

ALASKA POST FREE

an edition of the
FAIRBANKS
DAILY NEWS - MINER

The Interior Military News Connection

Vol. 10, No. 18

Fort Wainwright, Alaska

July 26, 2019

Army Communities of Excellence Silver Award for Fort Wainwright



Col. Sean Fisher (front left), U.S. Army Garrison Alaska outgoing commander, Dr. Christine Alten-dorf (front center), Installation Management Command – Pacific director, and Command Sgt. Maj. Juan Cornett, USAG Alaska command sergeant major, stand with the USAG Alaska, Fort Wainwright directors in recognition of being awarded silver in the 2019 Army Communities of Excellence. (Photo by Daniel Nelson, USAG Alaska, Fort Wainwright Public Affairs)

Esper becomes 27th defense secretary

Terri Moon Cronk
Defense.gov

Dr. Mark T. Esper became the 27th defense secretary Tuesday during an early evening White House swearing-in ceremony.

Earlier in the day, by a 90-8 vote, the U.S. Senate confirmed Esper to serve in the office.

Esper officially became the defense secretary when the president signed the appointment paperwork preceding the formal swearing in.

Esper became acting defense secretary last month after then-acting Defense Secretary Patrick M. Shanah-

an stepped down from consideration. President Donald J. Trump formally nominated Esper for the top Pentagon job July 15.

Once Esper was formally nominated for the position, he stepped back into his former position as Army secretary. By law, he could not continue to serve as acting defense secretary while under consideration for the permanent job. Navy Secretary Richard V. Spencer became acting defense secretary on July 15.

After Esper was confirmed as defense secretary, Trump this morning

See ESPER on page 3



New dispatch center open on Fort Wainwright

Col. Sean Fisher (left), U.S. Army Garrison Alaska commander, Fairbanks Mayor Jim Matherly (center) and Mikki Davis, USAG Alaska Directorate of Emergency Services dispatch supervisor, officially open Fort Wainwright's Computer-aided Dispatch Center with a ribbon cutting July 18. The Dispatch Center upgrades the post's capability for coordinating emergency response for Army installations and mutual aid with the City of Fairbanks. (Photo by Daniel Nelson, USAG Alaska, Fort Wainwright Public Affairs)

USAG Alaska leaders participate in WEIO

Col. Sean Fisher (bottom right), U.S. Army Garrison Alaska commander, participates in the blanket toss during the opening ceremony of the World Eskimo - Indian Olympics on July 17. (Photo by Daniel Nelson, U.S. Army Garrison Alaska, Fort Wainwright Public Affairs)



WEEKEND WEATHER

Friday



Showers likely early. Mostly cloudy, with a high near 68

Saturday



Scattered showers. Mostly cloudy, with a high near 68.

Sunday



Mostly cloudy, with a high near 70.

BRIEFS

Fort Wainwright Exchange 1st Annual Block Party and Car Show:
Come and Join us for
Games, Activities, Giveaways and Much Much More! Food Trucks & Vendors
Saturday, July 27, 1200 - 1600

Nutrition 101: Folate an essential nutrient

Did you know folate is an essential nutrient, especially for women of child bearing age and for those who are currently pregnant?

This key nutrient, especially in this population, helps the body produce DNA and genetic material, and is essential for cell division. While folate deficiency is rare in this country, expecting women who do not get enough folate increase their risk of having babies with neural tube defects (spina bifida) and also increase their risk of having a premature or low birth-weight baby.

Women of childbearing age are not the only ones who need to ensure they get enough folate.

Folate deficiency can affect anyone, especially those with a poor diet or malabsorptive disorder. The deficiency usually presents itself with other nutritional deficiencies due to its connection with a poor diet.

Deficiencies of the nutrient have led to anemia, sores on the tongue and inside the mouth, fatigue, headaches, irritability, shortness of breath and discoloration of the hair, skin and nails.

The amount you need depends on your age; both men and women 14 years and older need 400 micrograms (mcg) each day, while pregnant women need 600 mcg daily. Be sure to include plenty of food sources of this vital nutrient in your diet.

Sources include beef liver, leafy greens such as spinach and mustard greens, black eyed peas, asparagus, citrus fruits and fortified cereals.

