

ALASKA POST FREE

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DAILY NEWS - MINER

The Interior Military News Connection

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Fort Wainwright, Alaska

January 25, 2019

Army beats Air Force in hockey game



Col. Sean Fisher (far right), U.S. Army Garrison Alaska commander, celebrates with the Army hockey team after presenting them with the Commander's Cup on Jan. 19. The Soldiers defeated the Air Force hockey team with a final score of 9-2 in the 24th Annual Air Force vs. Army hockey game and tying Air Force with 12 wins each in the hockey matchup. (Photo by Daniel Nelson, USAG Alaska, Fort Wainwright Public Affairs)

See HOCKEY on page 4

Army welcomes first female CSM at Human Resources Command

Master Sgt. Brian Hamilton
U.S. Army Human Resources
Command Public Affairs

Command Sgt. Maj. Lynice Thorpe-Noel assumed responsibility of the Army's Human Resources Command on Jan. 17 as its first female senior enlisted advisor.

During a ceremony hosted by Maj. Gen. Jason T. Evans, HRC commanding general, held on Fort Knox, Kentucky, Command Sgt. Maj. Wardell Jefferson officially relinquished his duties to Thorpe-Noel.

"It is an honor to lead and continue the legacy of the 15 command sergeants major before me who represented and cared so well for our Soldiers and Civilians," Thorpe-Noel said. "My focus is on motivating, inspiring and leading from the front while supporting my commander to advance HRC's priorities. Through modernization, reform, talent management initiatives and most importantly, taking care of Soldiers we will realize the future of



Command Sgt. Maj. Lynice Thorpe-Noel assumed responsibility of the Army's Human Resources Command on Jan. 17, 2019, as its first female senior enlisted advisor. During a ceremony hosted by Maj. Gen. Jason T. Evans, HRC commanding general, held on Fort Knox, Kentucky, Command Sgt. Maj. Wardell Jefferson officially relinquished his duties to Thorpe-Noel. Thorpe-Noel, who spent the last few years as the HRC Enlisted Personnel Management Directorate sergeant major, now takes on the leading enlisted role for HRC. The command is responsible for a full spectrum of human resources personnel, programs and systems. Developing leaders, and promoting the well-being of Soldiers, retirees, veterans and Families. (Photo by Master Sgt. Brian Hamilton, U.S. Army Human Resources Command Public Affairs)

Army readiness."

Thorpe-Noel, who spent the last few years as the HRC Enlisted Personnel Management Directorate sergeant major, now takes on the leading enlisted role for HRC. The command conducts distribution, strategic talent management and information technology for a full spectrum of human resources programs and services, Army wide. Those programs and services enable the Army to deploy, fight and win our nation's wars.

"The main focus from my foxhole is setting the right environment for ambitious strategic thinkers to optimize the Army's lethality; getting the right Soldiers, with the right capabilities, in the right position at the right time. What we do at HRC is critical to the overall mission of America's Army," she said.

"This may sound simple, but there is an art and science to getting human resources right, and our team does just that on a daily basis."

See CSM on page 3

King's teachings inspire general to be a better leader, person

Sean Kimmons
Army News Service

Growing up in the segregated south, Lt. Gen. Aundre Piggee recalled his first experience with racism many African-American children faced at the time.

While he would go on to encounter other acts of discrimination, this one hurt the most, he said.

HUMBLE BEGINNINGS

He grew up in Stamps, a small town in southern Arkansas with a population of about 1,200.

See MLK on page 2



Lt. Gen. Aundre Piggee, the Army deputy chief of staff for logistics, speaks during a ceremony in honor of Dr. Martin Luther King Jr. at Joint Base Myer-Henderson Hall, Virginia, Jan. 17, 2019. Piggee shared his own experiences of dealing with racism while growing up in the segregated south and how his parents taught him to live by King's example. (Photo by Sean Kimmons, Army News Service)

Army recruiter runs toward gunfire, saves mall shooting victims

Kayla Benson
Salt Lake City
Recruiting Battalion

Savannah VanHook celebrated her fourth birthday Jan. 13, 2019, by visiting Claire's at the Fashion Place mall, Murray, Utah, with her parents to pierce her ears – something she's been asking her mother and father for over five months. It stung, but she seemed proud of her freshly-pierced ears. The family headed to the food court when something entirely different pierced her ears: The sound of four gunshots ringing throughout the mall.

See HERO on page 7



Sgt. Marshall VanHook, a recruiter with the Herriman U.S. Army Recruiting Station, sits for an interview Jan. 15, 2019, after he responded to two injured victims of an active shooter in Murray, Utah, Jan. 13, 2019, while visiting Fashion Place Mall with his family. (Photo by Kayla Benson, Salt Lake City Recruiting Battalion)

WEEKEND WEATHER

Friday



Snow showers, with a high of 27 and low of 22 degrees.

Saturday



Partly cloudy, with a high of 24 and a low of 14 degrees.

Sunday



Cloudy, with a high of 26 and a low of 17 degrees.

WINTER DRIVING TIPS

When preparing to drive, clean off vehicle completely. Cleaning off all lights and signal lights from excess ice and snow will allow you to see and be seen. Scrape all windows and mirrors and sweep all snow off the vehicle.

