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The healing power of Kansas

Senior Airman Shannon Chace
168th Wing Public Affairs

Excited voices echo down the hall and people start leaning out of their offices to see what is happening. Soon a group of Airmen are gathered together talking. In the middle of it all is a yellow Lab wagging her tail.

The dog's name is Kansas. Wearing a blue vest decorated with various squadron patches that mark her as a therapy dog, she and Jane Lorenz take a routine walk around the wing to visit Airmen in their shops.

Jane Lorenz, director of psychological health for the 168th Wing, acquired a therapy dog for the wing to promote open communication between herself and the Airmen of the wing. Kansas helps break down interpersonal barriers by starting conversations, creating a positive work environment and opening opportunities for Airmen to get to know each other.

Lorenz explained that she had the idea of acquiring a therapy dog

See HEALING on page 3



Jane Lorenz, director of psychological health for the 168th Wing, poses with Kansas the wing therapy dog, July 22, 2019, at Eielson Air Force Base, Alaska. Kansas works with Lorenz to break down interpersonal barriers and help Airmen connect with one another. (U.S. Air National Guard photo by Senior Airman Shannon Chace, 168th Wing Public Affairs)



Staff Sgt. Lynn Pilj, 168th Maintenance Squadron unit training manager, spends time with Kansas the Alaska Air National Guard 168th Wing therapy dog at Eielson Air Force Base, Alaska, July 22, 2019. (U.S. Air National Guard photo by Senior Airman Shannon Chace, 168th Wing Public Affairs)

Gray Eagle Hangar 3 ribbon cutting

Capt. Chad Howard, commander of Delta Company, 25th Aviation Regiment, presents U.S. Army Corps of Engineers employee Paul Schneider, Northern Area Office engineer, with a Certificate of Appreciation for his selfless work and support on the company's new Hangar 3, during a ribbon cutting ceremony Oct. 25, on Fort Wainwright, Alaska. The newly finished hangar will be able to accommodate up to 12 MQ-1C Gray Eagle Unmanned Aerial Systems within its nearly 57,000 square-foot office and hangar area. (Photo by Brian W. Schlumbohm, U.S. Army Corps of Engineers, Alaska District)



Capt. Chad Howard, commander of Delta Company, 25th Aviation Regiment presents a certificate of appreciation for U.S. Army Corps of Engineers employee Jacqueline Santos, project engineer, for the Delta company's Hangar 3 project during a ribbon cutting ceremony Oct. 25, on Fort Wainwright, Alaska. (Photo by Brian W. Schlumbohm, U.S. Army Corps of Engineers, Alaska District)



Capt. Chad Howard, commander of Delta Company, 25th Aviation Regiment presents a certificate of appreciation for U.S. Army Corps of Engineers employee David Purdy, construction control representative, for the Delta company's Hangar 3 project during a ribbon cutting ceremony Oct. 25, on Fort Wainwright, Alaska. (Photo by Brian W. Schlumbohm, U.S. Army Corps of Engineers, Alaska District)



No drone zone

Jonathan M. Emmett

While living in Alaska, one way to view the beauty of this state is by the use of drones. Drones can help you capture amazing photography and videography of the Alaskan nature.

With Christmas right around the corner, many people might take this chance to purchase a drone with all the holiday sales happening. So, whether you're a new drone pilot or have years of experience, there are many rules and regulations in place to help you fly safely in Alaska.

Here at Fort Wainwright, it is prohibited to launch and/or recover a non-military drone from the installation property (Garrison Policy Letter #24). Fort Wainwright is a No Drone Zone!!! Additionally, the Federal Aviation Adminis-

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WEEKEND WEATHER

Friday



40 percent chance of snow. High near 30. Low 23.

Saturday



Chance of snow early. High near 28. Low about 10.

Sunday



Mostly sunny, with a high near 22. Low around 3.

BRIEFS

SKATE WITH THE ICE DOGS

Join us Nov. 6 at Physical Fitness Center Ice Rink
6-7 p.m.

FREE

Open to DOD ID cardholders and dependents
Info: wainwright.armymwr.com

Nutrition Corner: Health-related phone apps

From the “health technology desk” of our clinical nutrition reporting team, this week’s nutrition topic puts the spotlight on phone apps that are good for your health. The programs featured here both use a multimedia approach to promote behaviors that are beneficial to your body and mind.

The programs are fun and interactive, and can be used privately or through a social network platform according to your personal preferences. Best of all they are both free, so set aside that game of solitaire and try one of these out instead.

SWORKIT: This is a program that offers a collection of five to 60 minute workout sessions, which cater to a variety of physical abilities and styles. The app allows each user to choose from a major category — including strength,

cardio, yoga or stretching — and then from there, choose a workout that suits the current need.

An example of this would be selecting the cardio group of workouts and then choosing between “Light Warm Up Cardio,” “Full Intensity Cardio,” “Plyometrics Jump Cardio” or “Boot Camp Inspired” — each options that can be achieved in as little as five minutes. After the workout is selected the user will adjust the time as desired, and push start.

