

ALASKA POST

FREE

an edition of the
DAILY NEWS - MINER

The Interior Military News Connection

Vol. 10, No. 25

Fort Wainwright, Alaska

July 5, 2019

Fighting and overcoming together: An enduring commitment with Warrior Games

Robert A. Whetstone
Brooke Army Medical Center Public Affairs

Families of the United States have been allowing their sons and daughters to fight for the nation's freedom for over two centuries. This fact was recently honored and celebrated during the Army's 244th birthday - reminding the country of the extreme price that has been paid for the freedoms enjoyed here.

This week adds another reminder of the sacrifices made by U.S. service members of all branches of service. The DOD Warrior Games, now in its 9th year of competition, is being held in Tampa, Florida, from June 21-30, hosted by the U.S. Special Operations Command.

Leaders at every level, from all services, both military and civilian, make time every year to honor

the sacrifice and resilience of the service member/athletes and their families participating in the DOD Warrior Games.

A frequent visitor to the games, Army Vice Chief of Staff Gen. James C. McConville, stopped by to support the Soldiers and veterans that make up Team Army. "We have a sacred obligation to take care of our Soldiers and to help them overcome their wounds, injuries and illnesses and this (DoD Warrior Games) is one of the ways we do it," said McConville. a

Warrior Care in the transition units is designed to equip Soldiers with the capability to recover and return to duty or to overcome their wounds, injuries, or illnesses and prepare for veteran status. It falls right in line with some of McConville's



U.S. Army Capt. Casey Turner speaks with Army Vice Chief of Staff Gen. James McConville, June 22, 2019, at the Bobby Hicks Swimming Pool during a training session for the Department of Defense Warrior Games. (Photo by Spc. Evens Milcette)

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Let the games begin

Robert Whetstone
Brooke Army Medical Center Public Affairs

The opening ceremony of the 2019 Department of Defense Warrior Games began with the traditional procession of service member athletes representing their countries. The national anthem for each country was played marking the international participation of the games, but when wounded warrior U.S. Army Maj. Luis Avila sang the Star-Spangled Banner, you

had a sense these games were going to be special.

Comedian Jon Stewart was once again the master of ceremonies to officially open the games. He mixes humor with compassion and seriousness about wounded warriors that seems to resonate with service members and families. "Thank you very much for coming out to the Warrior Games, said Stewart. We have had a tremendous day or two of competition. The athletes are finding out what it is like to be in a city that was

built inside of a humidifier.

"We are here to celebrate these unbelievable athletes from all of the branches (of military service)," continued Stewart. "These are men and women that refuse to allow themselves to be defined by their worst day, but define themselves by their reaction to that day and the resilience, and the perseverance, and the dedication, and the camaraderie, and the family you are going to witness this week."

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Comedian Jon Stewart takes a picture with a member of Team Army during the opening ceremony at Amalie Arena in Tampa, Florida, June 22, 2019, during the 2019 Department of Defense Warrior Games. The DoD Warrior Games are conducted June 21 to 30, hosted by Special Operations Command, Tampa, Florida. (Photo by Spc. Katelyn Strange)

Reveille Ceremony in honor of Flag Day and the 244th Army birthday

U.S. Army Garrison Alaska, Fort Greely and Soldiers from the 49th Missile Defense Battalion hosted a morning Reveille Ceremony in honor of National Flag Day and the Army's 244th Birthday on June 14. National Flag Day commemorates the adoption of the national flag in 1777 by the Continental Congress. President Woodrow Wilson proclaimed June 14 as Flag Day in 1916, and in 1949, Congress passed legislation establishing it as a day of observance. (Photo by Chris Maestas, USAG Alaska, Fort Greely Public Affairs)



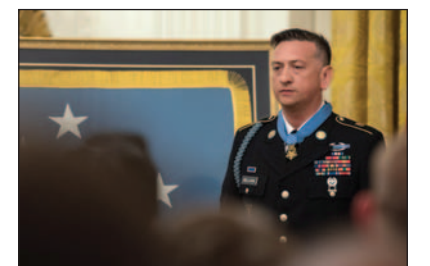
President awards Medal of Honor to first living Iraq War recipient

Joe Lacdan
Army News Service

One by one, 12 members of Third Platoon made their way to the podium in the White House's East Room on June 25, to join the Soldier who repeatedly risked his life on a fall night in Fallujah 15 years ago.

Each platoon member, including former squad leader retired Sgt. 1st Class Colin Fitts and former platoon leader Maj. Joaquin Meno, shook hands with President Trump and joined former Staff Sgt. David Bellavia after he accepted the Medal of Honor, as

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The crowd applauds former Staff Sgt. David Bellavia after he received the Medal of Honor at the White House, June 25, 2019. (Photo by Sgt. Kevin Roy)

Army approves JLTV full-rate production

**Program Executive Office for
Combat Support and Combat
Service Support**

Dr. Bruce Jette, Assistant Secretary of the Army for Acquisition, Logistics and Technology, approved the Joint Light Tactical Vehicle program's transition into Full-Rate Production recently.

The approval follows an Army decision in December 2018 to begin fielding the new platform with the Army's 1st Brigade, 3rd Infantry Division, Fort Stewart, Georgia, in April. The 1-3 ID became the Army's

first unit equipped with JLTVs in April 2019, after receiving more than 300 vehicles.

