

# ALASKA POST

FREE

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The Interior Military News Connection

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Fort Wainwright, Alaska

October 25, 2019

## Guardians of the Last Frontier welcome new 168th Wing commander

**Air Force Master Sgt. Natalie Stanley**  
168th Wing Public Affairs

Col. Richard G. Adams assumed command of the 168th Wing, Alaska Air National Guard, from Col. Bryan S. White during a change of command ceremony Oct. 20, 2019. Brig. Gen. Scott A. Howard, Assistant Adjutant General, Alaska Air National Guard was the presiding officer.

Howard praised the wing and its members during the ceremony.

"You and every individual wing member is and always have been the core, the key and foundation of the Alaska Air National Guard's success," Howard said. "I look forward to what Col. Adams and all of you can accomplish in the coming years."

Adams assumed command of the wing after serving as the commander of the 168th Operations Group, a position he had held since May 2018.

Adams was commissioned in 1991 as a distinguished graduate through the ROTC program at the

University of Colorado, Boulder. In 2004 he transferred from the active-duty Air Force to the Alaska Air National Guard.

During the ceremony Adams thanked his family for their continued support as he begins his new command. He also shared his vision for the wing moving forward.

"Mission, readiness and people," he said. "I want to make sure everyone in the wing understands the vital role that you play in our mission success and I charge our leaders to ensure that every Airmen in our wing is an expert at their craft and knows their direct link to mission excellence."

"There will be a test, it will be graded and group commanders, I'm looking at you," Adams said.

Adams said his ambition for the wing is for every Airmen to become an advocate for the Alaska Air National Guard.

"I want recruiting and retention to be every member's mission," he said.

Adams said he hopes to



Brig. Gen. Scott A. Howard, Col. Bryan S. White, Col. Richard Adams and Senior Master Sgt. Wendy Duran stand at attention during the change of command ceremony Oct. 20, 2019 at the base theater, Eielson Air Force Base, Alaska. Adams assumed command of the 168th Wing from White. (Photo by Senior Airman Shannon Chace, 168th Wing Public Affairs)

leverage the skills of the Airmen and resources to build a stronger wing.

"The most important aspect of all of this though is our people," Adams said.

"It takes grit and resiliency to live in the interior (of Alaska.)"

## Operations group welcomes newest commander



Col. Brian D. Kile assumes command of the 168th Wing Operations Group, Alaska Air National Guard, from Col. Richard G. Adams during a change of command ceremony Oct. 19, 2019, Eielson Air Force Base, Alaska. Col. Bryan White, 168th Wing commander, was the presiding officer. (Photo by Senior Airman Mae Frazier, 168th Wing Public Affairs)

**Senior Airman Mae Frazier**  
168th Wing Public Affairs

Col. Brian Kile assumed command of the 168th Wing Operations Group, Alaska Air National Guard, from Col. Richard Adams during a change of command ceremony Oct. 19. Col. Bryan White, 168th Wing commander, was the presiding officer.

Kile assumed command of the group after serving as director of operations of joint staff at Joint Force Headquarters, Alaska National

Guard, Joint Base Elmendorf-Richardson, Alaska. He was responsible for providing direct oversight of more than 4,000 personnel in two Air National Guard wings and two Army Guard brigades during domestic operations events.

Kile enlisted in the Air National Guard in 1990 as a loadmaster with the 210th Rescue Squadron before being selected into the undergraduate pilot training program in 1998 when he transitioned into the officer

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## Military exchanges extinguish vape sales

**C. Todd Lopez**  
Defense.gov

The Army and Air Force Exchange Service and the Navy Exchange have stopped selling vape-related products.

Centers for Disease Control and Prevention statistics report that 1,299 lung injury cases and 26 deaths are related to e-cigarette or vaping product use.

AAFES removed vape-related products from its shelves

Sept. 30. Navy Exchange Service Command removed products from NEX retail shelves and directed NEX concessionaires and vendors to discontinue the sale of vaping products after Oct. 1.

Vape products, including e-cigs, e-cigarettes, vapes and e-hookahs, are electronic nicotine delivery devices that heat a sometimes flavored nicotine-infused liquid into

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## USACE Alaska District receives recognition

Members of the Alaska District's Missile Field 4 project at Fort Greely earn recognition as the Corps' Project Delivery Team of the Year for Merit in 2019. Brig. Gen. Thomas Tickner, commander of the Pacific Ocean Division, U.S. Army Corps of Engineers, presented the award during a ceremony Oct. 16 at the district headquarters on Joint Base Elmendorf-Richardson. The team is assisting the DOD Missile Defense Agency with a \$200-million expansion project that involves construction of facilities to support additional interceptor missiles on the installation. The Corps' work is scheduled for completion in September 2021. (Photo by Alex Menendez, U.S. Army Corps of Engineers – Alaska District)

### WEEKEND WEATHER

Friday



Snow likely; less than a half-inch accumulation. High 32. Low 22.

Saturday



Chance of snow. High near 34. Low 27.

Sunday



Mix of snow, rain, freezing rain late. High 38. Low 32.

### HALLOWEEN FRIGHT NIGHT

Friday, Nov. 1, 6 p.m.

Warrior Zone 18+ event

Costume contest, drink specials; free candy and cake

Free transport to and from the Zone. Free entry.

For more info, go to wainwright.armymwr.com.

Call 353-1087



# Nutrition Corner: Is chocolate good for you?

The holiday season is upon us and for many, and chocolate is a sweet indulgence that seems to be everywhere from Halloween straight through Valentine's Day.