Prepare to leave earlier than usual; five to 15 minutes or more will allow extra time for safe travel.

Reduce your speed to match conditions; most accidents are the result of excessive speed. Driving at reduced speeds can allow for quicker stops when roads are icy. Using turn signals sooner than usual gives other drivers more time to react.

Nutrition Corner: Nutrition 101

Brandy Ostanik
Medical Department Activity –
Alaska, Public Affairs

Did you know that one teaspoon of table salt contains more sodium than most people need in one day. The recommended intake of sodium is 1,500 mg for adults under 50 and one teaspoon contains much more than that - approximately 2,300 mg. Furthermore, the salt we add at the table only contributes five to 10 percent of our daily intake of sodium. Most sodium comes from convenience foods such as grab and go items and highly processed foods. Watch out for the high sodium content of pizza, cured meats, soups, sandwiches, cheese, frozen meals, pasta and pasta sauce.

Sodium does play an important role in the body. Most people do not need more than the recommended 1,500 mg, and while sodium also plays an important role

on the culinary side by enhancing flavor and tenderizing meats, unfortunately, high sodium intake can lead to high blood pressure which increases risk for heart disease, stroke and congestive heart failure. The good news is that lowering your sodium intake can help lower your blood pressure. Start by not adding salt at the table or in your recipes. The sodium can be cut in half in most recipes without affecting the quality of the final product.

Try to shop the perimeter of the grocery store to get fresh produce, meats and low fat dairy products. If you prefer canned vegetables, aim for the products with no added salt. Use the nutrition fact label to guide you. Low sodium products will have 140 mg or less per serving. Don't be fooled by the reduced sodium claim; these products have 25 percent less sodium than the original product, but are not necessarily low in sodium. For example, reduced sodium soy sauce is still very high in sodium although it is reduced from

the traditional product. With one third of Americans diagnosed with high blood pressure, it is important that we all start looking at decreasing this necessary, but overabundant nutrient in our diet.

Featured Food:

Farro. Naturally low in sodium (25 mg), this ancient grain packs in 3g of fiber, 6g protein and a whole lot of texture and flavor.

Recipe Spotlight:

Roasted carrot and farro salad

INGREDIENTS:

2 pounds of carrots, peeled and cut into one-inch pieces
1/4 cup olive oil plus 1 tablespoon, divided
1 1/2 teaspoon ground cumin
3/4 teaspoon pepper, divided
1 cup uncooked faro
1/2 cup reduced fat Greek yogurt

1 1/2 teaspoons lemon zest
3 tablespoons lemon juice
1 clove garlic, minced
2 cups fresh baby arugula
1/4 cup chopped walnuts, toasted

PREPARATION:

Step 1: Preheat oven to 4000 F
Step 2: Combine carrots, 1 tablespoon olive oil, cumin, 1/2 teaspoon pepper on a large rimmed baking sheet; toss to coat. Spread carrots in a single layer.
Step 3: Bake 25 to 30 minutes or until tender, stir in 10 minute increments
Step 4: Cook farro according to package directions.
Step 5: Whisk together yogurt, 1/4 cup olive oil, lemon zest, lemon juice, garlic and remaining pepper.
Step 6: Combine farro, carrots and baby arugula in a large bowl; drizzle with yogurt mixture, tossing to coat. Sprinkle with walnuts

MEDDAC Minute

Brandy Ostanik
Medical Department Activity –
Alaska, Public Affairs

BREAST PUMPS

Do you, or will you soon, have a breastfeeding child at home? TRICARE Covers breast pumps and breast pump supplies at no cost to you. To receive your benefit, 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.

LAB RESULTS

There is no need to call or come into Bassett Army Community Hospital to get your lab results. By going to www.tricare.mil, you can get lab results, request medication refills, schedule appointments and more.

HELP US HELP YOU

Your feedback helps us to improve service. The Joint Outpatient Evaluation System is randomly mailed to beneficiaries, and emailed to active duty, after appointments. Your response assists Medical Department Activity – Alaska leadership to improve your overall experience. Look for your envelope in the mail!

WALK IN CLINIC

Beneficiaries 18 and older can utilize the Walk-in Clinic Nurse

option when needing to be seen for strep throat screening, urinary tract infection screening, pregnancy testing, blood pressure monitoring, suture removal, wart removal and sexually transmitted disease checks. The clinic is open 7:30 to 11:30 a.m. and 1 to 3:30 p.m., Monday through Friday. For more information call 361-5833.

PATIENT TRAVEL

The expected turn-around time for vouchers to be approved for patients traveling for medical care outside of Fairbanks is two weeks. 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
United Health Care: uhcmilitarywest.com
1-800-988-9378

SADD

SOLDIERS AGAINST DRUNK DRIVING

353-4145

For a free ride home.

*Brought to you by
Better Opportunities
for Single Soldiers.*

School district and Bright Futures Fairbanks host movie screening and panel

Sharice Walker
Fairbanks North Star Borough
School District Public Relations

The Bright Futures Fairbanks Leadership Team and the Fairbanks North Star Borough School District are hosting a free public screening and panel discussion of Resilience: The Biology of Stress and the Science of Hope on Friday, Feb. 1 from 6 to 8 p.m. at Hunter Elementary. Refreshments and childcare will be provided at no cost.