Fieldings to the Ordnance School, Fort Lee, Virginia, the 84th Training Command, Fort McCoy, Wisconsin, the Marine Corps' School of Infantry-West at Camp Pendleton, California, as well as the School of Infantry-East, Camp Lejeune, North Carolina, have also been completed.

"Thanks to tremendous teamwork across two services on requirements, resources, program management, testing and other areas, this is a great modernization success story.

JLTV shows how teams focused on stable requirements, mature technologies and the right incentives can deliver meaningful capability advancements in a cost-conscious way," said Jeffrey White, Jette's principal deputy.

The JLTV family of vehicles is designed to restore payload and performance that were traded from light tactical vehicles to add protection in recent conflict, giving commanders an improved protected mobility solution and the first vehicle pur-

See JLTV on page 3

WEEKEND WEATHER

Friday



Areas of smoke. Mostly sunny, with a high near 81. Calm wind.

Saturday



Sunny, with a high near 84.

Sunday



A slight chance of thunderstorms. Mostly sunny, with a high near 84.

BRIEFS

Join us at the 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 27th. 1200 - 1600
Saturday, July 27, 2019.
1200 - 1600

Nutrition Corner: Coconut oil myth buster

Coconut oil is considered a healthy food and can help with weight loss – Myth.

A recent survey from the New York Times demonstrated that 72 percent of the public considers coconut oil healthy. Perhaps this is because virgin coconut oil is high in Lauric acid, a medium-chain fatty acid that can raise good (HDL-Cholesterol) but also bad cholesterol levels (LDL-Cholesterol).

Coconut oil is made up of 82 percent saturated fat, which is about 11g of saturated fat per tablespoon, and raises LDL-cholesterol just as much as the commonly known culprits such as butter and beef fat. Coconut oil, like all saturated fats, should be limited in a healthy diet. Fortunately, there are many other healthy oil alternatives that will

help lower LDL levels and increase HDL levels.

Canola oil contains monounsaturated and polyunsaturated fats and has a light flavor, which makes it good for baking and sautéing.

Olive oil is high in monounsaturated fatty acids, which can help reduce the risk of heart disease, and can be used in place of butter.

Extra virgin olive oil has a fruitier flavor and stronger aroma than pure or virgin olive oil. Don't be fooled by the label "light," which means it has a lighter flavor; the calorie content is the same. Grape-seed oil has polyunsaturated fatty acids and can lower total cholesterol and LDL-cholesterol. It can be used for sautéing and in dressings and dips.

Overall, it is important to in-

clude fats in your diet that are heart healthy and limit the ones high in saturated and trans fat. Aim for oils such as canola oil, olive oil, flaxseed oil and grapeseed oil. Foods such as nuts/seeds/nut butters, avocados, and fatty fish such as salmon also contain the heart healthy oils that will help reduce the risk of heart disease.

Avoid the saturated fats found in butter, high fat dairy foods, fatty meat cuts, and coconut oil and trans fats found in many margarines and pre-packaged baked goods.

Featured Recipe: Microwaved 'Fried Rice'

Ingredients:
• ½ cup rice

- 1 cup chicken broth
- 1 tablespoon soy sauce
- 2 teaspoon sesame oil
- ½ cup frozen peas and carrots
- 2 eggs
- Salt to taste
- Fresh scallion, to garnish

- In a bowl, combine the rice, water, soy sauce, sesame oil and bacon. Stir, then microwave, covered, for about six to eight minutes until the rice is fully cooked.
- Mix the frozen peas and carrots into the rice.
- In a microwaveable bowl or mug, beat the eggs with the salt.
- Microwave the eggs and the rice again for one to two minutes until the eggs are fully cooked.
- Break the eggs into small bits and mix in with the rice.
- Garnish with scallions.

Cooking in the barracks; life beyond ramen

Brandy Ostanik
Medical Department Activity
– Alaska Public Affairs

Spc. Norman Serrano, a mechanic with Golf Company, 1st Battalion, 5th Infantry Regiment, wants his fellow Soldiers to know there is culinary life beyond fast food, ramen noodles and the dining facility. With the help of the Fort Wainwright Army Wellness Center and USO, Serrano led a cooking class June 14 at bldg. 1001 geared toward Soldiers living in the barracks where he demonstrated how to make vegetable fried rice in a microwave.

While Soldiers in the barracks can eat at the dining facility, Serrano says there are definitely benefits to cooking your own meals.

"First, I just think it's important for everyone to know the fundamentals of how to cook," said Serrano.

"The Army isn't going to cook your food forever, and knowing exactly what you are eating, how it was prepared and what's in it makes a difference too," said Serrano.

"When you're cooking your own food you can make alterations to the taste as you go or the next time you make it so that it's even better the next time."

Serrano also believes there is a social element in the barracks that comes with cooking meals.

"When others smell food being made they will come and see what's cooking," said Serrano. Additionally, cooking together in shared kitchens also lends itself to a family environment and gets Soldiers out of their rooms and talking.

Serrano is quick to let others know he is not a professional cook; that he is self-taught and anyone can do what he does without a lot of equipment or supplies.

According to Serrano, he primarily uses a microwave and a coffee pot to do most of his cooking in his room in addition to the stove in the communal kitchen, and the list of essentials for the pantry is relatively small.

"Salt, pepper, oil, pasta, rice and chicken are the basics I use and generally have on hand," said Serrano.

While purchasing ingredients is not cheap, Serrano believes it is less expensive in the long run.