For more information on folate, as well as recommended intake during different stages of pregnancy, read the following article by National Institutes of Health:

<https://ods.od.nih.gov/factsheets/Folate-Consumer/>

Featured Food

Asparagus

This tasty twig is an excellent source of folate with 262 mcg per cup of boiled asparagus!

Featured Recipe

Whole Grain Pasta with Mushrooms and Asparagus

Ingredients:

2 pounds fava beans, shelled
1 pound asparagus
2 tablespoons extra virgin olive oil
1 shallot, minced
1/2 pound wild mushrooms,
2 garlic cloves or 1 small bulb green garlic, minced
4 large basil leaves, torn into small pieces or cut in slivers
Salt
3/4 pound whole-wheat pasta, such as penne or fusilli
Parmesan

2 tablespoons of olive oil

Directions:

1. Blanch Asparagus in salted water.
2. Boil the fava beans for five minutes. Once cooked and cooled, remove skin.
3. Sauté shallots in olive oil. Add mushrooms once soft add garlic. Stir until the mushroom are tender and add asparagus and fava beans.
4. Cook pasta in the same water for the beans and asparagus. Once cooked add 1/2 of the water to the mushroom mixture. Drain and mix pasta with mushroom mixture. Add basil and parmesan.

Recipe adapted from:

<http://www.nytimes.com/2013/04/26/health/whole-grain-pasta-with-mushrooms-recipes-for-health.html?smid=pin-share&r=0>

Cyber Security: Identifying and mitigating threats

Lee Kiss

U.S. Army Garrison Rheinland-Pfalz Information Management Office

Thanks to ongoing training and genuine engagement with cyber security subject matter, most of us are well prepared to identify and mitigate most cyber security threats at work.

In particular, phishing emails originating from either a real threat vector or as part of a vulnerability exercise remains the most common threat we are likely to encounter in the workplace.

Considering the fact that phishing emails have the highest return on investment for cyber criminals, our ability to identify and thwart phishing email attempts is incredibly important, and we should be proud of our ongoing efforts in this area.

Unfortunately phishing email is just one of numerous methods that cyber criminals use to steal our data and commit crimes.

Here are six areas that do not always receive the highest emphasis, but can be even more damaging than phishing emails:

1. Physical penetration. Ensure only properly cleared and authorized people can access secured areas.
2. Dumpster diving. Shred all sensitive information and do not leave it unsecured on a printer or desktop.
3. Unauthorized portal changes. Pay attention to internal portals or websites to quickly detect unauthorized changes.
4. Social Engineering. Do not to provide information to people you do not know. Ever.



Thanks to ongoing training and genuine engagement with cyber security subject matter, most of us are well prepared to identify and mitigate most cyber security threats at work. (Courtesy graphic)

5. Rogue Hardware. Be on the lookout for unauthorized devices (new hardware, an unlabeled CD/DVD, wireless devices, etc.).

6. Anomalous activity. If you see odd behavior on your computer – i.e. mouse moving, windows opening or closing – report it.

Do's and Don'ts of Cyber Readiness:

DO:

Shred all documents with Personal Identifiable Information, For Official Use Only or other sensitive information.

Report unusual behaviors on your computer (mouse cursor moving, screens opening/closing, etc.).

Validate that only authorized personnel are allowed access to secured areas.

Remain vigilant of new equipment. If you see something new connected to your system, or you see a new device (like a wireless access point) in your work area, report it.

Keep all classified information secured and ensure only authorized personnel have access to it.

DON'T:

Tell anyone your PINs or passwords.

Write your passwords, PINs, or safe combinations down.

Leave your computer unlocked or leave your Common Access Card unattended.

Click links or respond to suspicious emails.

Provide information on systems, networks, building, or personnel to people you don't know.

Leave documents or copier; immediately retrieve them.

Insert unknown CD/DVDs in computers.

If you find an unmarked or unknown CD/DVD do not insert it in your computer. It may contain malicious software.

Always remember – cyber security only works if everyone is vigilant!

MEDDAC Minute

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
Tricare On-Line: www.tricareonline.com
United Health Care:
uhcmilitarywest.com
877-988-9378

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.

