

A modern Army needs modern installations

Dr. Jason R. Dorvee
 U.S. Army

How are Army installations preparing to enhance readiness in the 21st century? That’s a question that Army experts, including the Assistant Secretary of the Army for Installations, Energy, and Environment and the Assistant Chief of Staff of Staff of the Army for Installation Management, will present on Wednesday, Oct. 10, at 10:05 a.m. Eastern time during the Association of the United States Army’s annual conference. Here, Dr. Jason R. Dorvee, liaison officer to the Assistant Secretary of the Army for Installations,

See **READINESS** on page 6



The Army is working to bring installations into the 21st century as part of a wider modernization plan. (Illustration courtesy, U.S. Army)

Archaeological resources are everywhere: Resource management and legal compliance on Army-managed lands



Known culturally sensitive sites, located on military training lands, are protected by law. Markers and barriers, such as the orange and yellow banded Seirbert stake, are erected to provide warnings against disturbing areas recognized to contain archaeological resources of past human life or activities. (Photo courtesy Fort Wainwright Cultural Resources)

Kate Yeske
 Fort Wainwright Cultural Resources Management Program

Archaeological resources are any material remains of past human life or activities that are at least 50 years old. On Fort Wainwright,

over 700 archaeological sites have been identified. The majority of the 1.6 million acres of training lands, however, have yet to be surveyed, so it is still unknown as to what may exist.

The National Historic Preservation Act of 1966 (as amended) guides and directs how cultural resources are managed on

Fort Wainwright and its associated training lands. This federal legislation was enacted to preserve historical and archaeological sites and provides guidance for locating and protecting sites on federally managed lands. Federal agencies must avoid, minimize or mitigate the effects that federal activities have on their lands that may

See **PRESERVE** on page 4

Surgical techs vital to successful surgeries



Pfc. Chloe Hollingsworth, a surgical technician at Bassett Army Community Hospital assists, Dr. Christina Hylden with an instrument during a recent orthoscopic knee surgery. Sept.16 through 22 is National Surgical Technologist Week. (Photo by Brandy Ostanik, Medical Department Activity – Alaska, Public Affairs)

Brandy Ostanik
 Medical Department Activity – Alaska, Public Affairs

It’s been shown thousands of times in movies. The surgeon stands over a patient focused on the surgery being performed. The surgeon sticks out a gloved hand and, without looking up, asks for scissors, forceps or suction. Across from the surgeon, an unknown medical assistant picks up the instrument being

called for and efficiently places it in the surgeon’s outreached hand.

The surgeon often gets the credit of performing a successful surgery, but without that second, unknown assistant there would be fewer successful outcomes for patients going through surgery.

That second, unknown assistant is a surgical technologist, or surgical tech, and how well they perform their job is crucial to the team effort it requires to perform a successful surgery.

Sept. 16 through 22 marks National Surgical Technologist Week, and Bassett Army Community Hospital is celebrating the often overlooked work performed daily by these dedicated professionals.

“A surgical tech is not only an expert in their work area, but we like to say they are an extension of the surgeon’s hands,” said Staff Sgt. Christopher Shallop, the noncommissioned officer in charge of the peri-operative nursing section at Bassett ACH.

See **VITAL** on page 6

WEEKEND WEATHER

Friday



Showers, with a high of 53 degrees and a low of 42.

Saturday



Showers, with a high of 51 degrees and a low of 41.

Sunday



Showers, with a high of 51 degrees and a low of 37.

WELCOME TO WINTER PRESENTATION

Discover what's in store in the last frontier. Prepare yourself for all Alaskan winters have to offer. Learn how to properly “winterize” your vehicle. Discover what to wear in the bitter cold. Know how to drive on ice. Learn how to care for your pets in extreme conditions. Find coping mechanisms for the long, dark days. Sept. 27 from 6 to 8 p.m. in the Last Frontier Community Activity Center, building 1044 Apple Street. Or watch it live on the Fort Wainwright Facebook page at <https://www.facebook.com/FortWainwrightPAO/> For more information, contact Army Community Service, Relocation Readiness at (907) 353-7908

Nutrition Corner: Myth buster

Does eating late at night contribute to weight gain?

Brandy Ostanik
Medical Department Activity – Alaska, Public Affairs

Eating late at night does not necessarily contribute to weight gain, it depends on the person and their schedule. It is not the late night eating alone that makes it difficult to lose weight; it is the extra calories the midnight munchies present. Some people find it useful to have a cut off time for their evening snacks so if it is helpful for you to turn off your snack attack then go for it – but follow these guidelines.

Don't set your cut off time too early. You want to be sure to leave time in your evening to have a balanced dinner every night and a small early evening snack if you tend to eat an early dinner. For example, if your cut off time is at 6 p.m. and you eat dinner at 5 p.m., you risk going to bed hungry or waking up in the middle of the night hungry. Being overly restrictive can lead to binge eating which is detrimental to weight loss efforts. If you make your cut off time a little bit later, there is time to incorporate a calorie-controlled, balanced snack that will prevent you from going hungry. If you eat dinner later in the evening,

than there is really no need to have a snack. Remember, weight management boils down to overall caloric balance. As long as your evening snack does not turn into mindless overeating, it is okay to have a small, balanced snack. Aim for something with fiber, a little carbohydrate and protein – like a container of reduced fat yogurt or piece of fruit with one tablespoon of peanut butter.

RECIPE SPOTLIGHT:
Fruit skewers with dip

INGREDIENTS:
Strawberries
Pineapple
1 cup low fat sour cream
1 tablespoon lime juice
2 tablespoons of brown sugar
Cinnamon sugar

PREPARATION:
Thread fruit onto skewers. Combine all other ingredients for the dip. Garnish with cinnamon sugar.



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

ANONYMOUS OR NOT

Sometimes being anonymous is not a good thing. When filling out Interactive Customer Evaluation forms (ICE) 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.

