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July 12, 2019

Alaska National Guard assisting authorities with three wildfires

By Candis Olmstead

The Alaska National Guard is assisting local and state authorities with the response to three fires in Alaska today, including the Shovel Creek Fire near Fairbanks, the lower hillside Anchorage wildfire, and the Montana Creek area fire south of Talkeetna.

“Providing emergency response to natural disasters is one of the key missions that we train for,” said Brig. Gen. Torrence Saxe, adjutant general of the Alaska National Guard and commissioner for the Department of Military and Veterans Affairs. “We have the equipment, people, and experience, and we are ready to assist as needed when called upon.”

Two Army National Guard UH-60 Black Hawk helicopters and aircrew from 1st Battalion, 297th

Aviation were performing water bucket drops over the Montana Creek Fire July 4 and the unit is prepping crews on-call for additional response in Anchorage, as the fire there may need additional suppression reinforcement.

More than 20 Soldiers from the Army Guard’s 297th Military Police Company, Rear Detachment, and five high mobility multipurpose wheeled vehicles are providing traffic management and access control for the Shovel Creek Fire. They began operations July 1 to support evacuation and fire suppression efforts 20 miles northwest of Fairbanks in the vicinity of Murphy Dome.

“Soldiers are manning traffic control positions 24/7,” said Capt. Ralph Harris, 297th Military Police Company commander. “Some folks were asked to



Two Alaska Army National Guard UH-60 Black Hawk helicopters and aircrew from 1st Battalion, 297th Aviation perform Bambi bucket water drops over the Montana Creek Fire, July 4, 2019. (Photo by Spec. Michael Risinger, 134th Public Affairs Detachment)

leave their homes, but had to return to their homes first to prepare; so our MPs check them in and out for accountability and to ensure people are aware of the unsafe roads for travel.”

Two Black Hawks dropped 74 buckets of water

– about 66 thousand gallons – over the Anchorage fire on July 2 in less than two hours. They also worked the Montana Creek fire the night of July 3, helping to save structures and property.

“This we’ll defend’ is a

motto I adhere to as a great way to describe our federal, state and domestic response operations,” said Saxe. “And it couldn’t feel more true than on Independence Day, helping our neighbors and citizens as we celebrate our freedom.”



Army Staff Sgt. Mathew Lammers reacts to being named to receive the Heart of the Team Award for Team Army during the 2019 DoD Warrior Games closing ceremonies in Tampa, Fla. June 30, 2019. (Photo by EJ Hersom)

The 2019 DoD Warrior Games conclude, next stop: San Antonio

By Joseph Jones

In the Amalie arena on the evening of June 30, hundreds of supporters, fans, and the families of wounded, ill and injured service members and veterans competing in the

Department of Defense 2019 Warrior Games anxiously awaited the Department of Defense Warrior Games closing ceremony to begin. For most, the commencement of the closing ceremonies is bittersweet. For some, like the participating

athletes, it marks the triumphant milestone of a mission accomplished.

Each participant in the 2019 DoD Warrior Games has had to overcome some form of ex-

See GAMES on page 3

Corps of Engineers now hiring in the Pacific

By Ana Allen

The U.S. Army Corps of Engineers (USACE) Pacific Ocean Division (POD), is looking to expand their team of experts across the region, hiring at all four districts, with locations in Honolulu, Alaska, Korea and Japan, as well as POD’s regional headquarters, also located in Hawaii.

“We’re looking for the top engineers/scientists across multiple disciplines, as well as construction control inspectors or representatives, architects, contracting liaisons, program managers, and other specialty and administrative staff,” said Jimmy Lam, POD’s human capital manager.

Interested prospective employees are asked to send resumes to podrecruitment@usace.army.mil or to call (808) 202-0523.

“We have a vibrant program here in the Pacific, and the demand for dynamic experts

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Pacific Ocean Division kicks off yearlong recruitment campaign starting July 2019, hiring at all four districts, with locations in Honolulu, Alaska, Korea and Japan, as well as POD’s regional headquarters in Hawaii. (Photo by Ana Allen)

Fairbanks hosts Alaska Native cultural events in July

By Elizabeth A. Cook

U.S. Army Garrison Alaska Cultural Resources Manager/Native Liaison

Two big events happen in Fairbanks each July that celebrate Native culture and provide the community, including Fort Wainwright,

with an opportunity to experience another facet of our multicultural and unique neighbors.

The World Eskimo-Indian Olympics will be held from July 17 to 20 at the Carlson Center. Spectators will be treated to days and evenings full of competitive events that are

designed to showcase the strength and endurance necessary to thrive in a subsistence lifestyle.

Good-spirited sportsmanship is shared by the many athletes who cross the generations and encourage their competitors to develop their skills and do their best.

Events include the ear pull – where competitors connect their ears in a tug-of-war to determine who can endure the most pain—mimicking the endurance needed to battle frost bite; the blanket toss—com-

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WEEKEND WEATHER

Friday



Scattered showers, with thunderstorms possible. High of 75.

Saturday



Scattered showers, with thunderstorms possible. High of 75.

Sunday



Scattered showers, with thunderstorms possible. High of 76.

BRIEFS

The Arctic Lightning Airshow is scheduled for July 13, with a rain date of July 14 at Eielson Air Force Base.

Parking opens at 8 a.m. and opening ceremonies are at noon. Food trucks and vendors will be on hand.

The event is free and open to all.

Info: [Facebook.com/EielsonAirForceBase](https://www.facebook.com/EielsonAirForceBase)

Nutrition Corner: It's easy to overdo it on sodium

Did you know that one teaspoon of table salt contains more sodium than most people need in one day. The recommended intake of sodium is 1,500 mg for adults under 50 and one teaspoon contains much more than that — approximately 2,300 mg.

