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Cybersecurity: 'Remain vigilant, be accountable, stand ready'

David Vergun
Army News Service

The theme for Cybersecurity Awareness Month in October will be: "Remain vigilant, be accountable, stand ready," said Maj. Gen. Garrett Yee.

Yee, the Army's acting deputy chief information officer, G-6, spoke at the Defense Strategies Institute-sponsored "Cyber Operations for National Defense Symposium" in Washington, D.C., Sept. 25.

"Cybersecurity is absolutely a big topic of discussion now in the Pentagon," he said. "We take cyber --- offensive, defensive and cybersecurity -- extremely seriously."

Look around any installation or at weapons systems on the battlefield, Yee observed. Think how many of those things are web-enabled, think how many are wireless, think how many have Bluetooth connectivity.

As part of modernization efforts,



The Cyber Operations Center on Fort Gordon, Georgia, is home to signal and military intelligence NCOs who watch for and respond to network attacks from adversaries as varied as nation-states, terrorists and "hacktivists." Editor's note: the center was sanitized of classified information for this photo. (Photo by Michael L. Lewis)

the Army is doing a full-service assessment, incorporating cybersecurity considerations from the ground up, and dedicating the required resources -- including people, policy and money -- to ensure each weapons system is secure and any vulnerability is addressed, he said.

"Ultimately, our work to modernize our network will make us stronger and safer," Yee added.

Yee also remarked on the newly created Army Futures Command, which will focus on six areas: the Army network, long-range precision fires, future vertical lift, next-generation combat vehicle, air and missile defense and Soldier lethality.

"The Army has created cross functional teams to get after the six modernization priorities," he said. "Incorporating cybersecurity into all modernization efforts secures networks, platforms and data to create cyberspace advantages that enhance operations across all domains."

See CYBER on page 7

New equipment installed to assist with spill recovery

Justin Hogrefe
Fort Wainwright Department of Public Works Environmental Division

U.S. Army Garrison Alaska has many plans, procedures, trainings, equipment and personnel in place to protect and sustain the environment while simultaneously supporting the mission and vision of the U.S. Army. The newest equipment that was recently deployed into both the Yukon and Donnelly Training Areas and USAG Greely were spill preparedness/response trailers and large "white elephant" metal supply lockers.

Spills of petroleum, oil and lubricant occasionally occur, and by deploying these assets, USAG Alaska is taking positive and proactive steps in reducing the response time and corresponding environmental impact, remediation cost and mission impact.

By locating these assets and equipment in the active training areas, first responders/Fire Department, Range Control, Environmental and Army unit personnel are able to reach response and remediation supplies quicker for spills that are beyond their capability/capacity to clean-up, or if the unit exhausts its supply of spill cleanup material, while on the range.

See SPILL RECOVERY on page 6



U.S. Army Garrison Alaska deployed spill preparedness/response trailers to the Yukon Training Area, USAG Greely Fire Department and the Salscha Fire Department. The trailers are a proactive step in reducing response time and corresponding environmental impact, remediation cost and mission impact. (Photo by Brian Schlumbohm, USAG Alaska Fort Wainwright Public Affairs)

How Army logistics help Soldiers maintain strategic advantage



M-ATV Mine-Resistant Ambush Protected vehicles are staged for issue at an Army Prepositioned Stocks-5 remote lot, June 27, 2018 at Camp Arifjan, Kuwait. The vehicles are part of APS-5's ABCT equipment set. APS-5 is managed and maintained by the 401st Army Field Support Brigade. This equipment draw of APS-5's newly configured for combat ABCT marks the largest ever draw from APS-5. (Photo by Justin Graff, 401st AFSB Public Affairs)

Megan Gully
Army Materiel Command

A year of monumental change to the Army's structure brought an opportunity for introspection and evolution. For the materiel enterprise, that meant taking an in-depth look at how the Army sustains the

force. "Soldiers cannot win on the battlefield without weapons to shoot, tanks to maneuver, food to eat and the logistics support to ensure those provisions get to the right place at the right time," said Gen. Gus Perna, Army Materiel Command's commanding general and the Army's senior logistician. "Without those critical elements

of materiel readiness, we lose our strategic advantage."

Perna will lead the discussion on "Sustaining the Force" as part of a Contemporary Military Forum at the Association of the United States Army's Annual Meeting and Exposition Oct. 9. He will be joined by the following leaders:

- Maj. Gen. Duane Gamble, commander, Army Sustainment Command
- Maj. Gen. Dan Mitchell, commander, Tank-automotive and Armaments Command
- Maj. Gen. Rodney Fogg, commander, Combined Armed Support Command
- Erwin Bieber, BAE Systems' Platforms and Services Section
- Retired Lt. Gen. James Pillsbury, U.S. Army

After nearly two decades of counterinsurgency warfare, and amidst the largest change to the Army's force structure with the establishment of Army Futures Command, the Army's materiel enterprise has focused efforts on reinvigorating the supply chain to better equip Army Soldiers.

"Through innovation and proactive forward thinking, the Army and Army Materiel Command are determining how can we provide the most responsive support and maximize our sustainment capabilities to best support the Soldier," said Army Materiel Command's deputy commander, Lt. Gen. Ed

Daly.

According to the Army's multi-domain operations doctrine, the future battlefield will be highly contested, and reliance on forward operating bases will diminish, requiring the sustainment force to be more agile and predictive.