HANDLING FOOD

Anyone serving food on post, including bake sales, must have a valid food handler's card. The card, valid for one year, can be obtained from Preventive Medicine, building 4077, adjacent to Bassett ACH. The Food Handler's course slides can be found and studied on our website, at www.alaska.amedd.army.mil/Preventive_

Med/Preventive_Medicine.htm. After reviewing the slides, a proctored test must be taken and passed with a 70 percent or better. Call 361-5182 for test times and more information.

PATIENT ADVOCATE

The MEDDAC-AK 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.

PATIENT TRAVEL VOUCHERS

Two weeks turn-around time is the expected timeframe for vouchers to be approved for patients traveling for care outside of Fairbanks. For patients who have vouchers outside of this two week window please contact the Patient Administration Department at 361-5001.

PERFORMANCE TRIAD TIP

When dining out in a group setting, start a conversation about what the healthier options are on the menu. Share with the group what you are going to order – they are now more likely to order something healthier! This is called “anchoring”. Help others anchor to healthy choices.

SAVE TIME AND TRAVEL WITH SECURE MESSAGING

Want instant access to your healthcare team? Request an appointment, check labs, ask questions, get forms filled out and more. Scan the QR link or go to <https://app.relayhealth.com/Patients/Registration.aspx> to register. You will have access to your team within 1 business day.

STAY FIT AND INFORMED

A Performance Triad app has been launched by Army Medicine to assist Soldiers and Family Members in creating healthy nutrition, activity and sleeping habits. The app is free and is available by searching “Performance Triad” on your mobile device's app store.

THIRD PARTY INSURANCE

BACH is required to obtain a copy of private health insurance coverage from all non-active duty beneficiaries. To provide us with this information you will be asked to complete a DD FM 2569 upon visits to our facility. At a minimum we need to have an updated DD FM 2569 completed annually or as your coverage changes.

TOBACCO CESSATION

Ready to quit tobacco? Let our tobacco cessation educators assist you. Classes are offered weekly at Preventive Medicine, building 4077, for beneficiaries. Upcoming classes include Sept. 4 and 25, from 9 to 11 a.m. To register, or for more information on class content and future dates, call 361-4148.

UPDATE YOUR INFO

All contact information for beneficiaries is pulled from the Defense Enrollment Eligibility Reporting System (DEERS). If you change phone numbers, move or change family status, beneficiaries must change their information in DEERS for MEDDAC to have the most up-to-date information. Correct information is vital to determining eligibility and contacting beneficiaries.

24 HOUR NURSE ADVICE

Not sure if you need to come into the emergency room or make an appointment? Beneficiaries can all 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.)

Weekly Financial Tips: Time management

Ryki Carlson
Survivor Outreach Services Support Coordinator

With the year flying by and your “to-do” list getting longer, it is important to save not only money but time. Here are some ideas to save you some time all year long.

Plan your errands
Planning your schedule will enable you to save fuel and money, while reducing stress.

Mailing packages and cards
Make trips to the post office a thing of the past. Visit www.usps.com to order postage and ship packages from start to finish. It helps you plan a shipment, order supplies, print postage and request free package pick up. Additionally, with an online account, it offers a discount on some mailings.

Making bank deposits
If you drop off deposits at the bank or ATM and consistently fill out deposit slips, consider filling them out in advance. Ask your bank or credit union if they provide online check deposits using your computer or an app.

Consider bill pay
Whether you have bills that vary monthly or are the same amount, consider online bill pay. Once you register your accounts online, you can then simply go in and make your payments with a few clicks of the mouse. This saves you postage and time, since you no longer have to write out checks, fill out the payments slips or pay for postage. However, ensure you include the correct account number when filling out the online data.

Creating a grocery list
Going to the grocery store takes longer during the holidays; to help you save time, ensure you have a list and all applicable coupons loaded to your rewards cards. Knowing your store layout can help you save time as well. Using self-checkout lanes
Most stores now offer self-checkout lanes to assist customers in saving time. However, often these lanes go unused. Take the time to learn how the process works; this will enable you to breeze through the checkout line when the full-service lines are full. Since the lines are usually shorter, people have less time to buy impulse items such as gum and magazines. Statistics show that impulse shopping dropped over 27 percent when using the self-checkout line. Eating leftovers
When making dinner, go ahead and double the recipe. This will add a few minutes to both prep and cook time, but will give you leftovers to freeze for either lunches or another dinner. If it will be a while before you eat the leftovers, consider vacuum sealing the leftovers to help avoid freezer burn, just make sure you mark what they are and the date. When making dips, cookies, etc., double the batch and freeze half of it. This saves preparation time for a second event. Traveling
When traveling, there are various ways to save time. Luggage tags – Ensure your luggage has tags prior to going to the airport. This will save you time in line and also save you time in collecting your luggage if you have ones that are easy to identify from a distance. Checking in – With most U.S. airlines

you can check in 24 hours in advance and print your boarding pass. This not only saves you time, but may give you a higher priority in boarding or give you an opportunity to switch your seat. Tracking flights
With the constant flight changes being the normal, download your airline's app or the FlightAware app, which provides real-time flight status, flight alerts and airport delays.

Being prepared
Check with Transportation Security Administration regarding any travel concerns (weather, restrictions, etc.) ahead of time.