Furthermore, the salt we add at the table only contributes 5 to 10 percent of our daily intake of sodium. Most sodium comes from convenience foods such as grab and go items and highly processed foods. Watch out for the high sodium content of pizza, cured meats, soups, sandwiches, cheese, frozen meals, pasta and pasta sauce.

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

while sodium also plays an important role on the culinary side by enhancing flavor and tenderizing meats, unfortunately, high sodium intake can lead to high blood pressure which increases risk for heart disease, stroke and congestive heart failure.

The good news is that lowering your sodium intake can help lower your blood pressure. Start by not adding salt at the table or in your recipes. The sodium can be cut in half in most recipes without affecting the quality of the final product.

Try to shop the perimeter of the grocery store to get fresh produce, meats and low fat dairy products. If you prefer canned vegetables, aim for the products with no added salt.

Use the nutrition fact

label to guide you. Low sodium products will have 140 mg or less per serving.

Don't be fooled by the reduced sodium claim; these products have 25 percent less sodium than the original product, but are not necessarily low in sodium. For example, reduced sodium soy sauce is still very high in sodium although it is reduced from the traditional product.

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

Featured Food

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

Recipe Spotlight: Roasted carrot and farro salad

Ingredients:

- 2 pounds of carrots, peeled and cut into one-inch pieces
- 1/4 cup olive oil plus 1 tablespoon, divided
- 1 1/2 teaspoon ground cumin
- 3/4 teaspoon pepper, divided
- 1 cup uncooked faro
- 1/2 cup reduced fat Greek yogurt
- 1 1/2 teaspoons lemon zest
- 3 tablespoons lemon juice
- 1 clove garlic, minced
- 2 cups fresh baby arugula
- 1/4 cup chopped walnuts, toasted

Preparation:

Step 1: Preheat oven to 400 F

Step 2: Combine carrots, 1 tablespoon olive oil, cumin, 1/2 teaspoon pepper on a large rimmed baking sheet; toss to coat. Spread carrots in a single layer.

Step 3: Bake 25 to 30 minutes or until tender, stir in 10 minute increments

Step 4: Cook farro according to package directions.

Step 5: Whisk together yogurt, 1/4 cup olive oil, lemon zest, lemon juice, garlic and remaining pepper.

Step 6: Combine farro, carrots and baby arugula in a large bowl; drizzle with yogurt mixture, tossing to coat. Sprinkle with walnuts

50 years after moon landing: Army colonel taking 'giant leap' to space

By Thomas Brading
Army News Service

Fifty years after Neil Armstrong said, "One small leap for man, one giant leap for mankind," during the historic Apollo 11 moon landing, one American Soldier will take the next "giant leap" into space.

Col. Andrew Morgan, astronaut and Army emergency physician, is counting down to his launch for a nine-month mission aboard the International Space Station, July 20 — the 50th anniversary of the Apollo 11 moon landing.

Morgan, a Special Forces battalion surgeon with more than 20 years of military service, is the first Army Medical Corps officer to be selected as an astronaut.

Along with his crewmates, Morgan is scheduled to arrive at the ISS six hours after blasting off from Baikonur Cosmodrome in Kazakhstan, where he will serve as a flight engineer for Expedition 60, 61, and 62.

"It is a tremendous honor to launch on the 50th anniversary of the Apollo 11 mission," Morgan said during an interview Monday from Star City, Russia. "The entire crew of Expedition 60 has been entrusted with being the torch bearers of the next generation of space exploration."

He added there is no better way to commemorate the achievements of Apollo 11 than with a mission to space with an international crew.

It will be Morgan's first space mission. His crew members include Alexander Skvortsov of the Russian space agency Roscosmos and Luca Parmitano, an Italian astronaut

from the European Space Agency.

Morgan and his crewmates will facilitate research on various projects, including mining minerals in the Solar System, looking into methods for engineering plants to grow better on Earth, and examining cells from Parkinson's patients in zero gravity to better understand neurodegenerative diseases, according to a NASA press statement.

Morgan joined NASA as a member of the 2013 astronaut class, and was assigned his specific flight 18 months ago.

However, according to Morgan, he is a Soldier first.

During the space mission, Morgan plans to pull from his military experience, where he is certified as a military flight surgeon and special operations diving medical officer.

"I am a sum of my experiences," Morgan said. "The Army has been a critical part of my experiences since the very beginning."

Where he is today is because of the Army, he added.

In 1996, while a cadet at West Point, Morgan, along with his team, earned the national collegiate title for competitive skydiving. His military career also includes time with the Army's "Golden Knights" demonstration parachuting team.

Skydiving is a "core part" of who I am, Morgan said. He added the "calculated risk taking" and entrusting his life with team members parachuting laid the foundation he needed to become an astronaut.

Shortly after parachuting, he became the battalion surgeon for the 1st Battalion, 3rd Special Forces



With St. Basil's Cathedral in Moscow's Red Square providing the backdrop, Expedition 60 crewmember Col. Andrew Morgan, NASA astronaut and Army emergency physician, poses June 28, 2019, as part of traditional pre-launch activities. Morgan, Luca Parmitano of the European Space Agency and Alexander Skvortsov of Roscosmos will launch July 20, 2019, on the Soyuz MS-13 spacecraft from the Baikonur Cosmodrome in Kazakhstan for a mission on the International Space Station. (Photo by Beth Weissinger)

Group (Airborne), also known as the "Desert Eagles."

After three years serving on flight status, combat dive, and airborne status with the Desert Eagles, he was selected for a strategic operations assignment in the Washington, D.C., area, according to his NASA biography.

"I'm a Soldier, a physician, and an astronaut," Morgan said. "I made the decision to be a Soldier when I was 18, and I am very, very proud of that."

