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February 22, 2019

Hell Fighters receive heroes' welcome 100 years ago in New York

Eric Durr
New York National Guard

It's African-American History Month and a fitting time to recall the black Soldiers of the New York National Guard's 15th Infantry Regiment, who never got a parade when they left for World War I in 1917.

There were New York City parades for the Guardsmen of the 27th Division, 42nd Division and the draftee Soldiers of the 77th Division.

But when the commander of the 15th Infantry asked to march with the 42nd – nicknamed the Rainbow Division – he was reportedly told that “black is not a color of the rainbow” as part of the no.

But on Feb. 17, 1919, when those 2,900 Soldiers came home as the “Harlem Hell Fighters” of the 369th Infantry Regiment – New York City residents, both white and black – packed the streets as they paraded up Fifth Avenue.

HEROES' WELCOME

“Fifth Avenue Cheers Negro Veterans,” said the headline in the New York Times.
“Men of 369th back from fields of valor acclaimed



Sgt. Henry Johnson waves to well-wishers during the 369th Infantry Regiment march up Fifth Avenue in New York City on Feb. 17, 1919, during a parade held to welcome the New York National Guard unit home. Johnson was the first American to win the French military's highest honor during World War I. More than 2,000 Soldiers took part in the parade up Fifth Avenue. The Soldiers marched seven miles from downtown Manhattan to Harlem. (Photo by U.S. Army)

by thousands. Fine show of discipline. Harlem mad with joy over the return of its own. ‘Black Death hailed as conquering hero’” headlines announced, descending the newspaper column, in the style of the day.

“Hayward leads heroic 369th in triumphal march,” the New York Sun wrote.

“Thongs pay tribute to the Heroic 15th,” proclaimed the New York Tribune.

“Theirs is the finest of records,” the New York Tribune wrote in its coverage of the parade. “The entire regiment was awarded the Croix de Guerre. Under fire for 191 days they never lost a prisoner or a foot of ground.”

For that day, the Soldiers the French had nicknamed “Men of Bronze” were finally heroes in their hometown.

CREATION OF THE 15TH NEW YORK INFANTRY

In the early 20th Century, black Americans could not join the New York National Guard. While there were African-American regiments in the Army there were none in the New York National Guard.

In 1916, New York Gov. Charles S. Whitman authorized the creation of the 15th New York Infantry to be manned by African-Americans – with white officers – and headquartered in Harlem where 50,000 of the 60,000 black residents of Manhattan lived in 1910.

See HEROES on page 2

Resurrecting the 52-year-old pipe organ at Fort Greely's chapel

Tim Ellis
KUAC - Fairbanks

The old pipe organ in the chapel at Fort Greely will soon again be belting out gospel tunes, if Army officials approve the post chaplain's request to allow a pipe-organ expert from Nenana restore the rare 52-year-old instrument.

When Art Thompson fired up the old pipe organ earlier this month, it blared out a single note called a cipher that just wouldn't go away.

sticking, which is what caused the cipher.

“OK, we should be able to get the full organ sound now that I've got that note quieted down. So this is pretty much everything it has,” Thompson said as he blasted the keys at full volume.

Thompson says despite some wear and tear and a bit of water damage it's suffered over the years, the organ still has a pretty good sound.

“When you consider the mechanical complexity of this, of this, it's really



The Fort Greely Chapel (Photo by Tim Ellis, KUAC – Fairbanks)

“And it's a trumpet, too,” Thompson said. “That's not a good one to be stuck.”

Thompson's a semi-retired broadcast engineer with a 35-year passion for pipe organs.

“I've always loved pipe organs,” Thompson said. “I've worked on and off on them professionally over the last, gosh, almost 35 years.”

He's excited about the one at the Fort Greely chapel. It's one of about a half-dozen playable organs statewide. And it's in pretty good shape.

“There's a lot of little things that are going to have to be gone through on it,” Thompson said. “From what I understand, it hasn't played in a number of years.”

A lot of those little things involve catch up maintenance, like pedalboard adjustment, to stop the pedals from

quite amazing that it even works,” Thompson said.

Thompson says it needs a full tuning, and some of the 916 pipes need attention. But it sounds better than it did when he first sat down at the keyboard back in December.

“It took a while to wake it up, by the way,” Thompson said. “I think Chaplain Fritts can attest to that. When we first got here, hardly anything played.”

That's Lieutenant Colonel Paul Fritts, the post chaplain. Fritts says he's asked around, but nobody has been able to tell him how long it's been since anyone has played the organ.

“I can't say when it was last played. It's probably been many, many years,” Fritts said.

See ORGAN on page 6

Japanese soldiers exchange medical expertise with Arctic Wolves

2nd Lt. Gabriel Gonzaga

Members of the Japan Ground Self Defense Force's 72nd Tank Regiment partnered with medics from 1st Stryker Brigade Combat Team in an effort to share their expertise and knowledge of equipment on Fort Irwin, California, Jan. 27.

The medics from both countries exhibited their field ambulances and introduced unique equipment and techniques they each employ during medical emergencies. It was the first meeting for the two groups, as most of the JGSDF soldiers arrived the day prior.

“We know that when we get to the force-on-force fight and begin to engage the exercise's enemy, there will be casualties that are going to need help,” said Maj. Robert Hales, the Stryker Brigade surgeon. “We are not going to be concerned whether it is a Japanese or American that is injured, if it's one of our team that's hurt, the closest available medics will respond, and knowing the capabilities and procedures of each country is imperative to our success,” Hales said.

Soldiers from both sides toured the evacuation vehicles and discussed best practices from their experiences. Noting that their nine-line MedEvac procedures were not the same, the two worked to sync

their processes. Each side appreciated gaining a shared understanding of what needs to be relayed during emergencies to ensure that help can come to the right location with the proper equipment.