ALASKA POST

The Interior Military News Connection

EDITORIAL STAFF

Garrison Commander
Col. Sean Fisher

Public Affairs Officer
Grant Sattler

Command Information/Sr. Editor
Brian Schlumbohm

Community Relations/Media Relations
Dani O'Donnell

Staff Writer/Editor
Daniel Nelson

Staff Writer/New Media
Brady Gross

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The ALASKA POST – The Interior Military News Connection

The Chaplain’s Corner

Chaplain (Lt. Col.) Paul Fritts
Fort Greely

My wife, Karen, and I are traveling this month to celebrate our daughter’s wedding. I’m honored to be the father of the bride and the officiating cleric. The occasion of a wedding causes me to reflect on what I’ve learned about successful marriages. Here are three big ideas:

First, all couples (especially the young) must take care to manage their expectations of the ceremony and the relationship. I don’t fault the wedding industry for wanting to be profitable. Their profits, however, are made by selling couples their “fantasy” wedding through glossy magazine photos and slick online video productions. Couples should take the long view and invest scarce resources toward a lifetime of marriage, not just a single day of celebration.

Second, couples don’t fall in love; they fall in ditches. The decision to love

another for life is a deliberate act of one’s will. Some days, the choice to love is so easy it’s unconscious. There will be days, however, when the choice to love is much more challenging. Successful marriages are not taken for granted once the honeymoon is over. Couples should make the choice to love once at the wedding and then every day of the marriage.

Third, couples should intentionally connect with each other and with a community, in person - not online! I’ve seen countless couples in restaurants sitting across from one another who eat in virtual silence as they look at their phones (I’m guilty of this too!). It’s clear that, as a society, we’re hungry for connection. Facebook, Snapchat and other online social media platforms offer an illusion of community readily accepted by most people. Why? Because it’s “easy.” Authentic human relationships in a genuine human community can be messy and difficult. Happy couples, however, have learned to put down their phones, talk to each other

and belong to a community (such as a place of worship).

One of the most popular Bible verses used for weddings is actually about love: “Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres. Love never fails” (1 Corinthians 13: 4-8a). Successful couples manage their wedding day expectations, make the choice to love each other every day of the marriage, and cultivate authentic relationships in community by being patient, trusting, humble, generous, calm, forgiving and truthful, as well as protecting, trusting, hoping and persevering in the relationship. These loving marriages will not fail.



Chaplain (Lt. Col.) Paul Fritts

The Fort Greely Chapel community is open and accessible to everyone in the Delta Junction/Fort Greely community -- even non-military. We are a traditional, protestant Army chapel service meeting on Sundays at 10 a.m. with a weekly Communion observance. Interested? Please call 907-873-4397 to arrange for gate access. “Like” our chapel Facebook page by searching “Fort Greely Chapel,” or use your web browser to go to <https://www.facebook.com/FGAChapel>.

For God and Country,
Chaplain Fritts

Family, child and youth services

Staff Report
Child & Youth Services

Army Child & Youth Services recognizes the challenges of our Soldiers and their Families, and helps Army Families meet their parental challenges and maintain their mission readiness through Department of Defense certified and nationally accredited programs and services.

Children must be registered to receive services on the installation. Registration is free, and childcare costs are based on Total Family Income. Registration is completed at:

PARENT CENTRAL SERVICES

Building 1049 Chena Road #2, (907) 353- 7713
Email: usarmy.wainwright.imcom.list.dfmwr-cyss-pcs@mail.mil
Serves children ages 4 weeks to 18 years
One-stop location to register for hourly care, part/ full day care, preschool programs (age 4 by Sep 1), records transfer, parent education classes, babysitter training, and referral services for Families. Includes CYS Parent Advisory Board, non-traditional outreach services, and Kids on Site program.

Visit MilitaryChildCare.com for care options, services, and to waitlist for full-day or part-day programs.

FAMILY CHILD CARE

Building 1049 Chena Road #1, (907) 353- 6266
Serves children ages 4 weeks to 8 years
Certified providers provide child care in their

homes, which meet safety, fire and health standards. Providers undergo professional training in infant/child CPR, first aid, child guidance techniques and developmentally appropriate activities, and follow USDA food program nutritional guidelines.

CHILD DEVELOPMENT CENTER 1

Building 4024 600th Street, (907) 361- 4190

CHILD DEVELOPMENT CENTER 2

Building 4176 600th Street, (907) 361- 9056
Both Child Development Center locations serve children ages 6 weeks through 5 years; fees based on Total Family Income. Developmentally appropriate learning center for children to learn through play and exploration. Full-day, part-day, and hourly care options available. Follows USDA food program nutritional guidelines. Accredited by the National Association for the Education of Young Children (NAEYC).

SCHOOL AGE CENTER

Building 4166 Neely Road, (907) 361- 7394
Serves children in grades pre-kindergarten through 6; fees based on Total Family Income. Services include before and after school care; full, part-day and hourly care. Programming activities inspire curiosity, promote collaboration and encourage critical thinking through Five Service Areas: Education Support & Career Exploration;

Character and Leadership Development; Health, Wellness and Life Skills; Sports, Fitness and Recreation; and The Arts. 4H, Boys & Girls Clubs of America, and CHARACTER COUNTS!, affiliates, and follows USDA food program nutritional guidelines. Accredited by the Council on Accreditation.

YOUTH CENTER

Building 4109 Neely Road, (907) 361- 5437
Serves Youth in grades 6 through 12. Accessible, affordable, quality program options include technology, and the Five Service Areas: Character and Leadership Development; Education Support and Career Development; Health, Wellness, and Life Skills; Sports, Fitness, and Recreation; and The Arts. 4H, Boys & Girls Clubs of America, and CHARACTER COUNTS!, affiliates, and follows USDA food program nutritional guidelines.

YOUTH SPORTS & FITNESS

Building 1045 Gaffney Road, (907) 353- 7482
Serves children ages 3 to 18 years. Developmentally appropriate team and individual physical sports, competitions, skill building clinics, and nutrition and health classes to develop life-long healthy habits; provided by trained CYS employees and volunteer coaches. 4-H, Boys & Girls Clubs of America, and CHARACTER COUNTS!, affiliates. Accredited by the National Alliance of Youth Sports.

Current Fort Wainwright photography studio information

Head and Shoulders:
Friday's by appointment through the online Visual Information Ordering Site (VIOS) starting at 8:20 a.m.