There are a lot of similarities between military deployments and being an astronaut, he said, including time apart from his family.

Morgan's family are no strang-

ers to deployments. The astronaut has deployed multiple times with the Special Forces in direct combat support operations to Afghanistan, Africa, and Iraq.

Married for nearly 20 years and a father of four, Morgan said his family is ready for the upcoming mission.

They understand the makeup of the mission, he said, and "we are all in this together."

"I want to make everybody proud," Morgan added. "I want to accomplish my mission with a team that's highly effective. If I can accomplish all of that and come home safely to my family, then mission accomplished."

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

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The ALASKA POST — The Interior Military News Connection

The Chaplain's Corner

By Chaplain Paul Fritts

U.S. Army Garrison Alaska, Fort Greely

A little rhyme of unknown provenance claims: "Latin is a language, Dead as dead can be, First it killed the Romans, Now it's killing me." Latin, however, is far from a dead language.

While knowing a few bits and bobs of how Latin roots form our own language is helpful for impressing friends, the focus of this week's column is about the problems caused by a decline in the liberal arts education that once included Latin.

Learning how to think critically and to reason analytically were once cornerstones of a liberal arts education.

These skills no longer seem widely taught. This is not the fault of teachers who, typically, are constrained by budgets and narrowly defined curriculums. But that does not mean we cannot educate ourselves.

The problem is, we who live immersed in convenience technology and social media are, generally speaking, intellectually lazy.

One could write a book on why this matters. For my purpose here, it matters because the Apostle Paul battled a similar problem in the Galatian Christian community when he wrote: "I am astonished that you are so quickly deserting the one who called you to live in the grace of Christ and are turning to a different gospel — which is really no gospel at all. Evidently some people are throwing you into confusion and are trying to pervert the gospel of Christ" (Galatians 1:6-7).

Through his letter, Paul confronted the "foolish Galatians" (Galatians 3:1) who were "bewitched" by the purveyors of fake news rather than the Good News.

Applying the principle of we reap what we sow (Galatians 6:7), planting seeds of mentally lazy reasoning will produce a harvest of destruction. Furthermore, Paul is not only concerned with the lazy Christian thinking of the Galatians, but also their lazy Christian practice: "Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up. Therefore, as we have opportunity, let us do good to all

people..." (Galatians 6:9-10).

Authentically following Jesus, then, means applying our best critical thinking and analytical reasoning skills toward actually doing good to ALL people.

Unfortunately, our unexamined assumptions, which are the harvest of lazy reasoning, often prevent us from doing good to those we incorrectly believe are undeserving.

The online Cambridge Dictionary defines the term "cognitive bias" as: "the way a particular person understands events, facts, and other people, which is based on their own particular set of beliefs and experiences and may not be reasonable or accurate."

A common cognitive bias is the "confirmation bias" which is the tendency "to listen only to information that confirms our preconceptions."

If we already assume, for example, that immigrants are the cause of increased crime and unemployment we will focus more on media reports that confirm this belief even when reputable scientific research provides hard evidence to the contrary.

Or, more to the point, even



when Holy Scripture instructs to the contrary: "When a foreigner resides among you in your land, do not mistreat them. The foreigner residing among you must be treated as your native-born. Love them as yourself, for you were foreigners in Egypt. I am the Lord your God" (Leviticus 19:33-34). May we think about it, and do good to all people.

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.

POD: Hiring for a wide variety of positions

Continued from page 1

at the entry, journeyman and senior levels have increased in concert with this upward trajectory. We're taking resumes now to stay ahead," he said.

POD, which boasts a majority civilian workforce, has a mission focused on integrating USACE capabilities and delivering engineering solutions to protect and advance the nation's interests, and enhance stability in the Indo-Pacific region.

POD's mission contributes to the National Military Strategy, and includes a \$25 billion program in Japan, as well as other vital work in the region, to include Missile Defense throughout the Pacific. Work also includes opportunities for travel throughout the Pacific in support of the National Security Strategy in order to ensure a free and open Indo-Pacific for all countries to prosper.

Their projects range from civil works, military missions, international/interagency, contingency operations, research and development, real estate and geospatial.

Craig Ueda, a POD regional program manager in Honolulu, has worked at one of POD's overseas districts, where he most recently worked from 2009 until last year. "Working in the Pacific Region has been one of the most rewarding experiences in my career — both professionally and personally. Not only are the programs and projects truly 'world-class', but working hand-in-hand with our host nation partners provides a unique opportunity to learn and grow," Ueda said.

Prior to Ueda's tour overseas, he served at the Honolulu District after another tour abroad. "USACE provides numerous incentives, such as housing and post allowances that allow you to enjoy life

abroad while supporting long term financial goals," added Ueda.

Another POD employee, Mark Jones, Japan Engineer District's chief of engineering, has worked for 30 years as an engineer in the U.S, but for the past four years, he and his family have worked overseas. He calls his tour to Japan the most gratifying. "I use all my U.S. training and experience but have to incorporate that with a new culture, methods of design and construction here in Japan in order to deliver on our commitments. An added benefit to this assignment is my family loves it too!"

Lam also discussed the organization's pursuit of offering more than a job, but a lifestyle. "We're focused not just on building things, but building people, teams, community and quality. I think that's what makes us stand out to our prospective employees and partners," Lam said.

Candidates from the commercial sector, as well as current department of defense professionals are welcomed to inquire and send in their resumes.

"There's a perception that you have to be a current government employee to get through the application system. That's not so any more. There are new programs in place that have made hiring the best, easier, while still maintaining all merit system principles and equal opportunity hiring principles" Lam said.

POD currently holds a prestigious workplace designation, the highest of its kind, issued through the Partnership for Public Service's annual ranking, published in December.