ALASKA POST

The Interior Military News Connection

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The ALASKA POST – The Interior Military News Connection

The Chaplain's Corner

Paul Fritts
U.S. Army Garrison
Alaska, Fort Greely
Chaplain

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

Perhaps you don't like heights either. Nevertheless, have you ever had that totally irrational thought

about jumping from a high place, even though you aren't suicidal and you don't actually go over the edge?

I experienced this very phenomenon while crossing The Royal Gorge Bridge. The French call it "l'appel du vide," or the "call of the void." Google the phrase, and you will discover numerous articles and studies that attempt to describe and explain this fleeting, bizarre urge to self-destruct.

Writing for All That's Interesting on Feb. 16, 2018, Kara Goldfarb summarizes what a few researchers and philosophers have written about the subject (<https://allthatsinteresting.com/call-of-the-void>). Commenting

on their speculative explanations, Goldfarb concludes "... that the urge to sabotage ourselves is human." Which made me wonder, how does "l'appel du vide" speak to our shared experience as sinful human beings? Perhaps that crazy urge to destroy my physical body isn't too far removed from the sinful urge to destroy my soul.

In his letter to the Romans, Paul writes: "For I do not do the good I want to do, but the evil I do not want to do—this I keep on doing" (Romans 7:19).

No matter how hard we will to resist, the siren call of sin beckons us to jump the safety rail and plunge headfirst into the abyss. Paul sums up

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

Most of us who have even a passing familiarity with Christian doctrine know the answer even before Paul gives it to us in the next verse: "Thanks be to God, who delivers me through Jesus Christ our Lord!"

But the journey from death to life begins with the humble acknowledgement that we can't save ourselves. We need to be rescued, and we need to be on guard against the whispers of our sinful nature that tempt us with thoughts of self-sufficiency.



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**



Army Secretary Dr. Mark T. Esper answers questions from members of the Senate Armed Services Committee during the confirmation hearing on his nomination to serve as secretary of defense, July 16, 2019. (Photo by Sgt. Amber I. Smith)

ESPER: Defense

Continued from page 1

formally nominated David L. Norquist for the Pentagon's No. 2 job as deputy defense secretary.

Norquist will appear before the Senate Armed Services Committee tomorrow for his confirmation hearing.

Norquist has been performing the duties of the deputy defense secretary.

One of the very first things Esper planned to do as secretary of defense was delegate all duties of the deputy secretary to Spencer, chief Pentagon spokesperson Jonathan R. Hoffman told reporters this morning.

When that happens, he

added, Norquist will cease to perform the duties of the deputy secretary, and he will solely serve as the Defense Department's comptroller and chief financial officer while under consideration by the Senate.

This is done out of deference to the Senate, to not presume confirmation, Hoffman said.

"Mr. Spencer's leadership during this transition period has allowed the department to continue business as usual," he said. "We are fortunate to have such a talented service secretary who's fully capable of assuming these duties during this unprecedented period of transition."

Estate Notices

- Anyone having claims against or who is indebted to the estate of Sgt. 1st Class Russell Hepler, of Alpha Company, 49th Military Police Battalion, may contact Capt. Wayne Elrod, Headquarters and Headquarters Battalion, 49th Missile Defense Battalion, Fort Greely, Alaska 99731, phone (239) 258-6964.

- Anyone having claims against or who is indebted to the estate of Spc. Charles M Bodey, of Charlie Troop, 5th Squadron, 1st Cavalry Regiment, may contact 2nd Lt. Patrick Tuccillo, Headquarters and Headquarters Troop, 5-1 CAV, Fort Wainwright, Alaska 99703, phone (907) 353-4383.



Notice of Intent for an
Environmental Impact Statement Addressing
Heat and Electrical Upgrades at
Fort Wainwright, Alaska



The U.S. Army Garrison Alaska (Army) intends to prepare an Environmental Impact Statement (EIS) to assess the potential impacts of heat and electrical upgrades at Fort Wainwright. The current condition of the coal-fired central heat and power plant at Fort Wainwright warrants a decision for an upgrade. The proposed upgrades to the new heating and electrical infrastructure system would be compliant with the Army's installation energy efficiency, energy security, energy resiliency requirements and air quality regulations for the region.

