

## Army to fuse laser technology onto air defense system



Soldiers assigned to the 16th Engineer Battalion, 1st Stryker Brigade Combat Team, 1st Armored Division, make their way to the brigade-level Iron Focus training exercise at the Orogrande Range Complex, New Mexico, July 30, in a Stryker combat vehicle. Army leaders will employ directed energy technology onto Strykers to help combat a wide range of enemy missile threats. (Photo by Winifred Brown, USAG Fort Bliss Public Affairs)

**Joe Lacdan**  
 Army News Service

U.S. forces have long held a strategic advantage in ballistic missile defense dating back to the Operation Desert Storm era, Army leaders said.

But the addition of laser technology in the Interim Maneuver Short-Range Air Defense System used on the Interim Armored Vehicle Strykers could give the Army a greater competitive edge over potential threats, they added.

“(Guns are) a relatively inexpensive solution,” Brig. Gen. Randall McIntire said at the Association of the U.S. Army’s Annual Meeting and Exposition last week. “But it doesn’t give us the range that we’re seeing from our adversaries.

“We get range from our missiles, but they’re becoming extraordinarily expensive,” he said, adding adversaries are putting up drones that are weaponized “really for pennies.”

**See LASER on page 3**

## U.S. Army wraps up esports tournament at PAX West

**Brittany Nelson**  
 Installation Management Command Public Affairs

The U.S. Army completed its first esports tournament playing Street Fighter V at PAX West, Seattle, Washington. Staff Sgt. Eric Mack won first place and took home a two-night stay at the Mandalay Bay MGM resort, the Street Fighter V game, an exclusive Army Entertainment Esports jersey, a tournament coin and a \$250 gift card.

The esports tournament consisted of eight preliminary matches at garrisons across the world, four of which were live streamed on Twitch.

**See ESPORTS on page 3**



U.S. Army Soldiers competed at PAX West in the first Army esports tournament. (Courtesy photo)

## Invictus athlete motivated to adapt and overcome

**Gary Sheftick**  
 Defense Media Activity

Spc. Stephanie Johnson has been working hard to prepare for the Invictus Games that took place Oct. 20 to 27 in Sydney, Australia.

She was looking forward to marching into the Sydney Opera House on Oct. 20 with Team USA for the opening ceremony, then moving on to the Royal Botanic Garden to compete in cycling. She competed in athletics at the Sydney Olympic Park, where she also played sitting volleyball and defend Team USA’s title in wheelchair basketball.

“Everyone wants to win, but it’s about so much more than that,” she said of the Invictus Games, in which more than 500 wounded, injured or sick service members from 18 nations will compete in 11 sports. She said the bonds formed between athletes will go far beyond the games.

**See INVICTUS on page 7**



SpC. Stephanie Johnson finishes a race during the 2018 Warrior Games at the Air Force Academy in Colorado Springs, Colorado, June 2, 2018. (Photo by EJ Hersom, Defense Media Activity)

## Army Strategy

Headquarters, Deputy Chief of Staff, G-3-5-7

What is it?

The Army Strategy articulates how the Total Army achieves its objectives defined by the Army Vision and fulfills its Title 10 duties. In support of the National Defense Strategy, the Army Strategy describes how the Army will build a more lethal force to retain overmatch in order to deter, and defeat if necessary, all potential adversaries.

What has the Army done/is doing?

To achieve the Army Vision objectives, the Total Army will: build readiness for high-intensity conflict; modernize doctrine, equipment and formations; and reform the Army to maximize time, money and manpower.

**See STRATEGY on page 4**

## 36th annual Holly Days Bazaar

**Delaina K Bonnet**  
 Holly Days Bazaar Chair

The Fort Wainwright Community Spouses’ Club hosts the 36th annual Holly Days Bazaar on Saturday, Oct. 27 from 10 a.m. to 5 p.m. and Sunday, Oct. 28 from noon to 4 p.m. The event will be held in Hangar 5, building 2132, on Montgomery Ave, Fort Wainwright, Alaska.

This bazaar brings in the best of Alaska’s handcrafters and artisans from all over the state. Each year, these crafters gather on Fort Wainwright to share their small businesses and support our local community.

There will be more than 100 vendors offering food, drinks and holiday photos, as well as having more than 80 door prizes.

The event doesn’t just raise funds for the Fort Wainwright Community Spouses’ Club’s mission, but it also provides a fun fundraising opportunity for Family Readiness Groups from the various units on Fort Wainwright.

A few of the FRG’s set up food vendor booths each year with hot lunch and snack items. They also partake in an annual decorating competition between their booths for some fun holiday cheer and friendly competition that contributes to the overall success of the Holly Days Bazaar.

Entrance into the Bazaar for shoppers 16-years old and over is \$5 cash. One hundred percent of the profits gets donated to our Scholarships and Grants Fund.

Last year’s event raised over \$19,000 that was awarded to military Family members for educational scholarships and grants to more than 40 local non-profits and projects directed toward improving the Fort Wainwright community.

Eligible military family members can apply for scholarships in January and February each year, and are awarded anywhere from \$500 to \$1,500 toward their educational pursuits.

The CSC, FRGs and Alaskan vendors invite you to join them for a weekend of fun holiday shopping.

