

ALASKA POST

FREE

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December 13, 2019

Fort Greely housing scores among the best on survey

Chris Maestas

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

Housing on U.S. Army Garrison Alaska, Fort Greely owned by the Lendlease Corporation and operated by North Haven Communities, achieved an 89 percent overall satisfaction rate during the recent Resident Satisfaction Survey. It was one of three locations that achieved a rate higher than 85 percent, including Fort Huachuca in Arizona and Picattiny Arsenal in New Jersey.

The survey, distributed by the Army and administered by CEL & Associates Inc., provided Fort Greely leaders with an assessment for areas to sustain and improve.

Fort Greely and North Haven Communities scored well on the recent survey because of the small post's sense of community.

Alaska National Guardsman Chris MacLee, his wife Emily and their three children Ethan, Callie and Lexi have lived on Fort Greely twice over the span of six years and have had a positive experience both times while living on post.

"My daughter Lexi was ill and since we live in a small community, word travels fast. Emergency services were called and it wasn't just North Haven that came to help, it was everybody – it was bigger – the whole Army family," said Emily. "Fort Greely is not the perfect place, but it's a good place."

Fort Greely and North Haven have not taken their achievement lightly and continue to strive for ways to improve.

Fort Greely residents tend to deal with the enduring impacts of weather such as snow drifts, but the MacLee family has been pleased with the performance of

the housing maintenance team.

"I am even impressed with the North Haven maintenance department, they always come super-fast and clear our snow drifts that tend to block in our vehicles," stated Mrs. MacLee.

The Fall Resident Satisfaction Survey launched mid-November and closes Dec. 19. The survey will provide Fort Greely leaders a perspective with areas to sustain as well as areas for improvement, ensuring Fort Greely provides the best quality of life for residents. Residents can also voice their concerns at quarterly town hall meetings or directly reach garrison senior leaders with a phone call to Fort Greely's housing hotline.

People are our number one priority, and taking care of Soldiers, Families, Army Civilians and Soldiers for Life, is paramount – they deserve the best quality housing possible.



Alaska National Guardsman Chris MacLee (right), his wife Emily and their three children (right to left), Callie, Ethan and Lexi have lived on Fort Greely twice over the span of six years, and have enjoyed the convenience, safety and security that Fort Greely housing offers.

Fort Wainwright celebrates annual Christmas tree lighting



Col. Christopher Ruga (bottom right), U.S. Army Garrison Alaska, Fort Wainwright commander, gets help from a volunteer to turn on the lights during the annual Christmas tree lighting ceremony Dec. 6 at the Physical Fitness Center. Following the lighting of the tree was a special appearance by Santa Claus who was escorted to the event on a Fort Wainwright Fire Department firetruck. (Photo by Daniel Nelson, USAG Alaska Public Affairs)



Team leader, Spc. Rutherford, Charlie "Lightning" Company 70th Brigade Engineer Battalion, explains to his team the set-up and completion process of the OE-254. Team members assume their position on the antenna as they raise it, bringing the antenna to an upright position, where it is now ready to help aid in the receiving and sending of communications. (Courtesy photo)

AutoBears Assemble: Can you hear me now? Good!

2nd Lt. Francesca Cervone, Charlie Company, 70th Brigade Engineer Battalion

The AutoBears brave the winds of this Alaskan winter as they continue to ensure their skillset remains sharp. Team leader, Spc. Rutherford, Charlie "Lightning" Company 70th Brigade Engineer Battalion, leads his men through the set-up and inspection of an OE-254, a unique antenna that is an important asset to the BEB's signal company. This

type of antenna allows the Army to maintain communications, especially from areas that tend to be not so geographically desirable.

The set-up of one of these antennas always begins with a complete inventory of the actual antenna and its accompanying parts. When working in places such as Alaska, it is important to make sure that everything is operable, especially since the ground, which we will be staking the

See AUTOBEARS on page 4

Alaska Guard brings Christmas gifts to children in villages

Lt. Col. Candis Olmstead
Alaska National Guard

The Alaska National Guard has a tradition of serving communities throughout Alaska during the holidays, delivering Christmas gifts and a variety of delights to children during Operation Santa Claus. In its 63rd year, two small Native villages along the Kuskokwim River in Western Alaska were selected for a visit this season.

Santa and his elves visited Tuntutuliak on Nov. 25 and Napakiak on Dec. 3. Traveling in an Army National Guard C-12

Huron twin-engine turboprop aircraft from here to Bethel, then in an Army Guard UH-60 Black Hawk helicopter to access the small villages, which don't have airfields to accommodate the C-12 landing.

"I do love to travel with my reindeer," said Santa Claus of North Pole. "But they are resting up for Christmas Eve, which gives me an amazing opportunity to fly with the National Guard," he said.

The Salvation Army worked together with the National Guard and other community organizations to coordinate Op

Santa and ensure every child, infants through age 18, received a wrapped Christmas gift from Santa Claus. Ice cream sundaes were provided for everyone in the community, and all students received new backpacks with personal items and snacks. Volunteers also handed out beautiful hand-knit hats made with love from a group of volunteers who live in Florida. Everyone in the villages expressed gratitude and enthusiasm to their out-of-town guests, there to spread holiday cheer.



