

Fort Greely celebrates 36th anniversary of National Night Out



Rain showers did not stop U.S. Army Garrison Fort Greely from celebrating the 36th anniversary of National Night Out on Aug. 6 at the North Haven Pavilion. Soldiers and their Families, tenant units, Civilians and contractors were treated to a fun afternoon filled with food and camaraderie. National Night Out is Fort Greely's annual community-building campaign that promotes community partnerships and neighborhood camaraderie making Fort Greely a safer and better place to live. (Photo by Angela Glass, USAG Alaska, Fort Greely Public Affairs)

Former Army Ranger helps save man on commercial jet

Sean Kimmons
Army News Service

Before his flight left from Charlotte, Norvel Turner Jr. heard a fellow passenger yell for help.

After running to catch the flight heading to Columbia, South Carolina, a 59-year-old man had collapsed in the aisle a few rows behind Turner.

Not sure what had happened, Turner, a former Army Ranger instructor, watched as another passenger rushed over and started to do chest compressions.

Turner's military training then kicked in. He went over and noticed the man, Mark Thurston, was not moving and his skin had turned purple and mouth was frozen

shut.

Turner, currently the safety director at Army Central Command, grabbed a mouth-to-mouth resuscitation device from a nearby first aid kit and pried open Thurston's mouth.

"I was able to get his mouth open, get the tube in there and then blow into his chest while the other guy did compressions," Turner said in a recent interview.

Safety first

Long before he found himself on this flight, Turner had spent over 30 years in the Army.

He retired in 2004 after serving as an 82nd Airborne Division command sergeant major in Afghanistan. He now



Norvel Turner Jr., left, safety director for Army Central Command, poses for a photograph with Mark Thurston, the man he helped save June 27, 2019, while on a commercial jet awaiting to depart from Charlotte. Thurston invited Turner, a former Army Ranger, to his home in Columbia, South Carolina, to thank him in person Aug. 6, 2019. (Photo by Candy Thurston)

travels throughout the Middle East to help reduce risks across ARCENT's area of operations.

On June 27, he was flying home from a work trip in Florida where he attended safety meetings at the U.S. Central Command headquarters.

Safety has been paramount throughout Turner's life.

In the military, he attended several CPR and combat lifesaver courses like many other Soldiers do. He was also a Ranger

instructor, responsible for his students who sometimes got hurt or passed out from the grueling tasks.

"If someone goes down, you got to be able to administer basic lifesaving skills," he said.

Turner recalled that while he and other Soldiers were in Rhode Island for paratrooper training in 1980 they came across a car that had just crashed into a tree on a nearby road.

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A hard lesson learned now guides priorities for new SMA

Sean Kimmons
Army News Service

The Soldiers were unaware of the rocket-propelled grenade until it was fired at the Iraqi city of Baiji.

But the vision of it exploding behind then-1st Sgt. Michael Grinston after it whooshed four inches over his shoulder is forever etched into his mind.

It's a grim, daily reminder for Grinston, who was sworn in as the 16th sergeant major of the Army on Aug. 9, 2019, of a lesson learned – a painful one that now drives much of his priorities to build a more combat-ready force.

"When you get ambushed, and Soldiers are dying right there in the street, it is not the time to figure out if everybody knows what they're doing," he said. "It was a pretty tough day."

Artilleryman

At the age of 19, the longtime artilleryman first signed up as a cannon crew member on a two-year contract.

He eventually stretched it into a 31-year career as he served in every leadership position from team leader to senior enlisted leader for Army Forces Command before his current role.

"I just focused on being the best person I could be at that time, in that job, at that place," he said in a recent interview.

Grinston grew up in Jasper, a northwestern Alabama town with roughly 14,000 people

See **GRINSTON** on page 4

WEEKEND WEATHER

Friday



Rain, may be heavy at times. High 56.

Saturday



Partly sunny. High near 57, low about 40.

Sunday



Partly sunny. High near 57, low about 39.

BRIEFS

Color Dash

Join this colorful 5K on Sept. 7.

Race begins at 10 a.m., Melaven Fitness Center, bldg. 3452

Registration: \$15 before Aug. 19; \$20 after Aug. 20

at Physical Fitness Center (907) 353-7223

or the Melaven Fitness Center (907) 353-1994

Nutrition Corner: Microwaves and nutritional value

Myth Busters — *Does microwaving zap nutrients from my food?*

The short answer is no, microwaving food does not deplete nutrients from food. Microwaving is a convenient and underutilized cooking method that can be perfectly safe, healthy and can be more feasible than some other food preparation techniques for anyone on a tight schedule.

While most households and workplaces in the United States have a microwave, the popular appliance tends to be reserved for warming leftovers, coffee or maybe heating up a quick snack such as a Hot Pocket or popcorn rather than actual cooking. Microwaves are not generally associated with high-quality cuisine, and certainly not with nutrition. However, this phenomenon is a result of user error, not the appliance itself.