“Working together to deconflict our nine-line procedures helps us increase our interoperability and essentially our combat power for our upcoming rotation together,” said Spc. Hudson Newell, a medic who briefed the Japanese soldiers throughout the meeting.

The exchange also helped build a relationship between the two units as they prepare for the National Training Center's rotational exercise #19-04, which officially started Feb. 4. The 72nd Tank Regiment will be the largest group of JGSDF personnel to go through a deployment at the training center, with 500 soldiers and their equipment. The NTC will analyze the brigade's ability to destroy the enemy and improve it to make it more lethal. Conducting this rotation ensures the unit has lethal battalions that can shoot, move and communicate on the modern battlefield and will be highly trained and ready when the nation calls.

“It is remarkable that they use Strykers in a field ambulance role for direct care of casualties,” said Sgt. Annbo Masayuki, one of the JGSDF soldiers attending the exchange. “Even hiding the Red Cross message with a folding panel is amazing.”



Soldiers from the Japan Ground Self Defense Force's 72nd Tank Regiment and 1st Stryker Brigade Combat Team, 25th Infantry Division, host an exchange to showcase their medical vehicles, equipment and procedures on Fort Irwin, California, Jan. 27. The two military units are preparing for their combined rotation at the National Training Center that began Feb. 4. (Photo by 2nd Lt. Gabriel Gonzaga)

WEEKEND WEATHER

Friday



Partly cloudy, with a high of 8 and a low of -7 degrees

Saturday



Partly cloudy, with a high of 16 and a low of 1 degrees.

Sunday



Partly cloudy, with a high of 22 and a low of 4 degrees.



**U.S. ARMY ALASKA
COMMANDING GENERAL
HOUSING TOWN HALL**

**LAST FRONTIER COMMUNITY ACTIVITY CENTER
TUESDAY, FEBRUARY 26TH, 2 P.M.**

Nutrition Corner: Colorful Plate

Aimee Duncan
Medical Department Activity –
Alaska, Registered Dietitian

Health experts are always reminding patients to “eat a rainbow of foods” or filling up the plate with a variety of colors. Why is that? It can be assumed that they want people to eat fruits and veggies, which is true, but why so many different colors?

The truth is, the colors of fruits and vegetables can represent the different antioxidants and vitamins that are within the food. Eating a variety of colors ensures that a bounty of vitamins and healthy phytochemicals are in the diet. Here

is a review of the common colors from fruits and vegetables.

The color red is most associated with the antioxidant lycopene. Lycopene has been known to decrease the risk of cancer, specifically prostate. This can be found in foods like tomatoes and tomato products, guava, pink grapefruit and watermelon.

Dark orange foods can be high in beta-carotene, which is another antioxidant that protects cells from damage. Carrots, butternut squash, sweet potatoes and apricots contain this nutrient. The body also converts beta-carotene to vitamin A, which provides health benefits for the eyes and the immune system.

Another group of colorful fruits

and vegetables contain a component known as anthocyanins. This pigment is shown as dark blue or purple like berries, red grapes, cherries and purple cabbage. These foods can benefit the heart and brain while protecting cells from damage as well.

Green veggies contain a substance called lutein. It is known to protect eye health and may potentially reduce the risk of cancer. Foods containing lutein include kale, spinach and collard greens.

Finally, a group called anthoxanthins is associated with white or cream-colored fruits and veggies. Cauliflower, onions, potatoes and mushrooms fall in this category. They work similarly

to anthocyanins by protecting cells against damage and may be beneficial for the heart.

While it is common sense that consuming more fruits and vegetables contributes to better health, it is also important to vary the colors eaten. Current guidelines recommend specific amounts of green and red/orange veggies be eaten weekly. Adults should consume one and half to two cups of dark green veggies each week. Four and a half to six cups per week of red and orange veggies is also recommended. Regardless of the color, adults should eat two and a half to three cups of veggies daily. Vary your veggies by keeping your plate colorful!

Fort Greely employee assumes command



Fort Greely Department of Public Works contract management specialist and Army Reservist, Maj. Mathea Meurer (right), assumes command of the 407th Expeditionary Civil Engineer Squadron by receiving the guidon from Col. Scott Gibson (left) during the 407th ECES change of command ceremony at an undisclosed location in Southwest Asia on Jan. 25, 2019. The passing of the guidon is a symbolic gesture steeped in military tradition signifying the transfer of command authority from one leader to the next. (Photo by U.S. Air Force Tech. Sgt. Clinton Atkins)

MEDDAC Minute

Brandy Ostanik
Medical Department Activity –
Alaska, Public Affairs

years of age. For applications or more information email misty.bruce@redcross.org.

WELLNESS CENTER

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.

BILLING QUESTIONS?

The Uniform Business Office located at Bassett Army Community Hospital is here to assist you with any billing questions you may have. UBO bills patients and insurance accompanies for medical and dental services provided. To ensure your private sector insurance is properly billed, please ensure your information is correct in DEERS and submit your insurance information at your next appointment. For questions regarding billing, call 361-5343.

MEDICAL ASSISTANT PROGRAM

In partnership with the Red Cross, a newly implement Medical Assistant Program is now accepting applications. Applicants must have a government issued ID card, a high school diploma or equivalent and be at least 18

PERFORMANCE TRIAD TIP

Do you have a positive attitude about losing weight? Your attitude has everything to do with your ability to be successful! A negative attitude is a path to failure. But a positive attitude will lead you to success.

JOE WANTS TO KNOW

We want to hear from you. The Joint Outpatient Evaluation System is randomly mailed to beneficiaries requesting input on appointment satisfaction. Your responses will assist Medical Department Activity - Alaska leadership to improve services and your overall experience. Look for your envelope in the mail.