Fort Wainwright Community Spouses’ Club

**OVER 100 VENDORS**

**80+ DOOR PRIZES**

**HOLIDAY PHOTOS**

**FOOD & DRINKS**

Hangar 5, Building 2132

\$5 entry; located on FTWW

Saturday 27 October 1000-1700

Sunday 28 October 1200-1600

The CSC is a non-profit organization; 100% of the entry and vendor fee profits is donated to educational scholarships and welfare grants for the local community.

\*Individuals without military ID will be required to enter via the main gate (Gaffney Road) and present REAL ID compliant identification, vehicle registration, and proof of insurance.\*

--- www.facebook.com/WainwrightCSC --

### WEEKEND WEATHER

**Friday**



Mostly cloudy, with a high of 43 degrees and a low of 25.

**Saturday**



Partly cloudy, with a high of 38 degrees and a low of 25.

**Sunday**



Snow showers, with a high of 30 degrees and a low of 21.

### TRICK-OR-TREATING ON FORT WAINWRIGHT

Installation trick-or-treating will be Wednesday, Oct. 31 between 6 and 8 p.m. The Directorate of Emergency Services will be conducting Operation Glow from Oct. 29 to 31. They will be handing out glow sticks at three schools Oct. 29 and conducting trick-or-treat safety talks.

There will be increased patrol presence Oct. 31 for hazard/safety concerns. MEDDAC, in partnership with DFMWR, will be conducting its 6th Annual Boo to the Flu on Oct. 31 from 4:30 to 6 p.m. at Bassett Army Community Hospital.



# Nutrition Corner: Have a healthier Halloween

**Brandy Ostanik**

Medical Department Activity – Alaska, Public Affairs

Halloween does not have to be a dreaded holiday for those seeking to eat healthy and live a healthy lifestyle. Always remember that all foods fit in moderation, even candy, can be worked into a healthy diet and won't contribute to long-term challenges with weight management with some simple tips.

Put limits on how much candy your kids can eat every day and stick to it. Remember that candy is a treat and shouldn't be a significant part of their diet. Eating large amounts of sugary foods makes it difficult for the little ones to fit in the nutritious foods they need to grow and develop normally.

Be sure to feed you kids a balanced dinner before going trick or treating so they won't end up having

only sugar for dinner. Once trick or treating is over and you are over-run by sugary snacks, try to find a local candy buy-back program. Many times, dentist offices will have activities such as these where they offer money or toys for the candy you bring them-it is a great way to get rid of excessive amounts of candy in the house.

Try handing out healthier snacks to the kids who come to your door. Some quick and fun ideas are to draw jack-o-lanterns with a marker on sealed plastic containers of mandarin oranges. You can also do this with fresh mandarin oranges, with the peel on. Kids also love banana mummies. Take a banana with the peel still on and wrap in terry cloth. Draw some eyes on there and you have a banana mummy! This is also a great activity you can do with your kids to prepare for the festivities.

You can also do fruit snacks made with fruits and vegetables. Individual packs of raisins, dried fruit

like apple chips, apple sauce, peanut butter packets, pretzels, pudding cups, granola bars and trail mix are all great replacements for candy.

Featured Recipe: Pumpkin apple dip

Ingredients:

- 1) 1 cup reduced fat cream cheese
- 2) 1/3 cup packed brown sugar
- 3) 1/2 canned pumpkin
- 4) 2 teaspoon maple syrup
- 5) 1 teaspoon ground cinnamon
- 6) apple slices (any variety)

Place cream cheese, brown sugar and pumpkin into a mixer at medium speed until blended. Add syrup and cinnamon, and beat until smooth. Cover and chill 30 minutes. Serve with apple slices (some lemon juice sprinkled on the apples can help them from browning).

## MEDDAC Minute

**Brandy Ostanik**

Medical Department Activity – Alaska, Public Affairs

### PERFORMANCE TRIAD TIP

Take small standing breaks. When your phone rings, stand up to answer it and remain standing during the call, or when someone visits your workspace, stand during your conversation.

### INDOOR TRICK-OR-TREAT

Join us as at Bassett Army Community Hospital on Oct. 31 from 4:30 to 6 p.m. as we partner with the Directorate of Family and Morale, Welfare and Recreation 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 from 4:30 and close at 6 p.m.

### WELLNESS CENTER APPOINTMENTS

The Fort Wainwright Wellness Center is open for appointments. With health assessments, nutrition information, stress management services and physical fitness programs, beneficiaries will find tools to take small but important steps to a healthier future. To make an appointment or to inquire about services, call 361-2234.

### STAY SAFE, DISPOSE OF MEDICATIONS

Bassett Army Community Hospital offers a way to easily dispose of expired and unused medications for patients. Patients can safely and securely dispose of unused and expired medications using the blue "MedSafe" medication disposal container located on the first floor across from the Administrator on Duty desk at the main entrance.

### SAVE A TRIP TO THE ER

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).