"Training is the foundation, and we build from there," Daly said. "If we train our sustainment leaders and Soldiers well, then they will enable our Army to dominate the battle space."

A challenge the Army faces is that many young leaders do not understand the entirety of the materiel enterprise, said Fogg.

"We need our sustainers to visualize the battlefield from the front lines all the way back to the Army Materiel Command; that is essential for the sustainment force," Fogg said.

A key enabler of the materiel enterprise is the Army's Organic Industrial Base -- 23 manufacturing arsenals, maintenance depots and ammunition plants.

"From factory and fort to foxhole, when the force needs equipment or parts manufactured, repaired, upgraded or modernized, the Army's Organic Industrial Base delivers," Daly said. "We must continue to take a hard look at the output of each installation."

See LOGISTICS on page 3

WEEKEND WEATHER

Friday



Mostly sunny, with a high of 53 degrees and a low of 30.

Saturday



Sunny, with a high of 51 degrees and a low of 27.

Sunday



Sunny, with a high of 43 degrees and a low of 29.

FIRE PREVENTION WEEK

Fire Prevention Safety Week runs from Oct. 7 to 13. Project Safeguard: We encourage military family housing residents develop home evacuation plans and practice using them. The fire department can assist with evacuation plan development. Smoke Detector Testing: North Haven Communities can help with testing or inspecting smoke alarms in the housing area. Contact the Fire Department at 907-353-7407 Contact North Haven at 907-356-7000 Stations open for tours all month long.

Nutrition Corner: Nutrition 101 Special Edition – Popular Diets Explained

Brandy Ostanik

Medical Department Activity –
Alaska, Public Affairs

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

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

For individuals with celiac disease or other sensitivities to gluten, the protein can cause an immune response that results in inflammation of the cells in the small intestines. This can lead to malabsorption, discomfort, pain, diarrhea, vitamin and mineral deficiencies, and/or general malnutrition. Luckily, many foods are naturally gluten-free, including all meats, fish, eggs, poultry (un-breaded and without marinade), fruits and vegetables, most dairy products, beans, seeds and nuts.

There are also many grains and

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

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

When in doubt, look for foods that are labeled ‘Gluten-Free’ (warning: these are regulated by the Food and Drug Administration are still permitted to contain up to 20 parts per million of gluten, so may not be completely gluten-free). Otherwise, seek additional guidance from your dietitian.

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

Featured Food:

Rice Noodles – As the name suggests, rice noodles are a form of pasta made from the starch of rice that is ground

up into a flour and mixed with water. Tapioca and cornstarch are sometimes used in production of these noodles to improve texture and elasticity. Rice noodles are many different shapes and sizes, and can be a great addition to a gluten-free meal.

Recipe Spotlight:

PAD THAI – This is a traditional Thai dish that blends sweet and savory with sour and spicy to create an irresistible flavor profile that can please every palate. The dish can be used as a side or an entrée and can be meatless or adapted to incorporate a variety of different meats, poultry or seafood.

Ingredients:

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

pieces

1/2 teaspoons ground dried Thai chiles, divided
2 tablespoons crushed roasted, unsalted peanuts, divided
2 lime wedges

Preparation:

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

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

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

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

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

PERFORMANCE TRIAD TIP

Train your brain to become addicted to healthy foods that help fuel your performance! When you choose healthy foods instead of junk food to satisfy your hunger, over time you can train your brain to like and crave healthy foods. It takes about six weeks to retrain the brain to crave a new food.

INDOOR TRICK-OR-TREAT

Join us as at Bassett ACH Oct. 31 from 4:30 to 6 p.m. as we partner with DFMWR and the USO to bring you the 6th Annual Boo the Flu event. Indoor Trick-or-Treating and a haunted house will once again be offered free of charge. The VA doors will open at 4:30 and close at 6 p.m.

TRAVELING?

If you plan to travel internationally, make an appointment to make sure you are taking all the necessary precautions to stay safe. We recommend you visit the office six weeks before your travel date. Make an appointment by calling 361-5182.

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.

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.

Wilderness
and
REMOTE SURVIVAL COURSE

OCTOBER 18 - 19, 8 A.M. - 5 P.M.

MAKE IT OUT ALIVE
This two-day event will teach Soldiers the knowledge necessary to render medical first aid for emergencies that occur in the wilderness.

UPON COMPLETION OF THIS TRAINING, SOLDIERS WILL RECEIVE AN AMERICAN RED CROSS CERTIFICATION THAT IS GOOD FOR 2 YEARS.

In order to attend this event each Soldier must have a valid CPR/First Aid certification, which can be obtained through the free B.O.S.S. CPR and AED class.

FREE, 2-DAY CLASS LOCATED AT THE OUTDOOR RECREATION CENTER. \$10 REFUNDABLE DEPOSIT REQUIRED. SPACE IS LIMITED. REGISTRATION IS REQUIRED BY OCTOBER 11.

Weekly Financial Tips: Computer Viruses

Ryki Carlson

Survivor Outreach Services Support Coordinator

Every year, computer viruses, worms and other vulnerabilities cost homes and businesses billions of dollars in lost time and equipment. It's estimated that 16 million of U.S. households with a “serious” computer virus in the last two years. Which equates to an estimated total cost to households of \$4.5 billion in lost money, time or computer hardware. Here are some ways to prevent computer viruses.