IMPORTANT PHONE NUMBERS

Emergency: 911
24 Hour Nurse Advice Line:
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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

Red Cross Announces Free Medical Assistant Training Program

Program to be held in partnership with Bassett Army Community Hospital

American Red Cross of Alaska

The American Red Cross of Alaska Service to the Armed Forces program in the Fairbanks area is launching its first ever Medical Assistant Program. The program, which is free of charge to members of the military community, will take place in partnership with the Bassett Army Community Hospital.

Applications for the Medical Assistant Program started Feb. 8, 2019 at the following locations:

- 3601 Santiago Ave., Suite 215, Fort Wainwright, Alaska 99703
- Bassett Army Community Hospital, 2nd Floor-HR Suite, Fort Wainwright, Alaska 99703
- 3501 Lathrop St. Unit G, Fairbanks, Alaska 99701
- Via email at misty.bruce@redcross.org

The application deadline is April 30, 2019 at 4 p.m. Interviews for the program will take place May 2 and 3, 2019 and classes will begin Aug. 20, 2019. The program capacity is 12 students.

Applicants must be a dependent, retiree, veteran or dependent of a contractor with access to military installations. Applicants must also be a U.S. citizen, be 18 years of age or older

and have a high school diploma or equivalent by the program start date. Applicants must commit to complete the program from start to finish and pass a security clearance.

FOR MORE INFORMATION

Misty Bruce, Service to the Armed Forces specialist for the Red Cross of Alaska serving the Far North and Interior, and Kathy Hamby, volunteer partner for Service to the Armed Forces serving the Far North and Interior, are available for interviews and to provide more details on the upcoming program. To schedule an interview, please contact Misty Bruce directly at 907-987-4178.



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The Interior Military News Connection

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The ALASKA POST – The Interior Military News Connection

The Chaplain's Corner

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

Georg Wilhelm Friedrich Hegel was a 19th century German philosopher who wrote: "What experience and history teach is this - that people and governments never have learned anything from history, or acted on principles deduced from it" (Philosophy of History, introduction). Evidence for the truth of this statement seems to mount whenever a politician appears on television. Consider, for example, the multiple scandals currently afflicting senior government officials in Virginia. National discourse that rightly agonizes over the sins of America's racist past is, unfortunately, not new.

Mainstream Christianity accepts that racism, defined by Merriam-Webster as "a belief that race is the primary determinant of human traits and capacities and that racial differences produce an inherent superiority of a particular race," is sinful. In other words, Jesus' redemptive sacrifice on the cross was for humankind, not specifically for those of a particular race, religious creed or income tax bracket. The

Apostle Paul shores up this understanding by addressing an issue dividing the early Church with words that have a more universal application today: "...for all have sinned and fall short of the glory of God, and all are justified freely by his grace through the redemption that came by Christ Jesus" (Romans 3:23-24). Anticipating the human heart, Paul ambushes the thinking of anyone considering how to exploit God's forgiveness by declaring in Romans 6:1, "Shall we go on sinning so that grace may increase?" Of course not. We have all sinned, and we all have an opportunity to be forgiven our sins. Nevertheless, as the Virginia scandal continues to unfold it presents Christians with an opportunity to wrestle with questions of sin and forgiveness.

For example, given that individuals seem either unwilling or unable to learn the lessons of history, should Christians who behave in ways considered racist still be forgiven? Is there a "statute of limitations" on racist behavior? Should allowances be made for age, experience and the "spirit of the times?" What is the expectation for future behavior? Should repeat offenders

be punished? How often? How severely? What is the responsibility of those who observe the offense to speak out? What should happen if they remain silent? Many will point to Jesus' pronouncement in Matthew 18:21-22 when Peter asks, "Lord, how many times shall I forgive my brother or sister who sins against me? Up to seven times?" Jesus answered, "I tell you, not seven times, but seventy-seven times." Understanding the context of a verse is often complex and always important, but biblical scholars generally agree that Jesus' statement means one should forgive an unlimited number of times. This seems like great news for the sinner and a potential burden for the forgiver. Unless...

Remember what Paul wrote in Romans 6:1? Along with the blessing of receiving forgiveness is an implicit responsibility not to continue sinning "that grace may increase" but to begin learning how to want the things that God wants. The U.S. Army observes African American/Black History Month each year in February. May we all learn from history and act on the principle of wanting what God wants for one another this month and every month.



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

HEROES

Continued from page 1

When the New York National Guard went to war in 1917, so did the 15th New York. But when the unit showed up in Spartanburg, South Carolina, to train, the Soldiers met discrimination at every turn.

To get his men out of South Carolina, Col. William Hayward, the commander, pushed for his unit to go to France as soon as possible. So in December 1917, well before most American Soldiers, the men from Harlem arrived in France.

At first, they served unloading supply ships.

But the French Army needed soldiers and the U.S. Army was ambivalent about black troops. So the 15th New York, now renamed the 369th Infantry, was sent to fight under French command, solving a problem for both armies.

FIGHTING UNDER FRENCH COMMAND

In March 1918, the 369th was in combat. And while the American commander, Gen. John J. Pershing, restricted press reports on Soldiers and units under his command, the French Army did not.

When Pvt. Henry Johnson and Pvt. Needham Roberts won the French Croix de Guerre for fighting off a German patrol, it was big news in the United States. A country hungry for war news and American heroes discovered the 369th.

The 369th was in combat for 191 days; never losing a position, never losing a man as a prisoner and only failing once to gain an objective. Their unit band, led by famed bandleader James Europe, became famous across France for playing jazz music.

of that memorable occasion."

"He stood up in the car and clutched a great bouquet of lilies an admirer had handed him," the Tribune wrote about Johnson. "Waving this offering in one hand and his overseas hat in the other, the ebony hero's way up Fifth Avenue was a veritable triumph."