The nutritional value of microwaved foods is almost completely dependent on the food chosen to microwave. In fact, cooking foods such as vegetables in the micro-

wave can actually be one of the healthiest strategies.

As there is very little need for extra water when microwaving vegetables, the vitamins and minerals are prevented from leaching out of the food during the boiling or steaming process before they are consumed.

Additionally microwaving requires less added fat in comparison to frying foods, which leads to the excess intake of fat and total calories.

So how does a microwave work?

Microwaves work by producing tiny amounts of electromagnetic radiation, slightly smaller than radio wave, that make the molecules of water contained in any food or beverage vibrate; this vibration produces heat, which in turn warms the food.

A food with high moisture content will warm quicker than one that is dry. Likewise, thin foods will cook more quickly and evenly than thicker foods, as the microwaves do not pass through the outer layers of solids easily.

As with any type of cooking, certain precautions should be taken to protect our bodies from harmful substances; it is important to choose a container that is safe for use in the microwave, and will not melt or leak toxins into the food. Glass, ceramic, paper plates or plastic containers that are specifically labeled “microwave safe” are all ideal for the microwave.

Expanding your approach to microwave cooking may open your eyes to more meal and snack options that you didn’t think were possible without a fancy kitchen and a lot of spare time. Bottom line, believe it or not, microwaves can be handy and healthy, so zap away.

For more information about microwaves and safety check out this article from the U.S. Food and Drug Administration: <http://www.fda.gov/radiation-emittingproducts/radiationemittingproductsandprocedures/homebusinessandentertainment/ucm116385.htm>

Also, check out some healthy microwave recipes at: <http://www.cookinglight.com/food/recipe-finder/microwave-recipes>

www.cookinglight.com/food/recipe-finder/microwave-recipes

Recipe Spotlight: Blueberry Breakfast Bowl

Ingredients:

- ¼ cup oat bran
- 2 TBS oat flour
- 2 TBS buckwheat groats
- 1 TBS ground flaxseed
- ½ tsp baking powder
- Pinch of salt
- ¼ tsp cinnamon
- ½ tsp vanilla
- 1 TBS sweetened applesauce
- ¼ cup almond milk
- ½ cup fresh blueberries, halved

Preparation: Mix dry ingredients in a small bowl. Stir in vanilla, applesauce, almond milk until well blended. Fold in blueberries. Coat inside of microwave safe ramekin with butter or cooking spray, and pour in batter. Heat on high for 90 seconds.

Allow to cool for 2 minutes and enjoy with tea or coffee!

Army Wellness Centers offer Soldiers, Families world-class fitness services

Douglas Holl
USAPHC

Are you struggling to meet Army weight standards or need to improve your run time to pass the Army Physical Fitness Test or Army Combat Fitness Test? Maybe you just signed up for the Army Ten-Miler and would like to improve your performance.

Did you know there is a world-class team of experts at an Army Wellness Center near you with access to cutting-edge technology just waiting to help? No need to hire a personal trainer, your AWC offers free services and programs to help you meet your fitness goals.

Last year, AWCs served 60,000 clients and achieved a 97 percent client satisfaction rating, according to the Army Public Health Center’s 2018 Health of the Force

report. Program evaluations of AWC effectiveness have shown that individuals who participate in at least one follow-up AWC assessment experience improvements in their cardiorespiratory fitness, body fat percentage, body mass index, blood pressure and perceived stress.

Making improvements in cardiorespiratory fitness and body mass index are particularly important because increased levels of cardiorespiratory fitness and decreased levels of body mass index are associated with decreased musculoskeletal injury risk.

“The types of assessments provided at an AWC are world class,” said Todd Hoover, division chief for Army Wellness Center Operations, Army Public Health Center. “If a client is interested in losing weight, AWCs provide

an assessment called indirect calorimetry or simply metabolic testing. The test involves a client breathing into a mask for 15 minutes. After the test we can measure, with an extremely high accuracy, the total number of calories an individual needs to lose, gain or maintain weight. The information provided from this test is often the difference between someone reaching their goals or not.”

There are 35 AWCs located at Army installations around the globe offering programs and services to Soldiers, Family members, retirees and Department of Army Civilians, said Hoover. AWCs are known for being innovative in the use of testing technology for health, wellness and physical performance.

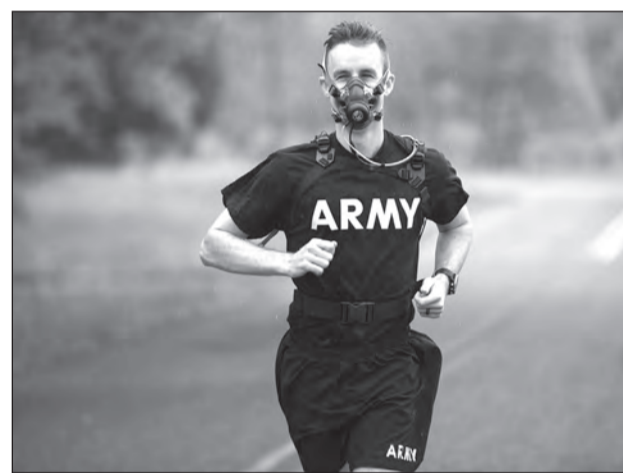
Hoover said the best client for an AWC is a Soldier who is

not meeting APFT/ACFT performance standards. Those with low or high body mass index plus poor run times are the highest risk populations. These individuals are the majority at risk for musculoskeletal injury, which account for more than 69 percent of all cause injuries in the Army.