1. Buy legitimate software and register it. Only those consumers that have licensed and registered software can receive the upgrades. Every now and then, software developers update their programs to fix bugs and vulnerabilities; sometimes as often as once a month. Set your system to automatically download and install updates from trusted software providers.

2. Don't click on links or open attachments from email addresses you don't know. One of the biggest sources of malware is fraudulent emails, called spam; seeing information from you via spam is called phishing. Delete unsolicited emails from unfamiliar people or companies no matter how friendly they appear.

3. Use a reputable antivirus program and always keep it updated. Antivirus is your computer's primary defense, you should install one if your operating system doesn't come with one. For home users that don't transact online and with no confidential data, a free antivirus is fine. But, if you have important files, use credit cards online and other confidential or financial transactions, it may be best to invest in good antivirus. Spending \$50 per year for a good antivirus is a better investment than losing thousands of dollars due to a virus.

4. Do not visit crack sites. A crack site offers pirated software, serials and cracks. By just visiting these sites, you are putting yourself in danger of getting a virus. In case, by accident, you visit a crack

site, don't download anything and don't ever disable your antivirus, even if they prompt you to do so. Avoid these sites to prevent a computer virus, and it will also keep you away from any possible legal obligation.

5. Instantly leave websites you've been routed to without your consent. And when on the site, don't click anything, since doing so could trigger a malware download onto your PC.

6. Have a pop-up blocker running on your web browser. That keeps potentially dangerous ads from appearing on your screen.

7. Regularly back up your important files onto an external drive or a remote storage service. The easiest way to recover from any malware attack is to restore a recent backup of your data.

8. Don't let anyone insert a flash drive into your machine. Flash drives and other portable devices are the most common virus carriers. A simple flash drive insertion into your computer may inject scripts/malware that may steal your data or open your computer ports. In that way, any well-trained hacker may access your device and do whatever they want at your expense.

9. Do not use public free Wi-Fi unless you use a Virtual Private Network. Public wireless networks

and hotspots are not secure, meaning anyone can potentially see what you are doing on your mobile device while you are connect to one of these networks. Consider using a VPN or a personal/mobile hotspot if you need to use a connection while on the go. To find the right VPN for your needs, visit www.pcmag.com (look under “Best Picks”) or www.cnet.com/best-vpn-services-directory.

ALASKA POST

The Interior Military News Connection

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The ALASKA POST – The Interior Military News Connection

The Chaplain's Corner

Chaplain (Lt. Col.) Paul Fritts
Fort Greely

Years ago while I was stationed at Fort Carson in Colorado Springs, Colorado, my family and I took a trip to The Royal Gorge Bridge. Walking across the bridge at 955 feet above the river below, I anxiously kept to the middle of the deck without venturing too close to the side rails. As for exploring the other park attractions like the aerial gondola, sky coaster and zip line? Forget about it! I don't like heights.

Perhaps you don't like heights either. Nevertheless, have you ever had that totally irrational thought about jumping from a high place, even though you aren't suicidal and you don't actually go over the edge? I experienced this very phenomenon while crossing The Royal Gorge Bridge. The French call it "l'appel du vide," or the "call of the void." Google the phrase, and you will discover

numerous articles and studies that attempt to describe and explain this fleeting, bizarre urge to self-destruct.

Writing for All That's Interesting on Feb. 16, 2018, Kara Goldfarb summarizes what a few researchers and philosophers have written about the subject (<https://allthatsinteresting.com/call-of-the-void>). Commenting on their speculative explanations, Goldfarb concludes "... that the urge to sabotage ourselves is human." Which made me wonder, how does "l'appel du vide" speak to our shared experience as sinful human beings? Perhaps that crazy urge to destroy my physical body isn't too far removed from the sinful urge to destroy my soul.

In his letter to the Romans, Paul writes: "For I do not do the good I want to do, but the evil I do not want to do—this I keep on doing" (Romans 7:19). No matter how hard we will to resist, the siren call of sin beckons us to jump the safety rail and plunge headfirst into the abyss. Paul sums up

that helpless feeling when he says in verse 24, "What a wretched man I am! Who will rescue me from this body that is subject to death?"

Most of us who have even a passing familiarity with Christian doctrine know the answer even before Paul gives it to us in the next verse: "Thanks be to God, who delivers me through Jesus Christ our Lord!" But the journey from death to life begins with the humble acknowledgement that we can't save ourselves. We need to be rescued, and we need to be on guard against the whispers of our sinful nature that tempt us with thoughts of self-sufficiency.



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

LOGISTICS

Continued from page 1

To ensure Army readiness, the enterprise will continue to focus on its global logistics reach, which includes boosting Equipment on Hand rates by moving millions of pieces of equipment to the right units and strategically located Army Prepositioned Stocks around the world.

"AMC is increasing materiel readiness and supply availability by building the depth, breadth and velocity of the global supply chain," Daly said. "It's not just about efficiency; it's about taking a good introspective look at how we operate in order to get better."

To increase combat readiness around the world, APS configurations are changing from combat-capable to combat-configured to enable the rapid employment of units drawing APS, said Gamble.

"Maintaining and configuring APS equipment in a combat-configured state increases readiness and enables deploying units to rapidly draw and employ APS," said Gamble. "It reduces intra-theater distribution requirements, timelines to assemble APS unit sets from storage to issue configuration, and the amount of time the gaining unit spends in the tactical assembly area installing and configuring equipment. This leads to rapid employment of forces once on the ground."