Resilience chronicles the movement of trailblazers in pediatrics, education and social welfare that are using cutting-edge science and field-tested therapies to protect children from the insidious effects of toxic stress. Hormones can be triggered by toxic stress and wreak havoc on the brains and bodies of children, putting them at a greater risk for disease, homelessness, prison time and early death. While the broader impacts of poverty worsen the risk, no segment of society is immune. Viewers should leave knowing how they can promote resilience in their family and community.

Event schedule:

6 to 6:05 p.m. – Welcoming remarks from Billy Smith, Hunter Elementary

after school coordinator
6:05 to 7:05 p.m. – Movie showing
7:05 to 8 p.m. – Panel discussion facilitated by Heather Johnson, West Valley High School assistant principal

Panelists include:

Lantz Dahlke, Fort Wainwright chief of police
Gunnar Ebbesson, Licensed professional counselor and master addiction counselor with Turning Point Counseling Services
Christie Herman, case manager with Tanana Chiefs Conference
Mindy Swisher, Licensed clinical social worker

Bright Futures Fairbanks was formed in 2016 to establish a network of support and communication in order to identify student needs and match them with existing community resources. The resilience screening and panel is made possible by the trauma-informed change committee: Bernard Gatewood, Joe Griek, Heather Johnson and Rosalie Rein.

For more information contact Sheena Cummings, assistant director of grants and partnerships at (907) 452-2000 Ext. 11225, or sheena.cummings@k12northstar.org.

MLK

Continued from page 1

While his father was principal of the local school, which had previously been an all-black school, his mother worked at the Lone Star Army Ammunition Plant in nearby Texarkana – and a young Piggee became the first African-American child to integrate into his little league baseball team.

“Things went well the whole season,” Piggee said Jan. 17 after he spoke at a ceremony in honor of Dr. Martin Luther King Jr. “We integrated well and we had no issues.”

When the baseball season ended, the team held a celebration at a local Boy Scout hut. Piggee begged his parents to go since he wanted to party with his friends.

But when they walked up to the front door, he was denied entry. Some parents of the other players even worked as teachers under his father, but they still would not allow him in.

“They didn’t let me come to the party because I was black,” he remembered.

While racism had likely been around him before, he said it was the first time he personally noticed it. The incident also made him think deeply about his own character.

“It was a humbling experience,” he said. “But what it taught me was that I didn’t ever want to treat anybody else the way I had been treated.”

A young Piggee was held to a higher standard by his parents. The general’s biography says whenever he got into trouble during school, he would get lectured and punished by his father twice – in the principal’s office and at home.

“It was a lesson that served him well in life,” his bio reads.

On April 3, 1968, King traveled to Memphis, Tennessee, to deliver a speech in support of black workers being paid significantly lower wages than white workers.

His flight to Memphis was initially delayed due to a bomb threat, but he made it to the city in time for his speech. The next day, while outside his motel, King was assassinated.

On Jan. 15, the civil rights leader would have turned 90 years old.

King’s leadership values were passed down to Piggee by his parents who strove to live by the message he left behind.

“My parents gave us examples of King’s life and what right looked like,” he said. “And I still remember those to this day.”

A LIFE OF SERVICE

In almost 40 years of service, Piggee has held the title of commander five times. He now oversees policies and procedures used by all Army logisticians and manages an \$11 billion portfolio.

Last October, he was inducted into the Arkansas Black Hall of Fame for his dedication.

Fellow Stamps native Maya Angelou, a poet laureate, was among the first inductees in 1993.

Piggee’s childhood home was a block from a general store, which was owned by Angelou’s grandmother. “I used to walk there almost every day,” he recalled. “For a nickel, I could get two cookies and some candy.”

Angelou worked for King as a civil rights activist and later wrote a poem for the dedication of his monument on the National Mall.

LEADING BY EXAMPLE

Also inspired by King, the general often shares with Soldiers his three leadership traits – competence, commitment and high character.

In his speech, the general noted that King had a strong vision to change the country.

“Competence is what we need of our Soldiers,” he said. “If I can challenge Soldiers to improve every day, to be more competent, to be readier to do the mission our nation asks of us, I have had a good day.”

King, he added, was also committed to his cause.

“That should be a model for our professional Soldiers,” Piggee said. “Putting on this uniform is a noble cause, but doing the missions the Army asks of you is not always easy.”

The most important trait, he said, is high character – a tough lesson he once learned as a child.

“Dr. King’s dream was to judge people by the content of their character, not the color of their skin,” he said.

