mil/medalofhonor/petry/





#### **GUARD**

6

Continued from page 1

Lang and Yoschak said the landing approach in Japan was pretty standard despite being next to the world's most populous metro area and offering a bird'seye view of Mount Fuji.

The approach to Chinggis Khaan International differed from landing at U.S. air bases, Lang said, because the tower gave him instructions using metric measurements -- meters and kilometers instead of feet and knots, which required quick conversions on the part of the pilots.

After mandatory crew rest, the Airmen met their passengers and cargo the following morning. Tech. Sgt. Jennifer Fitzpatrick and Tech. Sgt. Thomas Hough, loadmasters with 249 AS, had their hands full with a 5-ton truckload of duffel bags, rucksacks and storm cases. Normally handled by Airmen assigned to base joint mobility complexes, the loadmasters took it upon themselves to liaison with the Army unit and supervise the pallet configuration.

Despite cargo brimming over the rails of the truck's huge bed, Fitzpatrick and Hough managed to work with the Soldiers to pack the majority of the equipment on two 463L pallets, aluminum 9-by-7-foot pallets that snapped into the C-17 floor like metal Lego blocks. The Soldiers' duffel bags were neatly and strategically laid in alternating north-south and east-west oriented layers, making for a green Lincoln Log-like load that ensured maximum stability in flight.

Once the pallets were packed, the loadmasters estimated the weight of the cargo and the passengers, and arrayed them throughout the cavernous cargo hold of the Globemaster to make for an optimal center of balance.

Meanwhile, Staff Sgt. Troy Kennedy, 703rd Aircraft Maintenance Squadron flying crew chief, conducted pre-flight checks to ensure the aircraft was in top running shape. If he had found any major faults in Mongolia, he said he could call on backup maintenance personnel to assist. If faults were discovered in Yokota, he would work with base maintenance Airmen to quickly get the iron bird back into service.

Once the cargo was secured and the passengers were buckled in, Hough briefed the Soldiers on safety procedures and administrative requirements, injecting humor in an effort to add levity to a long flight.

"Are there any small children on this flight?" he



Alaska Air National Guard Tech Sgt. Jennifer Fitzpatrick (center), a loadmaster with the 249th Airlift Squadron, supervises Soldiers loading a cargo pallet June 30, 2018, at Chinggis Khaan International Airport, Mongolia, after the Soldiers participated in Khaan Quest 2018. Khaan Quest is a combined (multinational) joint (multiservice) training exercise designed to strengthen the capabilities of U.S., Mongolian and other partner nations in international peace support operations. (Photo by Sgt. David Bedard, 176th Wing Public Affairs)

asked when explaining oxygen mask procedures, before showing passengers how to use a hood-style backup oxygen mask, "which will probably be the only time your mother won't yell at you for pulling a plastic bag over your head."

Most likely because the Soldiers endured a 3 a.m. wakeup after three weeks of marginal sleep, Hough's comedic efforts were met by scattered chuckles.

Still, passenger safety was serious business for the Airmen. Fitzpatrick said two loadmasters were assigned to the flight because there were more than 40 passengers, and having a pair granted them the ability to assist as needed.

In Japan, the loadmasters had the pallets weighed in an effort to re-validate the aircraft load. After a night or rest for aircrew and passengers, both rendezvoused the next morning to repeat the process for the final leg.

Because the flight was returning from an international location, the loadmasters' job included prosaic tasks such as handing out and collecting customs forms, and ensuring passengers disposed of any non-American meat or produce.

Touching down at JBER, the crew of C-17 Tail No. 0168 had crossed space and time to return the Soldiers to their home in Alaska after their Mongolian adventure.

"I know you had absolutely no choice in travel, but thanks for flying with us anyway," Hough beamed over the intercom.

#### **FUTURE**

Continued from page 1

It is what the visionaries of the Futures and Concepts group within Futures Command will develop as they

What will the battlefield look like in 2036?

What are the tactics, techniques and procedures needed to win in 2036?