### 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.

### 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](http://www.tricareonline.com)  
 Health Net Federal Services:  
[www.tricare-west.com](http://www.tricare-west.com)  
 1-844-866-9378

## 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



## Weekly Financial Tips: Fall Produce

**Ryki Carlson**

Survivor Outreach Services Support Coordinator

Understanding how to manage your personal finances is essential for paying bills, increasing savings, accruing wealth and planning for a long and comfortable retirement. Army Community Service provides military ID cardholders with one-on-one counseling to achieve these goals, but sometimes we just want to increase our financial literacy and skills in other ways. The internet offers a vast array of free resources for individuals. Here are some that offer valuable information from living frugally to choosing the right credit products and even investment education.

A government-operated website, MyMoney.gov, offers its own unique spin on personal finance. It has information on earning, borrowing, savings, investing, spending and protecting your money. This site include financial tools and money quizzes.

For investing advice, check out Finra.org. It provides investor alerts, fund analyzers, a broker check and financial tools. This is a great site for educating yourself on investments.

For families associated with the military, TheMilitaryWallet.com is a tailored personal financial site. The site is designed to help the military community become financial literate and informed about a variety of benefits available. It includes topics such as investing, Thrift Savings Plan, insurance and retirement are covered in detail.

A valuable and instructive resource is BankingSense.com. This site presents financial news, tips and advice without using technical jargon or phrasing that is difficult to understand. It covers such topics as bank accounts, credit cards, mortgages, personal finances,

small-business finance, taxes and college scholarships. Banking Sense encourages readers to interact and comment on content so they can learn from one another.

A reliable resource for personal finance and small business with clear and concise information is CashMoneyLife.com. This site is setup in typical blog format without all the bells and whistles that make other sites so confusing.

Wisebread.com is a popular finance site that covers topics such as personal finance, frugal living and advice about buying goods and services. Wise Bread is a community of bloggers to help you live on a budget and get the most out of life while doing it. If you want to learn how to save money from everyday people, this is the place to go. It offers advice on the everyday challenges of spending less and saving more.

One of the most knowledgeable and respected sites is Bankrate.com. It provides information on bank rates, mortgages and credit cards as well as personal finance advice on retirement and investing.

A site that helps people through various avenues is Fool.com. This site offers articles on personal finance, how to invest, stocks, retirements and more. It provides a breakdown of financial products into basic language for the average person.

If you are just looking to understand some of the financial terms, visit Investopedia.com. Its dictionary is great for finding easy-to-understand, comprehensive definitions of financial terms. It also provides tutorials on everything from income taxes to becoming a landlord. Additionally, the site features study guides for nationally administered finance exams.

If you are looking for an investment site visit Investor.gov for the U.S. Securities and Exchange Commission's site. It provides investing education, alerts and fund analyzers.

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## ALASKA POST

The Interior Military News Connection

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The ALASKA POST – The Interior Military News Connection



**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

## Continued from page 1

“PAX West was pretty much awesome. I met a lot of good people there and well-known faces in the fighting game community. I met people from Microsoft, Sony, Capcom, Nintendo, The Behemoth and Bandai Namco. The vice president of Bandai Namco even gave us a tour,” said third-place winner Sgt. Kalvntae Williams.

Esports was a way to connect Soldiers, Orozco said.

“Army MWR provides comfortable environments for a lot of different ambitions and recreational activities. We also do that with rec centers, but we’ve never had an open tournament for Soldiers to connect to. I felt like we were missing an area for connection to the Soldiers. Esports filled that gap; it connected gamers and Soldiers to each other,” Orozco said.

Esports also benefits Soldiers when it comes to their Army duties.

“Video games require quick reaction and decision making; using what tools you have when you are put in certain situations. You have to know how the game works. Compared to my job, you cannot make any mistakes, and you have to be quick with fire missions and have attention to detail.” Williams said.

Mack also uses video games to help him through the Army and his everyday life.

“Video games help build on mental toughness by being in stressful situations in competition. It has helped me personally become more resilient. I overcame a depressing situation for my family and me with the support of the fighting game community,” Mack said.

The final tournament was a double-elimination round, like preliminaries. All of the tournaments were commentated by Sgt. 1st Class Christopher Jones, a military police officer stationed at the Hammond, Louisiana, Station Commander for the United States Army Recruiting Command. At the finals, Jones was accompanied by professional esports commentators.

The Army plans to host more esports tournaments in the future.

“This is just the beginning. The Army is leading the way in esports for the armed forces. This is the first of many esports initiatives. There are so many titles they are into, we can go in so many directions. This is relevant to Soldiers, so we are going to continue in the future.” Orozco said.

## Continued from page 1

Directed energy will be a complementary system to guns and missiles, he said. "It's not the end-all be-all, but it's another tool in the tool box ... We think having this mix of capability gives us a variety of solutions as we move

into the future.”

McIntire, the Air and Missile Defense Cross Functional-Team director, said the MSHORAD system relies on missiles for long-range capability, but his team is also seeking more cost-effective measures to shore up air defense. He added that directed energy and electronic warfare will be the focus of the future.

Currently, the Army has targeted 2020 for initial operational capability of MSHORAD. Two battalions should be fielded with MSHORAD capability in 2021, he said, and another two battalions by 2022.

Dr. Craig Robin, Space and Missile Defense Command senior research scientist, said a 50-kilowatt laser cannon will be placed on Strykers with a demonstration planned for 2021. At the same time, SMDC also plans to place a 100-kilowatt laser on a FMTV medium tactical vehicle.