An open house public scoping meeting to solicit input on the proposed heat and power upgrades is scheduled for:

Written comments must be received no later than **August 21, 2019** to be considered during the EIS process. Please submit comments to:



DATE

Thursday, August 8, 2019



TIME

Open House: 5:00 - 8:00 PM



LOCATION

Carlson Center, Pioneer Room
2010 2nd Ave, Fairbanks, AK

Laura Sample, NEPA Program Manager

Directorate of Public Works
ATTN: IMFW-PWE (L. Sample)
1046 Marks Road #6000
Fort Wainwright, AK 99703-6000
email: usarmy.wainwright.id-pacific.mbx.heu-eis@mail.mil

For those seeking more information or unable to attend the public scoping meeting, project information and meeting materials are available online at: <https://home.army.mil/wainwright/index.php/about/environmental/national-environmental-policy-act-nepa>

The U.S. Army complies with Title II of the Americans with Disabilities Act of 1990. Individuals with disabilities who may need auxiliary aids, services, and/or special accommodations to participate in this Public Scoping Meeting should contact Laura Sample, (907) 361-6323 or TDD number 711. Requests should be made at least 5 days before the accommodation is needed to make any necessary arrangements.

History Snapshot – MARS Building

The Military Affiliate Radio System Building, or Building 1024, is a contributing resource to the Ladd Field National Historic Landmark and the Ladd Air Force Base Cold War Historic District. Completed in the spring of 1941, its original purpose was to house the equipment needed for radio transmission.

Prior to the creation of MARS in 1948, the Signal Corps and the Army Airways Communications System operators who were stationed here first operated out of a 12 by 15 foot lean-to attached to a log cabin garage and, later, Hangar One.

It wasn't until 1948 that MARS was officially established and the building became colloquially known as the MARS building. During the Cold War Era, the MARS building supported activities related to strategic aerial reconnaissance, air defense and arctic research missions.

Although it experienced a dramatic restoration in the 1980s, Building 1024 today is much like it was during construction, a cottage-style building with an attached garage and copper shingle roof.

Like the majority of the buildings on post at the time, the copper roof may have



been installed to prevent radio wave penetration, but it was also a lightweight and durable material. By 1944, an antenna

array surrounded the building in a large clearing with little surrounding architecture to interfere with installation or

transmissions.

(U.S. Army Garrison Alaska Cultural Resources file photo)

NAACP honors Soldiers for efforts in diversity, community

Sean Kimmons
Army News Service

Growing up in Evergreen, Alabama, or what he likes to call “small town USA,” Command Sgt. Maj. Michael Crosby said he learned how to fairly treat others from his parents.

As the senior enlisted leader for Army Futures Command, he strives to instill a sense of dignity and mutual respect within the Army's newest command.

He frequently asks for ideas from younger Soldiers, ensures equal opportunity is practiced, and even created a leadership development program to help minority women in the command spread their wings and advance their careers.

“It's an opportunity for females to have a voice,” he said, “and also mentor others in the same capacity, whether in uniform or not.”

But despite climbing the ladder to various leadership roles, his mother still tells him not to forget to live by the Golden Rule.

“As old as she is, she still reminds me of that,” he said, laughing. “That's one thing she has engrained in me.”

Crosby and Sgt. Maj. Deondre' Long, the chief military science instructor at Marion Military Institute, as well as five others across the military earned NAACP's Roy Wilkins Renown Service Award during its annual convention



Sgt. Maj. Deondre' Long, left, chief military science instructor at Marion Military Institute, and Command Sgt. Maj. Michael Crosby, senior enlisted leader for Army Futures Command, pose for a photograph during NAACP's annual convention in Detroit on July 22, 2019. The two Soldiers as well as five others across the military earned the civil rights organization's Roy Wilkins Renown Service Award for their contributions to equality and human rights. (Photo by Julie Willis)

in Detroit on Monday for their contributions to equality and human rights.

Wilkins served as the executive director for the civil rights organization and established the NAACP Armed Services and Veterans Affairs Department in 1969.

Younger generation

Long, a former cavalry scout who has been involved in equal opportunity programs throughout his 20-

year career, often sees the hurdles cadets face while attending his institute in central Alabama.

Whether they're dealing with tuition bills or a heated divorce between parents, he helps cadets under his wing graduate, regardless of their race or sex.

“It's an ongoing struggle, but once you see a cadet pass the finish line, it's like, ‘Man, let me go back and grab somebody else so I can see them across,’” he said. “It's a continuous marathon.”