The program features an athlete performing each exercise as it is done and the timer, with convenient count downs and clearly defined breaks. The demonstrations are highly visible and accurate.

What’s more is this fitness app was among 30 that were analyzed by a group of scientist, and was found to be most effective

at following the American College of Sports Medicine’s training guidelines (the study was published in the Journal of Medical Internet Research).

Short, high intensity, interval style training like that featured in SWORKIT is one of the best ways to stimulate metabolism and burn calories for individuals on a tight schedule.

Convenient and timely, this app may be just what you need.

YouFood — 7 Day Photo Challenge: This is a program that combines the social appeal of Facebook with the artistic vibe that Instagram is known for, along with the motivation and support that you might find on a Weight Watchers chat room.

The idea is that you take photos of everything you eat and drink for seven days. Since a picture says a

thousand words, and does not under- or over-estimate, there is no better way to face your dietary habits head on in an objective way.

Users are able to share with others, and so are held accountable for their decisions; this has a tremendous impact on long term success.

That said, the program maintains a very positive attitude and encourages users to ‘be real’ and without shame; likely the toughest critic on any entry is the user who posted it.

Sharing with others allows users to gain inspiration (and tasty, nutritious recipes) from a network of motivated and health conscious people.

As users move through the week, they are able to see individual trends more clearly on a cumulative dashboard of food photos — maybe noticing a few

more handfuls of M&Ms than recalled, or that the vegetables on the plate are consistently overshadowed by oversized servings of meat — and this makes it possible to acknowledge the weaknesses of eating patterns.

Likewise, successes can also receive the recognition they deserve — like that cod that was baked to perfection and paired with a beautiful beet salad and Mediterranean couscous, voila!

For more information about the 7 Day Photo challenge, check out this article: <https://blog.joinyoufood.com/2016/04/08/this-7-day-photo-food-journal-challenge-will-forever-change-the-way-you-eat-diary/>

To download these free applications for your smartphone or tablet, search for the titles and creator names as listed in the article above.

Army senior leaders: Recruiting is the ‘lifeblood’ of the Army

U.S. Army Recruiting Command Public Affairs

U.S. Army senior leaders recently launched the new Army People Strategy, and they made it clear this week that recruiters play a vital role in ensuring the Army has the right people in place to maintain an agile, talented force in the future.

Secretary of the Army Ryan McCarthy, Chief of Staff of the Army Gen. James McConville and Sgt. Maj. of the Army Michael Grinston emphasized their commitment to supporting recruiters during the U.S. Army Recruiting Command’s Annual Leaders Training Conference here Oct. 23.

“People, people, people — that’s why recruiting is so important,” McCarthy said to a roomful of leaders from every brigade and battalion across USAREC. “Recruiting is so necessary because it’s the lifeblood of our business.”

McConville stressed



Sgt. Maj. of the Army Michael A. Grinston speaks to the United States Army Recruiting Command brigade and battalion leadership during the USAREC annual leader’s training conference at Fort Knox, Kentucky, Oct. 23, 2019. He was invited by Maj. Gen. Frank Muth, commanding general, USAREC, to serve as a keynote speaker. (Photo by Lara Poirrier)

the importance of winning in the competitive talent marketplace.

“When you bring someone in, to me what winning looks like ... for recruiters is you recruit a Soldier that finishes their first term,” he said. “Then what I look at, if they get their four-, five-, six-year term done, then it’s our job to re-

cruit for their talents. We give them purpose to keep them longer.”

Winning for Army Recruiting this year has meant a paradigm shift in how its recruiters approach and communicate with potential applicants. McCarthy and McConville both emphasized the move to the information age and congratu-

lated USAREC on the speed with which the command progressed this year.

“We’re taking new ways to go after the young men and women who, quite frankly, are motivated very differently than we may have been in the past,” McConville said. “We cannot be an industrial age Army in the information age. I commend you all for going after that and changing and reacting to the people that are in place, and don’t let us slow you down.”

In the last year, USAREC formalized virtual recruiting stations at each of its 44 battalions, established the Army eSports Team, opened the aperture on use of social media by all recruiters, and focused marketing and outreach efforts on

key markets to ensure recruiters were able to effectively reach the eligible population.

“It’s a new day,” McCarthy said. “It’s a relentless pace, but we’re on top right now, because you have the right mindset, the right strategy and great leaders.”

The efforts put into overhauling the Army accessions enterprise contributed to the success of the fiscal year 2019 regular Army mission, as USAREC exceeded its goal of 68,000 new Soldiers.

“We’re all in to help you,” Grinston told the group of USAREC leaders. “Everybody’s a recruiter. I want to thank you for meeting the mission (in FY19), and I know you’re going to do it (again) this year because winning matters, and people

are our number one priority.”

The sergeant major of the Army also reiterated the importance of recruiting to the operational Army and the reason the recruiting mission cannot fail.