A federal survey conducted with POD staff, showed 89 percent of employees would recommend their organization to others as a good place to work. Results also show current and prospective employees

insight on leadership, pay, innovation, work-life balance and as well as other considerations.

Brig. Gen. Thomas Tickner, POD commanding general, says the award is a reflection of its most valuable resource. "We're a world class workplace because of our people. We work to recruit the best and the brightest, and then invest in our workforce through career broadening assignments and leadership development programs at all levels. I think we've also been able to develop a work culture that's centered on ohana, or family. This means our leaders put their people first, knowing that the mission will follow. So when you take POD's highly talented, diverse and adaptive workforce, and combine that with leaders who care, you get a winning combination."

POD's Japan District also holds a current 'Best Place to Work' designation.

GAMES: Soldiers conquer adversity

Continued from page 1

traordinary adversity, conquer their own specific challenges, and in many cases recover from what they may have been told was unrecoverable. For these brave athletes, the commencement of Warrior Games signifies defying all odds, no matter how insurmountable they may have seemed to be in the past.

To properly close out the Warrior Games, actor, comedian, producer, and activist Jon Stewart, returned to host the closing ceremony. Stewart gave a heartfelt dedication to recently deceased 9/11 responder, activist, and former Marine Lou Alvarez as he told the Warrior Games athletes how much their dedication inspires others.

"As I watch you all together, the camaraderie, the teamwork, the family that you form, it inspires me and it reminds me of my friend Lou Alvarez, and my friend Ray Pfeifer and what they fought for, and I will always have your back, and I will

always have their backs, because I know you guys will always have my back and have your communities backs," Stewart remarked.

U.S. Army General Richard D. Clarke, Commanding General, United States Special Operations Command, MacDill, Air Force Base, also spoke at the closing ceremony.

"I believe not only has Warrior Games saved our warriors lives, but it has saved families and strengthened our families. To all of our families, thank you very much. Our athletes, you have inspired us, we watched you in hundreds of competitions, we watched you get knocked down, we watched you get back up, we watched you laugh, we watched you cry, these were some incredible games," said Clarke.

"It has been an absolute honor for SOCOM to sponsor these games, so thank you," Clarke added.

The coveted "Heart of the Team" Award goes to one member on each team whose teammates collective-

ly felt best embodied the spirit of the DoD Warrior Games. Each team votes internally to select the recipient of the award. Prior to the presentation of this accolade during the closing ceremony, the chosen recipient is unaware that their teammates have selected them to receive the honor.

The 2019 recipient of the "Heart of the Team" Award for Team Army was U.S. Army retired Staff Sgt. Matthew Lammers of Fairmont, North Carolina.

Members of Team Army also collected 2 of 3 coveted "Ultimate Champion" medals. To earn the Ultimate Champion title, athletes must compete in their respective functional classifications in eight sporting events.

There are two slots allotted to each service branch for the prestigious honor. Ultimate Champion athletes earn points based on their individual results in the events. The Ultimate Champion is the athlete who earned the most points in the eight sporting events.

Retired Staff Sgt. Ross Alewine,

of Williamston, South Carolina, was awarded the Bronze Ultimate Champion medal, and Capt. Casey Turner, of Fort Bragg, North Carolina, was awarded the Silver Ultimate Champion medal.

Also revealed during the closing ceremony, followed by a concert from multi-platinum singer Sara Evans, was the official announcement of the hosting destination of the upcoming 2020 DoD Warrior Games: San Antonio, Texas.

The 2019 DoD Warrior Games were held from June 21-30 in Tampa Bay, Florida.

The athletes who participated in the competition are comprised of wounded, ill and injured service members and veterans representing the U. S. Army, Marine Corps, Navy, Air Force, and Special Operations Command.

Athletes from the United Kingdom Armed Forces, Australian Defence Force, Canadian Armed Forces, Armed Forces of the Netherlands, and the Danish Armed Forces also competed in this year's DoD Warrior Games.

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.

Embracing a new culture at Army Futures Command

By Sean Kimmons
Army News Service

When Command Sgt. Maj. Michael Crosby first interviewed to be Army Futures Command's enlisted leader, he had no idea what to expect.

The command was still in its nascent stages with no headquarters building and he could only find a brief description of its vision to modernize the Army.

Instead, Crosby was focused on the battlefield, observing his troops defeat ISIS fighters in Iraq and Syria. The prospect of the new job seemed like a 180-degree departure from his post overseeing Operation Inherent Resolve's Combined Joint Task Force.

He then reflected on the coalition troops he had lost during his tour. Then of the Soldiers who never returned home from his other deployments, including back-to-back tours to Iraq from 2005 to 2008.

He decided he wanted to help change how future Soldiers would fight, hopefully keeping them safer and more lethal.

"It's something bigger than myself," he said in a recent interview. "I'm fired up about this. This is a bold move by the Army."

Embedded with industry, academia

Inside a high-rise office building in the heart of Texas, the command's headquarters bustled on a weekday in late June.

Unlike other Army units, the office space felt more like that, an office, rather than a typical military workplace.

The command had a low profile in its upper-floor nest inside the University of Texas System building, overlooking downtown and the domed state capitol.

Among the rows of cubicles, Soldiers wore no uniforms as they worked alongside federal employees and contractors. Many Soldiers went by their first name in the office, often frequented by innovators, entrepreneurs and academic partners.



Command Sgt. Maj. Michael Crosby, left, Army Futures Command's senior enlisted leader, participates in the command's activation ceremony in Austin, Texas, Aug. 24, 2018, along with Gen. Mark Milley, chief of staff of the Army; Army Secretary Mark Esper; and its commander, Gen. John Murray. The establishment of the command marked the Army's largest reorganization effort since 1973, when it created Army Forces Command and Army Training and Doctrine Command. (Photo by Sgt. Brandon Banzhaf)

The lowest-ranked Soldier was a sergeant and up the chain were senior executive service civilians and a four-star general.