Long recalled an extreme measure a mother of one of his cadets once said she would take to keep her son in college.

The desperate mother had decided to commit suicide so that her son could collect the life insurance money to pay for his tuition.

Once he found out, Long quickly navigated the delicate matter. He enlisted the assistance of a chaplain

and figured out how his student could stay enrolled.

With his help, the cadet graduated in May and then commissioned as a second lieutenant in the Army.

“We came up with a plan so she didn't have to do that,” he said. “We figured out ways to keep the cadet in school and still accomplish their goal in life.”

His experiences have inspired him to positively affect the lives of younger children before they are old enough to attend college.

On June 1, he held his eighth fashion show since 2010 for children near Fort Benning, Georgia, where he once served as a first sergeant and where his family currently resides.

Over 40 children, many of whom were victims of bullying, participated in the event, which was intended to boost their confidence.

“We're just trying

to build some type of foundation for these kids and let them know that they are somebody,” he said. “Even if somebody gives up on you, you still have somebody else.”

Afterward, Long said he was overwhelmed by the response he received from the parents.

“Being able to walk into a room and just feel loved and feel appreciated made a big difference in these kids' lives,” he said.

Golden Rule

Before his current role, Crosby also traveled to combat outposts to foster open communication and a trustworthy atmosphere as the senior enlisted leader for Operation Inherent Resolve's Combined Joint Task Force.

In addition to equal opportunity, he made sure a climate that prevented sexual harassment and assault was enforced by continued dialogue with senior and junior leaders.

He also regularly met with female Soldiers in combat roles to verify they

were being treated similarly to their male counterparts.

“They have the same Army values, they're living the same Soldier, NCO or officer creed, and they're all trying to do better for one another,” he said.

When he came to Futures Command, he quickly transformed the workplace to one that encourages all voices to be heard.

In his nomination letter, Gen. John Murray, the AFC commander, said Crosby has become his advocate for change.

“He is the senior enlisted advisor who understands the value of building diversity in the military,” the general wrote, “and practices the integration of equal opportunity and affirmative employment for Soldiers and civilians into the fabric of our organization.”

It's simple to Crosby, and goes all the way back to what his parents taught him.

“It's a way of life,” he said. “It is our obligation to ensure that everybody is treated with dignity and respect.”

USAG Alaska welcomes new commander and bids farewell to outgoing commander



Dr. Christine Altendorf (front center), Installation Management Command – Pacific director, passes the unit colors to Col. Christopher Ruga (U.S. Army Garrison Alaska, Fort Wainwright commander), during the installation's change of command ceremony July 19. Ruga assumed command from outgoing commander, Col. Sean Fisher (front right). (Photo by Daniel Nelson, USAG Alaska, Fort Wainwright Public Affairs)

Laser weapons that pack greater punch coming

Joe Lacdan
Army News Service

The Army plans to add even more fire-power to its arsenal of medium tactical vehicles.

The service has been working with the Navy to develop a 100-kilowatt laser weapon, known as a High Energy Laser Tactical Vehicle Demonstrator, to provide air and missile defense to forward-operating locations and airfields, said Lt. Gen. Paul Ostrowski Tuesday morning.

Ostrowski, principal military deputy to the assistant secretary of the Army for acquisition, logistics and technology, told an Association of the U.S. Army audience that the powerful weapon will be based on a platform much larger and more mobile than the 50-kilowatt laser the service plans to bring to the Stryker combat vehicle.

The Army plans to increase the HEL TVD's power possibly as high as 250 kilo-



Lt. Gen. Paul Ostrowski, principal military deputy to the assistant secretary of the Army (acquisition, logistics and technology) and the director of the Army Acquisition Corps, speaks about Army modernization during an Association of the Army breakfast July 16 in Washington. (AUSA photo)

watts.

The project, which has been contracted to Dynetics and Lockheed Martin, is part of the service's modernization priority for air and missile defense. The HEL TVD is expected to be tested at

White Sands Missile Range in New Mexico by 2022.

"This is just the beginning of where we're going to see lasers in the future," said Ostrowski, also the director of the Army Acquisition

Corps.