The Army is currently conducting directed energy demonstrations at Fort Sill, Oklahoma, and White Sands Missile Range, New Mexico.

“We’re working to improve our stance in that area so we’re relevant in the 21st century,” said McIntire, who previously served as the commandant of the Army’s Air Defense Artillery School at Fort Sill. “We’re working on our indirect fire protection capability and coming up with solutions that would defeat cruise missiles. I would tell you today [the] Patriot can defeat

cruise missiles. So it's not the fact that we're naked by any stretch of the imagination ... We're trying to figure out how to do a more cost-effective way as we move to the future."

Brig. Gen. Robert Rasch, the deputy program executive officer for Missiles and Space at Redstone Arsenal, Alabama, said that the eventual plan is to add capabilities such as an enhanced MSHORAD interceptor and electronic warfare capability to the Stryker platform.

To combat a wide range of threats, the service will start with a blend of guns and missiles before shifting the focus to directed energy. He said the CFT will begin loading Strykers with a two-thirds gun and missile mix and one-third directed energy. As the technology matures, that ratio will shift to a two-thirds directed energy mix.

“We need to be able to have a tiered and layered approach to the different threats,” Rasch said, “from the low, small (unmanned aircraft systems) that we’ll see from the drones to the rotary-wing and the fixed-wing, to cruise missiles to tactical missiles to tactical ballistic missiles to intercontinental ballistic missiles. There’s not one tool that does all that; what you’ll find is you’ll need to have a variety of tools.”

The initial MSHORAD operational objective will be to load Strykers with a Stinger Proximity Fuse, an on-board sensor, a 30-millimeter airburst round to provide a cheaper cost for enemy intercept and a 7.62 coax gun, a four-pack of Stinger Missiles, and a two-pack of Hellfire missiles.

After the service fields the four MSHORAD Stryker battalions in fiscal year 2022, the Army will receive an updated requirements document.

“The real goal of (this) effort is to get the technology in the Soldiers’ hands,” Robin said, “and develop the concept of operations.”

**Katarayna Flatt**  
Army & Air Force Exchange Service Public  
Affairs

MILITARY STAR is making sure the holiday season is extra merry and bright for 40 lucky military shoppers.

From Nov. 1 to Dec. 31, every time Fort Wainwright shoppers use their MILITARY STAR cards to make purchases, they will automatically receive an entry into the worldwide fifth annual Your Holiday Bill Is On Us! Sweepstakes. Five grand-prize winners will have their MILITARY STAR card balances paid in full. (Winners whose balances do not meet the minimum prize of \$2,500 will receive a statement credit for the difference.) Ten second-place winners will receive statement credits of \$1,000, while 25 third-place winners will receive statement credits of \$500.

“It’s a real treat for the Exchange to get to reward deserving military members and their families,” said general manager Gloria Sylvia. “We want to show our appreciation for our heroes during the holidays and every day, and we’re hoping a Fort Wainwright Soldiers will be among the 40 winners.”

Each transaction counts as one entry with no limit on the number of entries. Shoppers have a chance to enter everywhere MILITARY

STAR is accepted, including Army and Air Force, Navy, Marine Corps and Coast Guard exchanges; ShopMyExchange.com; myNavyExchange.com; ShopCGX.com; Exchange concessionaires and commissaries. Winners will be announced on or about Jan. 30. No purchase necessary to win. For official rules and alternate method of entry, visit MyECP.com/CustomerAds/Page/Exchange.com.

Last year's grand-prize winners included a retired Navy chief petty officer whose prize paid off an \$8,100 MILITARY STAR balance that had been used for family expenses during the holidays and an Army first lieutenant whose winning purchase was made at the commissary and paid off a \$5,200 bill.

MILITARY STAR is administered by the Army and Air Force Exchange Service. Other benefits of the card include:

- Two rewards points per dollar on purchases and a \$20 rewards card after 2,000 points earned.
- The lowest flat-rate APR (12.24 percent) among store cards – rate is offered to all cardholders.
- No annual, late or over-limit fees.
- 10 percent discount on first day's purchases for new MILITARY STAR accounts.
- Reduced interest deployment plan with no payments required for eligible customers.

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5 WINNERS

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\*The sweepstakes will be open to all active Military Star cardholders. Sweepstakes ends December 31, 2018. Odds of winning are 1 in 10,000,000. Winner must be 18 years of age or older at the time of registration. Void where prohibited. © 2018 American Express Company. All rights reserved.



# 1/52nd AV participates in Red Flag



Pfc. Calin McArthur, a UH-60 Black Hawk helicopter crewmember assigned to Alpha Company, 1st Battalion, 52nd Aviation Regiment, conducts infiltration and exfiltration of VIPs and troops during Red Flag on Oct. 19. (Photo by Sgt. Kenneth Fowler, 1/52 AVN crewmember)

## STRATEGY

Continued from page 1

The Army Strategy establishes four lines of effort with specific objectives to chart a path of irreversible momentum toward 2028. These lines of effort are: Readiness, Modernization, Reform, Alliances and Partnerships.

What continued efforts does the Army have planned?