ALASKA POST

The Interior Military News Connection

EDITORIAL STAFF

Garrison Commander
Col. Sean Fisher

Public Affairs Officer
Grant Sattler

Command Information/New Media
Brady Gross

Community Relations/Media Relations
Eve Baker

Staff Writer/Editor
Daniel Nelson

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The Chaplain's Corner

Chaplain (Lt. Col.) Paul Fritts
U.S. Army Garrison Fort Greely

On Jan. 6, 2019, The Week published a report titled An epidemic of loneliness (<https://theweek.com/articles/815518/epidemic-loneliness>). This brief article defines loneliness as having fewer social contacts and meaningful relationships than a person desires in order to feel connected. The topic is important because a lot of us are lonely: "In a recent study of 20,000 people by the health insurance company Cigna, about 47 percent of respondents reported often feeling alone or left out."

Given that nearly half of Americans feel emotionally disconnected in what is arguably the most technologically connected era in history, it isn't surprising that we are suffering physically as well as emotionally and spiritually. The article's author reports that "A 2010 study by Brigham Young University found that loneliness shortens a person's life by 15 years, about the same impact as being obese

or smoking 15 cigarettes a day." Among the many reasons cited for the spike in loneliness is social media use, which disproportionately affects the 19 to 32 year old demographic: "Scrolling through an endless stream of curated photos of parties, vacations, family gatherings and weddings may increase feelings of being left out or dissatisfaction with one's own life." Stephanie Coontz, a historian at Evergreen State College, succinctly summarizes the problem: "As we gain the freedom to become whatever we want to be, we've lost the sense of belonging."

Was Jesus lonely? Yes, Hebrews 4:15 reminds us that Jesus felt everything we feel except sin: "For we do not have a high priest who is unable to empathize with our weaknesses, but we have one who has been tempted in every way, just as we are – yet he did not sin." Although Jesus periodically wanted to be alone, there is a subtle difference between being alone and feeling lonely. One can certainly feel lonely even when people are around if there is no sense

of belonging or community. Jesus may have felt something similar when, in the Garden of Gethsemane he sought the comfort of his disciples, especially Peter, James and John: "Then he said to them, 'My soul is overwhelmed with sorrow to the point of death. Stay here and keep watch with me,'" (Matthew 26:38). After praying alone, Jesus returned to find his three closest disciples sleeping along with all the others. That must have been terribly lonely.

Significantly, the article on loneliness published by The Week described the problem but offered no solution. Thankfully, God's Word does: "And let us consider how we may spur one another on toward love and good deeds, not giving up meeting together, as some are in the habit of doing, but encouraging one another...." (Hebrews 10:24-45). Are you feeling lonely? Give God's solution to loneliness a test: try unplugging from social media and connecting with a community. Why not try a local place of worship?



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

CSM

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In terms of the direction she sees HRC and the Army going, Thorpe-Noel said readiness is key.

"We are the execution arm of Army G-1. Our collective efforts will result in the implementation of IPPS-A, providing more tools in our manager's tool kit to support the officer and enlisted talent management market places," she said. "As talent managers we need to be ambitious in our strategic thinking. Let's envision a future for Army human resources, which optimizes talent management and make adjustments now to realize success. Preparation is essential to readiness."

Jefferson, who assumed responsibility of HRC in August of 2015, now heads to the Pentagon where he will serve as the sergeant major for the Deputy Chief of Staff of the Army, G-1.

Under his watch, HRC was instrumental in the formation and manning of Security Force Assistance Brigades. He spearheaded the Enlisted Talent Management System, which optimized readiness and leader development through force alignment and career management. Jefferson continues to work in unison with Army G-1 in the development, fielding and roll-out of the Integrated

Personnel and Pay System-Army.

"One of the biggest initiatives that we accomplished as a team during my tour as the HRC CSM is improving the way we manage the enlisted population. Although talent management doesn't fall completely on the shoulders of HRC, we do play an important role in that," Jefferson said.

Jefferson also said he feels his transition to G-1 will be seamless.

"Our missions go hand in hand," he said. "G-1 writes policy and HRC executes it. This requires a considerable amount of communication, and day-to-day interaction between senior leaders. We have improved and maintained that over the past three plus years."

With Jefferson's tenure coming to a close and Thorpe-Noel's just beginning, Thorpe-Noel sees a bright future for the Soldiers in her care and for the next generation of Army leaders.

"Our nation's strength stems from its diversity, and that diversity should be reflected in the ranks of our Army. That's what the American people expect - Soldiers and leaders who look like themselves and their loved ones - and that's what they will get from HRC," Thorpe-Noel said.

"In America's Army, the only barriers that exist are the ones that Soldiers choose to see. I think if you choose to ignore those barriers, you can realize endless possibilities."

Army gains in readiness are just the beginning, chief of staff says

Sean Kimmons
Army News Service

Full manning at operational units, fewer non-deployable Soldiers and a boost in training across the Army are all on the horizon to ensure the force is ready to fight, the Army's top officer said Jan. 16.

Despite decades of sustained conflict and reduced defense spending, the Army has mostly recovered from depleted levels of readiness, said Chief of Staff of the Army Gen. Mark A. Milley.

"We haven't dug completely out of that hole, but we are on the mend," Milley said in a speech as part of the Association of the U.S. Army's breakfast series.

This fiscal year, there are plans to fill all operational units – those under the Army Forces Command or based in Europe and the Pacific – to 100 percent of their authorized strength and to 105 percent by the end of next year.