The question we all are dying to know this holiday season: is chocolate really good for me?

Chances are you've likely heard that there are some health benefits you can gain from this delicious delicacy, but maybe thought that news was just

too good to be true.

Well, let's clear up the confusion around the topic once and for all; the great news is that yes, chocolate is good for you.

Since the mid-1990s, more than 100 research studies and reviews have been published about chocolate, the majority of which have demonstrated that there is a positive correlation between regular consumption of chocolate and better health, specifically heart health.

Scientists believe that the flavanols naturally abundant in chocolate can improve blood flow by improving vascular dilation, and this leads to decreased risk for heart disease.

In addition to better blood pressure control, chemical compounds known as 'antioxidants' are found in cocoa more than any other food in the diet, and these help to increase insulin sensitivity and prevent the processes that cause hardening of the

arteries.

As with everything good, there are caveats. The richest sources of these compounds come from the darkest of the chocolates, and unfortunately there are no known health benefits to all of the added simple sugars and milk fats that we commonly add to chocolate during processing to make it super tasty (this is how 'milk' chocolate came to be).

Furthermore, many of the beneficial properties of

chocolate are less significant when in the context of excessive total caloric consumption.

This means we should have chocolate, but not too sweet and not too much.

Guidelines are starting to point to a cocoa solids concentration of at least 70 percent in order to maximize the health punch.

So if you haven't tried it yet, give yourself, and your heart, a gift of rich dark chocolate this holiday season.

# Myths and facts of breast cancer

## Staff Report

Medical Activity Department  
— Alaska

During the month of October, in observance of breast cancer awareness, each week Medical Department Activity — Alaska will be offering myths vs. facts on the disease that will affect one out of eight women during their lifetime.

Screening for breast cancer should be done annually with a clinical exam beginning at the age of 20 and women over 40 should have an annual mammogram.

To schedule a mammogram at Bassett Army Community Hospital, call 361-5081.

## MYTH: Antiperspirants and deodorants cause breast cancer.

Reality: Researchers at the National Cancer Institute have found no conclusive evidence linking the use of underarm antiperspirants or deodorants and the subsequent development of breast cancer.

## MYTH: Exposing a tumor to air during

## surgery causes cancer to spread.

Reality: Surgery does not cause breast cancer and it does not cause breast cancer to spread, however, during surgery it may be discovered that the cancer is more widespread than previously thought.

## MYTH: Needle biopsies can disturb cancer cells and cause them to spread to other parts of the body.

Reality: There is no conclusive evidence for this claim. Despite some previ-

ous concerns, a 2004 study found no increase spread of cancer among patients undergoing needle biopsies compared to those who did not have the procedure.

## MYTH: Chemical hair straighteners or relaxers can cause breast cancer in African-American women.

Reality: A large 2007 study funded by the National Cancer Institute found no increase in breast cancer risk due to the use of hair straighteners or relaxers. Study participants included

African-American women who had used straighteners seven or more times a year for 20 years or longer.

## MYTH: Breast cancer is preventable.

Reality: Although it is possible to identify risk factors and make lifestyle changes that can lower your risk, roughly 70 percent of women diagnosed with breast cancer have no identifiable risk factors, meaning that the disease occurs largely by chance and as of yet, unexplained factors.

# New protective gear saves Soldier's life

## Gary Sheftick

Army News Service

Less than a week after receiving his new Integrated Head Protective System, or IHPS, the neck mandible saved the Soldier's life in Afghanistan.

The armor crewman was in the turret manning his weapon when a raucous broke out on the street below. Amidst the shouting, a brick came hurdling toward his turret. It struck the Soldier's neck, but luckily he had his maxillofacial protection connected to his helmet.

The first issue of this mandible with the IHPS helmet went to an armored unit in Afghanistan a couple months ago, said Lt. Col. Ginger Whitehead, product manager for Soldier protective equipment at Program Executive Office Soldier.

The neck protection was designed specifically for turret gunners to protect them from objects thrown at them, she said. She added most Soldiers don't need, and are not issued the mandible that connects to the IHPS Generation I helmet.

A new Gen II helmet is also now being testing by Soldiers, said Col. Stephen Thomas, program manager for Soldier protection and individual equipment at PEO Soldier.

About 150 of the Gen II IHPS helmets were recently issued to Soldiers of the 2nd Armored Brigade Combat Team, 1st Infantry Division for testing at Fort Riley, Kansas. The new helmet is lighter while providing a greater level of protection, Whitehead said. The universal helmet mount elim-

inates the need for drilling holes for straps and thus better preserves the integrity of the carbon fiber.

The new helmet is part of an upgraded Soldier Protection System that provides more agility and maneuver capability, is lighter weight, while still providing a higher level of ballistic protection, Thomas said.

The lighter equipment will "reduce the burden on Soldiers," and be a "game-changer" downgrade, Thomas said at a PEO Soldier media roundtable Tuesday during the Association of the U.S. Army Annual Meeting and Exposition.

It will allow Soldiers flexibility to scale up or scale down their personal armor protection depending on the threat and the mission, he said.

The new Soldier Protection System, or



A new generation of Soldier Protection System equipment is displayed during a media roundtable by Program Executive Office Soldier during the U.S. Army Annual Meeting and Exposition in Washington, D.C., Oct. 15, 2019. (Photo by Gary Sheftick)

SPS, is "an integrated suite of equipment," Thomas said, that includes different-sized torso plates for a modular scalable vest that comes in eight sizes and a new ballistic combat shirt that has 12 sizes.