"Shouts of 'Oh you Henry Johnson' and 'Oh you Black Death,' resounded every few feet for seven long miles followed by condolences for the Kaiser's men," the New York Times reported

Along the route of the march, Soldiers were tossed candy, cigarettes and flowers, the newspapers noted. Millionaire Henry Frick stood on the steps of his Fifth Avenue mansion and waved an American flag and cheered as the men marched past.

When the 369th turned off Fifth Avenue onto Lenox Avenue for the march into Harlem, the welcome grew even louder, the New York Sun reported.

"There were roars of welcome that made all the music of the day shrink into itself," the Sun reporter wrote. And although the 369th Band had 100 musicians, nobody could hear the music above the crowd noise, the reporter added.

People crammed themselves onto the sidewalk and into the windows of the buildings along the route to see their Soldiers come home.

"Thousands and thousands of rattlesnakes, the emblem of the 369th, each snake coiled, ready to strike, appeared everywhere, in buttonholes, in shop windows and on banners carried by the crowd," the New York Times reported.

"By the time the men reached 135th Street they were decorated with flowers like brides, husky black doughboys plunking along with bouquets under their arms and grins on their faces that one could see to read by," the Sun reported.



Soldiers of the 369th Infantry Regiment parade up Fifth Avenue in New York City on Feb. 17, 1919, during a parade held to welcome the New York National Guard unit home. More than 2,000 Soldiers took part in the parade up Fifth Avenue. The Soldiers marched seven miles from downtown Manhattan to Harlem. (Photo courtesy of the National Archives)

369TH HOMECOMING

When the 369th arrived in Hoboken, New Jersey, on Feb. 10, 1919, the New York City Mayor's Committee of Welcome to the Homecoming Troops began planning the party.

On Monday, Feb. 17, the Soldiers traveled by ferry from Long Island and landed at East 34th Street.

They marched up Fifth Avenue and passed a reviewing stand that included Gov. Al Smith and Mayor John Hylan at Sixtieth Street. The official parade route would cover more than seven miles from 23rd Street to 145th Street and Lenox Avenue in Harlem.

"The negro Soldiers were astonished at the hundreds of thousands who turned out to see them and New Yorkers, in their turn, were mightily impressed by the magnificent appearance of these fighting men," the New York Times reported.

"Swinging up the avenue, keeping a step spring with the swagger of men proud of themselves and their organization, their rows of bayonets glancing in the sun, dull-painted steel basins on their heads, they made a spectacle that might justify pity for the Germans and explain why the boches gave them the title of the "Blutdurstig schwartze manner" or "Bloodthirsty Black men," the Times reporter wrote.

Lt. James Reese Europe marched with his band, the New York Tribune noted, while Sgt. Henry Johnson, who had killed four Germans and chased away 24 others, rode in a car because he had a "silver plate in his foot as a relic

At 145th Street, the parade came to its end and families went looking for their Soldiers.

"The fathers and mothers and wives and sweethearts of the men would no longer be denied, and they swooped through police lines like water through a sieve," the Sun wrote.

"The Soldiers were too well trained to break ranks but when a mother spied her son and threw her arms around his neck with joy at getting him back again, he just hugged her off her feet," the paper wrote.

With the parade over, the men were guided into subway cars and headed to the Park Avenue Armory, home of the 71st Regiment, for a chicken dinner and more socializing. The regimental band, which had begun playing at 6 a.m. and performed all day, finally got a break during the dinner and the men lay down to rest.

The New York Times noted that the band boasted five kettle drums presented to the unit by the French Army "as a mark of esteem." They also had a drum captured from a German unit that had been "driven back so rapidly that they lost interest in bulky impedimenta."

The New York Times estimated that 10,000 people waited outside the armory and "all the spaces about the Armory were packed with negro women and girls." The Soldiers inside ate quickly and came back out to find their families.

"I saw the allied parade in Paris and thought that was about the biggest thing that had ever happened, but this had it stopped," Lt. James Reese Europe, the band's commander, told the New York Sun reporter as the party ran down.

ESTATE NOTICE

Sgt. Brian P. Sawyer passed away in Washington on Feb. 11, 2019. Anyone having claims against or who is indebted to the estate of Sgt. Brian Sawyer, of Headquarters and Headquarters Company, 1st Battalion, 52nd Aviation Regiment, 16th Combat Aviation Brigade, may contact 2nd Lt. Edward O. Johnson, HHC, 1st Battalion, 52nd Aviation Regiment, 16th Combat Aviation Brigade, Fort Wainwright, Alaska 99703, phone (907) 353-4441 or email edward.o.johnson43.mil@mail.mil.



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Army Recruiting selects athletes for new competitive Warrior Fitness Team

U.S. Army Recruiting Command Public Affairs

Fifteen Soldier-athletes will be the first members of the new Warrior Fitness Team, the latest addition to the line-up of outreach programs developed to support the U.S. Army's recruiting effort.

More than 350 Soldiers from units across the Army applied for the competitive team, and 25 were invited to Fort Knox from Feb. 8 to 10 for tryouts.

The new Warrior Fitness Team has been established as part of the U.S. Army Recruiting Command to help create awareness about career opportunities and benefits of service among a highly motivated and physically qualified population.

"It is an opportunity to provide education and promote holistic health and well-being," said Capt. Allison Brager, one of the 15 selected for the team. "It's a chance to plan my career around my lifestyle by engaging in a community that values the pursuit of excellence, embodies the 'iron philosophy,' and inspires others to do the same."

Brager is a neuroscientist currently working at Walter Reed National Institute for Medical Research in Washington, D.C.

Brager and the other Soldiers who attended the team tryouts faced three grueling individual workouts and one team workout to test their physical capabilities.

"As I walked through those doors of the gym [for tryouts], it was like my mind had not yet caught up with my body," said Staff Sgt. Neil French, who was selected for the team. "I knew where I was, but the realization that what I've been training for was finally here."