"For those who don't want to, or cannot eat at the DFAC because of work schedules or transportation, eating out three meals a day adds up when you are spending \$10 to \$15 a meal."

Serrano acknowledged during the demonstration that not all barracks have a central kitchen and that microwave cooking may be the only option. Lucki-



Spc. Norman Serrano, a mechanic with Golf Company, 1st Battalion, 5th Infantry Regiment, answers a question from the audience during a cooking demonstration June 14 at Barracks 1001. Serrano encourages fellow Soldiers to not use living in the barracks as an excuse to eat unhealthy meals. (Photo by Brandy Ostanik, Medical Department Activity – Alaska Public Affairs)

ly, says Serrano there are many websites and cookbooks that are geared solely to cooking in the microwave that can be found just by using a search engine to search "microwave meals."

In addition to cooking in their barracks, Serrano

encouraged Soldiers to take advantage of the summer weather and use a grill for cooking their proteins. "Grills are pretty inexpensive, and the USO has a grill outside their building you can use too, and it's a great place to hang out."

Ultimately, Serrano wants Soldiers to know living in the barracks is not an excuse to eat fast food or from a vending machine.

"Dinner doesn't have to be a meal of instant ramen. There are so many other choices."

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

Follow us!

Keep up to date on everything happening at Medical Department Activity – Alaska by following us @BassettACH. You will find information on upcoming events, health tips, community notices and more.

Handling food?

Did you know food employees or any military, Civilian or dependent who will be preparing, handling, cooking or serving food on the installation, including at garage and bake sales, is required to have a food handler's card? Contact Public Health at 907-750-9293 to register for our next class being held July 8 from 1 to 3 pm.

Stressed? Depressed?

The Bassett Army Community Hospital Primary Care Clinic offers internal behavioral health consul-

tations. Assistance with concerns such as stress, chronic pain, tobacco dependency, weight loss, depression, diabetes and more is being offered without the need of a referral. For more information, or to schedule an appointment, call 361-5670.

Clean out your medicine cabinet

The new year is a great time to check your medicine cabinets for expired prescription and over the counter medications. A MedSafe box, located inside the main entrance of Bassett ACH across from the information desk, is in place to securely receive your expired or no longer needed medications.

Patient portal improved

Access is now easier, quicker and more user friendly! Schedule or cancel an appointment, talk with your provider, get test results and more. Check out the redesigned and upgraded Patient Portal at www.tricareonline.com.

Summer appointments

Due to a possible shortage of appointments during the summer permanent change of station season, TRICARE Standard and TRICARE Select patients will not have access to appointments at MEDDAC-AK from mid-May through September. This change ensure the maximum number of appointments are available for beneficiaries who chose TRICARE Prime.



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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 Alaska, Fort Greely

Karen and I enjoyed a trip to Denali National Park and Preserve last week. During our all day journey 92.5 miles to the end of the Denali Park Road and back, we stopped at the Eielson Visitor Center. In front of the center is a display showing two large sets of tangled moose antlers. The plaque explains that the antlers were discovered amid the scattered bones of two bull moose who locked antlers while jousting during rutting season. Unable to free themselves, they perished together. Reflecting on the antlers as a metaphor of human bondage to sin versus freedom in Christ, a story and a rhyme leapt to mind.

The story of The Zax by Dr. Seuss has remained a favorite of mine since childhood. A North-Going Zax meets a South-Going Zax where they block one another. Each demands of the other to step aside and get out of the way. Predict-

ably, each refuses to take one step either to the east or to the west. Both vow to remain firmly in place until the other Zax moves. Consequently, they remain stubbornly locked, standing nose to nose, for all time because that is the nature of the Zax. Now to a little rhyme I learned as a teenager: "Here lies the body of William Jay, Who died maintaining his right of way. He was right, dead right, as he sped along, but he's just as dead as if he were wrong." Even though William Jay was right, sinful human nature doomed him to a premature death to prove his rightness.

Paul wrote in his letter to the Galatians, "It is for freedom that Christ has set us free" (Galatians 5:1). But the Christian liberty which Paul describes is not the same as the liberty we celebrate on the 4th of July. Freedom in Christ is not a blank check to do whatever we want; it is the freedom to do what God wants. To the Romans, Paul writes: "Don't you know that when you offer yourselves to someone as obedient slaves, you are

slaves of the one you obey - whether you are slaves to sin, which leads to death, or to obedience, which leads to righteousness?" (Romans 6:16). Bull moose jousting during the rut are slaves to their nature, which sometimes results in their death.

The Zax are slaves to their nature, which demands that the self and selfish desires are supreme. William Jay was a slave to his nature that prioritized being right and dead instead of being humble and alive. We are all "slaves" to something. Will you be a slave to sin and death? Or a slave to obedience and righteousness?

Paul's evidence for one's slavery to obedience and righteousness is the "fruit" of our living. Just like an apple tree produces apples, a person in bondage to sin produces the "fruit" of death, and a Christian enslaved to obedience and righteousness produces the "fruit" of the Holy Spirit.

"But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness



and self-control. Against such things there is no law" (Galatians 5:22-23).

No one has ever passed a law against having too much joy, being far too patient, or showing excessive generosity. So, go crazy doing what God wants! A choice to live life cultivating the fruit of the Spirit is true freedom and the Christian's true nature.

For God and Country!