As the Army undergoes its biggest transformation in decades, Daly said it is important that sustainers and logisticians understand the continued importance of their role.

"The bottom line is as sustainers, we enable readiness and lethality," Daly said. "If we are doing our jobs right, in any of aspects of large scale combat operations, we reduce operational risk."

To watch the panel live, visit <https://www.dvidshub.net/feature/AUSA2018>.

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ESTATE NOTICE

Pvt. Mason J. Heimer passed away in Fairbanks on Oct. 22, 2018. Anyone having claims against or who is indebted to the estate of Pvt. Mason J. Heimer, of 2nd Platoon, Bravo Company, 70th Brigade Engineer Battalion, 1st Stryker Brigade, 25th Infantry Division, may contact 1st Lt. Ryan Kelly, Headquarters and Headquarters Company, 70th BEB, 1/25 SBCT, Fort Wainwright, Alaska 99703, phone (307) 575-4081 or email ryan.v.kelly2.mil@mail.mil.

**Veterans
Crisis Line**

1-800-273-8255 PRESS 1

Protecting your information in cyberspace

Capt. David Flickinger
Alaska Network Enterprise Center

You receive an email from human resources asking you to provide your social security number; how can you tell if this request is legitimate? What is the proper way to send sensitive information? When it comes to online communication, there are two important security features that play an important role both at work and at home: digital signatures and encryption. A basic understanding of these two features can lead to a safer experience on the internet.

Digital signatures are what they sound like. They perform the same function as your handwritten signature, but are digital rather than physical. In reality, they are complex mathematical algorithms that can only be associated with you or the person they are intended to represent. Because of the nature of the algorithm and the method of exchange, in most cases, using a digital signature is more secure than your handwritten signature.

Whereas digital signatures assist with authenticity, encryption helps keep your data protected from prying eyes. Encryption can be employed on data in transit as well as at rest to confuse potential hackers and prevent them from reading your information.

One area in which these two security features play an important role is in the exchange of money online. If an application or website does not employ these two features then the financial transaction is unsecure, and your information and money can be stolen. When using a website, one of the best ways to check if these features are in place is by checking the website address in your browser. If the website address starts with https instead of http then it is using the aforementioned security features.



When dealing with mobile and computer apps, one way to stay more secure is by only using applications from an approved app store. Windows, Apple and Android all have their own app stores through which applications are vetted. It is also important to make sure that the application is published and maintained by the official organization. Before downloading the USAA or Navy Federal app, make sure it is actually maintained by those respective organizations.

At work, it is also important to use digital signatures

and encryption when sending or receiving emails. A general rule of thumb is that an email should be digitally signed and encrypted when the email contains sensitive information, a website address or an attached file.

In Outlook, an email can be encrypted by selecting "new email", clicking "file" followed by "properties." Then select "security settings..." Finally, check both "encrypt message contents and attachments" and "add digital signature to this message."

Determining that an email sent to you in Outlook is digitally signed and/or encrypted is simple. A digitally signed email will have an orange ribbon next to the message title in the preview. Likewise, an encrypted email will have a lock next to its title in the preview.

Ensuring digital signatures and encryption are part of your electronic interactions will lead to a more secure online experience. Understanding the importance of these features and recognizing when they are used is a key step toward protecting your sensitive data at work and at home.

Fort Wainwright intramural flag football league playoff champions



Col. Sean Fisher (left), Fort Wainwright Garrison commander, presents a trophy to Soldiers the U.S. Army Network Enterprise Center here after defeating a team from Delta Company, 70th Brigade Engineer Battalion, in the installation's intramural flag football league championship game. USANEC won with a 26-18 victory as part of the league's playoff between the top six to determine who the best team on post is. (Photo by Steve Tate, Physical Fitness Center intramural sports director)

Please Join Us!

Project Number: 0002(385)/NFHW00245 Airport Way/Steese Expressway Interchange Project

Public Open House

Thursday, October 11, 2018

The Alaska Department of Transportation & Public Facilities proposes safety improvements at the intersection of Gaffney Road, Airport Way, Richardson Highway, and the Steese Expressway (GARS) Interchange Project in Fairbanks, Alaska. This project is being developed under the Highway Safety Improvement Program.

You are invited to attend a Public Open House on October 11, 2018 to discuss the GARS Interchange Project and to provide your feedback to the project team. Project team members will be present to explain the project and answer questions.

Information Kiosk
Wednesday
October 10, 2018
11:00 am to 1:00 pm
Fred Meyer East
930 Old Steese Hwy Suite A
Fairbanks, AK 99701

Public Open House
Thursday
October 11, 2018
5:00 pm to 7:00 pm
Ryan Middle School Commons
1450 Cowles Street
Fairbanks, AK 99701

Online Open House
Can't make the meeting? Visit our Online Open House at www.GARSinterchange.com/OnlineMeeting from **October 12 until October 26.**

If you have any questions or require additional information, please contact Josie Wilson, Public Involvement Lead, at (907) 644-2000.

The DOT&PF operates Federal Programs without regard to race, color, national origin, sex, age, or disability. Full Title VI Nondiscrimination Policy: dot.alaska.gov/tvi_statement.shtml. To file a complaint go to: dot.alaska.gov/cvirts/titlevi.shtml.