Meanwhile, the Army will bring the maneuverable 50-kilowatt Multi-Mission High Energy Laser onto Strykers by 2022, as part of the Maneuver Short-

Range Air Defense system. The laser will make M-SHORAD not only more lethal and capable of taking down multiple targets rapidly, but it will also be more cost effective, Ostrowski said.

"The advantage of the laser ... is that we have the ability to have an unlimited magazine when it comes to unmanned aerial systems, as well as rockets, artillery, mortar," Ostrowski said. "Where before we were shooting \$100,000 missiles at \$7,000 UAS's. This puts us in a position where we're not spending that kind of money to do that; we're taking those targets down in a much more rapid fashion and a much cheaper fashion."

Ostrowski discussed plans to test a 50-inch hypersonic missile "booster" stack that will be fired every six to nine months and will eventually evolve into the lighter, more mobile 34.5-inch stack that is compatible

with Navy ships.

The general credited Congress with helping put the Army in a position to achieve its modernization goals by improved funding

"The Army and the rest of the services have been fighting this night fight with one hand tied behind our back frankly for many, many years in terms of acquisition," he said. "And the Hill saw the explosion in technology and the rapid pace at which technology is proceeding. The Hill also saw the fact that our peer and near-peer competitors were catching up to bypass us."

Ostrowski stressed the importance of the service fulfilling its promise to achieve its six modernization priorities: long-range precision fires, next-generation combat vehicles, strengthening the Army's network, future vertical lift, bolstering air and missile defense and Soldier lethality.

Weekly Events

July 26 - August 2

26

Youth Sports Registration

July 26
9 a.m. - 4 p.m.

Want to get your kid involved in Youth Sports? CYS Youth Sports and Fitness offers may team and individual sports for children, ages three to eighteen. Registration is open now through August 31 for Basketball, Cheer, Wrestling, Rock Climbing, and Swimming. The season runs October 7 through December 14.

Parent Central Services, building 3414
Call 353-7713, registration required

30

Tuesday Night Trivia

July 30
7 - 8 p.m.

Bring your friends to the Warrior Zone every Tuesday and team up for Tuesday Night Trivia! Looking for some extra practice? Follow us on Instagram at WainwrightMWR, and join in on our Trivia Prep Mondays.

Warrior Zone, building 3205
Call 353-1087

31

Adult Craft Night

July 31
5 - 6 p.m.

Enjoy a night out with friends and learn how to create an original piece of artwork! There will be craft beer and wine available for purchase for those who are 21 and older. Artistic experience is not necessary.

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

1

Family Fun Game Night

August 1
4:30 - 6:30 p.m.

Join other families for Family Fun Game Night! There will be bounce houses, board games, life-size strategy games, and more! This event will take place outside every first and third Thursday during the month August.

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

2

Dall River Pike Hunt

August 2 - 4
8 a.m.

Join Outdoor Recreation on a 2 night, 3 day fishing adventure to the Dall River! Transportation, tents, coolers with ice, lunch and evening meals will be provided! An Alaska State Fishing License is required.

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



COMMENCING AUGUST 3
10 A.M. - 12 P.M.

BIRCH HILL BOOT CAMP

FEEL THE BURN DURING THE 2-HOUR SCRAMBLE UP BIRCH HILL.
WORK YOUR MUSCLES WITH AN INTENSE HILL CLIMB THROUGH THE TRAILS COUPLED
WITH FULL-BODY PIT STOP WORKOUTS
\$6 OR 2 PUNCHES // REGISTER AT THE PFC



REGISTER NOW!

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



Join the Family Advocacy Program for a 6 week video series on Relationships!
Find out more at www.wainwright.armymwr.com
@WainwrightMWR #WainwrightMWR

PLEASE VISIT WAINWRIGHT.ARMYMWR.COM FOR A COMPLETE EVENT CALENDAR



@WainwrightMWR

#WainwrightMWR

SFAB Leader Development Briefs FORT WAINWRIGHT, ALASKA 13 & 14 AUGUST 2019



The SFAB assesses Soldiers for service in more than 60 MOSs and 20 career fields. Interested Soldiers are encouraged to attend information briefs and meet with the SFAB Recruiting Team who can facilitate accession into the SFAB.

Where: Northern Lights Chapel

When: 1000, 1300 & 1500

For up-to-date information, visit www.goarmy.com/sfab

WE COULD LOSE MORE THAN DATA.
Report suspicious activity.