The rate of non-deployable Soldiers, which was at 15 percent in 2015 when Milley started his current position, has been cut in half to about six to seven percent.

"We anticipate achieving our goal of five percent non-deployables by the end of this fiscal year, putting thousands of Soldiers back into our formations ready to deploy," he said.

On the training side, the Army started last year an

extended one-station unit training pilot to lengthen training for new infantry Soldiers from 14 to 22 weeks.

Early reports have already shown a significant reduction in attrition and injuries as well as improvements in land navigation, marksmanship and other basic infantry skills, Milley noted.



Chief of Staff of the Army Gen. Mark A. Milley speaks to Soldiers at Qayyarah Airfield West, Iraq, on Dec. 22, 2017. While there has been recent progress in readiness, Milley said that it still remains the Army's top priority. (Photo Credit: Spc. Avery Howard, Combined Joint Task Force - Operation Inherent Resolve)

Similar adjustments are expected to be seen in other branches, particularly armor and combat engineers, as Army leaders broaden the scope of extended OSUT over the next few years, he said.

This year, rotations to combat training centers will increase from 19 to 20 compared to last year while the Army prepares

to execute 32 rotations next year.

Army leaders have also recently slashed more than 85 training requirements – primarily annual computer-based training – to help commanders concentrate on other priorities.

A synthetic training environment, which integrates virtual, constructive and gaming

Army's vision to chart the way forward to 2028.

Shaping the future Army will heavily revolve around its new concept of multi-domain operations, which leaders expect Soldiers will have to conduct in high-intensity conflict.

"The Army must be ready. It must be ready now and in the future," the general said about current operations and modernizing for the future. "We have to do both to confront the challenging operational environment that we find ourselves in."

Army leaders are also in the midst of reforming the Army to ensure the highest priority activities receive the resources they need.

One such priority is long-range precision fires, which has degraded over the past several years of counterinsurgency operations while adversaries have improved their capability.

"In order to have maneuver, and we're supposed to be a maneuver Army, you have to have mass fires," Milley said. "We're recapturing it."

Along with its other priorities, Milley said the Army will continue to work "extremely hard" to modernize and maintain readiness across the force.

"The truth is, we are just beginning. We are just scratching the surface," he said. "This is really a process we have to continue to press on, and I believe that we have set conditions for success in the future, but we have not yet achieved success."

ESTATE NOTICE

Sgt. Jorden T. Williams passed away at his North Pole residence Jan. 2, 2019. Anyone having claims against or who is indebted to the estate of Sgt. Jorden T. Williams, of the 549th Military Working Dog Detachment, 17th Combat Sustainment Support Battalion, Arctic Support Command (Provisional), may contact 1st Lt. Evan Oncay, 539th Composite Truck Company (Light), 17th CSSB, ASC (P), Fort Wainwright, Alaska 99703, by phone at (907) 361-9551 or by email at evan.l.oncay@mail.mil.

ESTATE NOTICE

Spc. Ashvin Slaughter passed away in Fairbanks on Jan. 18, 2019. Anyone having claims against or who is indebted to the estate of Spc. Ashvin Slaughter, of Alpha Company, 3rd Battalion, 21st Infantry Regiment, 1st Stryker Brigade Combat Team, 25th Infantry Division, may contact 1st Lt. Christian Doyle, A Co, 3-21 IN, 1/25 SBCT, Fort Wainwright, Alaska 99703, phone (469) 742-3951 or email christian.n.doyle@mail.mil.

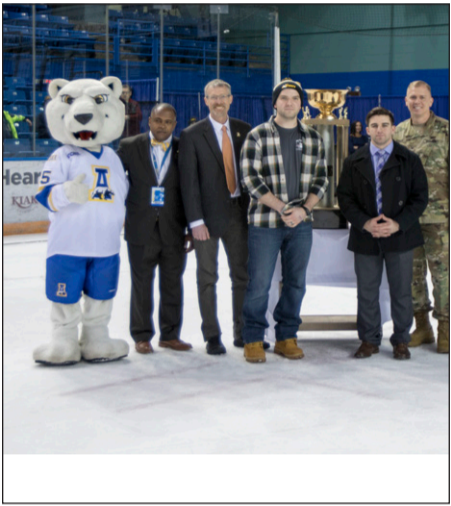




HOCKEY

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Photos from the 24th Annual Air Force vs. Army hockey game Jan. 19 at the Carlson Center, Fairbanks, Alaska. The Army team defeated the Air Force with a score of 9-2. Col. Sean Fisher, U.S. Army Garrison Alaska commander, presented the Commander's Cup to the team following the game, and to the team's captains during the first intermission of the Bowling Green Falcons vs. University of Alaska Fairbanks Nanooks hockey game that followed the Air Force vs. Army hockey game. (Photos by Daniel Nelson, USAG Alaska Public Affairs)



Fort Wainwright Family & MWR

Weekly Events

January 25 - February 1

26

Compeau Trail Snowmachine Trip

January 26
9 a.m. to 5 p.m.

Take a snow machine run with the folks at Outdoor Recreation! The Compeau Trail makes its way through the Chena River State Recreation Area, just outside of Fairbanks, and is a great place to experience the wilderness of Alaska without having to go too far.