The DOT&PF complies with Title II of the Americans with Disabilities Act of 1990. Individuals with disabilities who may need auxiliary aids, services, and/or special modifications to participate in this Public Open House should contact Josie Wilson, (907) 644-2000 or TDD number 711. Requests should be made at least 5 days before the accommodation is needed to make any necessary arrangements.

For more information concerning the GARS Interchange Project visit our website: www.garsinterchange.com

Please provide all written comments by October 26, 2018 to info@GARSinterchange.com

The environmental review, consultation, and other actions required by applicable Federal environmental laws for this project are being, or have been, carried out by DOT&PF pursuant to 23 U.S. Code 327 and a Memorandum of Understanding dated November 3, 2017, and executed by FHWA and DOT&PF.

Healthy relationships

Courtesy story

Communication is a key part of building a healthy relationship. The first step is making sure you both want and expect the same things - being on the same page is very important. The following tips can help you create and maintain a healthy relationship:

- **Speak Up.** In a healthy relationship, if something is bothering you, it's best to talk about it instead of holding it in.

- **Respect Your Partner.** Your partner's wishes and feelings have value. Let your significant other know you are making an effort to keep their ideas in mind. Mutual respect is essential in maintaining healthy relationships.

- **Compromise.** Disagreements are a natural part of healthy relationships, but it's important that you find a way to compromise if you disagree on something. Try to solve conflicts in a fair and rational way.

- **Be Supportive.** Offer reassurance and encouragement to your partner. Also, let your partner know when you need their support. Healthy relationships are about building each other up, not putting each other down.

- **Respect Each Other's Privacy.** Just because you're in a relationship, doesn't mean you have to share everything and constantly be together. Healthy

relationships require space.

Healthy Boundaries
Creating boundaries is a good way to keep your relationship healthy and secure. By setting boundaries together, you can both have a deeper understanding of the type of relationship that you and your partner want. Boundaries are not meant to make you feel trapped or like you're "walking on eggshells." Creating boundaries is not a sign of secrecy or distrust -- it's an expression of what makes you feel comfortable and what you would like or not like to happen within the relationship. Remember, healthy boundaries shouldn't restrict your ability to:

- Go out with your friends without your partner.
- Participate in activities and hobbies you like.
- Not have to share passwords to your email, social media accounts or phone.
- Respect each other's individual likes and needs.

Healthy Relationship Boosters
Even healthy relationships can use a boost now and then. You may need a boost if you feel disconnected from your partner or like the relationship has gotten stale. If so, find a fun, simple activity you both enjoy, like going on a walk, and talk about the reasons why you want to be in the relationship. Then, keep using healthy behaviors as you continue dating.

What Isn't a Healthy Relationship?
Relationships that are not healthy are based on

power and control, not equality and respect. In the early stages of an abusive relationship, you may not think the unhealthy behaviors are a big deal. However, possessiveness, insults, jealous accusations, yelling, humiliation, pulling hair, pushing or other negative, abusive behaviors, are - at their root - exertions of power and control. Remember that abuse is always a choice and you deserve to be respected. There is no excuse for abuse of any kind.

If you think your relationship is unhealthy, it's important to think about your safety now. Consider these points as you move forward:

- Understand that a person can only change if they want to. You can't force your partner to alter their behavior if they don't believe they're wrong.

- Focus on your own needs. Are you taking care of yourself? Your wellness is always important. Watch your stress levels, take time to be with friends, get enough sleep. If you find that your relationship is draining you, consider ending it.

- Connect with your support systems. Often, abusers try to isolate their partners. Talk to your friends, family members, teachers and others to make sure you're getting the emotional support you need. Remember, our advocates are always ready to talk if you need a listening ear.

- Think about breaking up. Remember that you deserve to feel safe and accepted in your relationship.

Even though you cannot change your partner, you can make changes in your own life to stay safe. Consider leaving your partner before the abuse gets worse. Whether you decide to leave or stay, make sure you use our safety planning tips or take our Healthy Relationship Quiz on lovesrespect.org.

Healthy Relationship Quiz

EVERYONE DESERVES TO BE IN A SAFE AND HEALTHY RELATIONSHIP. DO YOU KNOW IF YOUR RELATIONSHIP IS HEALTHY? ANSWER YES OR NO TO THE FOLLOWING QUESTIONS TO FIND OUT. MAKE SURE TO CHECK THE BOXES TO RECORD YOUR RESPONSES. AT THE END, YOU'LL FIND OUT HOW TO SCORE YOUR ANSWERS.