The Fort Greely Chapel community is a traditional, protestant Army chapel service meeting on Sundays at 10 a.m. with a weekly Communion observance. Interested? Please call 907-873-4397 or "Like" our chapel Facebook page at www.facebook.com/FGAChapel.

WARRIOR: Soldiers 'never accept defeat'

Continued from page 1

top priorities of people, dignity and respect.

McConville attended swimming and wheelchair basketball practices, speaking with and listening to Soldiers and veterans tell their story of how they obtained their noticeable physical injuries, and some invisible wounds as well. "We take care of them from the time they enter the service, and even after they leave the service; it is an enduring commitment," he explained.

The United Kingdom Armed Forces, Australian Defence Force, and Canadian Armed Forces, are no strangers to the DOD Warrior Games, having competed against U.S. military wounded warriors in the past. This year however, the games have five international teams

competing, with the addition of the Armed Forces of the Netherlands and the Danish Armed Forces.

McConville explains that military to military relations are not only important on the battlefield, but are far reaching in ways only those who have and are serving understand.

"I think it is very important that we're here with our military allies and partners," said McConville. "We don't fight alone, and we shouldn't recover alone. We fought the last 18 years on the same battlefield, and I think we should recover on the same playing field."

When the services come together for competitions like Warrior Games, the 'friendly rivalry' is evident from start to finish. But like all military operations, winning is extremely important. "I believe that winning does matter," added McCon-

ville.

"By winning, it is how you define what winning looks like for these Soldiers while they are competing at these games. For some it is overcoming that wound, it is overcoming that illness, it is overcoming that injury. But at the end of the day, I want to make sure our Soldiers are winning on the battlefield and the playing field."

McConville offered his heartfelt gratitude to leaders at all levels and services about the spirit of the DoD Warrior Games and the transition units and programs that support them. "I want to thank them for taking care of our Soldiers," he said. "I am very inspired by what I see. I have had a chance to see the athletes, coaches and supporters who are very passionate about taking care of our Soldiers. I'm very glad

this whole team has come together to make this a great event."

With Warrior Games taking place during the summer, McConville offers some familiar advice to Soldiers who, not so long ago, may have deployed to similarly hot places like Afghanistan and Iraq. "It is Tampa, it is summer, the weather is at its hottest so you need to hydrate," he said. "This is where conditioning will allow you to overcome adversity."

"One of the great things about our Soldiers is they never quit," McConville proudly said. "They never accept defeat." I am really proud of the Soldiers and their families that are down here because they are overcoming the adversity of their wounds, illness and injuries. Very, very proud because they are living up to that (warrior) ethos."

GAMES: Stewart an advocate

Continued from page 1

Stewart stated the athletes have gone through a lot to get to the games, but no one gets here by themselves. "The families and the caregivers so often work as hard as the athletes to get them prepared and to get them going and to be there," said Stewart.

Someone who plays a huge role in helping the families is the Chairman and Chief Executive Officer of the Fisher House, Kenneth Fisher.

Fisher acknowledged the work with wounded warriors that Jon Stewart continues to do as an advocate for service members in and out of uniform, and focused on family support. "I have had the great honor of meeting so many of this nation's wounded people and never a day goes by when I am not inspired by you, amazed by what you have accomplished, and humbled by the unconditional support given to you by your families, your friends, your spouses,

your children, by all those who love you the most."

Former President George W. Bush and U.S. Senator Rick Scott, Florida, sent videotaped messages to the athletes, wishing them well during the competition. Congresswoman Kathy Castor noted the fantastic job U.S. Special Operations Command has done hosting this year's Warrior Games.

Deputy Secretary of Defense David Norquist had an opportunity to watch the Team Army wheelchair basketball team practice earlier in the day. "Coach Rodney Williams has those three-time defending champions looking pretty good," he noted. "They got Spc. (retired) Brent Garlic who was part of last year's team, and Staff Sgt. (retired) Ross Alewine, who is the defending Warrior Games Ultimate Champion."

Norquist welcomed and thanked all the international participants at this year's competition, and alluded to the qualifi-

cation to participate in the games. "To compete in the Warrior Games, it is not enough to be strong, it is not enough to be fast. In the Warrior Games, there is a level of resolve; a unique ability to embrace and overcome adversity, that is the price of admission. Just to get to this event, it requires unbelievable grit and resilience."

Team Army Family members could not hold back their emotions about how the DOD Warrior Games and supporting programs are honoring their sons, daughters, husbands, wives, mothers and fathers. "Wow!" said Sue and Rich McLimans, parents of son Capt. Shannon McLimans. "This is amazing. The atmosphere is just electric. Everybody is in the same situation as everybody else. It is just something magical."

Tim Kane, father of Sgt. Tanner Kane, said, once their son got involved with adaptive reconditioning sports, he found a purpose to get up and

out in the mornings. "Tanner didn't speak for two years and then he connected with other Soldiers, it all changed. Tanner realized his former state was wasting away at his spirit and this program was here to help and aid other Soldiers on their progress to healing."

Tiffany Weasner, wife of Sgt. (retired) Johnathan Weasner said, "I know what this program has done for my husband Jonathan and our Family. To look around this arena and see the joy on other families faces, I can only imagine what adaptive reconditioning has done for other families; it's a blessing."

JLTV

Continued from page 1

pose-built for modern battlefield networks.