French, a military intelligence analyst with the 8th Army in South Korea, said he has had a passion for fitness since he was a child. Because his grandfather was a Marine, French originally wanted to join the Marine Corps, but he decided the Army was a better option for him due to greater opportunities for schools and training.

"The Army has provided me with so many amazing experiences and opportunities," French said. "Because of the Army, I've been able to learn a new language, meet amazing people who have become like a second family and travel to places I never thought I'd go."

While French, Brager and the other Soldiers selected for the team demonstrated their physical skills at tryouts, that was not the only test. A personal interview was also an important part of the process, as these Soldiers will serve as ambassadors for the Army's recruiting effort.

The members of the team are coming from a variety of



Spc. Jacob Pfaff performs an overhead squat during the U.S. Army Warrior Fitness Team tryouts. (Photo by Lara Poirrier)

locations and occupations. Many of the team members are already nationally ranked competitors who will now have the opportunity to compete in black and gold uniforms on behalf of the U.S. Army. The team will participate across the nation in various fitness competitions, to include CrossFit competitions and World-Class Strongman Competitions.

Sgt. First Class Anthony Fuhrman, an Army recruiter, is one of the members heading to the team's first official competition, the Arnold Festival USA from Feb. 28 to March 3 in Columbus, Ohio. Fuhrman recently won the World's Strongest Man competition in his category and placed second on the premiere episode of Dwayne "The Rock" Johnson's show The Titan Games.

In addition to competitions, the team members will participate in community engagement activities across the

country to share their personal Army stories and educate potential Soldiers and their influencers about the career, leadership and training opportunities the Army offers.

Congratulations to the members of the new U.S. Army Warrior Fitness Team:

- Capt. Allison Brager: neuroscientist, Walter Reed Medical Research Center, Washington, D.C.
- Staff Sgt. Gabriele Burgholzer: special operations recruiter, Special Operations Recruiting Battalion, Honolulu, Hawaii
- Capt. Kasandra Clark: aviation officer, 2nd Battalion 3rd General Support Aviation, Fort Stewart, Georgia
- Capt. Deanna Clegg: logistics officer, 46th Aviation Support Battalion, 16th Combat Aviation Brigade, Joint Base Lewis McCord, Washington
- Pfc. Jesse Coleman: infantryman, 1st Battalion, 509th Infantry Regiment, Fort Polk, Louisiana
- Staff Sgt. Neil French: intelligence analyst, 8th Army, Camp Humphries, South Korea
- Sgt. 1st Class Anthony Fuhrman: recruiter, U.S. Army Recruiting Command, Tampa recruiting Battalion
- Capt. Brian Harris: aeromedical evacuation officer, 1st Battalion, 223rd Aviation Regiment, Fort Rucker, Alabama
- Spc. Justin Loy: infantryman, 1st Battalion, 5th Infantry Regiment, 1st Stryker Brigade Combat Team, 25th Infantry Division, Fort Wainwright,

Alaska

- Capt. John Murphy: logistics officer, 1st Stryker Brigade Combat Team, 4th Infantry Division, Fort Carson, Colorado

- Spc. Jacob Pfaff: UH-60 Blackhawk helicopter repairer, 127th Aviation Support Battalion, Fort Bliss, Texas

- Capt. Rachel Schreiber: optometrist, West Point Medical Command, New York

- Capt. Ashley Shepherd: battalion commander, Baltimore Recruiting Battalion, Baltimore, Maryland

- 1st Lt. Chandler Smith: Captains Career Course, Fort Benning Georgia

- Sgt. 1st Class Carlos Zayas: Military Police Headquarters and Headquarters Company, 89th Military Police Brigade, Fort Hood, Texas

Army fields new handgun system to military police

Dawn M. Arden
Fort Leonard Wood

The U.S. Army began fielding M17 and M18 Modular Handgun Systems to the Military Police School at Fort Leonard Wood in December to replace the force's aging Beretta M9, a weapon that has been in use since the mid-1980s, and is quickly reaching its serviceability limits.

Sporting an integrated rail system, a polymer grip module and self-illuminating sights, the modernized 9 mm pistol produced by Sig Sauer couldn't have come at a better time, according to Mark Farley, USAMPS deputy commandant.

"The (Beretta M9s) we currently have are breaking more often, which causes readiness issues," Farley said. He explained that the school's M9s have fired on average about 20,000 to 30,000 rounds when a typical handgun will last through only about 10,000 before they start to have significant issues.

Gary Homer, USAMPS instructor, added, "With these 17 and 18s, you won't get degradation of the barrel until after 25,000 rounds. The new MHS has an exponentially longer lifespan or life expectancy."

Homer said every MHS is test fired before leaving the factory with 13 rounds – three to break in the weapon and 10 to test accuracy. He said each one must hit 10 out of 10 at 25 meters in a smaller than 3-inch group attesting to the gun's



The Army began fielding the modernized M17 and M18 Modular Handgun Systems to the Military Police School in December. The school is expected to receive about 1,400 weapons in total. (Photo by Lewis Perkins)

accuracy level.

Both Farley and Homer agree one of the biggest selling points of the new MHS is the modular grips, which come in small, medium and large that allow for the pistol to be modified to the individual shooter.

"The Military Police Corps, is about 16 percent female Soldiers, so this is a big deal when you're talking about Soldier lethality and accuracy," Farley said. "For all Soldiers to be able to hold that

weapon with a proper grip and use the right fundamentals of firing – it's very important in order for them to be able to engage the target and thereafter. One size does not fit all."

In addition to being able to add lights to the guns with the rail system, John Scarbrough, USAMPS instructor/writer, said another thing he likes about the modernized weapons is the consistent trigger. He said this will help the MP students coming through the school's

many courses.