The idea is for the equipment to better fit all sizes of Soldiers, he said.

The ballistic combat shirt for women has a V-notch in the back to accommodate a hair bun, Whitehead said, which will make it more comfortable for many female Soldiers.

The modular scalable vest can be broken down to a sleeveless version with a

shortened plate to give an increased range of motion to vehicle drivers and others, she said.

The new SPS also moves away from protective underwear that "Soldiers didn't like at all" because of the heat and chafe, Whitehead said. Instead the new unisex design of outer armor protects the femoral arteries with less discomfort, she said.

PEO Soldier has also come out with a new integrated hot-weather clothing uniform, or IHWCU, made of advanced fibers, Thomas said. It's quick-drying with a mix of 57 percent

nylon and 43 percent cotton.

In hot temperatures, the uniform is "no melt, no drip," he said.

Two sets of the IHWCU are now being issued to infantry and armor Soldiers during initial-entry training, he said, along with two sets of the regular combat uniform.

The new hot-weather uniform is also now available at clothing sales stores in Hawaii, along with those on Forts Benning, Hood and Bliss, he said.

All clothing sales stores should have the new uniform available by February, he added.

# 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

tion will be provided on a wide range of health concerns that affect women.

## 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.

## Patient portal improved

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

## Stressed? Depressed?

The Bassett ACH primary care clinic offers internal behavioral health consultations. Assistance with concerns such as stress, chronic pain, tobacco dependency, weight loss, depression, diabetes and more is being offered without the need of a referral. For more information, or to schedule an appointment, call 361-5670.

## Need a flu shot?

If you missed the family flu vaccination clinic last week, no need to worry. Beneficiaries 6 months and older can receive a flu vaccination at Bassett Army Community Hospital during regular walk-in immunization hours. Monday through Wednesday and Friday 7:30 a.m. to 3:45 p.m. and Thursday 10 a.m. to 3:45 p.m. The clinic is located in primary care.

## Women's health event

Join our staff from Public Health at Bassett ACH Oct. 24 from 10 a.m. to 2 p.m. for a health event geared towards women. Informa-

# ALASKA POST

## The Interior Military News Connection

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The ALASKA POST — The Interior Military News Connection



October 25, 2019

# The Chaplain’s Corner

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

I grew up hearing my elders say, “Be careful what you pray for. You might get it.”

Of course, it was not until I reached a certain level of maturity years later that I understood the wisdom of this aphorism. It means that praying for things for my selfish benefit is a practice fraught with innumerable spiritual traps that weaken and cheapen the authentic spiritual discipline of prayer.

For example, suppose I ask for prayers that I win the lottery. We all think winning the lottery would be great — an answered prayer!

But the money comes with a host of second and third order consequences (unexpected outcomes

related to the original decision), such as the burden of paying an overwhelming tax bill, the emotional strain of constant requests for donations, the sudden emergence of long lost “friends” and family members who want money, and the wish for a return to anonymity.

More commonly, however, Christians seem to struggle with the experience of unanswered prayer.

For many, praying to win the lottery but failing to do so is just that. But those who complain most loudly about unanswered prayer are usually those most reluctant to consider the possible reasons for it. They simply shrug and buy another lottery ticket (or whisper another prayer) as if receiving the desired answer had about the same odds as winning

the lottery.

Jesus’ teaching on prayer reveals that the “problem” of unanswered prayer is usually the pray-er. The first sentence of The Lord’s Prayer as recorded in Matthew should be familiar: “This, then, is how you should pray: ‘Our Father in heaven, hallowed be your name, your kingdom come, your will be done, on earth as it is in heaven’” (Matthew 6:9-10). Christians may be so familiar with the words of this prayer that we often miss the clear instruction Jesus gives on how to pray: “your will be done....” It’s not a new idea that the first thing prayer changes is the pray-er. When we pray as Jesus taught, we mature in our faith. And as we mature in our faith, we learn to want more of what

God wills and less of what we want.

Consider Jesus’ prayer at Gethsemane (Matthew 26:36-45). First, Jesus left his disciples to go and pray alone. Second, he prayed: “My Father, if it is possible, may this cup be taken from me. Yet not as I will, but as you will” (v. 39). Three times Jesus prayed for God to spare him from the cross, and three times Jesus returned to his disciples only to find them sleeping. The answer to Jesus’ prayer was revealed in the sleeping disciples: there would be no other way for Jesus than the cross. The discipline of praying changes the pray-er until we are finally able to say with Jesus in the garden, “Yet not as I will, but as you will.”

What is God’s will? I can say with some certainty what God’s



will is not (winning the lottery). God’s will is not about me and my selfish desires, but about loving God first and loving my neighbor as I love myself. As we learn to pray for a passion to feed the hungry, clothe the naked, shelter the homeless and welcome the stranger, we will discover that all our prayers are always

answered.

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](https://www.facebook.com/FGAChapel).

## Need a ride!?

Starting Oct. 8, Fort Wainwright added a new transportation service here on post, free for all DOD ID cardholders.

Hours will be Monday to Friday from 5 to 7:45 for physical training stops and 7:45 a.m. to 9 p.m. for all other stops. Saturday and Sunday all stops 9 a.m. to 10 p.m. The on-call service can be reached at (907)353-2896.