"Getting an improved capability into the hands of Soldiers and Marines has been our team's driving focus throughout this program, said Michael Sprang, Project Manager, Joint Program Office, Joint Light Tactical Vehicles. They are why we do what we do and I'm so proud of the hard-working team that brought us to this point.

"We are also grateful for Soldier feedback on new features and enhancements," he continued. "The Soldiers of the 1st ABCT, 3rd Infantry Division provided valuable input on enhancements such as increased situational awareness, reduction of system noise, a troop seat kit and a companion JLTV trailer. Their assessments helped bring us all to a successful Full-Rate Production decision."

The JLTV program remains on schedule and on budget to replace a significant portion of the Army's High Mobility Multipurpose Wheeled Vehicle fleet. The JLTV comes in two variants and four mission package configurations: General Purpose, Close Combat Weapons Carrier, Heavy Guns Carrier and a Utility vehicle. The U.S. Navy and Air Force also plan to field JLTVs in much smaller quantities.

History Snapshot: The Northernmost Chapel



Constructed in 1944 from standard military plans, the Army's northernmost chapel is a fixture of the North Post landscape and a contributing resource to the Ladd Field National Historic Landmark.

The chapel was built from the 800-series standard Army plans and topped with a steeple. Its wooden frame reflects a New England meeting-house architectural style. Similarly designed churches exist across the United States, including at the Kodiak Air Station, Alaska. The 800-series building was a prefabricated, modular design that could be lengthened in increments of 10 feet or built-up with the addition of extra stories. The Ladd Field chapel is one-story with a choir loft above the south end of the building and administrative and storage space on the north end. It originally also housed a clarion, an electric device that played melodies through the use of chimes.

While no longer in use, the chapel testifies to the early build-up of Ladd Field in the 1940s and the modification of standardized architecture to meet service members' needs as the base population expanded. (U.S. Army Garrison Alaska Cultural Resources file photo)

MEDAL: A brotherhood

Continued from page 1

several more members of the 1st Infantry Division followed.

"It means a lot to me and it means a lot more so as a unit," Meno said. "(Bellavia) and the guys displayed so much professionalism and tenacity that everything complemented each other...the Soldiers on the ground, the team leaders and the platoon sergeant. It really created a great brotherhood amongst us."

The first living recipient to earn the Medal of Honor for his bravery in the Iraq War, Bellavia was praised by Trump for placing his unit members' lives before his own. And Bellavia lauded the efforts of his fellow platoon members who each contributed to the fight that autumn night and during the vicious battles that followed.

"I served with some of the greatest men I've ever met in my entire life," Bellavia said after the ceremony.

The night of Nov. 10, 2004, during the onset of the Second Battle of Fallujah, Bellavia and his unit had been tasked to clear 12 houses of insurgents in an abandoned section of the Iraqi city. When they reached the 10th house, insurgents hiding behind barricades ambushed Bellavia's men. Several men suffered injuries to their faces as enemy rounds ripped through the walls as bricks and plaster flew through the air.

Without hesitation, Bellavia charged toward the enemy rounds, spraying bullets at the insurgents, allowing his wounded teammates to evacuate the house.

"The wall was ripped to shreds. David knew they had to get out," Trump said. "He just took over. He leapt into the torrent of bullets without even thinking. He provided

"It's an absolute honor to serve in the U.S. military and serve with those fine men that you saw on that stage today."

— former Staff Sgt. David Bellavia

suppressive fire, while his men evacuated, rescuing his entire squad at the risk of his own life. Only when his men were all out did David exit the building."

Bellavia wasn't done as the staff sergeant once again placed himself in harm's way. As insurgents from the rooftop continued firing, a Bradley fighting vehicle could only force the enemy back into the house.

The New York native decided then to summon his courage and re-enter the house to drive out the enemies to his waiting gunners. He first cut down an insurgent who had a rocket-propelled grenade launcher, and then he killed two more assailants hiding in the house.

Bellavia defeated a fourth after engaging in hand-to-hand combat; eventually stabbing the insurgent in the neck. Finally, he mortally wounded a fifth attacker, who fell from the rooftop and attacked him on the balcony.

"Knowing that he would face almost certain death, David decided to go inside the house and make sure not a single terrorist escaped alive," Trump said.

After placing the Medal on Bellavia's shoulders, President Trump honored the fallen members of the unit. Sgt. Maj. Steven Faulkenburg, the task's force's father figure, died from small arms fire. Bellavia's company command-

er, Capt. Sean Sims and 1st Lt. Ed Iwan would succumb to enemy fire in the days after the Nov. 10 battle. Late platoon members Sgt. J.C. Matteson and Sgt. Scott Lawson, who was in the house when Bellavia re-entered, also received recognition.

"Our entire nation expresses our love, loyalty and everlasting gratitude," Trump said to the families of the late Soldiers who sat in attendance.

Retired Sgt. 1st Class Gustavo Reina, who recruited Bellavia into the Army, said he saw Bellavia's potential as a leader when he joined the service in 1999.

"I was incredibly proud of his actions because he helped save American lives," Reina said. "He became the man that he knew and I knew he could become."

Bellavia served as a recruiter alongside Reina at the Buffalo recruiting station during a special duty assignment.

Reina praised Bellavia for his continued work with veterans. After leaving the Army, Bellavia founded Vets for Freedom, a political advocacy group that consists of former Iraq and Afghan war veterans.