“If you don’t do your job, then guess what, I can’t do my job and nobody can do their job,” Grinston said. “I can’t keep the Army going, and the FORSCOM sergeant major can’t build readiness, can’t deploy, can’t do anything because we don’t have any people.”

All three Army senior leaders emphasized that USAREC is not alone in the quest for talented young men and women to serve the nation.

“The recruiting mission is not a Recruiting Command mission, it’s an Army mission,” McConville said. “It’s all of our mission and whatever help you need, we’re going to get you.”

As the world changes and technology advances, the demand for sharp, resilient, tough people to come into the enterprise will continue to increase, McCarthy said.

“Just remember two things — people first and winning matters,” McConville said. “We win through our people. I think (recruiters) have an absolutely critical job in getting us the right people to start off with - that’s our Soldiers that come into the Army. I think that’s what makes us the world’s greatest Army, our people.”

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

Postpartum support group

Join other postpartum moms during a support group offered by the Medical Department Activity – Alaska lactation consultant the second Tuesday of each month from 6:30 to 8 p.m. at the Bassett Army Community Hospital dining facility. The group is open to beneficiaries and their partner/support person. Registration is not required, but helpful. Call 361-5958 or 361-5158 for more information or to register.

Wellness Center

The Fort Wainwright Wellness Center is open for appointments. With health assessments, nutrition information, stress management services and physical fitness pro-

grams, beneficiaries will find tools to take small but important steps to a healthier future. To make an appointment or to inquire about services, call 361-2234.

Veterinary services

The Fort Wainwright Veterinary Treatment Facility is available for wellness visits and basic sick call visits 8:30 a.m. to 4:30 p.m. Monday through Friday. To schedule an appointment, or for more information, call 361-3013.

Never forget

Never forget another appointment! TRICARE makes it easy for you to receive a reminder for upcoming appointments. By inputting your cell number in your TRICARE profile, you will receive text reminders 48 hours and two hours prior to your appointment.

Tobacco-free campus

As a reminder, MEDDAC-AK facilities are now tobacco free. This includes Bassett Army Community Hospital, Preventive Medicine, Behavioral Health, DENTAC/ASAP, Veterinary Clinic and Kamish. Tobacco products include cigarettes, cigars, pipes, electronic nicotine delivery devices (e.g. e-cigarettes, e-pipes, e-cigars, etc.), stem pipes, water pipes, hookahs and smoke free products that are chewed, dipped or sniffed.

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The ALASKA POST – The Interior Military News Connection

The Chaplain’s Corner

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

Were you a teen during the 1950s? Do you remember 3D movies, coonskin caps, hula hoops, Frisbees, poodle skirts, saddle shoes, telephone booth stuffing and boomer-angs? Did you grow up during the 1960s enjoying tie dye T-shirts, superballs, slot cars, mood rings, lava lamps, bell bottoms, banana seats and Barbie dolls? Perhaps you came of age during the decade of the 1970s and listened to disco on an eight-track tape deck, wore earth shoes, had a pet rock, went to midnight showings of “The Rocky Horror Picture Show,” collected “Star Wars” action figures, or saw a streaker dash onto the football field or baseball diamond during a game? If you were a teen

in the 1950s, by the 1980s you may have had children begging you for a boom box or a Cabbage Patch doll, or who practiced their break dancing and hacky-sack skills with their friends, or who uttered strange phrases like, “Gag me with a spoon!” or “Groovy to the max!” Every decade has its fads, and since this list could go on and on, I won’t even get started with boy bands and “The Rachel” haircuts. According to the online Cambridge Dictionary, a fad is “a style or activity that suddenly becomes popular but which usually does not stay popular for very long.” With the exception of collectibles like “Star Wars” action figures, this definition generally rings true. I don’t know of anyone who rushes home to care for a pet rock or listens to eight-track tapes anymore.

Fads in fashion, however, do seem to come, go, and come again in some updated form. While I don’t expect to see saddle shoes and poodle skirts being widely worn any time soon, 1970s fashions like bell bottom jeans have surged in popularity recently. Linguistic fads also come and go. While I probably won’t ever declare something “groovy to the max,” I have been known to frequently use words like “groovy” and “cool.” A current linguistic fad is “verbizing,” which is taking a noun and using it as a verb. One example in advertising is the tag line for movie channel Turner Classic Movies, “Let’s movie.” I have done something similar with a hashtag on the Fort Greely Facebook page: #letschapel. A popular internet meme verbizes the word “adult” as in the complaint,

“I can’t adult today,” which means “I’m simply unable (or unwilling) to do any of the activities of daily living that responsible adults do.” Regardless of how you may feel about using nouns as verbs, verbizing the word “Christian,” which is usually a noun or an adjective, reveals two truths about actually being Christian. First, by definition, Christianity is not a fad. To be sure, fads within Christianity have come and gone, but declaring oneself to be in a relationship with and a follower of Jesus the Christ has been around for a long time and will continue to be meaningful for countless souls for a long time to come. Second, being Christian is not a passive condition that is focused solely on one’s personal salvation. When asked what the greatest command-



ment of all was, Jesus said: “‘Love the Lord your God with all your heart and with all your soul and with all your mind.’ This is the first and greatest commandment. And the second is like it: ‘Love your neighbor as yourself’” (Matthew 22:37-39). “To Christian” is to love God, and loving God means actively loving our neighbors in the same way that we love ourselves. Thus, Christianing requires, in part,

adulthood. And contrary to the internet meme, we can be adult Christians anytime we choose to be. 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.