A few blocks down 7th Street, another group of Soldiers and federal employees from the command were embedded in an incubator hub to get even closer to innovators.

The Army Applications Laboratory occupies a corner on the eighth floor of Capital Factory, which dubs itself the center of gravity for startups in Texas. The lab shares space with other defense agencies and officials call it a "concierge service" to help small companies navigate Defense Department acquisition rules and regulations.

"They're nested and tied in with industry," Crosby said.

The command also provides research funding to over 300 colleges and universities, he added.

Those efforts include an Army Artificial Intelligence Task Force at Carnegie Mellon University in Pittsburgh that activated earlier this year.

In May, the University of Texas System also announced it had committed at least \$50 million to support its efforts with the command, according to a news release.

More recently, the command agreed to a partnership with Vanderbilt University in Nashville. As part of it, Soldiers with 101st

Airborne Division's 3rd Brigade Combat Team would work with engineers to inspire new technology.

Soldiers up the road at Fort Hood may also soon be able to do the same at UT and Texas A&M University.

"That is what we're looking to replicate with other divisions in the Army," Crosby said. "It will take some time."

In on the ground floor

Since October 2017 when the Army announced its intent to create the command to be the focal point of modernization efforts, it wasted no time laying its foundation.

It now manages eight cross-functional teams at military sites across the country, allowing Soldiers to team with acquisition and science and technology experts at the beginning of projects.

The teams tackle six priorities: long-range precision fires, next-generation combat vehicle, future vertical lift, network, air and missile defense, and Soldier lethality – all of which have since been allocated \$30 billion over the next five years.

The next step was to place its headquarters in an innovative city, where it could tap into industry and academic talent to develop new technologies that give Soldiers an edge against near-peer threats.

After an exhaustive search of over 150 cities, the Army chose Austin. The move marked the start of the Army's largest reorganization effort since 1973, when both the Forces Command and

Training and Doctrine Command were established.

The location away from a military post was intentional. Rather than surrounded by a security fence, the command is surrounded by corporate America.

"We're part of the ecosystem of entrepreneurs, startups, academia," Crosby said. "We're in that flow of where ideas are presented."

As it nears full operational capability this summer, Futures Command has already borne fruit since it activated last August.

Its collaborative efforts have cut the time it takes project requirements to be approved from five or seven years to just three months or less.

Once prototypes are developed, Soldiers are also more involved in testing the equipment before it begins rolling off an assembly line.

By doing this, the Army hopes to learn from past projects that failed to meet Soldier expectations.

The Main Battle Tank-70 project in the 1960s, for instance, went well over budget before it was finally canceled. New efforts then led to the M1 Abrams tank.

Until the Army got the Bradley Fighting Vehicle, it spent significant funding on the Mechanized Infantry Combat Vehicle in the 1960s, which never entered service.

"So we're trying to avoid that," Crosby said. "We're trying to let Soldiers touch it. Those Soldier touch-points are a big success story."

Culture change

Futures Command is not a traditional military command. Its headquarters personnel, which will eventually number about 100 Soldiers and 400 civilians, are encouraged to think differently.

A new type of culture has spread across the command, pushing many Soldiers and federal employees out of their comfort zone to learn how to work in a more corporate environment.

"The culture we really look to embrace is to have some elasticity; be able to stretch," Crosby said. "Don't get in the box, don't even use a box – get rid of the box."

Crosby and other leaders will often elicit ideas from younger personnel, who may think of another approach to remedy a problem.

"I'm not going to somebody who has been in the uniform for 20 to 30 years, because they're pretty much locked on their ideas," he said. "They don't want to change."

A young staff sergeant once told the sergeant major the command could save thousands if they just removed the printers from the office.

The move, which is still being mulled over, would force people to rely more on technology while also saving money in paper, ink and electricity.

While it may annoy some, Crosby likens the idea to when a GPS device reroutes a driver because of traffic on a road. The driver may be upset at first, not knowing where the device is pointing, but the new route ends up being quicker.

"You have to reprogram what you think," he said. "I'm not used to this road, why are they taking me here? Then you come to find out, it's not a bad route."

For Sgt. 1st Class Kelly Robinson, his role as a human resources specialist is vastly different from his previous job as a mailroom supervisor at 4th Infantry Division.

As the headquarters' youngest Soldier, Robinson, 31, often handles the administrative actions of organizations that continue to realign under the budding command.

Among them are the Army Capabilities Integration Center that transitioned over to be

the command's Futures and Concepts Center. The Research, Development and Engineering Command then realigned to be its Combat Capabilities Development Command.

Research elements at the Army Medical Research and Materiel Command have also realigned to the Army's new major command.

"The processes and actions are already in place," Robinson said of his old position, "but here you're trying to recreate and change pretty much everything."

Since he started in November, he said he now has a wider view of the Army. Being immersed in a corporate setting, he added, may also help him in a career after the military.

"The job itself and working with different organizations opens up a [broader perspective]," he said, "and helps you not just generalize but operationalize a different train of thought."

While chaotic at times, Julia McDonald, a federal employee who handles technology and futures analysis for the commander's action group, has grabbed ahold of the whirlwind ride.

"It moves fast around here," she said of when quick decisions are made and need to be implemented at a moment's notice. "Fifteen minutes seems like an hour or two."

Building up a major command is not without its growing pains. Even its commander, Gen. John Murray, has referred to his command as a "startup trying to manage a merger."

"Everybody is just trying to stand up their staff sections and understand that this is your lane and this is my lane," McDonald said. "And how do we all work together now that we're in the same command?"