Pick up locations include:

- Barracks Building 1001
  - Vehicle Maintenance Facility, Building 3498
  - Welcome Center, Building 3401
  - Exchange, Commissary and food courts, Building 3703
  - Bassett Army Community Hospital, Building 4076
  - Dining Facility, Building 3720
  - Warrior Zone, Building 3205
- Specific location pick up can also be available on an on-call basis.

## KILE: 168th

Continued from page 1

corps.

“You are the perfect person at this moment to take over this group and carry out the mission,” said Adams, the relinquishing commander of the 168th Operations Group and the new 168th Wing commander.

Amongst many accomplishments, Kile has held numerous leadership positions throughout his career and flew over 600 hours on 139 Rescue Coordination Center missions, resulting in 158 combat saves.

“What my biography doesn’t read is that I am a football coach,” Kile said. “This is very similar to my leadership style. I am a coach first, especially when it comes to carrying out our no-fail mission.”

Kile asked the group to trust he will make decisions with the best intentions and that he will ‘go to bat’ for his new team.

During the ceremony, Kile thanked his family for their continued support as he moves forward in his career.

“I am loyal to Alaska, the National Guard, and as your leader I will be loyal to you,” Kile said.

## VAPES: Health

Continued from page 1

a vapor that users inhale. In recent months, there have been reports of illnesses and deaths that are believed to be associated with the use of vape products.

“The vapor that users inhale can contain ultrafine particles, carcinogens, volatile organic compounds and heavy metals,” said Public Health Service Capt. Kimberly Elenberg, director of Total Force Fitness for the undersecretary of defense for personnel and readiness. “Vaping is not harmless, and researchers are still trying to understand the long-term impacts and health effects from inhaling the vapor.”

NEXCOM officials said Navy exchanges carried two vape-related products in the tobacco sale area of their stores. Those products, “e-cigarettes,” have been removed from shelves. Additionally, NEXCOM directed Navy Exchange concessionaires and vendors to discontinue the sale of vaping products in any NEX location.

AAFES officials said their stores’ offering of vape-related products already was limited, and that its exchanges had already stopped offering flavored vape liquids because of Food and Drug Administration concerns with the appeal of the products to underage customers. By the end of September, that AAFES had removed products from two manufacturers from kits shelves.

While proponents of vape products argue that vaping is

safer than using traditional tobacco products such as cigarettes, Elenberg said it’s actually too early to tell.

“E-cigarettes generally contain less chemicals compared to traditional products like cigarettes, but since the long-term effects of vaping are unknown and not understood, there is not enough information at this time to make a determination on whether it is safer or healthier than other tobacco products,” she said.

Even if the ingestion of nicotine is deemed safer though vaping than through traditional products, nicotine itself is still a dangerous chemical said Dr. Donald Shell, the director of disease prevention, disease management and population health policy and oversight in the Office of the Assistant Secretary of Defense for Health Services Policy and Oversight.

“Nicotine is an extremely addictive, naturally occurring toxic chemical derived from the tobacco plant that affects the nervous system and the heart,” Shell said. “Nicotine is a teratogen, as it is capable of causing birth defects. Other developmental or reproductive toxicities associated with the use of nicotine are unknown.”

While current information regarding nicotine as a carcinogen is inconclusive, Shell said, nicotine is highly addictive, and young adults and adolescents are especially vulnerable to its addictive properties.

OCTOBER 2019

**ENERGY**

ACTION MONTH

ENERGY RESILIENCE ENABLES ARMY READINESS

FORT CARSON, CO  
4.2 MW / 8.5 MW-hour  
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The Army's largest battery energy storage system increases energy resilience. The battery will save Fort Carson approximately \$500,000 per year on its electric bill.

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An upgraded tactical system, increases precision, lethality, and speed while simplifying maintenance.

MODERNIZING ENERGY PROGRAMS ENABLES A LETHAL FORCE

SCHOFIELD BARRACKS, HI  
PRIVATELY FINANCED ENERGY RESILIENCE PROJECT

36 MWdc Fast Response Solar Active Turbine Island zone

REFORMING ENERGY BUSINESS PRACTICES ENHANCES MISSION READINESS

## Energy Action Month 2019

“Energy Resilience Enables Army Readiness” is the Army’s 2019 October Energy Action Month theme. The Army is enhancing readiness by strengthening the capabilities of the current force; modernizing our installations and operational energy programs to build a more lethal force, and reforming business processes to maintain effective warfighting operations.



# History Snapshot: Marston Matting in the Aleutians

Pierced steel planking, also referred to as Marston Mat, was developed just prior to World War II as a means of rapidly constructing runways and landing strips. The 66-pound steel strips were laid in a staggered pattern over a prepared surface and hooked together along one edge. Sometimes the matting was staked to the ground or welded together, and it was usually covered over with sand, crushed shells or soil, depending on availability. The perforated channeled design created strength and rigidity while allowing good drainage.

Marston matting was first used in Alaska at Umnak, Aleutian Islands. In an effort to create a landing strip over the muskeg, Col. Buckner ordered 3 million square feet of PSP in March 1942. Although the matting was still experimental at that time, and its success in extreme weather as suspect, the 807th Engineers installed the material as soon as it arrived. They worked through snow and 80-knot winds, laying a 3,000 x 100 foot steel runway in just 20 days.