Army Enlisted Talent Management Process

U.S. Army Human Resources Command

What is it?

The Enlisted Talent Management process leverages a Soldier’s knowledge, skills, behaviors and preferences to maximize individual potential and provide optimal career opportunities through an interactive website.

What are the current and past efforts of the Army?

In fiscal year 2019, Human Resources Command implemented enhancements to the Enlisted Manning Cycles improving opportunities within the Enlisted Talent Management Process. Talent management is conducted through the assignment of Soldiers based upon the knowledge, skills, behaviors and, preferences of the Soldiers for various assignments. Active Component Enlisted Manning Cycles - HRC conducts five Enlisted Manning Cycles annually to improve talent alignment opportunities. Each cycle is a detailed analysis of manning requirements and the Soldiers available to fill them. Reserve Component Enlisted Manning Cycle - The Army Reserve conducts bi-annual manning cycles to improve unit readiness and talent alignment opportunities for the Active Guard/Reserve population. Assignment Satisfaction Key - Active component Soldier assignment preference is determined through the Soldier’s preferences in the ASK system. AGR Soldiers work with their career managers to rank order, and preference the available positions in each cycle. NCO Contact Program - HRC contacts NCOs (SSG-MSG/1SG) to discuss assignment choices. A pilot

program for Armor branch NCO’s (CMF 19) allows NCO’s to designate preferred available assignments electronically.

What continued efforts does the Army have planned?

New systems and tools under development for the active component will allow NCO’s to receive information from their assignment managers on ideal assignment types. These initiatives maximize talent by getting the right Soldier to the right place at the right time. Identical capabilities will exist in the future for AGR Soldiers. ASK Enlisted Marketplace. Projected for full deployment in January 2021, ASKEM is designed for NCOs (SSG-MSG/1SG) to access a virtual Marketplace to prioritize their preferences for valid and available worldwide assignments. This new design significantly increases the role of Soldier preference in the assignment process and facilitate NCOs’ influence in the trajectory of their career. Internal HRC Assignment Tools. A new Personnel Assessment and Availability Tool and updated Manner of Performance data will provide assignment managers with increased ability to assess talent and availability of NCOs for assignments.

Why is this important to the Army?

Enlisted Talent Management supports the Army’s priority of investing in the future by building a talent-based personnel system that leverages the knowledge, skills, behaviors and preferences of its NCOs, ultimately maximizing their potential to enhance long-term readiness.

Healing: Kansas

Continued from page 1

for the wing after talking with other professionals in the field. “I had heard how they were like magic and how people would come just to see the dog and be so thrilled,” Lorenz said. “When people walk into my office their face just lights up, so I know I made a good decision.” The process of acquiring a therapy dog was relatively easy, she said. The wing commander wrote a letter approving a therapy dog. With the commander’s green light Lorenz submitted an application to the nonprofit organization Southeastern Guide Dogs in Florida. Once the application was approved a trainer from the organization brought Kansas to Alaska and provided familiarization training for Lorenz. “She showed me how to work with the dog and all the basic commands, we started bonding, Kansas and I,” Lorenz said. Master Sgt. Jason Dandurand, 1st Sgt. with the 168th Mission Support Group, provided a letter of recommendation for Lorenz during the application process and said he is excited to have Kansas join the wing support staff. “When you have a dog, or any animal, there tends to be guards that drop with folks,” Dandurand said. “Having Kansas really opens up the avenue of conversation and getting to know people better.” Lorenz explained one of the challenges of being the wing DHP is the perception people have about mental health and seeking help. “I think there is a stigma with mental health where people don’t want to talk about it, but I think [Kansas] helps break that stigma

down,” Lorenz said. “They come in and see that I am just a normal person, a social worker there to help.” Although mental health is an important aspect of the job, the DPH office is available to help Airmen problem solve and provide resources for any type of concern. By starting conversations, Kansas creates an approachable environment where people can find the resources they need. “Having that availability to start a conversation, even if it’s through the dog at first, it allows Airmen to connect to people who can provide them the resources to help them with whatever they are struggling with,” Dandurand said. When Lorenz and Kansas are around the wing it’s common to find them with a group of people smiling and talking. These conversations often help coworkers connect more with each other. “They end up talking about their dog, the benefits of dogs, asking questions about Kansas,” Lorenz said. “They find common ground with Kansas, something positive, something that they enjoy talking about.” As Kansas breaks away from the circle of Airmen and Lorenz says goodbye, the pair begin making their way to another shop. But the Airmen stay together a little bit longer, the conversation about life and its experiences continuing. “In the Guard everybody knows everybody, but just because we see each other and we recognize each other, we don’t really know what is going on in people’s life,” Dandurand said. “Having Kansas here really opens up the opportunity to become even better of a Guard family here at the 168th.”