Passport Photo:
Monday thru Wednesday's by appointment through VIOS Starting at 1 p.m.
A civilian shirt is required for all Passport Photo's.

Department of the Army Photos:
Monday thru Thursday mornings by appointment through VIOS starting 9 a.m.

Visual Information Ordering Site website:
Visit the <https://www.vios-west.army.mil> website to schedule an appointment.
Once in VIOS select Fort Wainwright, then fill out a 3903 work order form to connect to the DA photo calendar in order to reserve an appointment.
Cancellations must notify the photo studio, 48 hours prior to an appointment or be considered a “NO SHOW”.

DA Photo Tips:
The Soldier should have their uniform inspected by their unit before the appointment and be in uniform ready to be photographed at the appointment time.
Army Regulation 670-1 should be used to check correct placement of ribbons, insignia, etc. Dressing rooms are available if you would like to bring your uniform and change at the studio.
Photos are taken vertically, at ¾ length from top of head, which means you need your pants or skirt but not your shoes.
Soldiers must wear shoulder crests as per AR 640-30, 29 MAR 2017. Leadership tabs, blue disks and infantry ropes are not allowed for DA photos.
Unit citations are authorized only if you were in the unit when it was awarded.
The photographer is not responsible for the Soldier's uniform.
Para 5-g of AR 640-30 “prohibits photographers, soldiers, or anyone providing assistance to the Soldier while taking the official photograph from stuffing, clipping, or otherwise changing or altering the appearance of the uniform to make it fit properly.”
Check AR 640-30 Photographs for Military Personnel Files, at https://armypubs.army.mil/epubs/DR_pubs/DR_a/pdf/web/ARN3976_AR_640_30_Final.pdf

Placement of badges
“Combat and special skill badges are worn...1/4 inch above the ribbons or the top of the pocket, one above the other, with ½ inch between badges, or they are worn on the pocket flap as described in paragraph 29-16” (pg. 298 of AR 670-1).
If you have an Iraqi or Afghani ribbon It should have at least one star on it (one star per campaign, not tour of duty).

Pointers
Starch your shirt heavily under the tie and don't wear a T-shirt to lessen extra wrinkles.
If you don't need a belt, don't wear it – buckles sometimes stick out.



Fort Wainwright Police: 353-7535

PRESERVE

Continued from page 1

damage archaeological sites, historic buildings or traditional cultural places. Management of these sites starts with surveying federally-managed lands for these types of cultural resources and inventorying sites that are found.

Section 106 of the National Historic Preservation Act outlines a process by which federal agencies determine the effects that federal activities may have on historical and archaeological sites. It also helps to decide how to resolve these impacts. Consultation often occurs with interior Alaska Native tribes, the borough Historic Preservation Commission, the Bureau of Land Management, local historic preservation groups, local archaeologists and historians, and the public.

Another federal law protecting cultural resources is the Archaeological Resources Protection Act. It was enacted in 1979 to protect archaeological resources on public lands and has a permitting process that allows for scientific research at archaeological sites. No person may excavate, remove, damage or alter any known or undiscovered archaeological resource on public lands without a permit. The act also outlines penalties for looting of archaeological sites and trafficking of artifacts. Violations may result in up to \$20,000 in fines and two years in prison, and subsequent violations may have penalties up to \$100,000 and five years in prison.

Graves and human remains are extremely rare discoveries. Many graves were not marked, and, as a result, it is possible to uncover human remains during excavations, construction work, road building or when they are naturally eroding out of the earth. The Native American Graves Protection and Repatriation Act was enacted in 1990 and required federal agencies or agencies receiving federal funds to return Native American human remains, funerary objects and objects of cultural patrimony to the descendants and culturally affiliated tribes. It also establishes procedures for inadvertent discovery or planned excavation of Native American cultural items. Under this act, it is a criminal offense to traffic

Native American human remains and funerary objects. Penalties are a fine up to \$100,000 and one year in prison.

At Fort Wainwright, Army Regulation 200-1, Chapter 6 is a policy that ensures that installations make informed decisions regarding cultural resources and comply with all of these public laws while supporting the military mission.

Fort Wainwright’s Directorate of Public Works Environmental Division employs cultural resources staff who meet legally-mandated qualifications to inventory historical and archaeological sites on Army-managed lands. Sites are found through archaeological survey, which entails walking transects across an area of land, digging strategically-placed test holes and screening the dirt in order to look for artifacts.

Though cultural resources professionals do extensive survey every field season during the summer months, it is impossible to discover everything and know where all prehistoric and historical sites may be. Even if an area has been surveyed, archaeologists may still not find every place of past human occupation. Therefore, there is potential for inadvertent discovery. Cultural items can be found accidentally during digging activities, whether by Soldiers, engineers or construction workers building infrastructure. Found items may not be easily identifiable by lay people, nor may they be whole objects or remains. Typical artifacts are stone tools and flaking debris that has been removed while sharpening stone tools. Charred bone or bone fragments may be found, as well as ancient fireplaces. Pits, hand cut logs and rusty cans may also be historical or archaeological in nature. Personnel and those recreating should keep an eye out for these sorts of items while out on Army lands and try not to disturb them.

After a site is found, archaeologists often do not know how significant the site is without additional investigation. Every site has the potential to increase understanding of the people of the past, and every site can be an important




Angle iron, welded into self-supporting barrier stands called hedgehog barriers, are tipped in red paint and connected by steel cables to create a undeniable statement of do not pass. These barriers provide both a visible and physical barricade to protect and warn of culturally sensitive sites on military training lands. (Photo courtesy Fort Wainwright Cultural Resources)

part of our collective cultural heritage. For these reasons, it is crucial to note precisely where artifacts are found in and on the ground. Artifacts mean more when their context in the sediment around them is known. This context provides information about time and when exactly an artifact was left behind and buried, for example. Context also tells us what environmental conditions were like when people occupied a site. An artifact’s relationship to other items

around it also gives important clues as to what activities were taking place at a site. Therefore, artifacts are most valuable when kept in place and studied in their original context.