(Photo courtesy of the U.S. Navy)



# WWII posters aimed to inspire, encourage service

David Vergun  
Defense.gov

A proliferation of colorful and striking posters emerged as, in effect, the social media of the time during World War II. Perhaps the most iconic was the Uncle Sam poster, created by James Montgomery Flagg and captioned: “I Want You for the U.S. Army.” Flagg actually created the poster during World War I, and due to its enduring popularity, it was used again during World War II with some minor modifications. The British, however, originated the Uncle Sam concept in 1914, with their own finger-pointing war hero – Lord Kitchener – depicted. Its caption was “Your Country Needs You,” an idea Flagg borrowed to create the Uncle Sam version.

However, posters and other incentives were not quite enough to entice a sufficient number of enlistees, so in World War II, as in World War I, Congress found it necessary to draft men into service. Wartime posters were not just about military recruiting. Attracting women to military-industrial factories to produce planes, tanks and munitions was epitomized by artist J. Howard Miller’s “We Can Do It” poster, which featured a woman in a red and white polka-dot headscarf and blue shirt flexing her bicep. Other wartime posters were aimed at those on the home front, emphasizing the importance of buying war bonds; rationing gas, fuel and clothing; and urging Americans to make do with less so troops would have enough.

Some posters emphasized security, the most iconic being the poster by artist Seymour R. Goff depicting a sinking ship and captioned: “Loose Lips Sink Ships.” Perhaps the most famous artist to produce a poster was Norman Rockwell, who illustrated a Soldier manning a gun, captioned: “Let’s Give Him Enough and On Time.” The message was aimed at Americans on the home front who were encouraged to give to the war effort and to scale back consumption so that factories could prioritize arms production. Although Rockwell painted some posters, he was much better known for illustrating Saturday Evening Post magazine covers in support of the war effort.



The “We Can Do It!” poster was aimed at boosting morale among workers in the World War II factories producing war materiel. (Illustration by J. Howard Miller)

Many posters depicted the enemy as menacing. One striking poster illustrates a missile with USA stamped on the fin and “MORE PRODUCTION” written on the body. Its target was a swastika set in the red circle of Japan’s Rising Sun flag. It was produced by an artist in the War Production Board. After World War II, posters continued to be used by the military, two iconic ones being the Marine Corps’ “We Don’t Promise You a Rose Garden: The Marines are Looking for a Few



Uncle Sam recruitment poster, 1942. American artist James Montgomery Flagg created his iconic Uncle Sam image during World War I, but it was modified and used again during the Second World War because of its enduring popularity. (Photo by National Archives)

Good Men,” published in 1971; and the Army’s “Be All You Can Be,” illustrated in a great variety of posters that came out at various times during and after the Vietnam War. Today, the military

continues to produce posters, not just to attract recruits, but also to send messages to troops, such as instilling values, promoting safety and preventing sexual assault.

NATIONAL DISABILITY EMPLOYMENT AWARENESS MONTH · OCTOBER

DON'T SET LIMITS ON UNLIMITED POTENTIAL

### ATTENTION ARMY FAMILIES!

**APPLY FOR GI'S FREE COLLEGE PREP PROGRAM**

Gratitude Initiative (GI) is currently enrolling students from Army families into the GI College Success Academy. **This proven program is provided at no cost to families.**

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- Reserve or National Guard members who were activated for active duty service since 9/11/2001 & were deployed to a combat zone.
- A combat wounded or disabled veteran with a service connected injury.
- A service member killed on active duty.

#### ABOUT THE PROGRAM

##### COLLEGE PREP

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- Enroll as early as the 8th grade – support continues until college graduation!
- Our step-by-step program saves time & reduces the stress of preparing for your student's future directly with you and your student via email, phone, or chat.

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- Customized action plan – you'll know what to do and when to do it
- Unlimited access to your team of advisors
- Career counseling and major selection to ensure a successful future
- College selection and admissions counseling - We'll help your student shine!
- Test prep for the SAT®, ACT®, and PSAT®
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**SIGN UP IS EASY!**