One of the AWC’s newest pieces of gear is a portable metabolic analyzer called the Cosmed K5. This system measures how well muscles use oxygen during any type of strenuous activity. From this measurement, AWC experts can determine how efficient the body is at using oxygen to produce energy and identify the exact threshold or intensity level an individual should train at to improve performance.

“Essentially the devices provide the most accurate measurement of aerobic performance,” said Hoover. “From the testing, we can precisely advise a Soldier or Family member the exact training intensity for them. What this means is there is no guessing. This is an exact physiological representation of the individual’s needs for a particular activity. It doesn’t get better than this.”

AWCs are built on a foundation of scientific evidence, best practice



U.S. Army Capt. Zachary Schroeder, Headquarters and Headquarters Company commander, Army Public Health Center, runs with the new K5 metabolic testing unit May 9, 2019, as part of his training to compete in the Army Ten-Miler in Oct. 2019. The K5 portable VO2 unit, which is available at certain Army Wellness Center locations, allows Soldiers and athletes to measure how well their muscles use oxygen, and can be used to optimize performance and train for events. (Photo by Graham Snodgrass)

recommendations and standards by leading health organizations to include the American College of Sports Medicine, the U.S. Centers for Disease Control and Prevention, and U.S. Preventive Services Task Force, said Hoover. As a result, clients of AWCs receive highly individualized health and wellness services to improve overall health-related factors as well as enhanced performance through effective coaching strategies.

An article summarizing the effectiveness of the AWC program was recently submitted to the American Journal of Health Promotion, which recognized their success by selecting the article as a 2018 Editor’s Pick.

“The staff academic and credentialing requirements surpass industry standards,”

said Hoover. “This means that each AWC health educator has completed advanced education plus achieved national board certification in related fields for delivering health promotion programs.”

AWC health educators also undergo more than 320 hours of intensive core competency training prior to seeing their first client, said Hoover. Basic health coaching requires an additional 80 hours of training.

The Army Public Health Center focuses on promoting healthy people, communities, animals and workplaces through the prevention of disease, injury and disability of Soldiers, military retirees, their Families, veterans, Army Civilian employees and animals through studies, surveys and technical consultations.

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

Walk-in Clinic

Beneficiaries can utilize the Walk-in Clinic nurse option when needing to be seen for step throat testing (ages 3 and over), urinary tract infections (females 15 and over), pregnancy testing and blood pressure monitoring with a prescription. The clinic is open 7:30 to 11:30 a.m. and 1 to 3:30 p.m., Monday through Wednesday and Friday. Hours for Thursdays are 1 to 3:30 p.m. For more information call 361-4000 option 1.

Prenatal breastfeeding class

Are you pregnant and looking for information on breastfeeding? Join our lactation consultant and other moms-to-be the third Wednesday of each month from 1 to 2:30 p.m. or the fourth Tuesday of each month from 6:30 to 8 p.m. to answer questions such as the benefits of skin-to-skin, how to recognize

when your baby is hungry and how to ensure you have a good milk supply. Classes are held at Bassett Army Community Hospital in the 3rd floor conference room and are open to all beneficiaries without a referral. Call 361-5958 for more information.

Optometry

The optometry clinic welcomes all beneficiaries: active duty, spouses, children, retirees.

If it’s been over a year since your last eye exam take the time to make an appointment. The clinic provides services for routine exams, contact lens fitting, physicals, diabetic exams, refractive surgery referrals and acute ocular problems. To book an appointment, or for questions, call 361-5212.

Tobacco cessation

Are you ready to quit tobacco? In the process but having trouble? Let our tobacco cessation educators assist you in the process. Classes are offered weekly at Preventive Medicine for beneficiaries. Call 361-4148 for upcoming classes and to register.

Limited services

In order to provide our beneficiaries with the highest quality of care, MEDDAC-AK will be adding one day a month to our training calendar to ensure staff are up to date on all training requirements. Limited services will be available from 7:30 to 10 a.m. on the second and fourth Thursdays of the month.

ALASKA POST

The Interior Military News Connection

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The ALASKA POST – The Interior Military News Connection

The Chaplain's Corner

Paul Fritts

U.S. Army Garrison Alaska, Fort Greely Chaplain

My wife, Karen, and I were married in my home church, the First Christian Church (Disciples of Christ), in Sand Springs, Oklahoma. Because receiving weekly Communion at the Lord's Table is a central act of worship for the Christian Church (Disciples of Christ), we wanted to include this in our marriage ceremony. Only Karen and I partook, which seemed like a good idea at the time given the perceived logistical challenges of distributing the bread and cup.