If you find any artifacts, bones or old structures on the surface of the ground or below ground, leave the materials where you found them, note the location or coordinates, and immediately contact the Cultural Resources manager, Elizabeth Cook, at 907-361-3002.





FEDERAL RESUME WORKSHOP

Open to Service Members, Spouses, and Veterans

If you have found that writing a resume for Federal positions is tricky, have we got an opportunity for you? Join USO Pathfinder as we partner with ACS to host a workshop that will answer all your questions!

Click here to register: <https://www.eventbrite.com/s/federal-resume-workshop-tickets-408244057092>



No Cost Event!

Includes **FREE** lunch!

Learn about the Federal hiring process

Expert instruction on Federal resume writing

Set yourself up for success!

USO CENTER FWA

3727 Neely Road
Fort Wainwright, AK 99703

Friday, September 28, 2018

11:30 am – 1:00 pm

HELP HER BE A **FLU FIGHTER!**

Bassett ACH Walk-In Family Flu Vaccination Clinic

Planning ahead is your **SUPERPOWER**: get vaccinated **TODAY!**

MEDDAC-AK beneficiaries over 6 months of age, retirees and DoD Employees. Active Duty receive with their units.

Please wear short sleeved shirt for receiving shot on upper arm.


September 29: 9 a.m. to 2 p.m.

October 1 - 4: 7 a.m. to 5 p.m.

Education Center, Bldg. 4391 Neely Rd.

please use back parking lot and entrance

For questions, call 361-3057



Interested in Volunteering?

Complete a Volunteer Application at any of the following locations:
Army Community Service • Chapel • Youth Sports • Child & Youth Services

Once your application has been filled out and submitted, you will be scheduled for fingerprinting and a local background check will be submitted for review. A valid form of government ID is needed during the fingerprinting appointment.

Fingerprint and local background checks take 3-5 days from appointment to receive results. If no derogatory findings, results will be forwarded to program manager to begin the volunteer orientation.

Volunteer background checks are valid for 3 years as long as an annual self-disclosure form is completed by applicant.



welcome to

WINTER

DISCOVER WHAT'S IN STORE IN THE LAST FRONTIER
PREPARE YOURSELF FOR ALL ALASKAN WINTERS HAVE TO OFFER

- Learn how to properly “winterize” your vehicle
- Discover what to wear in the bitter cold
- Know how to drive on ice
- Learn how to care for your pets in extreme conditions
- Find coping mechanisms for the long, dark days

6-8 P.M.

SEPTEMBER 27

OCTOBER 11



NOVEMBER 14



DECEMBER 13

LAST FRONTIER COMMUNITY ACTIVITY CENTER
BUILDING 1044 APPLE STREET

For more information, contact Army Community Service:
Relocation Readiness at (907) 353-7908

www.wainwright.armymwr.com
#WainwrightMWR #WainwrightACS





Fort Wainwright Family & MWR

Weekly Events

September 21 – 28

21 **Parents Night Out**
September 21
6:30 to 10:30 p.m.

Are you needing some time to yourself, away from the kids? Let the staff at the School Age Center and the Child Development Center help you out with an evening of quality childcare. Parent Central Services, building 1049 #2. Call 353-7713, registration required.

23 **Silver Salmon Fishing on the Delta Clearwater**
September 23
Meet in Delta at 10 a.m.

The salmon are still running! Hit the water before the season ends with a trip to the Delta Clearwater. Sign up before space runs out. This trip is available to both adults and kids. Outdoor Recreation Center, building 4050. Call 361-6349, reservations required.

24 **Grow and Giggle**
September 24
9:30 to 11:30 a.m.


Join the New Parent Support Program every Monday and Thursday for an interactive playgroup to assist parents in learning developmentally appropriate play techniques and to help children improve their social, cognitive, and motor skills. Last Frontier Community Activity Center, building 1044. Call 353-7755.

28 **Piloxing Fitness Class**
September 28
5:15 to 6:15 p.m.

A fusion of boxing and standing pilates principals. The combination of these exercises creates a sense of both physical and mental balance! Physical Fitness Center, building 3709. Call 353-7223.

28 **Cosmic Bowling**
September 28
9 p.m. to Midnight

Stylish Cosmic Bowling is a non-stop, high-fiving, total sensory overload, and an unforgettably good time! Cosmic Bowl happens every Friday & Saturday night, and you should most definitely be there! Nugget Lanes Bowling Center, building 3702. Call 353-2654, reservations recommended.








MONDAYS, WEDNESDAYS // 6:30 P.M.
FRIDAYS // 6 P.M.

FIT & FURIOUS **AB CHALLENGE**

ROCK THOSE ABS AND OBLIQUES TO THE CORE! ALONG WITH GROUP CLASSES 3X PER WEEK, PARTICIPANTS WILL RECEIVE INITIAL AND FINAL ASSESSMENTS, AS WELL AS "HOMEWORK" TO KEEP LOSING THOSE INCHES.

\$27.50 // REGISTER AT THE PFC



REGISTER NOW!
Physical Fitness Center (907) 353-7223
www.wainwright.armymwr.com
@WainwrightMWR #WainwrightFitness

READINESS

Continued from page 1

Energy, and Environment, provides an overview of installation modernization in the context of the Army’s wider modernization goals.

PART OF THE BATTLESPACE
According to the National Defense Strategy of 2018, “the homeland is no longer a sanctuary.” Within the modern warfare concept of combined operations across all domains provided by U.S. Army Training and Doctrine Command, Army installations are now part of the battlespace. This represents a very different role for Army installations -- one where the mission of the Army and the mission of installations as deployment platforms, combat training ranges, and family support systems is under threat from unseen adversaries. This is not a projection of what is facing the Army of the future -- this is the reality of the world facing the Army now.