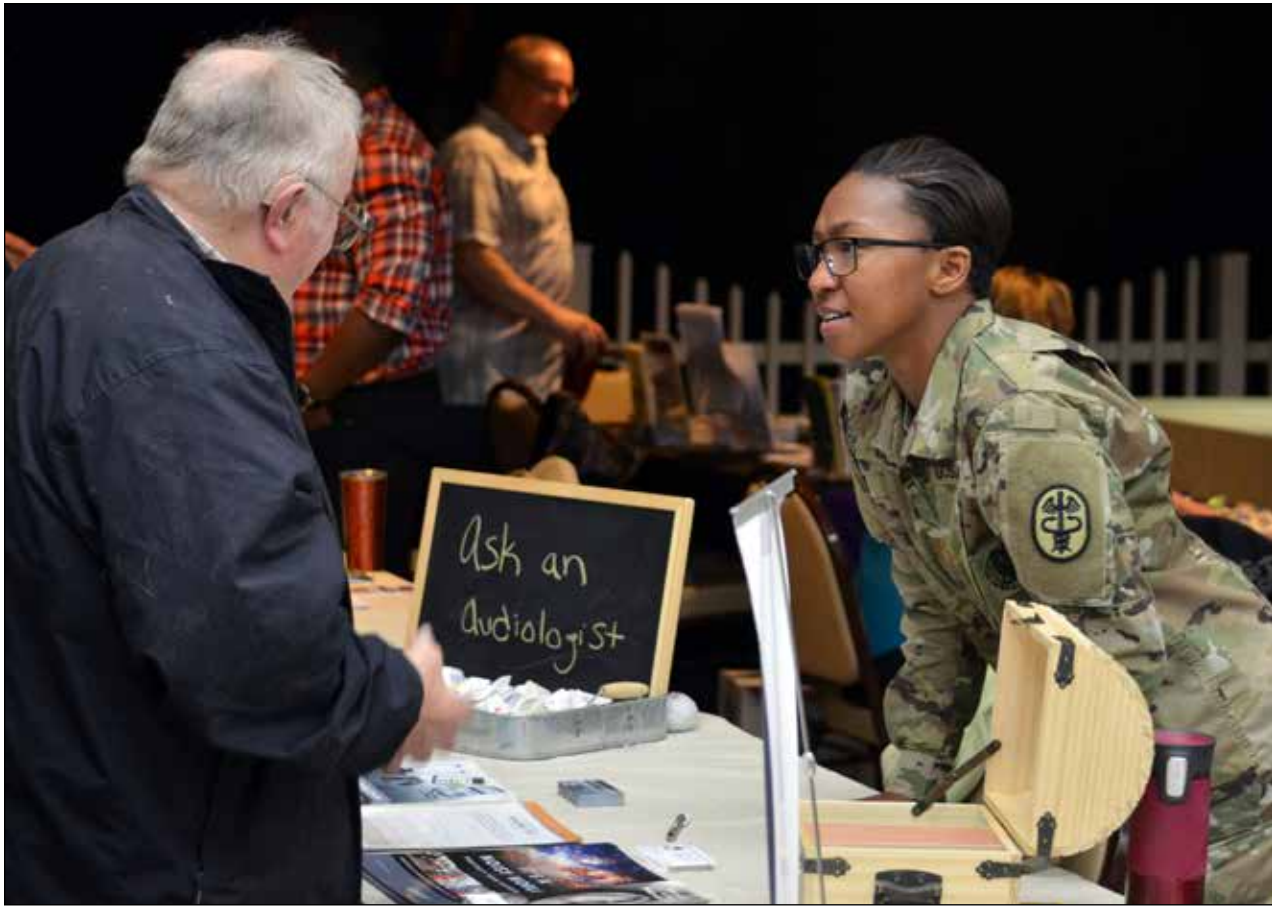
- Go to [gratitudeinitiative.org](http://gratitudeinitiative.org)
- Select the **APPLY FOR PROGRAMS** tab to start the process.

**APPLY SOON!**  
The number of students selected each year is based on the number of qualified applicants & funds available, so don't delay.

**GRATITUDE INITIATIVE**

Gratitude Initiative is a 501(c)(3) non-profit whose mission is to provide educational support college scholarships to the children and families of military service members, veterans, disabled veterans, and those killed in defense of our country.





# Retiree Appreciation Day

Audiologist Maj. Virginia Bailey speaks with a retired service member at the military retiree appreciation day event at the Last Frontier Community Activity Center on Oct. 19. The event included welcoming remarks by garrison commander Col. Christopher Ruga and other guest speakers, interactive informational displays from numerous on-post and local agencies, displays of a Stryker vehicle and military memorabilia, and free health screenings. (Photo by Eve Baker, U.S. Army Garrison, Alaska Public Affairs)

# 2019 Army Modernization Strategy

### Army Futures Command

#### What is it?

The Army Modernization Strategy describes how the Total Army – Regular Army, National Guard, Army Reserve and Army Civilians – will transform into a multi-domain force by 2035, meet its enduring responsibility as part of the Joint Force to provide for the defense of the United States, and retain its position as the globally dominant land power. AMS is the Army’s plan to deliver a Multi-Domain Operations capable force and explains how the Army will operationalize the concept.

The AMS establishes priorities for continuous modernization,

aligns the elements of modernization, and presents a roadmap to a multi-domain capable force.

The primary end state of the 2019 AMS, nested with the 2018 Army Strategy, is a modernized Army capable of conducting Multi-Domain Operations as part of an integrated Joint Force in a single theater by 2028, and ready to conduct MDO across an array of scenarios in multiple theaters by 2035.

#### What are the current and past efforts of the Army?

The AMS supports the priorities outlined in the Army Strategy. The Army’s strategic approach is focused on maintaining the pri-

orities and generating irreversible momentum.

The six Army modernization priorities – long range precision fires, next generation combat vehicles, future vertical lift, network, air and missile defense, and Soldier lethality – remain constant.

The Army will continue to reform its business processes, shifting from Industrial Age to Information Age approaches, to ensure availability of sufficient funds for the Army’s modernization priorities.

These priorities – and the Army’s focus – remains constant.

#### What continued efforts does the Army have planned?

The 2019 Army Modernization Strategy lays the foundation for future Army modernization – how the Army will develop a force ready for Multi-Domain Operations, and how conditions will be to remain a continuously modernizing Army.

The Modernization Framework: To achieve this end state by 2035, the Army will modernize how we fight, what we fight with, and who we are. This approach integrates the elements

of doctrine, organizations, training, materiel, leader development and education, personnel, facilities and policy within the Army, with other Joint Force elements, and alongside allies and partners.

How we fight is the realm of concepts, doctrine, organizations and training.

What we fight with is characterized by materiel development and procurement, guided by the Army’s six materiel modernization priorities.

Who we are encompasses leader development, education and 21st century talent management.

#### Why is this important to the Army?

The Army Modernization strategy enables prioritization of effort and resourcing decisions by synchronizing force modernization. Implementation of the Army’s Modernization Strategy, will provide leaders increased options in the great power competition.