Experience has refined my theological understanding of the Eucharist such that if I had known then what I know now, all of God's children

would have been welcome at God's table and served. But that's a different subject for another column. The reality was that no one actually received Communion that day because the wine chalice was empty.

Periodic viewings of our wedding video bring howls of laughter at the hairstyles and exclamations of "Who were those kids?"

While I enjoy laughing at myself with everyone else, I'm always a bit uncomfortable when I watch the Communion portion of the ceremony. Since Karen and I served one another, neither of us noticed until THE MOMENT that the chalice was empty. Everyone was watching.

What to do? We faked it. We ate bread and lifted an empty chalice to our lips,

pretending to drink as though nothing was amiss. Without sounding too judgmental, one could say it was "fake Communion" but "real love" at the Lord's Table on our wedding day.

Reflecting on that moment gives me pause to wonder about the countless times I have worshipped at the Lord's Table where the bread was plentiful and the chalice was full — "real Communion" — but love for my neighbor was "fake." By "fake" I mean the experience we have all occasionally had of going through the motions of being a Christian.

For example, I'm confident in my ability to lead a Sunday morning chapel service. Challenge me, however, to leave my comfort zone in order to demand justice or

to make a meaningful sacrifice on behalf of a stranger in need and suddenly, I'm just going through the motions. I feel as though I'm dragging my spiritual feet, making excuses and dialing in my Christian charity from afar. Perhaps you have had the same feeling.

The Rev. Charles Spurgeon, a famous 19th-century British preacher, once cleverly remarked that he could easily find 10 men willing to die for the Bible for everyone who was actually willing to read it. If it's remotely true that only 10% of us are willing to read the Bible, imagine how few of us are actually DOING what we read!

The rest of us are probably going through the motions, feeling obliged to raise empty chalices to



parched lips thirsty for hope, love and grace.

After King David committed adultery with Bathsheba he wrote: "Create in me a pure heart, O God, and renew a steadfast spirit within me. ... My sacrifice, O God, is a broken spirit; a broken and contrite heart you, God, will not despise" (Psalm 51: 10, 17).

May our genuine sacrifice this week be a broken spirit and a

contrite heart.

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 www.facebook.com/FGAChapel.

Turner: Credits Army training for reaction

Continued from page 1

They stopped, got out and saw two teenagers pinned inside the vehicle.

Turner attended to the driver, a girl whose chest was pressed up against the steering wheel. After he pulled her out, he performed CPR on her until emergency crews arrived.

About a month later on Thanksgiving Day, Turner received a heartfelt letter in the mail.

"I received a letter from the mother thanking me for saving her daughter's life," he said, "and as a result of that she was able to spend Thanksgiving with her daughter."

Flight to Columbia

After a short time performing CPR, Turner began to feel a faint pulse from Thurston.

"Every once in a while we would get a pulse, but then it would go out," he said.

Turner continued giving lifesaving breaths to Thurston as the other passenger did the chest compressions. He also tilted Thurston's head back to open up his airway.

About 15 minutes later, emergency medical technicians arrived and used a defibrillator to electrically shock Thurston to life. His pulse grew steady, he took breathes on his own and he was rushed

to the hospital.

The diagnosis: a massive heart attack.

That hit close to home for Turner. In 2012, Turner's wife convinced him to get a thorough physical. Once the stress test and other data came back, the doctor told him he had three blocked arteries.

At first, Turner said he couldn't believe it since he was an avid runner and ate healthy. He later discovered his collateral blood vessels near his arteries had grown to compensate the blood flow.

"So I had no problems," he said, "but in order to fix it they had to go in and do a triple bypass on me."

Thurston, now back

from the hospital, called Turner and invited him to his home near Columbia on Tuesday so he could thank him in person.

"He wanted to give me a hug and sit down and talk to me," said Turner, who considers himself a quiet professional who sought no gratitude for what he did. "At first, it was very emotional that one would do that."

A little more than a month after his heart

attack, Thurston said he is now walking, driving and expected to make a full recovery.

If it wasn't for the quick action of Turner and the others on the plane, Thurston said it would have been a different story.

"I was told later on by the doctors that had they not started CPR when they did, that would have been it. I would not have survived," Thurston said. "They seriously saved

my life."

Turner said he just reacted instinctively, using what he had learned as a Soldier.

"All those skills and training that I had just kicked in automatically," he said. "That was amazing to me. I never really thought about it until it was over. We were able to save this gentleman's life and there were no previous rehearsals or anything."

USAG ALASKA SAFETY NOTE

Back to School Safety

The end of summer and the start of a new school year can bring mixed emotions. Students may feel sad about the end of their vacation, nervous about going back to school or excited to see their friends. Parents may feel overwhelmed with the stress of getting ready and perhaps a bit relieved or sad that it's ending.