"There is a more consistent trigger, so you don't have to get used to 12 and then a 4 1/2 or 5 1/2 pound trigger," Scarbrough said. "Your first shot is the same as your 17th shot."

He said the trigger pull in conjunction with the modular grips will improve overall accuracy.

"We have had students before who had to use two fingers to pull the trigger due to strength because of their hand position, or they're holding the gun in an awkward position so it's not managing recoil," Scarbrough said. "Those are the two biggest things that I think will help out whomever is shooting them."

Farley agreed and said it's not just the equipment that's being modernized. He said USAMPS recently changed their qualification tables as well.

"It came at the right time where we were trying to make training a little more stringent and harder. This gun won't make it easier, but it will ease some of the transition on this new qualification table that is just now being exposed to Soldiers in the field," Farley said. "It wasn't coordinated but it worked out well."

Farley said they are excited about the new gun, adding that it's long overdue. "The sooner we can get it fully fielded to the operational units and the full training base then operational readiness will be enhanced."

So far the school has only received a few hundred of these systems, but is expecting to receive approximately 1,400.

Fort Wainwright Family & MWR

Weekly Events

February 22 - March 1

22 Cosmic Bowling
February 22
9 to 11:55 p.m.

Kick off the weekend with stylish cosmic bowling! It is a non-stop, music pumping, high-fiving, total sensory overload, and you should most definitely be there!

Nugget Lanes Bowling Center, building 3702
Call 353-2654

23 Cross-Country Skiing for Beginners
February 23
10 a.m. to 2 p.m.

Take a loop around Glass Park with the crew at Outdoor Recreation and learn the basics of how to properly cross-country ski. Once finished, head inside for a hot tea break!

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

25 Health Nut:
Probiotics, Prebiotics, and Supplements
February 25
11 to 11:30 a.m.

Supplements can be overwhelming! Let the Bassett Army Community Hospital's Dietitian teach you what to put in your body and how much!

Last Frontier Community Activity Center, building 1044
Call 353-4227

1 Dr. Seuss Birthday Celebration!
March 1
5 to 7 p.m.

It's Dr. Seuss's birthday! What better way to celebrate than to throw a party? Let's use our imagination and have fun! Join in on games, crafts, cake, and more!

Last Frontier Community Activity Center, building 1044
Call 353-2642

1 Fat Tire Biking to Hoodoo
March 1
5:30 to 8 p.m.

Try Fat Tire Biking this winter! Start at Outdoor Recreation and bike to Hoodoo Brewery in downtown Fairbanks. Warm up at Hoodoo with the group and grab a drink. Everyone will be shuttled back to Outdoor Recreation at the end of the night. Must be 21 and older to sign up for this trip.

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.

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March 1
4-7 p.m.
Last Frontier Community Activity Center

games, crafts, cake!

MWR | MAC
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SPECIAL HOURS:
MARCH 11-15

MONDAY: 1-6 P.M.
TUESDAY: 1-6 P.M.
WEDNESDAY: 1-6 P.M.
THURSDAY: 1-6 P.M.
FRIDAY: 1-8 P.M.

HEALTH NUT:

National Nutrition Month

+ Proper Portion Sizes for Infants & Toddlers

FREE
March 18 | 11 - 11:30 a.m.
Last Frontier Community Activity Center
Presented by a Bassett Army Community Hospital Dietitian

History Snapshot: Sullivan's Roadhouse

U.S. Army Garrison Alaska Cultural Resources Program

The Sullivan Roadhouse Historical Museum is located in Delta Junction near the town's visitor center. The roadhouse was originally located 84.5 miles south of Fairbanks on the Donnelly-Washburn cutoff of the historic Valdez-Fairbanks Trail. It was built by Jack and Florence Sullivan in 1906, and was in operation until 1922. Originally located on the south bank of Little Delta Creek, it was moved when the cutoff trail was rerouted by the Alaska Road Commission in 1907. The Sullivans moved the roadhouse log by log 4.5 miles to the new trail. After being abandoned by the Sullivans in 1922, the roadhouse became incorporated into Fort Greely. Due to its historical significance, the roadhouse was listed on the National Register of Historic Places in 1978. As it stood on Army training grounds at the edge of an artillery range, the structure was moved out of danger in 1996 to its new home in the town of Delta Junction. The Delta Chamber of Commerce now owns and operates the roadhouse as a museum.

The Sullivan Roadhouse Historical Museum. (Photo courtesy of Casey Woster)



USAG ALASKA SAFETY NOTE

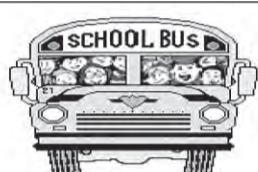
STAY OFF THE ICE!!!!

With the warmer temperatures we have had here in Fairbanks, the ice levels on the Chena River and lakes are not as thick as we usually have at this time of the year. Currently, it is **very unstable and dangerous**. Use caution if you go out on the ice, and keep well away from the edge of the ice. As the ice thins, it is becoming increasingly unsafe to drive a snow machine or ATV, or even ski on the ice. Just stay away!!!!

It may look solid from a distance, but ice contracts and expands causing cracks under the snow that cannot be seen. Although lake ice is more uniform in its thickness, cracks can still form, which weakens the ice. River ice, such as on the Chena River, is variable in thickness all the time, and is becoming more unstable due to the warmer temperatures.



For more information contact Installation Safety at 353-7087/7083/7085



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

Fill 'er up! Soldiers can save on premium fuel at Fort Wainwright Express with MILITARY STAR Card

Kataranya Flatt
Army and Air Force Exchange Service Public Affairs

Soldiers and their Families at Fort Wainwright can fill their tanks with premium fuel at Army and Air Force Exchange Service gas stations without emptying their wallets thanks to a special MILITARY STAR offer.