Outdoor Recreation, building 4050
Call 361-6349, reservations recommended

26

Swim Lessons at Melaven Aquatics Center

January 26
11:30 a.m. to 12:15 p.m.

Register your kid for the Melaven Aquatics Center Level 1 swim lessons! The season runs January 26 through March 16, and is open to children 5-18 years old.

Melaven Fitness Center, building 3452
Call 353-1994, registration required

28

Health Nut: Vitamin D

January 28
11 a.m. to 11:30 a.m.

Stay healthy this winter with tips about vitamin D from the Bassett Army Community Hospital's Dietitian!

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

29

Tuesday Night Trivia

January 29
7 p.m. to 8 p.m.

Play with friends or challenge each other to see who will walk away the smartest. Winning teams will receive prizes! Practice for trivia night by following @WainwrightMWR on Instagram, and join in on Trivia Prep Mondays.

Warrior Zone, building 3205
Call 353-1087

1

Family Night Climbing

February 1
5:30 p.m. to 8 p.m.

Get out of the cold weather for a night and come learn all the basics of climbing with your family! All skill levels are welcome.

Outdoor Recreation, building 4050
Call 361-6349, registration recommended

Please be aware of schedule adjustments due to the upcoming holidays. See www.wainwright.armymwr.com for updated information.

SCIENCE 'N ACTION
FEBRUARY 19, 2-6 P.M.
LAST FRONTIER COMMUNITY ACTIVITY CENTER
FREE
SPACE IS VERY LIMITED
REGISTRATION REQUIRED

REGISTRATION REQUIRED
Last Frontier Community Activity Center
1044 Apple Street (907) 353-7755
www.wainwright.armymwr.com
@WainwrightMWR #WainwrightLFCAC

MWR



Join the Outdoor Recreation team for a little ice fishing action at Birch Lake!
Find out more at www.wainwright.armymwr.com

21 DAY FITNESS CHALLENGE

BEGINS MARCH 6
DEADLINE TO REGISTER: FEBRUARY 27
REGISTER WITH B.O.S.S. OR YOUR B.O.S.S. REPRESENTATIVE*

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MWR

THE WARRIOR ZONE PRESENTS

FEBRUARY 3rd
SUPER BOWL 2019

GAME ON! DOORS OPEN AT 1 P.M.

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MWR

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Valentine's STRIKE INTO LOVE PARTY

FEBRUARY 16th
11 A.M. — 9 P.M.
2X GAMES, 2X SHOE RENTAL,
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History Snapshot: P-63 Kingcobra on the Northwest Staging Route

Vicki Madick

Fort Wainwright Environmental Division

As early as 1940, the Canadian-American Permanent Joint Board on Defense authorized the planning of a series of airfields from northern Alberta to Whitehorse, Yukon, and then into Alaska. The Northwest Staging Route, as the series of airfields became known, saw heavy use during World War II as part of the Lend-Lease Operation. Planes were ferried by American pilots from Gore Field in Montana, through Canada and into Alaska. Once at Ladd Field, the planes were transferred to Soviet personnel and flown by Soviet pilots across the Bering Strait and to the eastern front. The first Alaskan stop along the Northwest Staging Route was in Northway. Planes being flown from Montana regularly used auxiliary fuel tanks, as pictured here, to increase their range as refueling stops along the 2,210 mile route were infrequent.

Bell P-63 Kingcobra, circa 1944, with auxiliary fuel tanks at Northway, Alaska. (File photo)



Soldier Center partners with industry experts to advance exoskeleton technologies

Research, Development and Engineering Command Soldier Center Public Affairs

David Audet, chief of the Mission Equipment and Systems Branch in the Soldier Performance Optimization Directorate, at the Research, Development and Engineering Command's Soldier Center, is gearing up his team for the next User Touch Point activities to explore exoskeleton options later this month.

"As we explore the more mature exoskeleton options available to us and engage users, the more we learn about where the possible value of these systems is to Army operations," said Audet.

"Before the Army can consider investing in any development above what industry has done on their own, we need to make sure that users are on board with human augmentation concepts and that the systems are worth investing in. The Army is not ready yet to commit.

NSRDEC [RDECOM Soldier Center] has a lead role in working with PEO-Soldier and the Maneuver Center of Excellence, Fort Benning, to determine whether or not a longer-term investment in fielding new technologies is justifiable. But this is what we do best. We find the options and create the partnerships to help us figure it out."

Recent media has brought a lot of attention to the Lockheed Martin Missiles and Fire Controls, or LMMFC, ONYX, a Popular Science award recipient for 2018.

As innovative as it is, and with all the attention on the Soldier Center's \$6.9 million Other Transaction Agreement award, it's easy to get caught up in the moment and lose perspective of the overall work the Soldier Center is actually doing.