"I want to thank my Army for giving me purpose and meaning and direction," said Bellavia to the media following the ceremony. "It's an absolute honor to serve in the U.S. military and serve with those fine men that you saw on that stage today."

Soldier will return to Earth after 204-day mission aboard the ISS

Ronald Bailey
U. S. Army Space and Missile Defense Command/Army Forces Strategic Command

U.S. Army Lt. Col. Anne C. McClain will depart from the International Space Station to return to earth aboard a Soyuz "Union" MS-11 spacecraft, June 24 at 7:25 p.m. Eastern Daylight Time, following her 204-day mission with Expeditions 58 and 59, conducting technical and research tasks.

"Army astronauts have a very proud legacy in the astronaut program," McClain said. "I can tell you that just like everywhere else in the Army, the biggest attributes that we can bring to the table are leadership and team skills, and those traits that I learned in the Army as both a follower and as a leader working in austere environments with small groups in high gain tasks where lives are at risk, those traits have absolutely transferred over into my time at NASA and I think that is the best thing that we can bring to NASA."

During her time aboard the ISS, McClain participated in or helped facilitate numerous research investigations and technology demonstrations not possible on Earth. Among these included: on-orbit radiation detection; plant growth in microgravity; human immune-system response and antibody production; protein crystal formations to provide insight into Parkinson's disease; and many other experiments ranging from physics to biological studies.

McClain also conducted Extra-Vehicular Activities, also called spacewalks, March 22 and April 8, to modify the station's robotic arm, Canadarm2, and install new batteries for the station's solar arrays. She also participated in an assessment of the unmanned SpaceX Crew Dragon, the first commercially built American spacecraft designed to carry humans to the ISS, when it arrived on station, March 3.

McClain launched with her crew, Dec. 3, 2018, from Baikonur Cosmodrome's famous "Gagarin's Start," the same launch pad used for Sputnik 1 and later by Russian Cosmonaut Yuri Gagarin. She will return to earth aboard the same spacecraft she launched to the ISS in early December.

McClain was selected as an astronaut candidate in June 2013, completing the training in July 2015. Prior to her selection as an astronaut candidate, she served as a commissioned Army officer and an OH-58D Kiowa Warrior scout/attack helicopter pilot. She served 15 months in support of Operation

Iraqi Freedom flying more than 800 combat hours.

McClain also served as an instructor pilot, operations officer, troop commander, and she is a graduate from the U.S. Naval Test Pilot School.

Originally from Spokane, Washington, McClain earned a Bachelor of Science in mechanical/aeronautical engineering from the U.S. Military Academy at West Point in 2002, followed by a Master of Science from the University of Bath in England, and a Master of Science in international relations from the University of Bristol in England.

The U.S. Army's deep involvement in the nation's space program and close work with NASA dates back to the launch in 1958 of Explorer 1, the United States' first satellite, and it was a U.S. Army rocket that carried the first U.S. astronaut into space.

Over the years, 18 Army astronauts have been selected by NASA with 16 of those flying aboard the Space Shuttle, Russian Soyuz spacecraft, and the International Space Station, including McClain.

Soldiers of U. S. Army Space and Missile Defense Command/Army Forces Strategic Command's NASA Astronaut



U.S. Army Lt. Col. Anne McClain runs through rehearsal procedures in the Soyuz MS-09 spacecraft May 20, 2018, at the Baikonur Cosmodrome Integration Facility, Kazakhstan. (Photo courtesy of NASA/Victor Zelentsov)

Detachment serve as NASA flight crew and provide engineering expertise for human interface with space systems.

U.S. Army astronauts will continue their presence aboard the ISS this year after McClain's return.

On July 20, the 50th anniversary of the Apollo XI lunar landing, U.S. Army Astronaut Detachment commander Col. Andrew Morgan will begin his planned nine-month mission aboard the ISS.

The Fort Wainwright Exchange
1st Annual Car Show
Saturday July 27, 2019 1200-1600



Classes: Antiques-Street Rods-Muscle Cars-Customs-Rad Rods
Cars, Trucks, and Motorcycles



REGISTRATION:
Registration is open until Saturday July 27th
Register with kukulakm@aafes.com
Must include your contact info, make and model of vehicle and a photo
Show parking starts at 1000AM
Arrangements for base access can be made

COMMUNITY CALENDAR

Fort Wainwright Family & MWR

Weekly Events

July 5 - 12

5

Gulkana River Float and Fishing Trip

July 5 - 7

The Gulkana River is known for its great fishing opportunities, scenic vistas, and wild rapids. Take on the adventure and enjoy a three day float down the lower portion of the Gulkana River. It is this time of year that you might just hit the late run of Sockeye Salmon. This is a nice and easy, Class I-II waters, in a very remote part of the Alaskan wilderness.

Outdoor Recreation Center, building 4050
Call 361-4089, reservations required

8

Youth Golf Clinic

July 8
10 a.m. - 12 p.m.

Youth Sports is partnering with Chena Bend to bring the youth a golf clinic! Youth Sports & Fitness will be teaching the fundamentals of golf so your child will be a golfing pro in no time!

Parent Central Services, building 1049 #2
Call 353-7713, registration required

11

Spouse to Spouse

July 11
9:30 to 11:30 a.m.

Meet Military Spouses currently living in and around Fort Wainwright. Learn what makes this military community special, ask questions, receive advice, and network with similar individuals.

North Haven Community Center, building 4268
Call 361-4332

11

Grow and Giggle: Summer Edition

July 11
2:30 - 4 p.m.