Drone: Restrictions

Continued from page 1

tration has stated that “operating drones around airplanes, helicopters and airports is dangerous and illegal. Unauthorized operators may be subject to stiff fines and criminal charges, including possible jail time.” The reason for this restriction is due to the heavily used airspace by both military and civilian aircraft arriving and departing Ladd Army Airfield and Fairbanks International Airport. The FAA receives, on average, 100 reports a month about drone/unmanned aircraft system operations interfering

with manned aircraft or air traffic control. Drones are very hazardous to manned aircraft and can cause more impact damage than a bird strike. If members of the Fort Wainwright community see any non-military drone activity happening on the installation, please contact the military police at (907) 353-7535 with as much detail as possible. For information about flying drones outside of Fort Wainwright, Please refer to the following link to help have a safe drone flight experience while in Alaska, www.faa.gov/uas.

History Snapshot: Soviet Airmen

At the height of Lend-Lease operations, over 300 Soviet personnel were stationed at Ladd Field. Their presence was widely noticed in the community, in part because of the distinctive styles they wore. Visiting artist Henry Varnum Poor recalled seeing them walk around Fairbanks, stating “Russian pilots are dressy and wear all the hardware they can, pistols on their hips, and some wore the Red Star of Lenin on their breasts. They are a leather loving people. They wore high boots and wide leather belts and shoulder straps, and I wondered at the abundance of leather in a country so stripped down to essentials.” Engineering aide Helen Bowles also recalled the Soviet’s leather boots and remembered being able to hear them coming down the halls of Ladd’s utilidors because the leather squeaked so loudly. (File photo, Cultural Resources Program)



R2TD: A new tool for an ever-present threat

John Higgins

Program Executive Office — Intelligence, Electronic Warfare and Sensors

Seismic, acoustic and electromagnetic systems work to help Army find one of the oldest forms of field fortification: tunnels.

War is as old as human history. This means a lot of the reactive tactics and protective equipment must evolve in response to an attack becoming strong. As weapons became heavier and deadlier—swords went from bronze, to iron, to alloys of greater hardness and durability—the defense for them would evolve, protective clothing going from very thick fabrics, to leathers, to metals to the hard ceramics and Kevlar we know today.

Terrain use has evolved over time, too. As the stakes continue to rise and objectives evolve, merely taking hills, fields and transportation routes was always the start, but taking, holding and occupying towns and cities for longer periods of time will be key.

This means tunnels. Cities thousands of years old, such as Paris and its 200 miles of tunnels and catacombs, or modern American cities like New York, which has 665 miles of subway tunnels, will make tunnels a consideration of modern urban warfare. Newer cities may not have subways as an afterthought, but as a foundation of their planning. In India and China, for example, subway stations are the root of creating new cities as the population continues to grow.

Tunnels have been used to thwart invaders and penetrate fortifications since there were invaders and fortifications. For example, ancient Romans used tunnels-called qanats—to transport water to sustain their cities. Were any enemy able to find those tunnels, they could do incredible damage to the city of Rome.

Today, military thinkers like those at the Modern War Institute at West Point are considering underground warfare as a given, and they are considering the kind of equipment that would make underground warfighting most effective.

Project Manager Terrestrial Sensors, part of the Program Executive Office - Intelligence, Electronic Warfare & Sensors, has a key piece of tunnel warfare at the ready: Rapid Reaction Tunnel Detection equipment, or R2TD.

After all, to fight in tunnels, you have to find them first.

Dr. Steven Sloan, a research geophysicist with the U.S. Army Engineer Research and Development Center, has been working with his team on R2TD system for more than half a decade, which is less a piece of equipment than a suite of tools.

“What we’ve found over the years is that there’s no silver bullet that works in all geologies and all situations,” said Sloan. “So, we have multiple, different systems that each have their strengths in different things dependent on the setting that we’re working in, or what the target set is, then we can kind of mix and match to optimize detection.”

R2TD has seismic, acoustic and electromagnetic systems to detect different aspects of underground structures. Seismic to detect movement of dirt, for example. Acoustic to detect open space underneath the ground and electromagnetic to detect infrastructure like cables, wires, nails and even rails.

“The other two systems are actual in-ground permanently or semi-permanently installed, like an underground fence of sensors,” said Sloan. These other two systems are the border tunneling activity detection system—linear and the active seismic imaging system, which can counter adversaries using purpose-built tunnels or existing subsurface infrastructure, and assist in the survey of large areas for perimeter defense and the detection of existing tunnels and other subsurface anomalies, respectively.