POWER PROJECTION PLATFORMS
Army installations must be thought of as power projection and power support platforms. Installations are the people, facilities, services, and operations supporting maintenance and logistics

to assemble and deploy: Soldiers, tools, equipment, and munitions that enable an overmatch advantage. Installations secure all of these Army components and ensure forces are protected during stationing and movement.

STRAIGHT FACTS
In the connected world of the 21st century, information sharing has led to accelerated innovation and the creative use of technology. From the Army’s perspective, this carries both risk and opportunity, forcing the Army to reconsider the roles and responsibilities of its installations. Installations of the future will need to take full advantage of artificial intelligence, automation, sensing, advanced materials, high-powered computing, and secure networks to drive the operation of cost-informed, durable platforms.
Connectivity and technology fuel the emergence of threats that have the potential to effectively disrupt operations and fix fighting forces before they are able to project power. Threats such as drones can be launched and controlled remotely as guided projectiles, while social media disruption can cause confusion and chaos leading to misdirection. Yet, despite threats in the modern information era, installations continue to operate with industrial era technology.

WHAT CAN BE DONE TODAY?
Army installations need to take a smart cities approach with an eye toward defense. By taking advantage of opportunities now, the Army is working to bring installations into the 21st century. Developing the foundation for rapid capability development will propel Army installations into the future.

IN THE FUTURE
Services and operations on installations will be automated. Sensors will gather data for deep analytics that will ultimately provide a better living experience for inhabitants. Instead of separate facilities serviced by a calendar schedule, buildings will be monitored, integrated and serviced predominantly when required. Energy will be redirected to shed peak load and take advantage of pricing options and automatically adjusted to meet the demand of the mission. Water and fuel will be carefully tracked and maintained to meet requirements.
Soldiers will be connected to installations through bio sensors which track physical fitness, caloric intake, and training accomplishments. Data analytics tied to facility services will provide customized readiness plans from the individual Soldier, to the unit, and to the total Army. With operations and threats that span all domains, cybersecurity will be the core element built into all

of these technologies. Our installations will be secure enclaves with manned and unmanned guardians at the gate -- both physical and virtual -- a reflection of the new realities of this century.
THE FUTURE -- TODAY
Today, the Army is working with academia and private industry to design and explore technology pilots in building management, energy monitoring, autonomous vehicles, installation access, and the overall patterns of life. The outcome and utility of these pilots will be measured using an Army developed platform: Virtual Testbed for Installation Management Effectiveness, or VTIME.

VTIME will deliver a common operating picture for installation management, and will connect to similar operating platforms in areas such as maintenance, logistics, mobilization, force generation, health of the force, and threats. This information will inform readiness of the Army’s infrastructure to the chief of staff, and give garrison commanders and other Army leaders the ability to analyze data and make decisions about weapons, maintenance, training, and Soldier fitness. To create these “installations of the future” it will take serious modernization, behavioral, and technological reform to become secure, prepared, and lethal for the 21st century.

VITAL

Continued from page 1

“When our patients are in the operating room, it is a team effort, and our surgical techs play a critical role in patient care.”
The role of the surgical tech goes well beyond handing instruments to a surgeon during surgery, said Shallop. In fact, their work starts long before a surgery ever begins. According to Shallop, each hour of surgery requires up to three hours or more of prior planning and support by a surgery tech to ensure a safe outcome.
First and foremost, surgical techs at BACH are in charge of the sterilization process for the entire hospital. They ensure instruments are sterile and, therefore, safe to be used in the surgical room.
In preparation of a patient having surgery, techs prepare the sterile field using sterile technique in a room, set up and inventory surgical instruments, assemble surgical equipment and make sure equipment is working properly. Their skillful pre-surgery preparations protect patients from surgical site infections, malfunctioning equipment and unneeded delays during procedures.
There are, on average, six surgeries a day completed at BACH, and each of those

surgeries can require a surgery tech to know more than 120 surgical instruments by memory.
Techs not only learn what instruments are used during each particular surgery, but a good tech knows the order those instruments will be used, said Shallop.
“A seasoned tech is able to anticipate what the surgeon needs before they even ask for it,” said Shallop. “The techs now the entire procedure front to back so they can stay one step ahead of the surgeon, and they work with multiple surgeons with multiple subspecialties; it’s quite a technical accomplishment.”
On the completion of a surgery, techs are responsible for performing a count on sponges and other supplies with another member of the surgical team to assure nothing remains inside the patient, ensuring the safety of the patient.
The 13 surgical techs currently at BACH are all military personnel; diligent professionals whose main focus is a smooth, safe surgical experience for patients.
“Our surgical techs are one of the reasons that their surgeries run smoothly,” said Shallop. “From the equipment the doctors are using, to the instrumentation that the surgeons need to perform the necessary or elective procedure, to also facilitating other areas in the hospital with sterilizing instruments. Our surgical techs are always striving to be the best for our patients and their families.”

BUILD YOUR SAVINGS ARSENAL

THIS MANDATORY TRAINING IS GEARED TO SETTING OUR FIRST TERM SOLDIERS UP FOR SUCCESS AND IS SCHEDULED DURING YOUR FIRST TWO WEEKS OF IN-PROCESSING. TRAINING TOPICS INCLUDE: MILITARY LIFESTYLE FINANCIAL READINESS, BUDGETING, SAVING, INVESTING AND TSP/BRs, CREDIT SCORE, BANK ACCOUNT MANAGEMENT AND GOAL SETTING. SPOUSES WELCOME!

EVERY MONDAY, 1-4:30 P.M., AT ARMY COMMUNITY SERVICE IN THE WELCOME CENTER
EXCLUDES FEDERAL AND TRAINING HOLIDAYS

This training meets the mandatory financial readiness training requirement under the National Defense Authorization Act 2016, USARPAC OPORD 16-03-056, March 2016 and HQDA EXORD 087-16, December 2015, and DoDI 1342.22 Military Family Readiness, April 2017.