From March 1 through May 31, MILITARY STAR cardholders will receive a 10-cents-per gallon discount

on premium gasoline when they use their card to fuel up at Fort Wainwright Express locations. This doubles the savings of 5-cents-per gallon cardholders receive every day at Exchange gas stations worldwide.

"With this deal, Soldiers can drive away with real savings," said Fort Wainwright Exchange general manager, Gloria Sylvia. "It's a win-win for the military community."

The 10-cents-per-gallon discount applies only to premium-grade fuel purchased with a MILITARY STAR card. Participating Fort Wainwright locations include: the Fort Wainwright Express.

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FEATURES

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Exclusive Offers

Learn about programs and events that are only open to B.O.S.S. Service Members.

Stay Safe

Receive alerts from S.A.D.D. about holiday weekends, including special pickup times and more.

Stay Informed

Receive updates on program status, cancellations, and last minute changes.

Text (206) 929-4040 to get started!
www.wainwrightarmymwr.com



ORGAN

Continued from page 1

Fritts says he's wanted to get the organ up and running since he arrived on post last summer, to accompany the singing of hymns. He says he's got a sort of old-school belief in the important role hymns play in church services.

"I think the hymns of the faith have great messages. And I think they, much like pipe organs, have kind of fallen to the fringes, the margins of our worship," Fritts said. "And I'm a champion for opening up the hymn books, dusting them off and (for) the church to re-acquaint itself with the hymns of the faith."

Thompson came to Alaska a few years ago from Portland, Oregon, where he worked as organ curator at a small Christian college. He came here to take a job with a Nenana-based Christian radio network. He met Fritts in December, after the chaplain who'd been looking for someone to fix the organ contacted him. So Thompson drove 160 miles to Fort Greely to check it out.

"To have a real acoustic instrument like this is just phenomenal," Thompson said. "It's just really unusual. You find much larger military installations that don't have anything like this in their chapel."

And it's not just any old pipe organ – it's a Fritts organ, built by Seattle-based organ-maker R. Byard Fritts – no relation to the chaplain. R. Byard Fritts came to Fort Greely in 1966 to install it.

"Mind you, this was in the mid-60s. They hauled all this stuff up here. And that was quite a task in and of itself," Thompson said. "I mean, the highway wasn't what it is today. They got all this stuff here, in the middle of nowhere. And organ pipes are rather fragile, actually. They're made out lead and tin alloy."

Thompson reckons he needs about 60 more hours to get the organ sounding the way it should. That'd be thousands of dollars' worth of labor. But Thompson is offering to do it free.

"Before my hearing goes and before I can no longer do this, I'd like to see what I can do to keep some of these instruments going so that a future generation can take up the torch at some point," Thompson said.

Fritts, the chaplain, says the Army appreciates Thompson's offer. And he'd to get to work right away, but they've got to wait 'til his the request makes its way the military bureaucracy.

"The Army marches at its own pace," Fritts said. "But we hope to hear something soon."

And as the chaplain well knows, only an act of God could speed up that process.

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Notification for FAST, BSEP classes

Staff Report

Joint Base Elmendorf-Richardson's Functional Academic Skills Training program and Basic Skills Education Program classes were not funded this contract period, fiscal year 2019. Fort Wainwright Soldiers may use the Online Academic Skills Course and the tutoring center for assistance. Education Services also encourages unit-level FAST or BSEP classes.

The programs provide Soldiers with on-duty instruction in reading and math to improve job performance, prepare Soldiers for more advanced schooling and increase reenlistment options. Education Services is working with Installation Management Command Army Education Services to re-establish FAST and BSEP to a classroom setting.

For more information, visit the JBER Education Center or email Eva White at eva.h.white2.civ@mail.mil or call (907) 384-0970. For Fort Wainwright Soldiers, visit the FWA Education Center or email Jerri Tuck at geardine.j.tuck.civ@mail.mil or call (907) 361-7270.

3D printing across Army enhancing logistics

Devon L. Suits
Army News Service

As 3D printing increases both in the field and at depots, the Army's Center of Excellence for Additive and Advanced Manufacturing is slated to reach initial operating capability this year at Rock Island Arsenal, Illinois.

Lt. Gen. Aundre Piggee, the Army's deputy chief of staff, G-4, outlined the Army's current 3D printing capabilities at the 2019 Military Additive Manufacturing Summit and Technology Showcase on Feb. 6, in Tampa, Florida.

At the summit, defense, academia and industry officials were privy to the latest additive manufacturing technologies, event officials said. The Army will leverage these improved 3D printing capabilities to bolster equipment readiness and reduce logistics burdens, Piggee said.

The forum served as an opportunity to hear from military leaders and subject-matter experts on the future of additive manufacturing to support warfighter readiness and achieve operational effectiveness.

SAVING OPERATIONAL DAYS

Back in December 2017, Army G-4 released an executive order allowing commanders in the field to invest up to \$10,000 of their operating budgets in 3D printers, software and training, Piggee said.

3D printing technology "enables our Soldiers to explore and implement creative solutions to problems we can only imagine, but they live with on a daily basis," he said. "We wanted to give them flexibility and the power to innovate."

In Korea, for example, Soldiers identified a fire-suppression cap degradation issue, impacting their fleet of Mine-Resistant Ambush Protected vehicles known as MRAPs. These caps protect the fire extinguisher nozzles, housed in the MRAP's wheel wells, and blow off when the fire extinguishing system activates.

"There are 20 caps per vehicle. Without them it makes

the MRAPs non-mission capable," Piggee said. "Soldiers put an order in October for replacements – estimated delivery: five months later."

"Without the caps, Soldier safety would be an issue. We do not need to add any extra risk to Soldiers," he added.

In turn, Soldiers in Korea turned to 3D printing technology and requested engineering support from the Armament Research, Development and Engineering Center at Picatinny Arsenal, New Jersey.