“The thing with tunnels is they’re a low-tech counter to a high-tech adversary,” said Sloan. “So all it takes is his time and manpower to build one and there’s not a whole lot out there to stop them. It’s been around centuries and centuries for a lot of different conflicts.”

Sloan and his team know this, and thus they are often upgrading and tweaking the system.

“We’re upgrading the active seismic units that are in theater,” said Sloan. “We bring them back one at a time and we put in new hardware and new software that’s been developed over the last four or five years in there and then put them back over into their respective theaters of operations.”

“If someone was trying the tunnel under a facility to place explosives or something like that, you don’t want to be on the back end of that trying to figure out how it happened after it’s happened,” said Sloan.

“It’s more of a preventative measure, or proactive rather than reactive. You won’t use this over every square inch of every facility that you would build. However, if you got some particularly vulnerable facilities in an area or something, some kind of secured facility that you really want to monitor, it’s another tool that you can use.”

Attendees of the Delta Junction Elementary School Harvest Festival enjoy the attractions of the night. (Photo by Angela Glass, U.S. Army Garrison Alaska, Fort Greely Public Affairs)



Delta Junction Elementary School celebrates Harvest Festival

Angela Glass

U.S. Army Garrison Alaska, Fort Greely Public Affairs

Delta Junction Elementary School hosted their Annual Harvest Festival Celebration on Oct. 24 at the Delta Elementary School.

Over 150 attendees from the community were able to enjoy a spaghetti feed dinner prepared by the Delta Junction Lion’s Club, numerous children’s activities, a scholastic book fair and a bounce house manned by Soldiers of the 49th Missile Defense Battalion.



Spc. Andrew Lopez of the 49th Missile Defense Battalion assists children with an interactive game at the Delta Junction Elementary School Harvest Festival. (Photo by Angela Glass, U.S. Army Garrison Alaska, Fort Greely Public Affairs)

November 1, 2019

USAG Alaska Career Skills Program graduates Soldiers

Courtesy Story

The U.S. Army Garrison Alaska, Fort Wainwright Career Skills Program recently graduated five transitioning Soldiers from the Alaska Works Heavy Duty Mechanic Course. During the course, Soldiers were trained on hydraulics, drivetrains, fuel systems, exhaust systems, electrical functions and troubleshooting techniques

The Alaska Works Partnership, through the Helmets to Hardhats Program, provides transitioning Soldiers and veterans with free training in the trades such as electrical, plumbing, welding, carpentry, etc.

In addition to Alaska Works, the Fort Wainwright Career Skills Program can place Soldiers in

various internships and training programs across the country.

In the last year, the Fort Wainwright Career Skills Program has sent Soldiers to Kinross – Fort Knox, the Fairbanks Police Academy at the University of Alaska Fairbanks, the Microsoft Skills and Service Academy, CVS Pharmacy, the Bureau of Land Management and the U.S. Department of Fish and Wildlife just to name a few.

Soldiers interested in participating in the Career Skills Program should contact Fort Wainwright’s Career Skills Program administrator, April Rogers, at 907-353-2221, or stop by the Soldier for Life – Transition Assistance Program Center located at Room 249 of the Welcome Center.



100-year-old sentinel returns to the Tomb of the Unknown Soldier

David Vergun
Defense.gov

At 100, Jack Eaton is the oldest living, oldest known sentinel of the Tomb of the Unknown Soldier. His and other sentinels’ names are there on plaques, commemorating their service. Sentinels, all volunteers, are members of the 3rd U.S. Infantry Regiment, also known as “The Old Guard.”

Life in the Army for Eaton began when he left coal country in southeastern Pennsylvania to enlist in 1937 at age 18. Stationed at Fort Belvoir, Virginia, he said, he fired expert with his rifle and was very competitive in military training and other activities, and that got him selected for the job. Sentinels are also usually tall, and Eaton’s height also helped. At 6-feet, he was considered tall at the time.

Eaton spoke during a tour of the Pentagon, where he met with Deputy Defense Secretary David L. Norquist and others.

Earlier in the day, he also visited the Tomb of the Unknown Soldier, after arriving on an Honor Flight from Burton, Michigan, where he now lives.

While at the Tomb of the Unknown Soldier in Arlington National Cemetery in Virginia, Eaton said he was struck by the elaborate, precision movements of the sentinels, although he remembers it being similar during his time there, with knife-edge creases on the Soldiers’ uniforms. He recalls the snap and pop sounds of doing the manual of arms with his rifle.

One thing that has changed since Eaton’s days as a sentinel is that the changing of the guard ceremony is now every hour instead of every two hours. Eaton said he was told that the change was made so more visitors could view the ceremony, and he said that’s a good thing for the public to see.