Sharing the Road with School Buses

If you're driving behind a bus, allow a greater following distance than if you were driving behind a car. It will give you more time to stop once the yellow lights start flashing. It is illegal to pass a school bus that is stopped to load or unload children.

- Never pass a bus from behind – or from either direction if you're on the road – if it is stopped to load or unload children
- If the yellow or red lights are flashing, traffic must stop
- The area 10 feet around a school bus is the most dangerous for children; stop far enough back to allow them space to safely enter and exit the bus
- Be alert; children are often unpredictable and tend to ignore hazards and take risks

**Kids
the
School
Bus
YOU**



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



Grinston: Iraq ambush leaves lasting memories

Continued from page 1

and a 30-minute drive from Birmingham along Interstate 22.

Named after Sgt. William Jasper, an American Revolutionary War hero, the town became Grinston's home when his mother moved there when he was a toddler.

He attended the local schools and took courses at a nearby community college after high school. He then transferred to Mississippi State University.

While he liked to exercise and had friends already in the Army, his first tuition bill from the university and a random call from a recruiter finally convinced him to join. "I grew up with a single mother and we didn't have a lot of money," Grinston said. "So, when the recruiter just happened to call me, we were trying to [figure out] how we were going to pay for that education."

The education benefits helped, but as Grinston, who later earned a bachelor's degree in business administration, spent more time in the service, he was drawn to other aspects of it.

"I joined the Army for the college money, but that's not really why I stayed," he said. "I stayed because I enjoy the people and being active."

His admiration for the Army's "King of Battle" also grew as the years went on. His eyes light up when he speaks about artillery and the opportunities it offered him.

Throughout his career, he has led Soldiers in various units from light infantry, mechanized to airborne. He earned badges for jumpmaster, air assault, drill sergeant and even completed Ranger School, a rare feat for artillerymen at the time.

"I love being in artillery," he said, laughing. "I never really wanted to change. I got an opportunity to do all these different things within that field."



Command Sgt. Maj. Michael Grinston, senior enlisted leader for Army Forces Command, presents the FORSCOM Eagle Award during a ceremony Jan. 9, 2019. Grinston was sworn in as the 16th sergeant major of the Army on Aug. 9, 2019. As the top enlisted leader in the Army, one of his priorities will be for Soldiers to master the fundamentals – the basic individual combat tasks and skills they should all know. (Photo by Staff Sgt. Adam Ross)

Becoming grunts

Six months before Grinston's artillery unit deployed to Iraq, they found out instead of firing rounds they would serve as infantrymen.

His unit, part of 1st Infantry Division's 1st Battalion, 7th Field Artillery Regiment, had just trained on advanced artillery ranges. The Soldiers now had to train outside their normal roles.

The unit was sent to Hohenfels, Germany, for a crash course on infantry tactics. The largest live-fire exercises they could conduct, though, were only at the team level.

"I tried to get in as many live fires as I could to kind of replicate what it feels like on the ground," he said, "because I knew it was going to be hard."

Just three days into the process of replacing the outgoing unit in Iraq, his Soldiers had their first big test.

Grinston heard over the radio that one of his unit's vehicles had broken down in Baiji, a strategic city due to its oil refinery, the largest in the country.

He rushed out of Forward Operating Base Summerall with

a platoon to provide security. But once they got there, the stalled convoy was under attack, leaving one Soldier severely wounded.

"That was our first platoon live fire," he said. "In the middle of the town, being shot at, and a Soldier loses a foot."

About a month later, on April 9, 2004, Grinston and others were on a patrol through the city. This time, it felt strangely quiet. The market was closed; the streets were deserted.

It was still early in the Iraq War, and the artillerymen were unsure what it all meant.

"It's as clear as day when I run it in my mind [now]," he said. "But at the time you're going from artillery and not noticing these things."

A report then came down that insurgents were preparing to ambush the mayor's office. Grinston joined a squad-sized dismounted patrol as they headed over to investigate.

"Unfortunately, we found it," he said of the ambush.

As the patrol turned into an alley, an insurgent in a building about 100 meters away aimed an RPG at them. The Soldiers

had no idea what was about to happen.

"You can't see every window," Grinston said. "If you just stand in the city and somebody wanted to shoot you, could you stop them? It's damn near impossible."

The explosion instantly killed the squad leader and platoon sergeant: Staff Sgts. Raymond Jones and Toby Mallett, respectively. Spc. Peter Enos, a combat medic, would later die from his wounds. Two others were also wounded.

Grinston walked away unscathed.

"Every day I think about that. It's what makes me wake up in the morning," he said. "When you go through something like that, it's life-changing."

Amid the chaos, Grinston and others transported the wounded and dead back to the base. There, he refitted and returned to the city with M1 Abrams tanks and Bradley Fighting Vehicles to confront the insurgents.

After hours of firefights and RPG attacks, quiet was restored to the city.