Join the New Parent Support Program every Thursday for an interactive playgroup to assist parents in learning developmentally appropriate play techniques and to help children improve their social, cognitive, and motor skills.

Last Frontier Community Activity Center, building 1044
Call 353-2101

12

Youth Sports Registration

July 12
9 - 4 p.m.

Youth Sports and Fitness is offering Soccer, Cheerleading, Flag Football, Kickball, and Fishing for children between the ages of three and eighteen. The season runs August 5 through September 28. The last day to register your child is July 12.

Parent Central Services, building 1049 #2
Call 353-7713, registration required



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Fort Wainwright Warrior Zone

3205 Santiago Ave
Ft Wainwright, AK 99703

SUN, JULY 14 @ 1PM

ONLINE REGISTRATION STARTS JULY 1

IN-PERSON REGISTRATION HOURS
AT THE WARRIOR ZONE:

SAT, JULY 13: 12PM-3PM

SUN, JULY 14: 10AM-12PM



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World War II Army history going to space

Ronald Bailey

U.S. Army Space and Missile Defense Command/
Army Forces Strategic Command's Astronaut De-
tachment

U.S. Army astronaut Col. Andrew Morgan will not only make history in space, but take a piece of World War II Army history to space with him.

Morgan, the U.S. Army Space and Missile

Defense Command/Army Forces Strategic Command's Astronaut Detachment commander, received the artifact, a combat medic's brassard, from Paul Morando, chief, Exhibits Division for the National Museum of the United States Army, May 30, at the Johnson Space Center, Texas.

An active duty Army medical doctor and NASA astronaut, Morgan has a deep family connection and personal love of World War II history. This passion for history, medicine, and his unique status as an Army NASA astronaut are set to combine in a very unique opportunity for the Army space, medical, and history enterprises. As a part of his personal allowance items, the artifact will launch to the International Space Station to join him for his nine-month mission in space.

"It's a great honor to take this with me to the International Space Station. It touches on a number of points that are of interest to me," said Morgan. "I'm a medical corps officer in the Army and deployed in combat so there is that connection, along with having two grandparents and a great uncle who fought in World War II."

Morgan is scheduled to launch July 20 from the Baikonur Cosmodrome, Kazakhstan, on the 50th anniversary of the Apollo XI lunar landing, to the ISS. Upon his return he will personally travel to the museum after it opens to install the brassard in its permanent display with other medical-artifacts in the "Army and Society Gallery."

When opened, the 185,000 square foot National Army Museum will portray more than 240 years of Army history and honor the service and sacrifice of more than 30 million men and women who have worn the U.S. Army uniform since 1775. The artifact now in Morgan's care will join a large collection of artifacts, artwork and materiel culture most of which have never before been seen by the public.

According to Morando, the "Army and Society Gallery" chronicles the symbiotic relationship between the Army, its civilian government and the people. The gallery introduces visitors to the many Army advancements in medicine, aviation, communications and technology that helped shape American society, culture and economy.

Robotic combat vehicles could change way Army looks, fights

Sean Kimmons
Army News Service

Similar to how a boxer with a longer reach finds it easier to hit an opponent, the Army is looking to punch through the standoff defenses of near-peer adversaries.

Army Futures Command is behind many of the Army's efforts to achieve that overmatch, which include over 30 projects within its Cross-Functional Teams that are responsible for tackling modernization priorities.

While speaking at the International Armored Vehicles USA conference Tuesday, Gen. John Murray, the AFC commander, noted robotic combat vehicles as one endeavor that could help Soldiers knock out defenses.

During a Joint Warfighting Assessment in May, Murray observed Soldiers and Marines conducting defensive and attack maneuvers using breacher vehicles with robotic capabilities at Yakima Training Center in Washington.

By fiscal year 2023, he said he expects "critical decisions" to be made on robotic combat vehicles after years of experimentation.

"If there's one single thing I think that will change fundamentally the way we look and the way we fight," he said, "is the possibility of deploying robotic combat vehicles in the future, either completely autonomous or semi-autonomous as wingmen."

This fall, proposals are also due from industry partners on their



A remote-controlled concept assault breacher vehicle prepares to breach an obstacle during field testing at the Joint Warfighting Assessment 19, April 28, 2019. Gen. John Murray, head of Army Futures Command, said robotic combat vehicles will change the way Army formations look and fight. (Photo by Spc. Daneille Hendrix)

ideas for the Optionally Manned Fighting Vehicle, which will replace Bradley Fighting Vehicles starting in 2026.

AFC officially stood up last year, he said, after the Army missed a generation of modernization while fighting for years in counterinsurgency campaigns.

Representing the most significant Army reorganization effort since 1973, the command was created to prepare for the ongoing waves of changes in warfare.

"The Army fundamentally woke up and realized that we have missed the wave," he said. "They were crashing on the shore and we

were about chest deep in water."

China and Russia, he said, took note of how the Army waged war and developed anti-access/area denial capabilities to separate Army units and their partners on the battlefield.

"Where we have been is no longer good enough," said Maj. Gen. Gary Brito, head of the Army Maneuver Center of Excellence. "The operational environment, threat and technology are driving us to change."

Today's potential adversaries, Brito said, have expanded the battlefield in four ways: time, domains, geography and nontradi-

tional actors.

While less kinetic, the space, electronic warfare and cyber activities that they use are still effective, he said.