Eaton picked up rank quickly and eventually became corporal of the guard, responsible for ensuring that



World War II veteran Jack Eaton, 100, and Army Capt. Harold Earls, commander of the Tomb Guard, point to Eaton’s name on a plaque at the Arlington National Cemetery in Arlington, Virginia, Oct. 23, 2019. Eaton, a former Army corporal, served as a sentinel at the Tomb of the Unknown Soldier from 1938-1940. (Photo by Elizabeth Fraser)



Deputy Defense Secretary David L. Norquist shakes hands with World War II veteran Jack Eaton, 100, at the Pentagon, Oct. 23, 2019. Eaton, a former Army corporal, served as a sentinel at the Tomb of the Unknown Soldier from 1938-1940. (Photo by Staff Sgt. Vanessa N. Atchley)

the changing of the guard and other activities went smoothly.

Eaton’s enlistment expired in 1940, and he went to work for Hudson Motor Car Company. His work there was short-lived, however, because the United States entered World War II after the Dec. 7, 1941, attack on Pearl Harbor, Hawaii.

Eager to get into the war, Eaton returned to Fort Belvoir. His old unit had disbanded, but his old company commander

was still there and remembered him. He got Eaton into welding school in Washington, where he trained daily on the use of oxy acetylene and various forms of electric welding. The training soon paid off, he said.

Eaton was assigned a truck full of welding gear and mechanical tools and parts, as well as a full-time mechanic. In 1942, just months after the war started, Eaton, his mechanic and the truck were shipped

off to England, where they went from airfield to airfield repairing heavy equipment such as bulldozers, graders and cranes used to build runways.

It was a lot of work, he said, because many new runways were being built. This required a lot of heavy equipment, which frequently broke down.

As the war progressed, Eaton, his truck and his partner were transferred to France, and eventually to Germany. By

the end of the war, he had attained the rank of technician fourth grade.

After the war ended in 1945, Eaton said, he went back to Hudson to work, but only for a short time, because he found a better job in the window replacement industry. After a while, he said, he decided he could make a lot more money starting up his own window business, and he did so after purchasing a 2,100-square-foot factory and showroom. His business was such a success that he was able to retire at the ripe young age of 55.

Eaton said he’s impressed with the service members he meets today. As for advice to give them on how to succeed, he offered: “Accept responsibility, don’t shirk

your duty, honor your oath, be proud of what you do and try to do better each time.” He also said that healthy competition with other Soldiers will do much toward self-improvement.

As for his secret to living to be 100 and walking around the Pentagon at a fast pace without a wheelchair, Eaton credited the genes of his mother, who lived to be 100. He also said he quit smoking in his early 30s, drinks moderately — or not at all for long periods of time — eats right and gets up every morning to do rigorous exercises.

Eaton said he’s lived a full and happy life and was blessed to have the chance to serve his country and contribute to society afterward.

COMMUNITY CALENDAR

Fort Wainwright Family & MWR

Weekly Events

November 2 - 9

4

Health Nut - Artificial Sugars

November 4
11 - 11:30 a.m.

Artificial sugars: what should I know about them? Join a certified dietitian and learn the effects of ingesting artificial sugars. This session is FREE to attend.

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

6

Parent Advisory Board

November 6
1 - 2 p.m.

Parent Advisory Board is seeking members who want to learn about new programs and services offered for children and their parents. Being involved earns parent participation points, which can be redeemed for childcare fee discounts.

Parent Central Services, Building 3414
Call 353-7713

7

Lego Club

November 7
5:30 - 6:30 p.m.

All ages welcome to come and use their imaginations to build a lego masterpiece! Make new friends while building all that you can dream of.

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

8

B.O.S.S. Friday Night Out: Turkey Bowl

November 15
6 - 8 p.m.

Come join B.O.S.S. for a FREE night of bowling at Nugget Lanes Bowling Center on Fort Wainwright! If you need a ride, contact the B.O.S.S. office to schedule pick-ups. Registration deadline is November 8.

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

9

Snowmachine Safety Course

November 16
9 a.m. - 1 p.m.

Learn all of the necessary safety requirements of riding a snowmachine. Snowmachine Safety Course is required to rent snowmachines or go on snowmachining trips with Outdoor Recreation and B.O.S.S. Registration deadline is November 9.

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



Saturday, November 9 Warrior Zone

Doors open at 9 p.m., show starts at 10 p.m.
Free entry

Must be 18+ to attend the Warrior Zone / Must be 21+ to purchase or consume alcohol



GOOD TIMES, FRONT AND CENTER

No official endorsement intended

ARMEDFORCESENTERTAINMENT.COM

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

Warrior Zone, Building 3205
Call 353-1087



Join us November 6 at Physical Fitness Center Ice Rink for a FREE Ice Skate with the Fairbanks Ice Dogs!

For more info: wainwright.armymwr.com

@WainwrightMWR #WainwrightMWR #WainwrightFitness

ATTENTION ARMY FAMILIES!

WHO QUALIFIES

STUDENTS IN 8TH GRADE THROUGH THE BEGINNING OF 12TH GRADE WHO HAVE A PARENT THAT MEETS ONE OF THE FOLLOWING CRITERIA...