For his efforts, Grinston earned a Bronze Star with Valor device — the first of two he would earn in his career.

The most difficult thing he has ever had to do in his life, though, did not occur against an enemy. It was calling the Family members of those who would not come home.

The squad leader, he said, had to deploy late so he could watch

the birth of his son. It was the first and last time he would see his son in person.

"You can't forget it, when you call that Family and you have to explain that you didn't protect their husband," Grinston said, choking up. "If that's not enough motivation, then I don't know what is."

Mastering the fundamentals

The fatal RPG attack, and many other combat situations he faced, continue to drive him to ensure the next Soldier is ready for them.

As the top enlisted leader in the Army, one of his priorities will be for Soldiers to master the fundamentals — the basic individual combat tasks and skills they should all know.

"I truly believe we have to be experts as Soldiers, no matter what your [military occupational specialty] is," he said.

He will also concentrate on building more effective squads as well as taking care of Soldiers and their Families.

"As a sergeant major, you're always focused in on people and people matter," he said.

As for the fundamentals, Grinston was an early proponent for the Expert Soldier Badge, which the Army recently approved.

Similar to the Expert Infantryman Badge and Expert Field Medical Badge, the new badge will

test Soldiers from other MOSs on combat skills as an incentive to build readiness across the force.

During a firefight, an infantryman with an M240B machine gun, for instance, may go down and a Soldier from a non-combat arms job would then need to step up.

"You're going to feel more confident that if there's something that could happen, you know how to operate an M240," he said. "That's what it means to be an expert."

While at FORSCOM, Grinston played a key role in the development of training and preparing combat units to deploy around the world.

Former Sgt. Maj. of the Army Daniel Dailey, who had served in the position since January 2015, said the Army picked the right person to succeed him.

"He possesses all of the character and leadership qualities necessary to lead our NCO Corps into the future," he said, "and he will continue to serve the best interests of our Soldiers, their Families and the Army."

Army Chief of Staff Gen. Mark A. Milley called Grinston a "world-class leader" who has deployed three times to Iraq and twice to Afghanistan as well as Desert Storm and Kosovo.

"He is the right noncommissioned officer to lead our Army into the future," the general said.

In his new role, Grinston looks to mold Soldiers to be dominant in a future battlefield, which is predicted to involve multi-domain operations against a near-peer adversary.

This is vastly different from the counterinsurgency missions the Army has grown used to and will require Soldiers to be more agile.

He looks forward to the Army Combat Fitness Test, which is set to roll out in late 2020, that he said will help Soldiers meet the physical demands of future missions.

No matter the battlefield, he added, mastering the fundamentals to prepare for it is the ultimate goal.

"The Army has been changing since the Army has been in existence," Grinston said. "We're going to make sure that we are ready and lethal for whatever we've been asked to do."

History Snapshot: The Quonset Hut

The U.S. Navy first commissioned the Quonset hut in 1941 — named for their site of manufacture, Quonset Point in Rhode Island — when it needed an easily shippable, multi-use structure that would provide durable shelter in a variety of climates. Based on the British Nissen hut, the Quonset hut came in a variety of prefabricated sizes and could be assembled with no specialized training or tools on virtually any level surface, including the bare ground. Quonset huts were also easy to move once assembled and could be readily hoisted onto trucks, or even carried in one piece by a troop of strong Soldiers.

At Ladd Field, hundreds of Quonset huts were hastily constructed to accommodate the arrival of new Soldiers after the onset of World War II. After World War II, unneeded huts were sold to the public and repurposed into schools, offices, businesses, garages and even private homes. Many original Ladd Field huts were utilized throughout the Fairbanks area.

(Photo courtesy of Harold Wright)



New initiative captures sustainability award for the Army Corps

Holly Kuzmitski
ERDC PAO

When an agency that focuses primarily on developing large infrastructure projects, as the U.S. Army Corps of Engineers does, wins an award for sustainability, that is a meaningful achievement.

That's how Dr. Todd Bridges, national lead for the Corps' Engineering With Nature initiative, felt when he received a phone call on July 30, 2019, from Stephen Yaeger, program manager with the Renewable Resources Foundation, telling Bridges that the EWN initiative had won the RNRFF's 2019 Outstanding Achievement Award.

"I think it's a great honor," Bridges said. "It stands out in the respect that an outside, non-government body is drawing attention to the Corps' commitment and progress in leveraging nature and natural resources to develop better infrastructure projects."

The EWN initiative was nominated for the award by the Coasts, Oceans, Ports and Rivers Institute Coastal Zone Management Committee, an institute of the American Society of Civil Engineers. "The award selection process involves review by an award jury panel made up of a subset of RNRFF's Board of Directors," Yaeger said.