The current challenges could pay off once the seeds planted today grow into new capabilities that help Soldiers.

For Crosby, that's a personal mission. In his last deployment, nearly 20 coalition members, including U.S. Soldiers, died in combat or in accidents and many more were wounded as they fought against ISIS.

"We have to get it right, and I know we will," he said. "Everybody is depending on us."

NATIVE: WEIO, POWWOW

Continued from page 1

petitors jump from a hide blanket, attempting to gracefully reach the ceiling—an activity designed to better view the far horizon from the flat North Slope; and the 4-man carry—one person tries to maximize their distance travelled while carrying four others clinging to their front, back, and sides—the man-weights standing in for a quartered game animal being carried out of the field.

The first evening's opening events begin at 6 p.m. and include a welcome to the Athabaskan Athabaskan territory. A parade of the athletes, Alaska Native dance groups, and Miss WEIO contestants; welcomes from the local leaders; and the lighting of the Olympic flame at a seal oil lamp.

The dance groups from around the state perform nightly. The Miss WEIO pageant occurs throughout the event with a coronation on Friday evening. An always-adorable baby parka and dress competition is held one evening. Demonstrations of important, traditional Native skills that are not yet competition games can be

seen throughout the event.

WEIO also boast one of the biggest state-wide Native art and craft shows, perfect for some mid-year gift shopping. Everything from coastal ivory carvings to Interior beadwork can be found and purchased directly from the artists.

WEIO is a family-friendly event enjoyed by residents and tourists alike. Admission to the games is free of charge 2 to 5 p.m. and a nominal entry fee is charged after 6 p.m. A schedule and descriptions of the competitions is available at www.weio.org.

Before WEIO begins, the Midnight Sun Intertribal Powwow will convene behind the Carlson Center on July 12 to 14. Drums from the lower 48 will be in attendance with their singers and dancers from many tribes will don their regalia.

Opening is at 5 p.m. on Friday and admission is free. Food and craft vendors and information booths will be there also. Princess and little princess contests are held and an eagle from the Bird Treatment and Learning Center will be released on one of the days. For more information and to learn powwow etiquette, visit www.midnightsunintertribalpowwow.org.

History Snapshot: Accompanied Officer Housing

In a letter to her family, Phyllis Walseth, wife of Ladd Field's Post Adjutant, gushed about her new apartment, "Nothing I can say can possibly tell you how nice [these apartments] are for Alaska." The Walseths were one of the seven families who moved into accompanied officer's accommodations at Ladd shortly following their completion in the spring of 1941. In her letter home, Mrs. Walseth described her apartment's beautiful hardwood floors, new electrical appliances, spacious arrangement of rooms, and shining stainless steel kitchen sink.

Established as a cold weather testing facility, Ladd Field's mission dictated its footprint on the landscape and its design. The buildings around the northern end of Ladd Field's horseshoe were originally dedicated to officer's housing, connected to each other and the mission building by underground utilidors. Buildings 1045, 1047, 1048, 1049, and 1051 were constructed from plans



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

provided by the architectural and engineering firm, The Austin Company, of Cleveland, Ohio and approved by the Construction Division Office of the Quartermaster General. During the time of Ladd's construction, the Quartermaster was beginning to shy away from standard-

ized plans amid criticism that officer housing was frequently constructed without regard to the climate or regional design aesthetics of the building's location. This criticism did not apply to Ladd Field's building plans. The apartments and Commander's Quarters provided comfort-

able, high-quality living spaces for the officers and their dependents. In addition to Mrs. Walseth's favorites, the united included elevated arctic entries to keep the cold air from entering the living space; second-story bedrooms that encouraged a small footprint while capital-

izing on rising heat; shared laundry facilities and storage space; and, in some cases, quarters for the maid or nanny. As much as Mrs. Walseth loved her new apartment, her stay was very short. Once the United States entered World War II, all military dependents were

ordered to leave the Alaska Territory for their own safety. Buildings 1045, 1047, 1049, and 1051 remained officer's quarters and, during the war, Building 1051 served as housing for the Russian pilots and mechanics participating in Lend-Lease Operations.

Home-based businesses

Assistant Chief of Staff for Installation Management

What is it? Home-Based Businesses are owned and operated by nonfederal entities, who are residents of Army installations, to offer sales or services from within their residences.

Individuals acting exclusively outside the scope of any official capacity as officers, employees or agents of the federal government are considered nonfederal entities.

What are the current and past efforts of the Army?

The Army published a new directive, Army Directive 2018-29 on Dec. 17, 2018, that includes guidance for senior commanders when deciding to allow a nonfederal entity to operate home-based businesses on their installations.

The goal of the policy is to provide consistency for home-based business owners as they relocate to other Army locations. The Army directive updates the regulation about how to apply for and operate a home-based business and specifies conditions that must be followed.

In addition, the Army Regulation (AR) 420-1, Army Facilities Management, Housing

Management (chapter 3, page 18), defines responsibilities and prescribes procedures for processing home-based business operations.

The change in the policy is part of the Army's larger efforts to clarify Army policy pertaining to home-based business procedures during permanent change-of-station moves.

Changes to rules about home-based businesses on Army installations:

- Updates policy for applying for and operating home-based businesses.
- Requires business owners to meet all licensure and legal requirements.
- Increases senior commanders' ability to approve requests for home-based businesses.
- Establishes a single point of entry for home-based business applications.

The directive applies to Army, Army National Guard, U.S. Army Reserve and tenant personnel operating and living on Regular Army Installations.

What continued efforts does the Army have planned?

The Army is developing guidelines that will help prospective business operators gain approval for

home-based businesses at their present locations, and at future installations. Standardizing application requirements is the goal to enhance financial readiness of Soldiers and Families.