**Fort Wainwright Education Center**

November 1, 2019  
1000-1500

**WINTER FAIR 2019**

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**Come Show Off Your Halloween Costume At Your Eielson Shopping Center Thursday, October 31st For a Chance To WIN an Exchange Gift Card**

1st Prize - \$25  
2nd Prize - \$15  
3rd Prize - \$10

**WHERE:** Your Eielson Shopping Center  
**WHEN:** Thursday, October 31 2019  
**TIME:** 1600 - 1700

And, as always, thank you for shopping at your Eielson Shopping Center and have a great day!

# USAG Alaska Education Center Winter Fair

### Staff Report

U.S. Army Garrison Alaska, Fort Wainwright Education Center

The U.S. Army Garrison Alaska, Fort Wainwright Education Center is hosting its 2019 Winter Fair on Nov. 1 from 10 a.m. to 3 p.m. The fair affords the garrison community the opportunity to receive direct educational and degree program information from various local colleges, external degree schools and programs from throughout the lower 48.

All Fort Wainwright Soldiers, National Guard, DOD Civilian, retirees, Family members, high

school students and all interested in attending a college or university are invited. Confirmation of more than 20 schools plan to attend the USAG Alaska fairs at all three military installations of the Farthest North Education Centers. The invitation is extended to Fort Greely Community and the Eielson Air Force Base community.

For more information, contact the Fort Wainwright Education Center at 907-361-7486, Jerri Tuck at gearldine.j.tuck.civ@mail.mil, Dr. Marvin Castagna at marvin.r.castagna.civ@mail.mil or Zanti Andriani at Zanti.andriani2.civ@mail.mil.



# COMMUNITY CALENDAR

## Fort Wainwright Family & MWR

### Weekly Events

#### October 26 - November 2

**26** **Haunted Laser Tag**  
October 26 - 31  
Varies

Bring a friend or two and have some laser tag fun with a Halloween Twist! The laser tag area will be fully decked out with Halloween decorations!

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

**28** **SFRG Training - Leader Course**  
October 28  
5:30 - 8:30 p.m.

Join us for a FREE SFRG Leader Course. This course is a guide on all SFRG positions and their rules/regulations and the connection between SFRG and Leadership.

Army Community Services, Building 3401  
Call 353-4227, registration required

**31** **Spooky Spin Fitness Class**  
October 31  
5:15 - 6:15 p.m.

Dress in your favorite costume and get to sweatin'! Join a certified spin instructor for a horrifyingly spooky Halloween workout at the Physical Fitness Center. Cost: \$3 per class or one punch from punch card (10 punches for \$27.50).

Physical Fitness Center, Building 3709  
Call 353-7223, registration required

**1** **Winter Book Bingo**  
November 1 - February 29  
Post Library's Normal Operating Hours

The Post Library will be hosting a winter reading challenge from November 1st - February 29th. Pick up a book and your Book Bingo card at the Post Library. The Winter Reading Challenge is open to all ages.

Post Library, Building 3700  
Call 353-2642

**2** **Pounding Paws Kennel Tour**  
November 9  
10 a.m. - 2 p.m.

Come out to the Pounding Dogs Kennels with Outdoor Rec! During your time, you will get to tour the kennels and experience real Alaska Dog Mushing! Registration deadline is November 2.

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



For more info, go to [wainwright.armymwr.com](http://wainwright.armymwr.com).  
Warrior Zone, Building 3205  
Call 353-1087



Join us October 31! 4:30 - 6 p.m. at Bassett Army Community Hospital. For more info: [wainwright.armymwr.com](http://wainwright.armymwr.com)  
@WainwrightMWR #WainwrightMWR

PLEASE VISIT [WAINWRIGHT.ARMYMWR.COM](http://WAINWRIGHT.ARMYMWR.COM) FOR A COMPLETE EVENT CALENDAR



@WainwrightMWR #WainwrightMWR

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BONUS

Take An Additional 10% When You Use Your Military Star Card

On new purchases only. Discount taken at register. Limited to stock on hand. Selection may vary by location. Sorry, no rain checks. Excludes layaway. Cannot be used in conjunction with another discount or coupon.

MANAGER'S SPECIAL

Friday, 25 Oct. - Sunday, 27 Oct.

EXCHANGE

Join us for a Spooky Good Time

Saturday, October 26 @1300.

We will Conjure up some Crafts

Fun & Games

Halloween Safety Table!



October 25, 2019

# Army researchers test human-like robots

U.S. Army CCDC Army Research Laboratory Public Affairs

Army researchers recently tested ground robots performing military-style exercises, much like Soldier counterparts, at a robotics testing site in Pennsylvania recently as part of a 10-year research project designed to push the research boundaries in robotics and autonomy.

RoMan, short for Robotic Manipulator, is a tracked robot that is easily recognized by its robotic arms and hands – necessary appendages to remove heavy objects and other road debris from military vehicles’ paths. What’s harder to detect is the amount of effort that went into programming the robot to manipulate complex environments.

The exercise was one of several recent integration events involving a decade of research led by scientists and engineers at the U.S. Army Combat Capabilities Development Command’s Army Research Laboratory who teamed with counterparts from the NASA/Jet Propulsion Laboratory, University of Washington,



RoMan, short for Robotic Manipulator, is a tracked robot with arms and hands – necessary appendages to remove heavy objects and other road debris from military vehicles’ paths. (Photo by David McNally)

University of Pennsylvania, Carnegie Mellon University and General Dynamics Land Systems.