THE PERSON I'M WITH	YES	NO
1. Is very supportive of things that I do.	<input type="radio"/>	<input type="radio"/>
2. Encourages me to try new things.	<input type="radio"/>	<input type="radio"/>
3. Likes to listen when I have something on my mind.	<input type="radio"/>	<input type="radio"/>
4. Understands that I have my own life too.	<input type="radio"/>	<input type="radio"/>
5. Is not liked very well by my friends.	<input type="radio"/>	<input type="radio"/>
6. Says I'm too involved in different activities.	<input type="radio"/>	<input type="radio"/>
7. Texts me or calls me all the time.	<input type="radio"/>	<input type="radio"/>
8. Thinks I spend too much time trying to look nice.	<input type="radio"/>	<input type="radio"/>
9. Gets extremely jealous or possessive.	<input type="radio"/>	<input type="radio"/>
10. Accuses me of flirting or cheating.	<input type="radio"/>	<input type="radio"/>
11. Constantly checks up on me or makes me check in.	<input type="radio"/>	<input type="radio"/>
12. Controls what I wear or how I look.	<input type="radio"/>	<input type="radio"/>
13. Tries to control what I do and who I see.	<input type="radio"/>	<input type="radio"/>
14. Tries to keep me from seeing or talking to my family and friends.	<input type="radio"/>	<input type="radio"/>
15. Has big mood swings, getting angry and yelling at me one minute but being sweet and apologetic the next.	<input type="radio"/>	<input type="radio"/>
16. Makes me feel nervous or like I'm "walking on eggshells."	<input type="radio"/>	<input type="radio"/>
17. Puts me down, calls me names or criticizes me.	<input type="radio"/>	<input type="radio"/>
18. Makes me feel like I can't do anything right or blames me for problems.	<input type="radio"/>	<input type="radio"/>
19. Makes me feel like no one else would want me.	<input type="radio"/>	<input type="radio"/>
20. Threatens to hurt me, my friends or family.	<input type="radio"/>	<input type="radio"/>
21. Threatens to hurt themselves because of me.	<input type="radio"/>	<input type="radio"/>
22. Threatens to destroy my things (Phone, clothes, laptop, car, etc.)	<input type="radio"/>	<input type="radio"/>
23. Grabs, pushes, shoves, chokes, punches, slaps, holds me down, throws things or hurts me in some way.	<input type="radio"/>	<input type="radio"/>
24. Breaks or throws things to intimidate me.	<input type="radio"/>	<input type="radio"/>
25. Yells, screams or humiliates me in front of other people.	<input type="radio"/>	<input type="radio"/>
26. Pressures or forces me into having sex or going farther than I want to.	<input type="radio"/>	<input type="radio"/>

FOR MORE INFORMATION, VISIT WWW.LOVESRESPECT.ORG

Healthy Relationship SCORING

GIVE YOURSELF ONE POINT FOR EVERY NO YOU ANSWERED TO NUMBERS 1-4. ONE POINT FOR EVERY YES RESPONSE TO NUMBERS 5-8 AND FIVE POINTS FOR EVERY YES TO NUMBERS 9 AND ABOVE.

NOW THAT YOU'RE FINISHED AND HAVE YOUR SCORE, THE NEXT STEP IS TO FIND OUT WHAT IT MEANS. SIMPLY TAKE YOUR TOTAL SCORE AND SEE WHICH OF THE CATEGORIES BELOW APPLY TO YOU.

0pts

You got a score of zero? Don't worry -- it's a good thing! It sounds like your relationship is on a pretty healthy track. Maintaining healthy relationships takes some work -- keep it up! Remember that while you may have a healthy relationship, it's possible that a friend of yours does not. If you know someone who is in an abusive relationship, find out how you can help them by visiting lovesrespect.org.

1-2pts

If you scored one or two points, you might be noticing a couple of things in your relationship that are unhealthy, but it doesn't necessarily mean they are warning signs. It's still a good idea to keep an eye out and make sure there isn't an unhealthy pattern developing. The best thing to do is to talk to your partner and let them know what you like and don't like. Encourage them to do the same. Remember, communication is always important when building a healthy relationship. It's also good to be informed so you can recognize the different types of abuse.

3-4pts

If you scored three or four points, it sounds like you may be seeing some warning signs of an abusive relationship. Don't ignore these red flags. Something that starts small can grow much worse over time. No relationship is perfect -- it takes work! But in a healthy relationship you won't find abusive behaviors.

5pts

If you scored five or more points, you are definitely seeing warning signs and may be in an abusive relationship. Remember the most important thing is your safety -- consider making a safety plan. You don't have to deal with this alone. We can help. Chat with a trained peer advocate to learn about your different options at lovesrespect.org.

This project received was supported by grant number 50450426 from the Administration on Children, Youth and Families, Family and Youth Services Bureau, U.S. Department of Health and Human Services. The opinions, findings, conclusions and recommendations expressed in this publication are those of the author(s) and do not necessarily reflect the views of the Administration on Children, Youth and Families, Family and Youth Services Bureau, U.S. Department of Health and Human Services.

Fort Wainwright Family & MWR

Weekly Events

October 5 – 12

5 **BOGO Laser Tag**
October 5
3 to 8 p.m.

It's a Training Holiday, which means it's Buy One, Get One on laser tag games! Get a group of buddies together and battle it out in the arena!
Last Frontier Community Activity Center, building 1044
Call 353-7755

8 **Grow and Giggle**
October 8
9:30 to 11:30 a.m.

Grow and Giggle is back! You and your young child can explore and play while bonding and learning. This free bi-weekly playgroup is free and open to children 0-5 years of age. Let's play!
Last Frontier Community Activity Center, building 1044
Call 353-7755

11 **Welcome to Winter**
October 11
6 to 8 p.m.

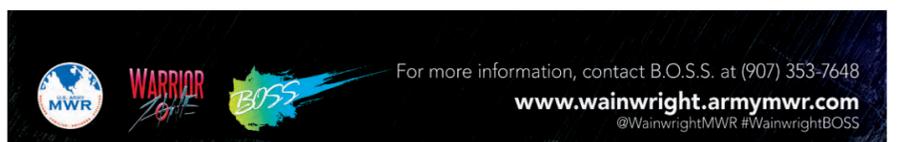
Are you wondering how you're going to survive the upcoming Alaskan winter? Get prepared! We are here to help you make sure that you are confident in your journey towards the frozen months. Learn how to care for your car, your pet, your house, and your health during this informative talk.
Last Frontier Community Activity Center, building 1044
Call 353-7755

12 **B.O.S.S. CPR/AED and First Aid Training**
October 12
7:30 a.m.