The RNRFF is a 501(c)(3) nonprofit public policy research organization comprised of scientific, professional and educational groups. Its seven member organizations include the American Society of Civil Engineers, the American Geophysical Union, the American Society of Landscape



In one Engineering With Nature project located on Washington's Skagit River, USACE Seattle District incorporated salmon habitat features into levee repairs made from 2007 to 2011. Woody debris is an essential component for salmon rearing and refuge habitat complexity. Large logs with rootwads were laid on the riverbed bench of the levee as a mitigation feature that delivers benefits to the fish during high river flows. Skagit River has been designated as a critical habitat for three salmonid species listed under the Endangered Species Act. (Courtesy of U.S. Army Corps of Engineers, Seattle District)

Architects, the American Water Resources Association, the Society of Environmental Toxicology and Chemistry, the American Meteorological Association and the Geological Society of America. "These groups have significant stature in the U.S. as professional organizations," Bridges said. "The Corps engages these technical societies. These people are our technical community; it's just fantastic."

"This recognition helps promote communication with stakeholders both inside and outside the Corps; it promotes our credibility and helps us establish trust with our partners and stakeholders," Bridges said. "It yields practical dividends by extending our ability to reach out to others. It opens avenues of communication and partnership with others."

Bridges said that this is important because there are

people and organizations with whom we want to collaborate to develop new solutions and future engineering practices.

"I think it's notable at this stage in our efforts that Engineering With Nature wasn't started by a piece of legislation, a policy or a directive it started with an idea and a few people who saw merit in the idea," he said. "From that beginning, the Engineering With Nature team has grown to include talented professionals across the Corps and many other organizations committed to delivering projects that bring engineering, infrastructure and nature together. People are attracted to the concept of delivering a broader array of benefits and functions."

Bridges said that next year is the 10th anniversary for the initiative, and that there is a lifecycle for this kind of undertaking. "We've been

and stakeholders, and then with others."

Bridges said the fall 2018 publication of "Engineering With Nature: an Atlas," a book that showcases 56 EWN projects from around the world, including 26 Corps projects, helped bring recognition to the initiative. "The Atlas has been a phenomenal communication tool, and it played a role in the nomination for this award. It invited people to think in a substantive way about EWN and about the Corps in general.

"I've talked with a lot of people from other organizations about EWN over the last 10 years. One common pattern of

response I've observed when people hear about what we're doing with EWN is that they express pleasant surprise, then curiosity, followed by enthusiasm for the fact that the Corps is leading this initiative.

"I frequently point out that the Corps has great project examples, going back decades, of what today we call EWN. Our goal is to make these exceptional projects of the past more commonplace in the future."

The formal award presentation will take place at Rockwood Manor in Potomac, Maryland, on November 12 with the RNRFF Board of Directors.

Beginning Sept. 8, 2019 from 2 to 4:30 p.m. at the Southern Lights Chapel, 4107 8th St., Fort Wainwright, AK 99703.
Parents to pay for Cubbies and Sparks vest or T&T t-shirts.
For questions or assistance, contact Linda Davis, director of religious education, at 907-353-6295 or Linda.Davis9.civ@mail.mil.



New chief of staff: Taking care of people key to winning the fight

Sean Kimmons
Army News Service

Gen. James McConville smiled as he reminisced of when he was chosen to lead the 101st Airborne Division (Air Assault), before he became its longest-serving commander.

It was the same week in 2011 he commissioned his eldest son into the Army after he graduated as an ROTC cadet from Boston College.

But perhaps the most proud was his father, a former enlisted sailor who had served in the Korean War and then spent nearly 50 years working at the Boston Gear factory.

At the ceremony, his father, Joe, was asked by a local newspaper how he felt about his family's generations of military service.

Sixty years ago, he told the reporter, he was a junior seaman on a ship. And today, his son was about to command a famed Army division and his grandson was now a second lieutenant.

"What a great country this is," McConville recalled his father saying. "I don't think I could have said it better."

McConville, who was sworn in as the Army's 40th chief of



Gen. James McConville, vice chief of staff of the Army, discusses progress on a fighting position with a Soldier at the Novo Selo Training Area, Bulgaria, July 14, 2017. McConville, who was sworn in as the Army's 40th chief of staff on Aug. 9, 2019, said he plans to put people – Soldiers, Army Civilians and Family members – first as he ensures the Army is ready to fight now while at the same time being modernized for the future fight. (Photo by Spc. Thomas Scaggs)

staff on Friday, said he credits his father for inspiring him to join the military.

After high school, McConville left Quincy, a suburb of Boston, and attended the U.S. Military Academy, where he graduated in 1981. Since then his 38-year career has been marked with milestones and key assignments.

McConville has led multiple units in combat before most recently serving as the 36th vice chief of staff under Gen. Mark Milley, who will be the next chairman of the Joint Chiefs of Staff. He also oversaw the Army's G-1 (personnel) and legislative liaison offices.

The idea of serving the country was

sparked by his father, who, now nearing 90 years old, still passionately shares stories of his time in the military.

"I was always amazed that a man who I had tremendous respect for, who had tremendous character, just really loved his time serving in the Navy," the general said.