The team in Korea went on to produce 284 fire-

FUTURE CHALLENGES

While the Army has seen success through its additive manufacturing processes, there are several key challenges the military must face before moving forward, Piggee said.

For example, intellectual property rights could restrict the Army's authority to reverse engineer a part, or produce a component locally, he said.

"Almost everything we use in the field is designed by contractors, using federal dollars," Piggee said. "This is more legal, than technical. IP is an important issue as we modernize, and we will work with industry to find solutions."

Cybersecurity is another concern moving forward, he added.

The additive manufacturing community employs a digital library of 3D printed parts, called the "Repository for Additive Parts for Tactical and Operational Readiness," or RAPTOR. As Soldiers or engineers produce parts, they put the blueprint in the system.

"The repository now has more than 140 certified parts, and it is growing," Piggee said.

"We don't want adversaries to get into our files and download our spare parts. Or to make counterfeit parts that ... are engineered to fail," he added. "And we do not want internal flaws in the printing that could degrade our weapon systems."

Aside from their cybersecurity concerns, the Army needs to find a way to certify and standardize all 3D printed parts and materials, to meet a product's predetermined safety standards.

"This takes a lot of labor, and there is a price tag on that, but this is crucial for Soldier safety," Piggee said.

In spite of all the challenges, combining innovative thinking with today's technology will help the Army evolve and prepare the force for combat against a near-peer threat, he said.

"Logistics will be contested in every domain. We need every innovation to set a theater and sustain Soldiers in future missions – whether it is artificial intelligence, autonomous vehicles dropping off supplies or a 3D printer at the point of need," Piggee said.



This photo shows a 3D printer producing six-inch cap, used to protect the fire extinguishing system housed the wheel wells of Mine-Resistant Ambush Protected vehicles. Soldiers in Korea identified a fire-suppression cap degradation issue and turned to 3D printing technology for help. The team requested engineering support from the Armament Research, Development and Engineering Center at Picatinny Arsenal, New Jersey. (Photo by U.S. Army)

suppression caps, which are currently in use until replacements arrive, the general said.

"We fixed a readiness problem with our MRAPs. It was only a small cap that was the issue, and we 3D printed a fix for it. Just 1,472 non-mission-capable days saved – for about \$2.50 per part – and some creative thinking."

Army Engineers Week

U.S. Army Corps of Engineers

What is it?

National Engineers Week, sponsored by the National Society of Professional Engineers, coincides with the birthday of President George Washington – America's first engineer. This observance calls attention to the contributions that engineers make to society. It is also a time to emphasize the importance of learning math, science and technical skills.

What are the current and past efforts of the Army?

The Army observes the National Engineers Week from Feb. 17 to 23, to honor Army engineers and the work they perform, primarily under the direction of the U.S. Army Corps of Engineers.

- USACE's Civil Works mission provides a key foundational component of the nation's public infrastructure facilitating economic growth, environmental health and national security.

- USACE's Military Program develops efficient and effective solutions to support diplomacy, defense and development of the three pillars of the National Security Strategy.

- The Army has one of the largest environmental restoration and environmental sustainability roles in the federal government, supporting inter-service and interagency partners in achieving their goals for environmental compliance and cleanup.

- USACE and U.S. Army Engineer School teach, coach and educate engineer leaders for our Army in a broad range of engineering skills and disciplines, which are needed by the nation.

- To help address the nation's Science, Technology, Engineering and Mathematics challenge, USACE employees participate in mentorship programs, science fairs, robotics competitions, teacher-training workshops, recreational events, STEM camps and other educational opportunities.

The Army Regimental Engineers Week, celebrating the contributions of the Engineer Regiment, will be observed April 8 to 12, 2019.

What are the continued efforts planned by the Army?

USACE will continue to:

- Recognize Army achievements in the engineering profession.
- Improve external understanding of the Army Engineer Regiment's contributions to the nation through engineering.
- Encourage young people to pursue engineering.

Army engineers continue to play a crucial role in the growth and welfare of the nation by solving the toughest engineering challenges. With sustainability as a guiding principle, Army engineers work to strengthen the nation's security by building and maintaining America's water resources infrastructure and providing military facilities where service members train, work and live.

Why is this important to the Army?

Army engineers deliver facilities and infrastructure to help maintain readiness and achieve modernization goals. Army engineers deliver vital engineering solutions, along with the nation's partners, to secure the nation, energize the economy and reduce risks related to disasters.



Fort Wainwright Police: 353-7535

Arctic Sergeant Major Association Scholarship Program

Argie R. Sarantinos Perrin
Combat Capabilities Development Command Public Affairs

The Arctic Sergeant Major Association Scholarship Program is offering \$500 scholarships in 2019 to help two enlisted Family members reach their educational goals. The ASMA Scholarship Program provides financial assistance to deserving students, and is awarded on the basis of academic achievement, citizenship and personal merit.

To be eligible, applicants must be a Family member of an active duty Army, Army National Guard, Army Reserve, retired or deceased enlisted service member. The active duty sponsor must be stationed at Fort Wainwright or Fort Greely. Retired sponsors and Family of deceased sponsors must live in the greater Fairbanks or greater Delta Junction area.

Applicants for the 2019-2020 school year may apply in one of four categories: a. High school student Family member who plans to be jointly enrolled in high school and college classes (at least three semester hours) at an accredited college or university; b. Graduating 2019 high school senior who plans to be a full-time student at an accredited college, university or vocational school; c. Full-time college student, undergraduate or graduate, attending an accredited institution of higher learning, who plans to be a full-time student; d. Adult continuing education – a Family member planning to attend an accredited institution of higher learning to work toward a college degree or certification and maintain a course load of at least six and no more than 12 semester hours.

Email asmascholar@gmail.com for an application form. All submissions including application form, one personal recommendation and typewritten essay are due May 1, 2019.

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