The Army also will implement procedures to stay current on evolving technolo-

gy and social media trends.

Why is this important to the Army?

Taking care of the Soldiers, Families, and Army Civilians is an enduring priority for the Army. The home-based business policy clarifies application and operating procedures for residents as

they move from one duty station to another with their spouses.

This change in policy helps to improve financial readiness for home-based business

owners who often experience financial and emotional hardship arising because of permanent change of station moves.



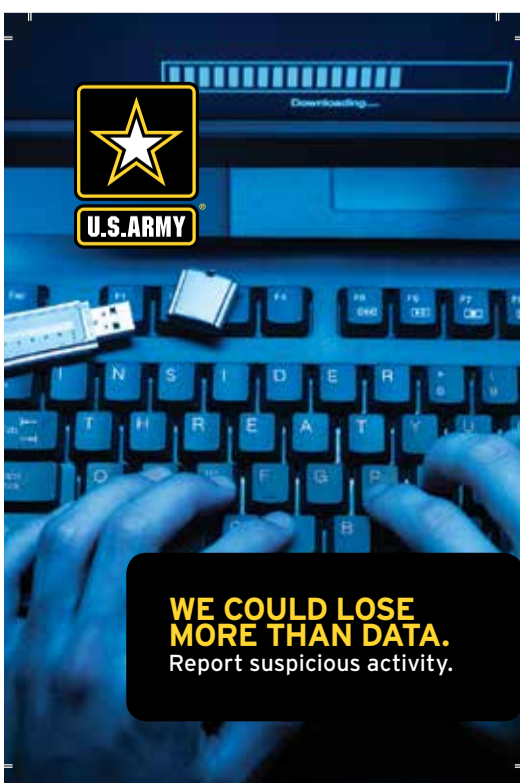
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Army rebuilding short-range air defense

By Gary Sheftick
Army News Service

The Army is now standing up short-range air defense units, known as SHORAD battalions, and offering a five-week pilot Stinger course for Soldiers in maneuver units.

It's part of a critical effort to defend maneuver units against the threat of aircraft, drones and cruise missiles, said Col. Mark A. Holler, commandant of the Air Defense Artillery School at Fort Sill.

Most of the SHORAD battalions in the active component were deactivated a decade ago because the U.S. Army needed this force structure to grow maneuver brigade combat teams for counter-insurgency operations, Holler said.

The Army is now reshaping its capability and capacity to conduct large-scale combat operations against a near-peer adversary like Russia or China, he said, so SHORAD units are once again needed. He added the Army was given a "wake-up call" when it observed the conflict in Ukraine.

Bringing back Avengers

In the 1990s, every Army division had a SHORAD battalion to protect it. In 2017, none of the 10 active divisions had one.

Last year, the Army re-established an active SHORAD battalion in Germany. The 5th Battalion of the 4th Air Defense Artillery Regiment was stood up with Avengers — modified Humvees with a turret on top and two pods of Stinger missiles.

The Avengers were first used by the Army in 1990, but in recent years most had been relegated to the National Guard or stored in depots.

A total of 72 Avengers were pulled out of mothballs last year from Letterkenny Army Depot in Pennsylvania, Holler said. Half are now with the 5-4 ADA and the others are ready for issue at a pre-positioned equipment depot in Germany.



In the Stinger Dome, Staff Sgt. Ivan Peralta guides Sgt. 1st Class Arianna Cook as she aims a shoulder-fired Stinger missile at an enemy helicopter projected on the circular wall of the simulation center. A five-week class in the Man-Portable Air Defense System, or MANPADS, is being taught to infantry and armor Soldiers in a stop-gap effort to protect maneuver units from enemy aircraft, drones and cruise missiles. (Photo by Gary Sheftick, Army News Service)

Growing the force

The plan is to eventually have 10 SHORAD battalions again to defend maneuver units and other critical assets within each of the Army's divisions, Holler said. These will be stood up incrementally over time, he explained, with the next four between now and 2024.

Eventually these battalions will upgrade from Avengers to the new Maneuver SHORADs on a Stryker platform with two hellfire missiles, a 30mm chain gun, a 7.62 machine gun and four Stinger missiles. The first M-SHORAD prototypes are expected to roll off the assembly line in late July.

The Army is also planning to stand up Indirect Fire Protection Capability, or IFPC units, in both the active component and National Guard to defend fixed and semi-fixed

assets at corps and division-level, Holler said.

These battalions, currently fielded with the Land-based Phalanx Weapons System, or LPWS, used to counter rockets, artillery and mortars — also known as the C-RAM system — will eventually transition to a new IFPC capability as well, he said.

Soldiers quadrupling

The Army currently has 519 positions for Soldiers with the 14P air and missile defense crewmember military occupational specialty. That number is expected to quadruple over the next five years, said Sgt. 1st Class Arianna Cook, senior career advisor for 14Ps at the ADA School.

"We will have one of the fastest-growing MOSs in the Army," Cook said.

Two years ago, the ADA School had only one 14P instructor and most of the students were National Guard Soldiers, as the Guard kept seven Avenger battalions, she said. Now there's eight 14P instructors at the school just for the new Man-Portable Air Defense System or MANPADS Stinger course.

"We're making a comeback," Cook said. "That's kind of where we're at with our MOS."

MANPADS course

Maneuver forces had not seen

short-range air defense in a long time, Cook said. So the first goal of the new course was to show Infantry and Cavalry troops what SHORAD looks like, she explained.

"I spent two years at Fort Benning with 19 kilos, with tankers ... none of them had ever heard of [short-range] air defense," Cook said. "All they knew was Patriot launchers."

So a MANPADS pilot course was developed in late 2017. The focus was on creating two-man Stinger teams for units rotating into Germany or Korea as an interim solution to provide short-range air defense.