Currently with three children and a son-in-law in the Army, McConville and his wife, Maria, a former Army officer herself, are continuing the family business.

People first

The sense of family for McConville, though, extends beyond bloodlines.

As a father and a leader, McConville understands the importance of taking care of every person in the Army, which he calls the country's most respected institution.

"People are the Army," he said of Soldiers, Civilians and Family members. "They are our greatest strength, our most important weapon system."

Fine-tuning that weapon system means, for instance, providing

Soldiers with the best leadership, training and equipment through ongoing modernization efforts.

As the vice chief, McConville and current acting Army Secretary Ryan McCarthy supervised the development of Army Futures Command's cross-functional teams.

Designed to tackle modernization priorities, the CFTs revamped how the Army procures new equipment. The teams allow Soldiers to work directly with acquisition and requirements experts at the start of projects, resulting in equipment being delivered faster to units.

Modernization efforts are also changing how Soldiers will fight under the new concept of multi-domain operations.

"When I talk about modernization, there are some that think it is just new equipment," he said. "But, to me, it is much more than that."

He believes a new talent management system, which is still being developed, will help Soldiers advance in their careers.

As the Army pivots from counterinsurgency missions to great power competition against near-peer rivals, the system could better locate and recognize Soldiers with certain skillsets the service needs to win.

"If we get them in the right place at the right time," he said, "we'll have even a better Army than we have right now."

The talent of Army civilians, which he says are the "institutional backbone of everything we do," should also be managed to ensure they grow in their positions, too.

As for Family members, he said they deserve good housing, health care, childcare and spousal employment opportunities.

"If we provide a good quality of life for our Families, they will stay with their Soldiers," he said.

Winning matters

All of these efforts combine into a two-pronged goal for McConville — an Army that is ready to fight now while at the same time being modernized for the future fight.

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COMMUNITY CALENDAR

Fort Wainwright Family & MWR

Weekly Events

August 16 - 23

16 Infant Massage
August 16
1 p.m. - 2:30 p.m.

Learn how to massage your infant and the benefits of it with Army Community Service! Parents of children ages 0-3 years old can learn the proper techniques of infant massage.

Army Community Services, Building 3414
Call 353-7317

Tuesday Night Trivia at the Zone

23 August 23
7 p.m. - 8 p.m.

Bring your buddies to the Warrior Zone every Tuesday and team up for Tuesday Night Trivial!

Warrior Zone, Building 3205
Call 353-1087

31 B.O.S.S. Paintball
August 31
10 a.m. - 1 p.m.

Grab some buddies and test your skills at paintball with an exciting game of speed ball! Paint and Equipment is included in the \$25 sign up fee. Registration ends August 23.

B.O.S.S., Building 1045
Call 353-7648, registration required

31 Youth Sports Winter Sign Ups
August 31

Youth Sports is currently taking registrations for Winter sports such as basketball, cheer, wrestling, rock climbing, and swimming! Be sure to sign up before August 31!

Parent Central Services, Building 3414
Call 353-7713

7 Color Dash 5k
September 7
10 a.m.

Come out to the Color Dash and run through color stations along the route! This run is open to all DoD & Non-DoD! Register by August 19th to get discounted pricing. Sign ups day of start at 9 a.m.

Melaven Fitness Center, Building 3452
Call 353-1994

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McConville: Serving in the company of heroes

Continued from page 6

"Winning matters," he said. "When we send the United States Army somewhere, we don't go to participate, we don't go to try hard. We go to win. That is extremely important because there's no second place or honorable mention in combat."

Readiness, he said, is built by cohesive teams of Soldiers that are highly trained, disciplined and fit and can win on the battlefield.

"We're a contact sport," he said. "They need to make sure that they can meet the physical and mental demands."

To help this effort, a six-event readiness assessment, called the Army Combat Fitness Test, is set to replace the current three-event

Army Physical Fitness Test, which has been around since 1980.

The new strenuous fitness test, which is gender- and age-neutral, was developed to better prepare Soldiers for combat tasks and reduce injuries. It is expected to be the Army's fitness test of record by October 2020.

Soldiers also need to sharpen their characteristic traits that make them more

resilient in the face of adversity, he said.

Throughout his career, especially in combat, McConville said he learned that staying calm under pressure was the best way to handle stress and encourage others to complete the mission.

In turn, being around Soldiers in times of peace or war kept McConville motivated when hectic days

seem to never end.

"Every single day I get to serve in the company of heroes," he said. "There are some people who look for their heroes at sporting events ... or movie theaters, but my heroes are Soldiers."

"My heroes are Soldiers because I have

seen them do extraordinary things in very difficult situations," he added. "I'm just incredibly proud to serve with them."

And given his new role overseeing the entire Army, he is now ultimately responsible for every single one of those "heroes."

"I know having three kids who serve in the military that their parents have sent their most important possession to the United States Army," he said, "and they expect us, in fact they demand, that we take care of them."