Soldiers from Army's 10th Mountain Division at Fort Drum, New York, were able to get hands on and try two of the current human augmentation technologies (pictured here) being pursued by the Research, Development and Engineering Command Soldier Center. The Soldier on the left is wearing the ONYX and the Soldier on the right is wearing the ExoBoot. (Photo by Research, Development and Engineering Command Soldier Center)

Out of the 48-month phased effort, roughly \$680,000 has been put on the LMMFC OTA – currently focused on having enough systems to take to the field for operational evaluation. Although performing, the technology has yet to prove itself in a full operational exercise before moving forward. And while LMMFC is highly confident in their product and continues to invest their funding on further developing the system for commercial use, the Soldier Center is also looking at other technologies.

Located in Maynard, Massachusetts, Dephy, Inc.'s ExoBoot is another entrant in the program. The Dephy ExoBoot is an autonomous foot ankle exoskeleton that was inspired by research done at the Massachusetts Institute of Technology under collaboration with the Army. It is currently under consideration for evaluation during the third and fourth quarter of 2019. Brig. Gen.

David M. Hodne has worn the ExoBoot during Soldier Center program updates and is quite intrigued by the capability. User feedback will determine if both systems move forward and under which considerations.

"Under ideal conditions, we would favor a full development effort," said Audet. "However, given the push for rapid transition and innovation, we can save the Army a lot of time and money by identifying and vetting mature technologies, consistent with the vision of the Army Futures Command.

"In order to achieve the goal of vetting and providing recommendations, NSRDEC [the Soldier Center] and PEO-Soldier are strong partners, teamed up to work with third party independent engineering firms such as Boston Engineering out of Waltham, Massachusetts. The engineering analysis of systems will provide an unbiased system-level analysis of any of the technologies under consideration, following rigorous analysis of the capabilities as they exist, the operational

parameters provided by users and assessment of how humans will use and interact with the systems."

"We are confident products will succeed or - at a minimum - fill a gap we have not been able to address by any other materiel or training means," said Audet.

"We will be prepared to transition, but we know there is a road ahead before we get there. We aren't committing to anything more than to bring the systems to a demonstration and educate the community at large on what these preliminary technologies can offer. In the meantime, we add a layer of third party independent analysis as a reassurance policy that we are mitigating bias and staying laser focused on user needs and meeting the demands of the future warfighting landscape."

Military OneSource: more than a toll-free number

Paola Pacheco

Alaska Military OneSource Consultant

Did you know that Military OneSource is bigger than a 24/7/365 toll free number? That the program offers more than just free non-medical counseling. Or that it provides assistance for the deployment readiness cycle? Military OneSource is a Department of Defense funded program that aids eligible service and Family members with building resiliency; both within the military culture and on the homefront. To help strengthen one's resiliency skillset, Military OneSource offers many activities that you and your family members can partake in. For example:

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(Courtesy illustration)

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Digital environment teaches Soldiers lessons of modern battlefield

Sam Campbell

The U.S. Army Engineer School combined forces with the U.S. Army Military Police School and presented a virtual staff ride overview brief Jan. 17 at Fort Leonard Wood's Digital Training Facility. The objective of the brief was to discuss the future utilization of Large-Scale Combat Operations VSRs, such as the newly developed World War II Stalingrad and Korean War Chipyong-ni VSR.

VSRs are created in a digital 3D environment, which allows Soldiers to examine, analyze and discuss the effect terrain has on combat operations.

The VSR permits Soldiers to be taught in classrooms as opposed to traditional staff rides, which require physical travel to a battlefield, budget allocations and a fair allotment of time.

In addition to easing logistical concerns, a VSR enables aerial and first-person viewing of battlefields that no longer exist, that have been severely altered in their physical presence, or are currently too hazardous to visit, such as Afghanistan's Waygal Valley.

According to Florian Waitl, USAES command historian, some historical recreations are more beneficial for one branch than the other due to the nature of the operations and discussions of the historical events being presented to the students.

"Engineers like to take a closer look at historical mobility and countermobility operations, while MPs are interested in route reconnaissance or convoy security operations," he said. "One of the VSRs offered is the Palm Sunday Ambush, which can be seen as the hallmark VSR of the MP Corps due to the actions of Staff Sgt. Timothy Nein and Sgt. Leigh Ann Hester during an insurgent ambush on a U.S. convoy in Iraq on March 20, 2005. The MP Soldiers' actions are discussed in detail during the VSR, which not only resulted in saving countless lives but also resulted in Hester being the first woman since World War II to receive a Silver Star and the first woman ever to be cited for heroism in close quarters."

Waitl said each school has different needs and goals during the infused history lessons, but the change from counterinsurgency to large-scale combat operations really brought the two schools' historians together to find better historical battles to prepare today's warfighter – engineers and military police Soldiers.

"We really want to tailor the new staff rides to all of our needs, which is the reason why we invited such a broad front of educators from both schools," he said.

Waitl said by looking at Chipyong-ni and Stalingrad as the possible standard for future virtual staff rides in the classroom, they will be able to add the discussion of the evolution of doctrine and help the students understand the reasons for some of the Army's modern doctrine.

Ron Miller, USAMPS command historian, agreed. "The new VSRs are also more contemporary," Miller said. "Aerial resupply – you didn't have that in Wilson's Creek."

Waitl said educating engineers and military police side-by-side with the help of a VSR utilizing a historical LSCO battle is feasible and conceivable.