"You can't flip the switch overnight and fill a critical gap," Cook said.

But since the Army has determined that SHORAD is a critical gap, the ADA School is attempting to fix it as soon as possible with the five-week course.

So far, six brigades have sent 156 Soldiers through the course and the graduates have been awarded the A5 additional skill identifier, or ASI. This means they are certified to operate the Stinger MANPADS missile launcher in two-man teams to defend their unit against enemy aircraft.

The course includes practice in the Stinger Dome where the teams simulate firing at enemy helicopters

See SHORAD on page 7

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COMMUNITY CALENDAR

Fort Wainwright Family & MWR

Weekly Events

July 12 - 19

13 Goldpanners Baseball Clinic
July 13
10 a.m. - 9 p.m.

The day will start with a Baseball Clinic at Growden Memorial Park, followed by a Meet & Greet with the Goldpanners, and lunch provided by Big Daddy's. Youth will also receive a free ticket to the baseball game that night plus an additional ticket to a remaining Goldpanners game! This event is free for all DoD Youth.

CYS Youth Sports & Fitness, building 1049 #2
Call 353-7482

14 Esports Street Fighter V Open
July 14
1 p.m.

Army Entertainment invites Active Duty and Guard Members to participate in the free Esports Street Fighter V Open. The first place Army Garrison Qualifier from the Fort Wainwright tournament will receive a ticket and travel arrangements to the Championship Finals in San Diego at TwitchCon plus much more!

Warrior Zone, building 3205
Call 353-1087, registration required

16 Parent Advisory Board
July 16
6 to 7 p.m.

Become actively engaged in the CYS programs, and learn about new programs and services offered for children and their parents. Parents that attend will gain participation points towards monthly discounts on childcare fees.

School Age Center, building 4166
Call 353-7713

19 Adult Craft Night
July 19
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, registration required

19 Family Night: Archery
July 19
6 - 8 p.m.

Come out and test your archery skills with your family! This event is open to ages 5 and older. All targets, equipment, and instruction are provided by Outdoor Recreation

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



Ice Cream
JULY 20
LAST FRONTIER COMMUNITY ACTIVITY CENTER

Ice Cream Skedaddle
5k Fun Run

Start at the Last Frontier Community Activity Center and enjoy free ice cream* at the finish line! Includes a race t-shirt, race starts at Noon

\$15 REGISTRATION THROUGH JULY 10
\$20 REGISTRATION JULY 11-20

ICE CREAM FLING
I scream, you scream, we all scream for ice cream!

Come one, come all for carnival games, family fun, and ice cream galore!
FREE ICE CREAM* to all DoD ID Cardholders and their guests. 12-2 p.m.
*While supplies last

REGISTER FOR THE FUN RUN!
Last Frontier Community Activity Center (907) 353-3535 or the Physical Fitness Center (907) 353-3535

www.wainwright.armymwr
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Join Outdoor Recreation for a fishing trip to the Dall River this A
Find out more at www.wainwright.armymwr
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SHOREAD: More soldiers completing course

Continued from page 6

that fly across terrain on the circular walls. It also includes identifying friend or foe aircraft, or IFF programming with the Sentinel radar that maneuver units have. And it includes instruction on visual aircraft recognition. The course concludes with a tactical employment practical exercise.

Soldiers have completed the course so far from the 2nd Armored Cavalry Regiment, the 173rd Airborne Brigade, the 3rd Brigade of the 82nd Airborne Division, the 1st Brigade of the 1st Infantry Division, 1st Brigade of the 1st Cavalry Division and 210th Fires Brigade.

What maneuver troops learn at the five-week course is termed "degraded" Stinger operations, Cook said, because firing the missiles from an Avenger system is more accurate.

Upgraded Avengers

The Avengers have multiple optics, range-finders and a forward-looking infrared receiver or FLIR monitor. It's difficult to see some of the smaller drones with the naked eye, Cook said, whereas radars can pick them up and direct the Avenger turret to lock onto them.

When the Avengers were pulled out of depot storage last year, some were modified with a new "Slew-to-Cue" Avenger Targeting Console. This enables the turret to automatically turn and lock onto targets provided by remote radars, Cook said.

"A Soldier still needs to pull the trigger though," she said.

The remainder of the Avengers that didn't get Slew-to-Cue last year will receive it as part of an ongoing two-phase Modification Service Life Extension Program known as SLEP,

said Holler. All Avenger consoles should be upgraded by the end of September 2020, he said.

The second phase of the SLEP upgrade includes installation of a Mode 5 Identification Friend or Foe, a new fire-control computer, and converting analog communications equipment in the Avengers to digital communications. It also includes a new air-conditioning and heating unit and a new .50-caliber machine gun. The Phase II upgrades are scheduled to begin in the 4th quarter of FY 2020 and continue through FY 2023, Holler said.

Along with the battalion of Avengers that stood up last year in Germany, the active Army also has four separate Avenger batteries: one in Korea, one at Fort Sill, one at Fort Campbell, Kentucky; and one with the Global Response Force at Fort Bragg, North Carolina.

In addition to Avenger upgrades,

proximity fuses are being installed in some of the Stinger missiles, Holler said. Stingers with proximity-fuse warheads will have greater lethality against small drones and unmanned aerial vehicles, he explained.

Cook said Soldiers who hold the 14P MOS actually need to know how to operate three different systems: Avengers, Stinger shoulder launchers and the C-RAM system that shoots up to 90 rounds per second at incoming rockets and mortars.

"We're one of the only MOS's in the Army that has to understand and operate three platforms," Cook said.

When the new M-SHORADs come off the assembly line, 14P Soldiers will need to know four platforms, she said.

"It's a massively-growing MOS," she added.