The Army Strategy will unfold over the next decade in a series of phases as priorities shift across these lines of effort. Underpinning this strategic approach is an enduring commitment to take care of people and live the Army Values in everything the Army does.

The following lines of effort, implemented through the Army Campaign Plan, are how the Total Army will achieve the Army Vision.

- LOE 1: Build Readiness – It is the Army’s Title 10 responsibility to generate ready forces that are organized, trained and equipped for prompt and sustained ground combat. The Army’s main effort through 2022 is building warfighting readiness and lethality to prioritize preparedness for war and other large-scale contingency operations.
- LOE 2: Modernization – Modernization

ensures the Army will continue to have overmatch in a fundamentally different future environment. While the Army focuses on building readiness in the near term, the Army will prioritize research and development on the six modernization priorities defined by the Army Modernization Strategy.

- LOE 3: Reform – It is imperative the Army implements aggressive reforms by 2020 to free up time, money and manpower for its highest priorities and to empower subordinate commanders to make more timely and effective decisions.

- LOE 4: Strengthen Alliances and Partnerships – The Army will continue to train and fight with allies and partners, and therefore, must strive to integrate them further into operations to increase interoperability.

Why is this important to the Army?

The Army Strategy describes the strategic environment and the lines of effort the Army will pursue to achieve the Army Vision by 2028. The Total Army will build readiness, modernize concepts and capabilities, reform processes; and strengthen the alliances and partnerships to ensure land power dominance on any battlefield, against any threat, at any time.

## Fort Wainwright Soldiers prepare for NTC following exercise



A Soldier assigned to Delta Troop, 5th Squadron, 1st Cavalry Regiment, ground guides a vehicle through the Fort Wainwright wash rack Oct. 19, after returning from exercise Arctic Anvil. Soldiers from 5/1 CAV began the rigorous job of ensuring returning military vehicles are fully cleaned and ready for transportation to the National Training Center in Fort Irwin, California, for their training rotation early next year. (Photo by Daniel Nelson, USAG Alaska Fort Wainwright Public Affairs)



**THE AMERICAN LEGION**  
*salutes our military veterans of all eras and branches this November 11 - and every day. Thank you for serving America with honor, courage and commitment.*

**Veterans Day 2018**

[www.legion.org](http://www.legion.org)

FAMILY AND MWR  
• BASSETT ARMY COMMUNITY HOSPITAL PRESENT

**BOO to the FLU**

AT BASSETT ARMY COMMUNITY HOSPITAL  
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**ON OCTOBER 31ST**

✂ **INDOOR TRICK-OR-TREATING** ✂  
BRING A BUCKET | DRESS WARM FOR THE LINE OUTSIDE

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Bassett Army Community Hospital, bldg 4076  
Free flu shots available to beneficiaries



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BECAUSE PARENTS DESERVE FREE TIME

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FRIDAY, NOV 16 // 6:30 - 10:30 PM  
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[www.wainwright.armymwr.com](http://www.wainwright.armymwr.com)  
@WainwrightMWR #WainwrightCYS



# Fort Wainwright Family & MWR

## Weekly Events

### October 26 – November 2

- 27

**Spooky Spin 2-Hour Fitness Class**  
October 27  
10 a.m. to Noon

Cycle for your life! Get ready to sweat your brains out during this special 2-hour spin class. Register ahead of time to secure your seat during Spooky Spin.

Physical Fitness Center, building 3709  
Call 353-7223, registration recommended
- 27

**Trick-or-Bowl Party**  
October 27  
2 to 4 p.m.

Trick-or-Treat your way through the Nugget Lanes Bowling Center for a Halloween party for the entire family! While everyone is welcome, the entertainment is focused for children ages pre-K through middle school. With storytelling, movies, a costume contest, Cosmic Bowling, and of course trick-or-treating, this is going to be a "terror"ific event!

Nugget Lanes Bowling Center, building 3702  
Call 353-2654
- 27

**Halloween Spooktacular**  
October 27  
9 p.m. to Midnight

Get ready for the biggest Halloween party on Fort Wainwright! Come in costume and enjoy glow-in-the-dark bowling, booming music, drinks and snacks, a costume contest, and more! This event is open to all ages, but geared towards 18+.

Nugget Lanes Bowling Center, building 3702  
Call 353-2654, lane reservations highly recommended
- 31

**Boo to the Flu**  
October 31  
Doors open at 4 p.m.

Think you have the best costume this Halloween? Find out at the B.O.S.S. Halloween Costume and Karaoke Party! Doors open at 4 p.m., with Karaoke continuing on through the night. Compare costumes and get in on your chance to win a Crosley Switch Tech Turntable and many other prizes!

Warrior Zone, building 3205  
Call 353-7648, 18+ only
- 1

**Grow and Giggle**  
November 1  
11 to 11:30 a.m.

Play and learn with your little one during Grow and Giggle! With developmental activities for kids ages 0-5, you and your child will have a stronger bond than ever before.

Last Frontier Community Activity Center, building 1044  
Call 353-7755

26-31  
OCT

26TH: 3 - 8 P.M.

27TH: 1 - 8 P.M.

28TH: 1 - 5 P.M.

29TH: 3 - 8 P.M.

30TH: 3 - 8 P.M.

31ST: 4 - 8 P.M.