Having the skills to save a life are priceless. If you are a B.O.S.S. Service Member, you are invited to take part in the American Red Cross CPR/AED and Basic First Aid class, and become CPR/AED certified! This course is mandatory if you plan on taking the B.O.S.S. Wilderness and Remote Survival Course on October 18 & 19.
B.O.S.S., building 1045, suite 31
Call 353-7648, registration required



TWO DAYS OF FUN!
OCTOBER 20 & 21
THE GREAT PUMPKIN FESTIVAL
PUMPKIN CARVING & DECORATING
ARTS & CRAFTS
GAMES
HALLOWEEN LASER TAG
OCTOBER 20, 2-5 P.M. | OCTOBER 21, 2 - 4 P.M.
LAST FRONTIER COMMUNITY ACTIVITY CENTER
\$9 PER PUMPKIN, \$4 PER LASER TAG GAME
REGISTRATION STRONGLY RECOMMENDED: CALL (907) 353-7755
Last Frontier Community Activity Center
bldg 1044 Apple Street (907) 353-7755
www.wainwright.armymwr.com
@WainwrightMWR #WainwrightLFCAC



For more information, contact B.O.S.S. at (907) 353-7648
www.wainwright.armymwr.com
@WainwrightMWR #WainwrightBOSS

SPILL RECOVERY

Environmental Division 907-361-9686 or 907-361-4219.

Continued from page 1

One spill trailer is located in YTA at the Moose Creek Range Complex, also known as the Range Operations Center. Another spill trailer is located at the USAG Greely Fire Department, where it is ready to deploy into DTA East or West or to training land further south. A final spill trailer has been stationed at the Salcha Fire Department for rapid deployment to spills along Johnson Road or the Richardson Highway. The Directorate of Public Works Environmental Division has cooperated with the USAG Alaska, USAG Greely and Salcha Fire Departments for this joint spill preparedness and response effort. USAG Alaska Fire Department controls access and movement of these trailers. This is an excellent example of how USAG Alaska and USAG Greely can collaborate, partner and prepare for events that impact our joint-mission.

Additionally, four "white elephant" metal lockers were deployed to YTA. They were transported with the assistance of Range Control, and are strategically located at Lower Winter Camp, Firebird Assault Strip, Charlie Bivouac and Firing Point Hippie. Two more lockers are located in DTA at the Interim Staging Base, and are locked, stocked and standing by, just in case they are needed.

Similar to the spill trailers, these lockers are there to help the Soldiers and the installation quickly respond to a POL spill or leak. The trailers and lockers contain white absorbent pads and rolls used for POL cleanup, gray absorbent pads and rolls for other liquid cleanup such as glycol, dry sweep, secondary containment, drums, over-packs, booms, socks and a shovel. For access to the lockers or trailers, please contact one of the following Range Control offices YTA: 907-353-1266 or DTA: 907-873-4715; USAG Alaska Fire Department 907-353-7470; or USAG Alaska DPW



U.S. Army Garrison Alaska's spill preparedness/response trailers are a proactive step in reducing response time and corresponding environmental impact, remediation cost and mission impact. (Photo by Brian Schlumbohm, USAG Alaska Fort Wainwright Public Affairs)

Units must clean-up/remediate their own spills when cleanup is within their capacity/capability. If this is not possible, the DPW Environmental Division has employed both small and large spill-response contractors. Deployment of the spill response contractor must be coordinated through the DPW Environmental Division. Units are responsible for reporting their spills as specified below.

The spill-reporting process has recently changed. The spiller must call the Directorate of Emergency Services Dispatch Call Center by dialing 907-353-7535. If there is an emergency situation, DES will respond accordingly, or, if not an emergency, the DPW Environmental Division will be called. The DPW Environmental Division requires specific, critical information regarding the spill. This information is specified in the Basic Spills Information Sheet, which can be obtained by emailing justin.l.hogrefe.civ@mail.mil or calling 907-361-4219. The DPW Environmental Division needs this information to characterize and accurately report the spill to the Alaska Department of Environmental Conservation and to potentially advise our spill-response contractors.

While the DPW Environmental Division encourages the USAG Alaska community, residents and tenants to be proactive regarding approach to spill management, the best way to handle a spill incident is to prevent its occurrence. A monthly training is available that explains, among other things, spill prevention and response and the handling of hazardous waste. Accidents do happen, so preparation and quick response times are highly important. With the implementation of this new procedure and new equipment, the DPW Environmental Division will decrease the cost of spill response and remediation, leaving more funding for other parts of the Army mission.

For more information, contact the DPW Environmental Division at 3023 Engineer Way and 907-361-9686 (front desk) or 907-361-9867 (fax).