As part of ARL’s Robotics Collaborative Technology Alliance, the work focused on state-of-the-art basic and applied research related to ground robotics technologies with an overarching goal of developing autonomy in support of

manned-unmanned teaming. Research within the RCTA program serves as foundational research in support of future combat ground vehicles.

The recent robot exercise was the culmination of research to develop a robot that reasons about unknown objects and their physical properties, and decides how to best inter-

act with different objects to achieve a specific task.

“Given a task like ‘clear a path’, the robot needs to identify potentially relevant objects, figure out how objects can be grasped by determining where and with what hand shape, and decide what type of interaction to use, whether that’s lifting, moving, pushing or pulling

to achieve its task,” said CCDC ARL’s Dr. Chad Kessens, Robotic Manipulation researcher.

During the recent exercise, RoMan successfully completed such as multi-object debris clearing, dragging a heavy object (e.g., tree limb), and opening a container to remove a bag.

Kessens said Soldier teammates are able to give verbal commands to the robot using natural human language in a scenario.

“Planning and learning and their integration cut across all these problems. The ability of the robot to improve its performance over time and to adapt to new scenarios by building models on-the-fly while incorporating the power of model-based reasoning will be important to achieving the kinds of unstructured tasks we want to be able to do without putting Soldiers in harm’s way,” Kessens said.

This work, and other research, will be showcased Oct. 17 at the RCTA’s integration capstone event at Carnegie Mellon University’s National Robotics Engineering Center in Pittsburgh.

# Installation readiness keeps the Army trained, ready and deployable

Megan Gully

As the Army modernizes its equipment and processes for future conflicts, so must the service modernize its installations.

The Army’s shift from counterinsurgency to multi-domain operations has pushed the importance of Army installations to the forefront. In the multi-domain concept, installations are part of the Strategic Support Area, where military might is generated, projected and sustained during the fight.

“Our enemies have been watching us in the fight for many years and they know if they go toe-to-toe with the greatest Army the world has ever seen, they are not going to win. To prevent that, their strategy could potentially be to not let our forces leave the U.S. and stop us from entering the fight,” Army Materiel Command’s Commander Gen. Gus Perna said at the Association of the U.S. Army annual meeting and exposition Oct. 15.

As the Army senior leader responsible for ensuring readiness of the Strategic Support Area, Perna echoed Army Chief of Staff Gen. James McConville’s guidance that the Army must transition from an Industrial Age Army into the Information Age.

“The Strategic Support Area needs to be ready to execute,” Perna said. “We need to modernize, not only our equipment, but the way we do business, the way we run our installations, and constantly reform ourselves.”

Perna, along with Alex Beehler, assistant secretary of the Army for installations, energy and environment, set the stage at the Contemporary Military Forum titled, “Synchronizing Installation Readiness and Sustainment from the Strategic Support Area



Gen. Gus Perna, Army Materiel Command commander, set the stage at the Contemporary Military Forum titled, “Synchronizing Installation Readiness and Sustainment from the Strategic Support Area to the Tactical Point of Need,” at the Association of the U.S. Army annual meeting and exposition Oct. 15. (Photo by Kim Hanson)

to the Tactical Point of Need.”

“The fact that we are here discussing this topic is extremely significant; it shows that installations have become a vital component in how we conduct and prepare for war,” Beehler said. “Winning is our top priority, and installations are the launching point to make sure that happens.”

From on-post housing and training ranges to the airfields, railheads and motor pools used to move equipment and troops, installation readiness is focused on the facilities and infrastructure that keep the Army trained, ready and deployable.

Panel lead Lt. Gen. Ed Daly, AMC deputy commander, said the Army is looking at installations holistically to ensure they are ready to meet the needs of Soldiers, Civilians and Family members, not just today but in the future.

“We are implementing a comprehensive facilities investment

strategy to get our installations properly modernized, to support not only Soldiers and Families, but the units that they operate in so we can project forces to the tactical point of need,” Daly said.

During the discussion, Jordan Gillis, principal deputy assistant secretary of the Army for IE&E, said to be successful, an Army installation needs to be four things: resilient, efficient, effective and affordable.

- Resilient: installations cannot be totally reliant on off-site energy or off-site water. In a power or water outage, an installation must be able to carry out its critical missions.

- Efficient: installations must look at ways to capture data that will enable smart decisions for everything, including energy usage, traffic flow, childcare requirements and peak gate hours.

- Effective: installations should strive

to be a well-oiled machine, not just in terms of a power projection platform, but in anticipating the needs of Soldiers and Families.

- Affordable: installations must prioritize, modernize and be wary of solutions that come with high sustainment costs.

“To achieve these, we need the best ideas. We need the best collaboration from private industry, our communities adjacent to the installations, and from our Soldiers for Life,” Gillis said about building installation readiness. “We need everyone’s help to build those installations of the future, and we need to make sure that installations are in step with the rest of the Army as we all modernize for the future.”

A common theme across the discussion was ensuring readiness is a balance between tactical, looking at a unit’s readiness and deployability; and strategic, ensuring the force as a whole

is deployable, which includes capability of the power projection platforms.

Lt. Gen. Duane Gamble, deputy chief of staff, Army logistics (G-4), said the Army needs to ensure the service doesn’t achieve tactical readiness at the expense of strategic readiness, and to do that will require prioritization.

“It takes ruthless prioritization and

high moral character,” Gamble said about having to deny requests for support.

“In every case we said no to someone, it was to free up resources for installation logistics, focused on power projection. That is our Army’s strategic readiness. Installations are our center of gravity to project our force forward and we need to prioritize their needs.”