HAUNTED  
HAUNTED

HALLOWEEN  
& HAUNTED  
LASER TAG

@THE LAST FRONTIER  
COMMUNITY ACTIVITY CENTER  
\$4 PER GAME

MWR

MAC  
FEDERAL CREDIT UNION

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Last Frontier Community Activity Center  
bldg 1044 Apple Street (907) 353-7755

[www.wainwright.armymwr.com](http://www.wainwright.armymwr.com)  
@WainwrightMWR #WainwrightLFCAC



Indoor paddlesports for the win! Splash sessions begin November 14.  
Find out more at [www.wainwright.armymwr.com](http://www.wainwright.armymwr.com)

NUGGET LANES BOWLING CENTER PRESENTS

FAMILY FUN DAYS

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

\$40

90 MINUTES OF UNLIMITED BOWLING, SHOE RENTALS, 1-TOPPING PIZZA & A PITCHER OF SODA

NUGGET LANES BOWLING CENTER

BUILDING 3702 SANTIAGO AVENUE  
CONTACT: (907) 353-2654 / [WWW.WAINWRIGHT.ARMYMWR.COM](http://WWW.WAINWRIGHT.ARMYMWR.COM)

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NUGGET LANES BOWLING CENTER PRESENTS

HALLOWEEN  
spooktacular

October 27th

Cosmic Bowl  
Costume Contest

THE SPOOK GOES FROM 9 P.M. - MIDNIGHT  
18+ EVENT | UNLIMITED GAMES + SHOE RENTAL: \$15

RESERVE YOUR LANE TODAY!

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



# How overseas COLA is calculated

## Overseas Cost of Living Allowances

Overseas COLA is intended to equalize purchasing power so that members can purchase the same level of goods and services overseas as they could if they were stationed in Contiguous United States. Overseas COLA is calculated by comparing the prices of goods and services overseas with average prices for equivalent goods and services in CONUS. The result of this price comparison is an index that reflects a cost of living. Members will only receive a COLA if the costs are higher in an overseas location. If prices in CONUS are rising at a greater rate than those overseas, a member's Overseas COLA will decrease, and vice versa. However, if prices rise or fall at the same rate, a member's Overseas COLA will stay the same.

Two surveys determine the relative cost of living overseas compared with CONUS:

- Living Pattern Survey - asks service members where (what outlets) they shop and what percentage of goods they purchase locally, at the Commissary/Exchange, and from the internet. Service members can have a direct impact on Overseas COLA indexes by participating in the LPS
- Retail Price Schedule or Market Basket Survey) - annually captures prices of approximately 120 goods and services based on outlets identified in the Living Pattern Survey.

Find out more, at [www.defensetravel.dod.mil/site/cola.cfm](http://www.defensetravel.dod.mil/site/cola.cfm)

# Army Cybersecurity Awareness Campaign



## Chief Information Officer/G-6

What is it?

The Army Cybersecurity Awareness Campaign is a year-long, 24/7 enduring effort to promote awareness and cybersecurity best practices by Soldiers, Civilians, contractors and Families. The campaign launches during Cybersecurity Awareness Month in October, with the theme Remain Vigilant, Be Accountable, Stand Ready.

The campaign aligns with messages from the National Cybersecurity Awareness Month led by the Department of Homeland Security, and the Department of Defense chief information officer directed Cybersecurity Awareness Month. This campaign supports four key areas:

- Nation's cybersecurity ecosystem
- Tackling cybersecurity together
- Strengthening the workforce
- Securing infrastructure from cyber threats

The campaign is designed to highlight and provide protective solutions to cyber threats that may compromise mission readiness.

What has the Army done/is doing?

The Army continuously works to understand cyber threats, vulnerabilities and their impact on Soldier and mission readiness, while building and deploying a preeminent cyber force. The Cybersecurity Awareness Campaign works to provide the most relevant and critical information and tactics to counter threats and simultaneously recruit, develop, train and retain high quality Soldiers and Civilians.

Cybersecurity remains a vital part of operational effectiveness and must become a part of the Army's

DNA - from readiness to reform to modernization efforts.

What continued efforts does the Army have planned?

Army Cybersecurity Awareness campaign will continue to provide opportunities for increased awareness and training in cybersecurity policies and best practices. The information and guidance will provide the Army community with the knowledge to protect mobile devices, networks at home and at work, and personal information from individuals and methods attempting to do harm.

It remains the responsibility of everyone – Soldiers, Civilians, contractors, and Family members – to remain vigilant in their cyber habits to maintain the most secure, up-to-date software and behaviors.

As the Army looks to the future, cybersecurity will be a key component of all modernization efforts. Each new technology, system and weapons platform will incorporate cybersecurity to guarantee system integrity and ensure overmatch in future conflicts. Commanders will encourage these considerations in mission planning and support resources for cybersecurity training, guidance and policy.

Why is this important to the Army?

Cybersecurity ensures the Army is ready to fight and win in all domains. Achieving superiority in the physical domains depends on securing critical infrastructure like networks, systems and information from adversaries. As technology reaches into all aspects of work and homes, commanders and individuals must be vigilant and accountable, and incorporate cybersecurity best practices into their everyday lives, and into every device.