PROUD TO HIRE THOSE WHO SERVE



Military-specific benefits
Credit for Military Experience Program – higher starting pay
Military Apprenticeship Program – up to \$1,266/month more
22% of company drivers with military experience
Guaranteed home time for drills/training and deployment pay/benefits

Driving opportunities
We'll pay to fly you to the Lower 48, you'll drive three weeks, and we'll pay for you to fly back for five days of home time

Learn more about what Schneider offers
Tuesday, October 9 | 1300 - 1700
Fort Wainwright – USO
1047 Nysteen Rd, Apt 2, Ft Wainwright

Over-the-Road, Dedicated, Tanker and Team opportunities
Earn up to \$68,000/year
Up to \$5,000 sign-on bonus, depending on account
Performance pay up to \$0.04 per mile more, paid weekly
Up to \$7,000 tuition reimbursement

SCHNEIDER

Apply now at sni.jobs/ak Nicole at 920-370-9941

Fort Wainwright Ice Rink opens with knocker hockey



The Fort Wainwright Ice Rink opened for the winter season Sept. 29 with open skate time and a demonstration of knocker hockey. (Photo by Daniel Nelson, USAG Alaska Fort Wainwright Public Affairs)

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.

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.

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.

A long sleeve shirt causes less problems with getting the sleeves to look nice.

Take a picture of yourself with a cell phone – check to see how your ribbons look.

Write your name somewhere inside your uniform before you take it for cleaning or alterations. Check to make sure you're getting the correct jacket back.

If you took it to be cleaned or pressed, check to make sure you have all your buttons – or better yet, take them off yourself before you take it for cleaning.

For more information on Department of the Army official photo support, contact Søren Melchior, Studio photographer, at 361-6268, or email, at erik.s.melchior.ctr@mail.mil.

FWA Safety Office Winter Survival Kit

<input type="checkbox"/> Warm socks, hat and mittens.	<input type="checkbox"/> Multi-purpose tool or knife
<input type="checkbox"/> Long underwear	<input type="checkbox"/> Colored ribbon (to tie to antenna)
<input type="checkbox"/> Fleece or wool sweater and pants	<input type="checkbox"/> Jumper cables
<input type="checkbox"/> Ski or snow pants and jacket	<input type="checkbox"/> Flares, three 30 minute ones.
<input type="checkbox"/> Sleeping bag or blankets	<input type="checkbox"/> 50-100 ft. of nylon cord (550 cord)
<input type="checkbox"/> Snow boots	<input type="checkbox"/> Hand warmers
<input type="checkbox"/> Empty Water bottle.	<input type="checkbox"/> Extra Batteries
<input type="checkbox"/> Cup, metal, to melt snow in.	<input type="checkbox"/> Compass
<input type="checkbox"/> Dried fruit, nuts, granola, tea, Swiss Miss	<input type="checkbox"/> Cell phone
<input type="checkbox"/> Shovel	<input type="checkbox"/> Survival Blanket
<input type="checkbox"/> Flashlight/headlamp and batteries	
<input type="checkbox"/> Camp Heat, Sterno or emergency stove (to melt snow and heat water)	
<input type="checkbox"/> First Aid kit	
<input type="checkbox"/> 1 or 2 backpacking meals and spoon.	
Matches and lighter. Emergency candles/candle lantern	

This is by no means the complete list for a kit, this will help you begin, tailor it for you and your family. There is a lot of material out there you can put in a kit, remember, you do not have to spend a great deal of money to equip your car with a good winter kit, there is a lot of good gear out there for reasonable prices. Store everything in a large container or bag. Having a good winter kit is vital for living here in the interior of Alaska.

It's vitally important that you stay in your vehicle, warm and dry, protected from the weather. Trying to dig your way out of a ditch, or attempting to walk back to town can be fatal if the temperature is -20 and below as it can get here in Fairbanks. Instead, call 911 if you have cell coverage and let them know your location and predicament then sit tight. Do not leave the engine running. If it's extremely cold (-5 to -30 F) you can idle the motor for a 5-10 minutes on the hour – but only after making sure the exhaust system is not damaged and the tail pipe is clear of snow and debris. Carbon monoxide can sneak up on you without warning. One minute you're feeling normal and the next you're unconscious. Almost 60% of the unintentional deaths caused by carbon monoxide are from motor vehicle exhaust. So don't use the engine for heat – use your head – and your winter survival kit.

Ventilate the car by opening a downwind window (on the side away from the wind and blowing snow) approximately 1/2 inch. Fire up your candle lantern -- the candles burn for 8 hours and will raise the temperature in the car 8 to 10 degrees F.

This by no means is all inclusive and we have found that individuals will tailor the kits to the gear on hand and how many family members they usually carry around in the vehicle with them. By thinking ahead and preparing what could happen, you will be ready for when it does. **Remember you will not have cell phone coverage everywhere you go here in the interior to call for help. Be Prepared!**

For more information contact the Garrison Safety office at 353-7079/7085.

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

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.

CYBER

Continued from page 1

He added that all six of the Army's modernization priorities are network enabled. "And, of course, we work hand in hand with the Network CFT to get cutting-edge network and cybersecurity tools into the hands of Soldiers for testing and possibly fielding."

Yee closed by circling back to Cybersecurity Awareness Month, explaining

that October marks the kick-off of a year-long Cybersecurity Awareness Campaign.

"The campaign is designed to highlight and provide protective solutions to cyber threats that may compromise mission readiness," he said. "Each week the campaign will cover topics relevant to Soldiers, civilians, contractors and family members -- both personally and on the Army network."

A strong cybersecurity foundation is essential to protecting the Army's people, mission and operational information, he added.

iWATCH ARMY

iREPORT **i KEEP US SAFE**

Fort Wainwright Police: 353-7535