The Army's new multi-domain operations concept, which leaders said could start becoming doctrine in the next year or two, is finding ways to defeat those capabilities.

"Multi-domain operations is here to stay," Brito said. "We cannot put our heads in the dirt."

Whether autonomous or not, he added next-generation combat vehicles will need to be innovative, agile, flexible and adaptive in order to succeed in a more chaotic and dispersed battlefield.

Senior Army leaders, including Murray, realigned nearly \$30 billion over the next five years to modernization programs, such as combat vehicles.

"If we don't do it now, we'll probably be in [M1 Abrams tanks], Bradleys and [M113 armored personnel carriers] in 2035," he said. "We just knew we couldn't do that. We were behind."

The character of war is changing, he explained, which is compounded by the proliferation of technology that is also available to adversaries.

"The rate of technological innovation will continue to increase at an ever-accelerating pace," he said.

"We're not going to be able to slow it down. We're going to have to figure out how to adapt to that rate of innovation."

Virtual program adds 'elite' dimensions to SHARP training

Joe Lacdan

While training students for the Army's Sexual Harassment/Assault Response and Prevention program, Army leaders found the course didn't capture all the intricacies of responding to incidents.

So, they enlisted the help of the Army's academic research partner, the Institute for Creative Technologies at the University of Southern California along with the U.S. Army Soldier Center's Simulation and Training Technology Center in Orlando, Florida.

Lying in the heart of a growing tech community, ICT researchers here developed the Emergent Leader Immersive Training Environment. The interactive training program, known as ELITE, features 13 scenarios that Soldiers could potentially face when dealing with reported incidents.

Students will interact with a simulated member of an Army unit, played by a virtual actor, who had been involved in a simulated incident of sexual harassment or assault.

To successfully complete the course, users must elicit enough correct responses in a given scenario. The course simulates a role-playing game, where users can unlock elements of the course by reacting in the correct way. Users can review missed concepts and practice lessons they didn't get right during their first trial.

After interfacing with the program, the Army reported a 40 percent increase in knowledge of the course curriculum at the SHARP Academy at Fort Leavenworth, Kansas.

"What we've noticed is that people respond more freely and openly when there is actually just a virtual human or avatar as opposed to another person," said David Cobbins, ICT project manager. "So they're going to actually act differently based on who they're talking to."

The programs currently are available to download for Soldiers and civilians with a common access card at the MilGaming web portal: <https://milgaming.army.mil>.

ICT researchers worked closely with members of the SHARP Academy to help develop the training materials and also used service field manuals for reference. The ICT staff penned the scripts for each of the training sessions and hired voice actors from a local Los Angeles production studio.

Cobbins, a former Army medic who completed his master's degree in fine arts and writing for film and television at USC, said knowledge of the Army helped make the creative process easier.

"We know how Soldiers talk," he said. "From that we were easily able to develop stuff that the Army understood."

The programmers took the template of a Navy virtual program and developed it into an interactive counseling version for SHARP counselors. Each variation of the training has been broken into three phases: instruction, practice environment and after-action review, where users get quizzed on scenarios.

Researchers designed one variation of the training, the SHARP team trainer, for senior non-commissioned officers and commanders.



Soldiers can interact with this digital Soldier in a digital interactive program called the Emergent Leader Immersive Training Environment. ELITE allows Soldiers to quickly educate themselves on how to respond to incidents of sexual assault and sexual harassment. (Courtesy graphic)

The program evaluates leaders on how they respond to incidents of sexual assault or harassment within their units.

They also designed another variation for U.S. Military Academy cadets and a third for junior enlisted Soldiers. Instructors currently use the training at the SHARP Academy to train victim advocates and sexual assault response coordinators.

The training will eventually become standard throughout the Army, said David Nelson, creative director of mixed reality research at the ICT. Training programs using similar technology have been used to train more than 1,200 Soldiers at Fort Benning's Maneuver Center of Excellence since 2012.

It will also give Soldiers a more accurate depiction of a real-life counseling session with a victim or potential offender within a unit.

"Right now what the Army is doing is role playing - role playing with other Soldiers they know," Nelson said. "So (SHARP students) are not going to respond the same way to a real victim or somebody they think is a victim."

ICT researchers have begun the next virtual training project called the Digital Interactive Victim Intake Simulation, or DIVIS, a program designed to train sexual assault response coordinators and victim advocates on how to respond to sexual assault victims. Intake is the process by which a SARC or advocate will process infor-

mation given to them when a victim has reported an incident within the Army.

The simulation will also help train SARCs and advocates on how to better respond to victims seeking counseling with the use of real actors. The actors say a series of previously recorded responses that are designed to accurately react to users the way an actual victim might react.

The responses of students to the actors can then be standardized in order to more accurately evaluate student performance, Nelson said.

Researchers will also attempt to develop emotional fidelity by working closely with the academy to accurately portray a victim's response. Nelson and his team will do informal research studies at the SHARP Academy, where they will conduct informal user studies on how actors can portray empathy, actively listen and respond objectively.

"If I'm playing the part of a sexual assault victim, and I haven't experienced that and I'm just kind of reading off of a script, you're not getting the nuances that you might from someone who really is going through it," Nelson said.

"If it's actually somebody who's a victim, they might shut down and not respond to any more of your questions," he added. "So if we can provide that level of emotional fidelity with a real actor in a real scenario, that'll be an improvement as well."