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

# **Veterans Crisis Line**

1-800-273-8255 **PRESS 1**

**Fort Wainwright Police: 353-7535**

# **The Army Family Action Plan (AFAP)**

# **Got Issues???**

**I WANT YOU!!**  
**To Submit Suggestions**  
**USAG Alaska AFAP Program**  
**October 15 – November 30, 2018**

For more information call: 353-4227  
or visit your local ACS

## **ARMY FAMILY ACTION PLAN**

## **The Army Family Action Plan (AFAP)**

AFAP is Army's primary tool to communicate to leaders issues of importance to Soldiers, Retirees, Family Members and DA Civilians.

## **AFAP Program**

## **USAG ALASKA**

**Submit issues, recommendations, and solutions with the AFAP pamphlet, or by email:**  
[usarmy.wainwright.id-pacific.list.afap@mail.mil](mailto:usarmy.wainwright.id-pacific.list.afap@mail.mil)

**Deadline:**  
**30 November 2018**

**GOT ISSUES?**  
MAKE RECOMMENDATIONS AND GET RESULTS!

**ARMY FAMILY ACTION PLAN**  
SOLDIER FAMILY CIVILIAN  
Army Family Action Plan FY18

**For more information call : 353-4227 or VISIT your local ACS**



INVICTUS

Continued from page 1

NEW ASSIGNMENT

Stephanie’s workouts the last two months have been limited mostly to early mornings and late afternoons, as she began a new job in August. She’s now working full-time on the staff of the Army Wounded Warrior Program, or AW2. A big part of her job is to advise other injured Soldiers who want to stay on active duty.

“It was a process for me” to stay on active duty, she said about transitioning out of the Warrior Transition Brigade on Aug. 3, at Walter Reed National Military Medical Center, after five years and more than 30 surgeries. She said some people didn’t think she could do it.

“I’m all about proving people wrong,” Stephanie said. “I don’t like people to underestimate me.”

If someone tells her she can’t do it, she works all the harder.

AFGHANISTAN

Stephanie was injured June 18, 2013, at Bagram Air Base, Afghanistan. She was walking to the bus stop from the motor pool when two rocket-propelled grenades, or RPGs, came in back to back.

She and her roommate had just exchanged birthday presents because Stephanie’s birthday was going to be June 20, and her roommate was scheduled to go out on a mission and wouldn’t be there. Her roommate’s birthday would have been the following week, but she never made it. Her roommate was killed during the RPG blast, along with three other Soldiers.

The explosion fractured Stephanie’s left femur and her right foot. She remained conscious, however, until help arrived and transported her to the Bagram medical facility.

“When I was in the hospital, I didn’t cry,” Stephanie said. “I don’t know why I didn’t.”

At the medical unit, Stephanie remembers nurses singing happy birthday to her before she was placed on a flight to Landstuhl Regional Medical Center in Germany.

When she awakened in Germany, she was confused because she heard happy birthday being sung again. Because of the time difference, it was still her birthday and the medical staff there thought singing would cheer her up. After they left, she finally cried.

At Landstuhl, doctors used a metal rod to repair her left femur and her right foot was put in a brace.

LONG ROAD TO RECOVERY

Stephanie was eventually sent to Walter Reed for further operations. She expected to be there about six

months, but after each operation, complications set in. The wounds didn’t heal as fast as expected.

“I was in a dark place because I was in denial about a lot of stuff,” Stephanie said.

After 18 months, she was still at Walter Reed, and said she felt more than a little depressed and angry.

“A lot of people like my mom and my brothers were telling me I was changing ... I was really mean to some of the closest people to me,” Stephanie said. “I would snap at them ... I was so angry and I took it out on them.”

The more she walked on her bad foot, the worse it became. Doctors put screws through her heel, but still problems persisted. She was in and out of a walking boot and the injury spread to her ankle.

One day she was talking with a friend about Afghanistan, and she had a panic attack. She wound up in the emergency room but refused therapy.

“I didn’t want to talk with anyone,” she said. “I didn’t want behavioral therapy.”

An amputee at Walter Reed told her the best way to avoid the psychological pain was to make humor out of the situation.

“Me being Stephanie, I snapped at him: ‘What do you mean? This isn’t funny.’”

It took her almost two more years to realize what he meant. “You’ve got to make light of it,” Stephanie said of her injuries, adding that’s the only way others will be able to see past the injuries.

SPORTS HELP HEAL

A physical therapist at Walter Reed suggested she try adaptive sports. The therapist knew that Stephanie had competed in track and field in high school, played basketball, and was on the tennis team.

Stephanie resisted at first but eventually was coaxed into trying wheelchair basketball. It wasn’t love at first try, because the sport felt so different.

“The fundamentals are the same,” Stephanie said,”... but it’s still a lot different, because now you have to learn how to shoot sitting down, you have to learn all the rules for wheelchair basketball.”

After the second and third try, the sport began to grow on her. When she found herself yelling at the referee for making bad calls, that’s when she knew that she was developing a passion for the game.

“The attitude was there, just like regular basketball,” Stephanie said. “Once I started playing and got better at it, I began to have the same love for it as regular basketball.”

She tried out for the 2015 Warrior Games but didn’t make the Army team. She noticed that athletes who qualified for the games were versatile in both individual and team sports. So she took up shot put and discus along with wheelchair track events and sitting volleyball.