- Active duty members of the United States Army, Navy, Air Force, Marine Corps, & Coast Guard
- A veteran who was honorably discharged from active duty on or after 9/11/2001.
- 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

GI provides the most comprehensive college prep program available today.

- Access our online program anywhere around the globe!
- Dedicated experts will work directly with you and your student via email, phone, or chat.
- 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.

PROGRAM INCLUDES

- 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®
- Financial aid and scholarship counseling – includes review of all financial aid forms.

SIGN UP IS EASY!

- Go to 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.

GRATITUDEINITIATIVE.ORG

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

In Honor of Military Family Month,
Subway and the Exchange are giving away 40 Exchange Shopping Sprees.

Enter for a Chance to Win a \$3000 EXCHANGE Holiday Shopping Spree

10 Winners Drawn Each Week

40 Chances to Win

\$120,000 PRIZE FUND

Enter November 1 - 30, 2019 at
www.shopmyexchange.com/sweepstakes

November 1, 2019

DOD’s military spouse employment partnership reaches milestone

DOD Office of Military Community and Family Policy

The Military Spouse Employment Partnership program now has more than 400 employers as partners, according to officials from DOD’s Military Community and Family Policy Office.

Expanding its support for military spouses, DOD inducted 42 new employers into the Military Spouse Employment Partnership on Oct. 22 at its annual New Partner Induction Ceremony in Arlington, Virginia. This inductee class also was the largest number of federal partners in MSEP’s eight-year history.

The Military Spouse Employment Partnership is a DOD initiative with employers who commit to recruit, hire, promote and retain military spouses in portable careers. The program helps prepare

spouses to be job-ready, and connects them with employers world-wide, with 24/7 access to job openings and career connections.

“The power of MSEP is the extraordinary opportunity to build connections that help military spouses find and maintain meaningful employment and careers, so they can contribute financially to their households and the well-being of their families,” said A.T. Johnston, deputy assistant secretary of defense for military community and family policy.

The Military Spouse Employment Partnership has grown steadily since inducting its first class of 73 companies and organizations in 2011. Millions of jobs have been posted on the MSEP Job Search, with partner employers hiring more than 139,000 spouses.

Karen Pence, wife of Vice President Mike



Second Lady of the United States Karen Pence applauds during the Military Spouse Employment Partnership Annual New Partner Induction Ceremony in Arlington, Virginia, Oct. 22, 2019. (Photo by James K. Lee)

Pence, said it is important to stand with military spouses.

“Military spouses are flexible, hardworking and tremendous assets to our country,” Pence said. “Military spouses are the home-front heroes. I know

this because I visit them all over the country and world.”

While military spouses are well educated and highly qualified for a range of careers, according to the Spouse Employment & Education 2017 Survey of Active Duty Spouses, they face a 24 percent unemployment rate and a 25 percent wage gap compared to their civilian counterparts.

The survey also revealed that 77 percent of these spouses want or need work; yet frequent relocation is often a barrier to finding and maintaining a rewarding career.

“You will not be sorry that you hire a military spouse,” Barbara Ashley, a military spouse, said. “They will always contribute more than they receive.”

The ability of spouses to obtain and retain fulfilling employment as they relocate helps to improve the quality of life of military families and the readiness of the military force.

“Today we celebrate 42 companies that are making great strides to provide a new home to military spouses,” Deputy Defense Secretary David L. Norquist said. “These organizations are helping us advance the national defense strategy.”

The MSEP initiative is part of DOD’s broader Spouse Education and Career Opportunities program. The department established the SECO program to provide education and career guidance to military spouses worldwide, offering free, comprehensive resources and tools related to career

exploration, education, training and licensing, employment readiness and career connections. This program also offers free career coaching services six days a week.

Military OneSource is a DOD-funded program that is both a call center and a website providing comprehensive information, resources and assistance on every aspect of military life. Service members and the Families of active duty, National Guard and reserve (regardless of activation status); Coast Guard members when activated for the Navy; defense expeditionary civilians; and survivors are eligible for Military OneSource services, which are available worldwide 24 hours a day, seven days a week, at no cost to the user.

Fort Wainwright/Eielson Exchange is now hiring in our Food Facilities

We are offering a hiring Bonus for New Team Members

\$150 Dollar Bonus at 3 Months + \$50 Dollar Bonus at 6 Months.

\$50 Refer a Friend Bonus





applymyexchange.com

VETERANS DAY HOLIDAY HOURS			
Exchange 1100 - 1700	Papa John's 1100 - 1700	Barber Shop 1100 - 1700	Mobile Phone 1100 - 1700
Popeyes 1100 - 1700	Papa John's Delivery 1100 - 2400	Beauty Shop 1100 - 1700	Furniture Store Closed
Taco Bell 1100 - 1700	Subway 1100 - 1700	GNC 1100 - 1700	Burger King 1030 - 1700
Charley's 1100 - 1700	Subway Express 1000 - 1900	Patriot Tactical 1100 - 1700	
Starbucks 1000 - 1700	Frame Shop Closed	Vista Optical 1100 - 1700	