NURSE ADVICE LINE

Call the Nurse Advice Line:

- Toll-free phone number: 1-800-TRICARE (1-800-874-2273), option 1
- Hours: 24 hours a day, 7 days a week
- Areas served: Continental United States, Alaska, and Hawaii



NO SOLDIER STANDS ALONE

5K RUCK

22 SEP For Life AND FOOD DRIVE

AT BAKER FIELD HOUSE GYM ON EIELSON AFB
NO REGISTRATION NEEDED- SIGN UP ON SITE

Join the Arctic Wolves and their Families as we fill our backpacks with non-perishable food for the Fairbanks Food Bank on 22 September from 0830 to 1200. This event includes a friendly competition with Eielson AFB to see not only which service can cover the most distance on the 5K route, but also who can donate the most food as we bring our community together to support National Suicide Awareness Month and gather to uplift one another. Food, prizes, giveaways, and resources will be featured at the finish line!
Questions? Contact kimberly.c.puntillo.mil@mail.mil

NUGGET LANES BOWLING CENTER PRESENTS

FAMILY FUN DAYS

EVERY SUNDAY
11 A.M. - 4:30 P.M.



90 MINUTES OF UNLIMITED BOWLING, SHOE RENTALS, 1-TOPPING PIZZA & A PITCHER OF SODA
NUGGET LANES BOWLING CENTER
BUILDING 3702 SANTIAGO AVENUE
CONTACT: (907) 253-2654 / WWW.WARWRIGHTARMY.MWR.COM

iWATCH ARMY

iREPORT iKEEP US SAFE

The oldest and most well-known warrior would like to speak to you

David Perkins
Suicide Prevention Program Manager

More has been written about Achilles than about any other warrior in history. His story is as timeless as combat itself. When Alexander the Great was a child, he studied Achilles and later visited Achilles’ burial site in Troy to pay homage. Achilles can speak to you through Homer, and you might be surprised how much his story relates to your own.

As a veteran, have you ever experienced rage in combat situations? Have your leaders ever made bad decisions that got friends killed? Achilles and his band of brothers have experienced all of that. They show great courage and examples of the modern warrior ethos. They also demonstrate severe problems, at times showing cowardice and post-traumatic stress disorder symptoms.

Being part of a veteran’s discussion panel using the “Iliad” as a guide will allow veterans to speak openly with other veterans about their common experiences. No experience in the classics is required to read and discuss one of the greatest tales ever told.

Your combat experiences are all the “education” that you will need in preparation. Sometimes veterans lack the words to describe their feelings about combat.

The “Iliad,” along with the other warriors in the room, may help you find them. It has for countless other warriors across time. These discussions may help you and others find the words that heal.

Veterans will often not talk about their combat experiences unless it is to another veteran. This is an opportunity to talk with others in a safe space about lived experiences that are all too often similar to someone else’s experiences, or to those of Achilles, Odysseus or Hector and countless others.

The “Iliad” is a colorful, rich story of courage, honor, valor and sacrifice. It is also a story of rage, deceit, cowardice, treason and treachery.

Modern Soldiers that have had toxic leaders will love this book. Soldiers that would never leave a fallen comrade will find great examples of that here.

If you ever wanted your boss to stand up for you when given ridiculous orders, this story will move you.

If you would like to help other veterans by participating in this discussion panel, please join us. You would be helping to build a band of brothers right here in Fairbanks that will provide support to other veterans.

Books and refreshments will be provided for participants thanks to the Alaska Veterans Foundation and Parks Highway Towing.

Our group has Vietnam and Iraq veterans and active duty Soldiers too. We would like to have members from other conflicts as well.

The discussion panel will meet at 816 28th Ave, suite 500 in Fairbanks starting Oct. 2, at 6 p.m. and then weekly for eight weeks.

You can contact us for more information and to get a book by calling 907-987-6829 or emailing info@arcsp.org or 907-361-7776.

UAF MILITARY AND VETERAN SERVICES

University of Alaska Fairbanks

The newly formed **Department of Military and Veteran Services (DMVS)** serves UAF’s military students and their families to ensure they have coordinated support throughout their time with UAF. The department connects students with specialized staff members in the Financial Aid Office, the Office of Admissions, the Office of the Registrar and Academic Advising.

DEPARTMENT OF MILITARY AND VETERAN SERVICES

- Outreach and community partnerships
- Recruitment
- Advising and VA certification
- Retention
- Advocate
- Academic success
- Coordination of services
- Programming and events
- Fundraising
- Tutoring and peer mentoring programs
- Veteran mentoring
- Diversity and inclusion

CURRENT STUDENT SERVICEMEMBER SUPPORT

- Veterans cohort for year-long writing course sequence
- Offices at Eielson AFB, Fort Wainwright and Fort Greely
- On-site courses at Eielson AFB and Fort Wainwright
- In-state tuition for servicemembers, veterans and dependents
- VA Coordinators and staff to assist with admission, registration and financial aid
- Servicemembers Opportunity College
- Flexible class schedules, online courses and completely online degree programs
- Student-veteran-specific new student orientation programming
- Veterans cords at graduation
- Student Veterans Club
- Green Zone training for faculty and staff
- Partnerships with Community College of the Air Force General Education Mobile (GEM) program.

DISTINCTIONS

Military Friendly® Schools survey is the longest-running most comprehensive review of college and university investments in serving military and veteran students. UAF is proud to be included in the '18-19 award list and scored as "Exceeds Standard" in all six Military Friendly® categories.

BestColleges has recognized UAF as a military friendly school for the past nine years, one of only 25 schools per year to be given this honor.