“Once I started playing adaptive sports, things got better,” she said of her state of mind.

During the 2016 Warrior Games at West Point,

New York, Stephanie competed from her wheelchair, but noticed the dexterity of athletes with prosthetics.

“Before the Warrior Games, I didn’t know the different possibilities that amputees could have,” she said.

TOUGH DECISION

After about 30 operations on a foot that was progressively getting worse, Stephanie decided to amputate. Her stepfather agreed with the decision, but she was hesitant at first to tell her mother.

Stephanie – whose maiden name was Morris – was scheduled to be married to Staff Sgt. Lance Johnson of the 3rd U.S. Infantry (Old Guard) in May 2017, and her one stipulation for the amputation was that she must be able to walk down the aisle on her own.

It took two operations, but less than a month before the wedding, she began walking on her prosthetic.

Adapting was not easy, but Stephanie said she wishes that she would have made the decision to amputate earlier.

CHAMPIONSHIP SPIRIT

This year at the Warrior Games in June, she took home silver in the 200-meter run and bronze in the 100-meter dash. She also helped the Army team take bronze in sitting volleyball and win the wheelchair basketball championship for the third straight year.

Her sports ability has been cheered on by a score of nephews and nieces back home in Toledo, Ohio.

Her mother, Relda Bates, has been one of her biggest fans. She has watched Stephanie compete at the Warrior Games, along with last year’s Invictus Games in Toronto, Canada. At the Invictus Games, she watched Stephanie take gold in discus, silver in shot put and bronze in hand cycling, along with cheering her daughter and Team USA on to win gold in wheelchair basketball.

With a little help from the Fisher House Foundation, Bates will be in Australia next week along with Stephanie’s husband.

At the last Invictus Games, Stephanie had the opportunity to talk with adaptive athletes from the United Kingdom, Canada, Australia and France. She said bonds were formed that went beyond the games, and she’s stayed in touch with several of the athletes via Facebook. She looks forward to seeing some of them again in Sydney, along with forging new relationships.

Stephanie’s goal is to eventually compete in the Paralympics, hopefully in a sport such as wheelchair basketball, because she said she loves the camaraderie of team sports.

Her journey is all about resilience, Stephanie said. She advises anyone who is having a rough time to keep going.

“I can’t quit,” Stephanie said, “because I’m not just doing this for me.”

She’s doing it for her battle buddies who never made it home from Afghanistan, she said. That’s her motivation.

ROADTRIP! NOV 9 - 12 // NOV 22 - 25

ANCHORAGE

REST & RELAXATION WEEKEND

SPEND A LONG WEEKEND IN ALASKA'S LARGEST CITY!\*

HANG OUT WITH FRIENDS, GRAB FOOD AND DRINKS, AND HAVE FUN!

\$25 PER PERSON // TRANSPORTATION AND BARRACKS PROVIDED.  
SERVICE MEMBERS ARE RESPONSIBLE FOR BRINGING WARM, DRY CLOTHES, AND MEALS.  
SPACE IS LIMITED. A TRIP MEMO IS REQUIRED. REGISTRATION IS REQUIRED AT LEAST 1 WEEK PRIOR TO THE TRIP DATE.



\*Single Service Members, Singles with Dependents, and Geo-Bachelors.

A \$10 refundable deposit is required.

For more information, contact B.O.S.S. at (907) 353-7648

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CID LOOKOUT

CRIME TIPS

Anonymously report crime, suspicious activity or threats to the U.S. Army Criminal Investigation Command with the CID Crime Tips app

[WWW.CID.ARMY.MIL](http://WWW.CID.ARMY.MIL)



COMEDY TOUR



DANA MOON • JOHNNY CARDINALE • ERICA RHODES



OCTOBER 27 • 354 SPORTSBAR, YUKON CLUB


DOORS OPEN AT 7PM - SHOW STARTS AT 8PM

FREE EVENT - AGES 18 & UP



GOOD TIMES, FRONT AND CENTER

ARMEDFORCESENTERTAINMENT.COM



USAG ALASKA




SAFETY NOTE

**SLOW DOWN: SHARING THE ROAD**

School days bring congestion: School buses are picking up their passengers, kids are hurrying to get to school before the bell rings, hurried parents are trying to drop their kids off before work. It's never more important for drivers to slow down and pay attention than when kids are present – especially before and after school.

**Sharing the Road with Young Pedestrians**

- ❖ Don't block the crosswalk when stopped at a red light or waiting to make a turn, forcing pedestrians to go around you; this could put them in the path of moving traffic
- ❖ In a school zone when flashers are blinking, stop and yield to pedestrians crossing the crosswalk or intersection
- ❖ Always stop for a school patrol officer or crossing guard holding up a stop sign
- ❖ Take extra care to look out for children in school zones, near playgrounds and parks, and in all residential areas
- ❖ Never pass a vehicle stopped for pedestrians
- ❖ Always use extreme caution to avoid striking pedestrians wherever they may be, no matter who has the right of way
- ❖ **OBEY SCHOOL ZONE SPEED LIMITS**



For more safety information, call the Installation Safety Office at 907-353-7087/7085/7083