Vice chief: Combating sexual assault relies on building cohesive units

Thomas Brading
Army News Service

Eliminating sexual assault and changing the Army's culture on intervention starts with changing how leaders and Soldiers view the problem, said the Army's vice chief, during the fifth annual SHARP Program Improvement Forum Tuesday.

"Sexual Assault and Sexual Harassment are a deliberate fratricide (against another Soldier)," McConville said at the forum providing insight into topics currently impacting the Sexual Harassment/Assault Response and Prevention community. "That's how I want people to think about it."

The forum brought together senior leaders, program managers, sexual assault response coordinators, and victim advocates from around the Army. They collaborated on different ways to refine and enhance the SHARP program. The forum took place a few months after release of the DoD Fiscal Year 2018 Annual Report on Sexual Assault in the Military.

Every year, the Pentagon releases a report outlining the number of sexual assaults reported by service members. With sexual assault often being an underreported crime, an anonymous survey is also conducted every two years to get a better understanding of prevalence, or the estimated occurrence of unwanted sexual con-



Army Vice Chief of Staff Gen. James McConville says Soldiers need to know how to intervene if they see sexual assault or harassment. He spoke at the SHARP Program Improvement Forum held at the Mark Center, Alexandria, Va., July. 16, 2019. (Photo by Spc. XaViera Masline)

tact. The 2018 anonymous survey revealed an increase in Soldiers who say they've lived through some form of sexual assault.

"We're not going in the right direction, so let's own it," McConville said, taking responsibility on the set-back, while adding, "We've got some work to do."

The increase in prevalence, since the 2016 survey, indicate that 17- to 24-year-olds were at the highest risk of being assaulted, and occurrences typically happened between two people who work, train, or live in close proximity of each other, indicating the perpetrators are peers of the same age range and are similar rank, as their victims.

With the increase in

prevalence shifting to a slightly younger demographic – 17- to 24-year-olds – who are relatively new to the Army, we need to teach them what to think before we teach them how to think, said McConville. They should be thinking, "We cannot have this – sexual assault and sexual harassment – in our squads. We cannot stand for this."

McConville added that with 120,000 Soldiers joining the Army every year, it's an issue that needs to be changed "from the bottom up" by "empowering the squad-level" leadership. Through the reinforced actions of ground-level leaders, we can change the Army's culture, he said. "My No. 1 priority is

people," said McConville. People are what the Army is "all about" and it's "our people" who make the U.S. Army the greatest in the world, he said, adding that's why SHARP is important. Without programs like SHARP, trust is broken, he said.

America's sons and daughters

"We're asking the American people to send their sons and daughters into the military, to wear this uniform, and we're asking them to trust us," McConville said. We're telling Families, "If you send your sons and daughters, (it's our job) to take care of them."

However, when the American people don't believe leaders will take care of Soldiers, he said they'll stop sending their sons and daughters. A cohesive unit is built on trust, he said, and cohesive units win on the battlefield. This is a battle the Army will win by shaping its culture.

"I have three kids who serve; I expect and my wife demands we provide a safe and secure environment," McConville said. "I see things and I think, that could be my daughter or son."

Shaping a culture of trust

McConville touted heroic

actions of Soldiers across the Army, saying it's in their culture to do the right thing, and gave examples of Soldiers who have done incredible feats at the risk of their own safety, like "running into a burning building to save someone," or "rescuing someone from drowning." He said Soldiers often do less dangerous but selfless actions, like "stopping along the road to help someone change a tire."

"Soldiers know when to intervene," he said. "It's who we are." That said, he wanted to know how to convince more Soldiers to intervene during a potential sexual assault. The answer is to change the culture, and teach them to "know what to do, when they don't know what to do," he said.

Changing culture begins at the ground level, by teaching Soldiers how, and when, to intervene, McConville said, adding, "That's how you get someone who intervenes right away. That's how they run into those burning buildings, that's how they go after cars underwater – Soldier's will do it – we need to reinforce that type of thinking moving forward."

Treating everyone with dignity and respect, protecting each other – it's just the right thing to do, McConville said. "People who don't do that, they're not part of us. We are the most respected institution in the United States, and that's earned."



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