For the past five years, UAF has received the distinction of being recognized by **Military Advanced Education & Transition** as one of the TOP colleges and universities providing best practices in military and veteran education.

The University of Alaska Fairbanks is accredited by the Northwest Commission on Colleges and Universities. UAF is an AA/EEO employer and educational institution and prohibits illegal discrimination against any individual. www.alaska.edu/fundiscrimination/ 06/2018

MEET THE DIRECTOR

Jackie Morton received her commission from Truman State University graduating as a Distinguished Military Graduate. She is a 24 year veteran of the U.S. Army having served both Active Duty and in the U.S. Army Reserve where she is currently a Colonel serving on the Army G2 Staff. Her assignments include 3rd Military Intelligence Battalion, 9th Psychological Operations Battalion, 10th Psychological Operations Battalion, deployment with 1st Cavalry Division and 10th Mountain Division, the Army Human Resources Command, U.S. Special Operations Command, and the National Geospatial-Intelligence Agency.

During her time at the Human Resources Command she collaborated across military, civilian and nonprofit organizations for outreach events with Individual Ready Reserve servicemembers where they were connected with resources and opportunities. Her passion for mentoring and supporting military members and veterans to meet their goals is evident in all areas of her life. She holds a Master's in Professional Counseling and is a certified School Counselor.

PURPLE HEART CAMPUS CELEBRATION

UAF Department of Military & Veteran Services Open House

October 4, 2018

4-6 p.m.



Presentation begins: 4:30 p.m.


Signers' Hall lobby

RSVP: uaf-veterans@alaska.edu

The Military Order of the Purple Heart has designated the University of Alaska Fairbanks as Alaska's only Purple Heart Campus. The designation was based on UAF's longstanding tradition of commissioning more officers than any other Alaska university, graduating members serving all major American conflicts, and its honoring of the sacrifices made by Purple Heart Medal recipients, as they defended our Nation in conflicts around the globe.

The newly formed Department of Military and Veteran Services serves UAF's military students and their families to ensure they have coordinated support throughout their time at UAF. **The department will be open for tours.**





BOSS VOLUNTEER OPPORTUNTIES

For Weeks of 17 September 2018 through 30 September 2018

SHORT TERM INVESTMENTS:

Soldiers Against Drunk Driving (S.A.D.D): Every Friday and Saturday

- SADD runs every weekend from 2300-0400 & holidays. Duties include, make sure vans are clean, take care of intoxicated soldiers, drive a TMP, be a TC, or answer phone calls.
- Uniform: Civilian Clothes
- POC: SPC Mooney at (907) 353-4145 or ASYMCA at (907) 353-5962

ASYMCA Father Daughter Gala: 21 September 2018

- We need some volunteers starting at 1800 to assist with set-up and tear down of ASYMCA's Annual Father Daughter Gala.
- Uniform: BOSS shirt or sweater
- POC: SPC Mooney at (907) 353-4145 or ASYMCA at (907) 353-5962

Making Strides Breast Cancer Walk: 22 September 2018, 0800-1300

- Volunteers are requested to help with set up, road guards, and tear down. The event is scheduled from 0800-1300
- Uniform: BOSS Shirt or Civilians
- POC: SPC Mooney at (907) 353-4145 or Angela Coltellaro at (907) 687-5675.

Fairbanks Children's Museum: 22 & 23 September 2018

- The Fairbanks Children's Museum has requested volunteers to help breakdown an exhibit. Volunteer activities will include **heavy lifting**. Volunteers have been requested to come through-out the hours of 0900-1730.
- Uniform: BOSS shirt or sweater / or Civilians
- POC: SPC Mooney at (907) 353-4145 or FCM at (907) 374-6873

West Valley Football Game: 28 September 2018

- Volunteers are requested to help run chains during the game, help in the concession stands, and help with gate sales. Volunteers are requested from 1600-2200
- Uniform: Civilians or BOSS Shirt
- POC: SPC Mooney at (907) 353-4145 or Maureen Staeger at (907) 878-2943

BOSS Secretary
BOSS is in search of a new secretary. Those interested must submit a memo of intent signed by their ISG or higher. Position details are available on VMIS (myarmyonesource.com)

SADD Coordinator
BOSS needs an NCO to fill an open SADD Coordinator slot in order to assist running the SADD Program on weekends. Weekends would alternate with other Coordinators. See position details on VMIS (myarmyonesource.com). Duties include, make sure vans are clean, take care of intoxicated soldiers, drive a TMP, be a TC, answer phone calls, and more.

BOSS volunteer opportunities are open to anyone, not just Single Service Members
Rides are available for interested parties without a vehicle, pre-registration is required

SADD

SOLDIERS AGAINST DRUNK DRIVING

353-4145

For a free ride home.

GET THE INFO YOU NEED, WHEN YOU NEED IT!

When a State of Emergency is issued, TRICARE may authorize early prescription refills and blanket waivers for referrals or other emergency benefits.

NOT SURE IF YOU NEED CARE?

The Nurse Advice Line is available to you 24/7.

Contact them to:

- ✦ Ask urgent care questions
- ✦ Talk to a Nurse
- ✦ Get health care advice anywhere and while traveling
- ✦ Find a doctor
- ✦ Learn how to get care
- ✦ Schedule appointments
- ✦ Access a secure summary of your care
- ✦ Get an online "sick slip"

URGENT CARE

Urgent Care is also available during a disaster. Urgent care is care you need for a **non-emergency** illness or injury.

- ✦ Treat a condition that doesn't threaten life, limb, or eyesight
- ✦ Needs attention before it becomes a serious risk to health

If you're not sure if you need urgent care, **call the Nurse Advice Line.** They can schedule appointments at a military hospital or clinic or direct you to a network provider.

Are you on active duty? You need a referral for urgent care in most cases. Please contact your primary care manager or regional contractor before you seek care: www.tricare.mil/CallUs.