"With Chipyong-ni, we can really build an awesome product for both of our schools, which will be so much better than the traditional staff rides currently conducted on Civil War battlefields in the vicinity of Fort Leonard Wood," Waitl said.

Miller echoed Waitl's enthusiasm for the VSR's versatility. "A lot of the lessons learned are applicable across the board, especially when it comes to leadership and decision-making."

The virtual staff ride also allows instructors to adjust weather conditions to match significant historical circumstances, like the Korean War's winter of 1951, or potential scenarios like maneuvering under heavy fog.

Despite its lower fiscal, time and logistical requirements, the virtual staff ride shares the ability with its traditional counterpart to affect Soldiers on a more visceral level than a map could.

"The leadership aspect, the human dimension, must be found in a staff ride, field or virtual, and it must hit the heart if you want to be successful and reach your students," Waitl said.

The command historians said they look forward to the expansion of virtual staff rides.

"History matters," Waitl said. "The Soldiers have to get something out of the discussion of historical actions, and it must inform and transform them in their profession of arms, otherwise we failed them."

The briefing was attended by doctrine analysts, training and curriculum developers and leaders from the Basic Officer Leader Course, Captains Career Course, Engineer Warrant Officer Basic Course, Engineer Warrant Officer Advanced Course, Engineer Prime Power School and current students of the Reserve Engineer Senior Leader Course.



A virtual Soldier surveys the territory of Bomol, Afghanistan, during a virtual staff ride held Jan. 14, at the Digital Training Facility. (Courtesy screen shot)

"That is something you will not get out of a Wilson's Creek Staff Ride," he said.

Although staff rides to Civil War battlefields are beneficial, Waitl said VSRs offer a different experience.

"The scale of the battle was obviously much smaller and the connection between a Civil War battle, and the threats we face today against peer and near-peer competitors are just not easily conveyed as can be done by a modern VSR. Multi-domain operations is the future of warfare, and it seems if we reach back too far into our past history, too many students will get lost and will never reach the learning outcomes we would like them to achieve."

HERO

Continued from page 3

Savannah's father, Sgt. Marshall VanHook, a recruiter with the Herriman U.S. Army Recruiting Station, recognized the sound immediately and directed his daughter and wife, Sarah, into a T-Mobile store to take cover.

Vanhook then ran toward the commotion.

"I saw the flash, and I heard the shots. I knew immediately what it was; it's very distinctive," recalled Vanhook. "My first response was to make sure my family was taken care of ... and then it was just a matter of 'I need to stop this before it gets to my family,' so I took off. I ran toward where I thought the threat was at. While I was running there really were no thoughts other than 'take care of business.'"

Vanhook ran through the mall and made his way outside in an attempt to see the shooter to get a description, he explained.

"I got out to the parking lot and it was a bit of chaos, people were running and I had no idea where they went," he said. "I just came back and that's where I saw the two victims."

The two victims, an adult male and adult female, were starting to fall to the ground. He ended his search for the gunmen and jumped into action to assist saving lives.

"It was just a matter of getting to work," said Vanhook.

A mobile phone video from fellow shoppers captured his next actions. VanHook removed his belt and created a makeshift tourniquet above the woman's visible gunshot wound. Keeping a calm disposition, he directed an observer to use her scarf to apply direct pressure to the leg injury while he moved on to assess the man's condition.

Vanhook has served in the U.S. Army Reserve for nine years. Before joining the Herriman recruiting team four months ago, he served as a civil affairs specialist with the 321st Civil Affairs Brigade. There, he received first aid response training, including Combat

Lifesaver in 2014.

"Because of the Army, it instilled something in me to react in danger and not to flee from it," explained VanHook.

Combat Lifesaver Course is the next level of first aid training after Army Basic Training Course. It provides in-depth training on responding to arterial bleeding, blocked airways, trauma, chest wounds and other battlefield injuries. The course was presented as realistically as possible, making it effective and easier to apply in a real scenario, explained VanHook.

"You go over [the training] and over it. It's just a matter of muscle memory," he said. "There really wasn't thought. It was action."

Although VanHook doesn't consider himself a hero, his leaders feel he has represented himself and the Army well.

"His actions definitely, I think, were heroic," said Lt. Col. Carl D. Whitman, commander of the U.S. Army Recruiting Battalion (Salt Lake City). "Most people don't normally run to the sound of the guns, if you will... but he's a Soldier and went into action as Soldiers do.

We're well-trained. His training and that mindset took over.

"A lot of folks out there may call him or other Soldiers that do that a hero, but I think those of us in uniform don't see ourselves that way, and I know he doesn't, but definitely his actions were heroic," Whitman said. "His actions resulted in saving a couple people's lives."

VanHook explained after everything that occurred, his family is doing well but it all seems surreal.

"It doesn't feel real," he said. "It makes me angry. I'm a little angry that something like that happened. It was my daughter's birthday, and it kind of messed it up. We had plans that night, and because of the incident, it kind of got put on hold."

He explained his wife was scared to leave the house following the shooting, but now they are working together to get back to normal life. His daughter Savannah, too young to realize the weight of the incident, he said, described the evening as "not how she wanted to spend her birthday."

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