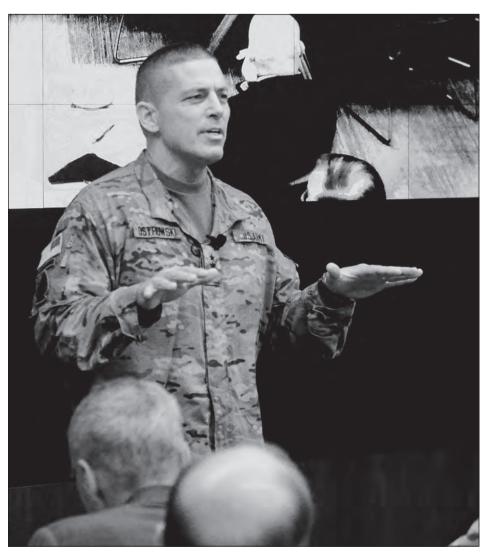
Will the current organization revolving around brigade combat teams still be relevant in 2036 or does there need to be a reorganization?

How will quantum computing, highenergy lasers, directed energy weapons, hypersonics, and artificial intelligence change the nature of warfare by 2036?



An AH-64 Apache helicopter takes off from a **Forward Arming** and Refueling Point during a 1st Battalion, 501st Aviation Regiment, **Combat Aviation** Brigade, 1st Armored Division, gunnery at Range 83 at Orogrande, N.M., April 23, 2018. **Future Vertical** Lift is one of the priorities of the new **Army Futures** Command. (Photo by Winifred Brown, U.S. Army)

Lt. Gen. Paul A. Ostrowski, principal military deputy to the assistant secretary of the Army for Acquisition, Logistics and Technology and director of the **Army Acquisition** Corps, speaks on the new Army Futures Command at an Association of the U.S. Army breakfast in Arlington, Va., July 18, 2018. (Photo by David Vergun, Army News Service)



While academia, science and industry will inform these visionaries, Ostrowski suggested that they also look to Hollywood. "Think about it. How many things do we have in our hands today that you saw in movies growing up?"

The second pillar is Combat Development, which is the ability to take those aspects of Futures and Concepts and turn them into requirements. The Army Capabilities Integration Center personnel will be involved in that.

In the past, "the way we wrote requirements [was] in a vacuum," he said. "They were not informed requirements, technology was not informing them, testing was not informing them and sustainment and logistics were not informing them. Now they are informing them."

Ostrowski described the third pillar of Combat Systems as taking what has been learned from Futures and Concepts and turning that into experimentation, prototyping and capabilities that can be tested by Soldiers who give their feedback.

In the past, "we didn't have Soldier touchpoints along the way to make sure we were doing the right thing," he said, referencing user testing during all aspects of research and development. "Now we do."

Army Futures Command, which will be headquartered in Austin, Texas, will be focusing on those three pillars for years to come, Ostrowski said.

"Futures Command is all about bringing together all the parts and pieces of the enterprise called modernization under one roof in order to get after the things that were missing all these years: agility, speed and the ability to ensure we can fight and win not only today, but well into the future," Ostrowski said.

## Quilts of Valor Foundation award quilts to Veterans



The Quilts of Valor Foundation awarded five quilts to veterans for their military service July 13 at the Clearwater Lodge. The Quilts of Valor Foundation began in 2003 with a dream that ailing veterans would find a form of healing with their new quilts, and that a Quilt of Valor would unequivocally say, "thank you for your service, sacrifice, and valor in serving our nation in combat." The five Quilts of Valor recipients were Benny Geagley, who served 2 tours in Vietnam, Ray Dinger, a Vietnam veteran, Dan Coakley, Larry Harwell, and Cynthia Souhrada. (Photo by Chris Maestas, Fort Greely Public Affairs)

## Old Glory Flag unites Soldiers and veterans at Fort Greely



Soldiers and veterans united atop Donnelly Dome to honor the Old Glory relay flag July 13. The Old Glory relay flag passed through Fort Greely before heading to Germany with a goal of honoring and uniting America's veterans with one flag passed through 20,000 sets of hands. Old Glory will officially start its 4,300 mile trek across the U.S. on Sep. 11, in the shadows of the USS Constitution in Boston Harbor and finish on Veterans Day, Nov. 11 in San Diego. (Photo by Chris Maestas, Fort Greely Public Affairs)



Fort Greely Command Sgt. Maj. Chris Magee and his wife Kelly transport the "Old Glory" relay flag via Clearwater Creek to a gathering honoring Soldiers and veterans July 13, at Clearwater Lodge. (Photo by Chris Maestas, Fort Greely Public Affairs)