Alaska Army National Guard Sgt. Randall Andrew, an infantryman assigned to the National Guard Readiness Center in Bethel, Alaska, gives a child a gift during Operation Santa Claus in Napakiak, Alaska, Dec. 3, 2019. (Photo by Emily Farnsworth)

See GUARD on page 4

WEEKEND WEATHER

Friday



Increasing clouds, with a high near 12. Low about 8.



Sunny, with a high near 9. Low around 3.

Sunday



Sunny, with a high near 11. Low around 2.

BRIEFS

SKATE WITH SANTA

Dec. 21, 1:30-4 p.m. at the Physical Fitness Center.

For more information, call 907-353-1087

Find out more at www.wainwright.armymwr.com

Nutrition Corner: Vitamin C

Did you know that vitamin C helps protect the body against damage caused by free radicals? That's right!

Vitamin C is one of the several antioxidants that, among other functions, protect the body from free radicals produced from UV rays and air pollution. It can also help with wound healing and absorb iron from plant based sources! In general, men need about 90 mg of vitamin C per day and women need about 75 mg. Be aware that cigarette smoke causes the body to require more vitamin C to repair the damage it causes. Smoking cessation is always advised but if you are a smoker, know that smokers generally require an additional 35 mg of vitamin C

per day.

As always, try to get your nutrients in with real food. Good sources of vitamin C are citrus fruits, broccoli, strawberries, cantaloupe, potatoes and tomatoes. Be sure to steam or microwave your vegetables when cooking instead of boiling in water.

Prolonged cooking times can lessen the amount of vitamin C in your foods. If you are not able to get enough vitamin C in your diet, talk to your primary care provider or registered dietitian to see if supplementation is appropriate for you.

Just like any supplement, you want to check with your health care provider first. In many cases, your needs can be met through real

food and supplementing in excess would not provide any additional benefit. In fact, megadoses can cause diarrhea, nausea, headache and kidney stones. Also note that getting in your vitamin C through supplements does not seem to have the same cancer protective effects as eating plenty of fruits and vegetables.

Unfortunately, contrary to popular believe, vitamin C supplements have not been shown to reduce the risk of catching a cold. So the next time you are piling up the fruits and vegetables (remember they should take up half of your plate!), be sure to include some that provide you with some free radical fighting vitamin C!

Featured Food:

Broccoli. Not only is it packed with vitamin C, this cruciferous creation also has vitamin A, calcium, iron and fiber.

pine nuts
1/3 cup grated parmesan cheese
2 tablespoons of julienned fresh basil leaves

Direction:

- Preheat oven to 425 degrees F
- Cut the broccoli florets from the thick stalks
- Place the broccoli on a sheet pan in a single layer.
- Toss the garlic on the broccoli and drizzle with 4 tablespoons of olive oil
- Sprinkle with salt and pepper
- Roast for 20 to 25 minutes, until crisp and tender
- Remove the broccoli from the oven and toss with 1 tablespoon olive oil, the lemon zest, lemon juice, pine nuts, parmesan and basil

Recipe Spotlight:

Parmesan Roasted Broccoli

Ingredients:
4 pounds broccoli
3 garlic cloves, peeled and thinly sliced
Olive oil
1 teaspoon sea salt
3/4 teaspoon ground black pepper
2 teaspoons of grated lemon zest
2 tablespoons of freshly squeezed lemon juice
3 tablespoons of toasted



More than 200 members of the acquisition, tactical air operations and industry communities participated in the Army Aviation Association of America Aircraft Survivability Equipment Symposium, with the goal of developing life-saving solutions for the Aviation Soldier and their passengers. (Photo by Sgt. Sarah D. Sangster)

Army aviation community focuses on aircraft survivability

Brandon Pollachek
PEO IEW&S Public Affairs

Members of the aviation community gathered for the 35th time to participate in the Army Aviation Association of America Aircraft Survivability Equipment Symposium, with the goal of developing life-saving solutions for the Aviation Soldier and their passengers.

More than 200 members of the acquisition, tactical air operations and industry communities descended upon Huntsville, Alabama, to collaborate on solutions centered on "enhancing aviation survivability in Multi-Domain Operations."

Kicking-off the two-day event, Maj. Gen. (ret) Jeff Schloesser, AAAA President, pointed out that throughout the history of the event, the collaboration that takes place during the symposium has been key to life-saving improvements in the ASE environment.

"This forum is a resource, for our Army and our Branch, that has often resulted in real-world material and training solutions that helped us save countless lives on the battlefield all around the world," said Schloesser. "We are looking out to ensure we have ASE overmatch capability today, tomorrow and into the future."

Staying ahead of the power curve in relation to countering future threats was

a common theme of discussion for both the users and acquisition professionals in attendance. Avoiding the struggles that Army Aviation faced from an ASE perspective during the on-set of the wars in Afghanistan and Iraq and pacing future threats were particular points of emphasis.

The need for ASE solutions to be developed quickly and be easily adaptable was amongst the primary messages from Maj. Gen. David Francis, Commanding General U.S. Army Aviation Center of Excellence.

"We have an opportunity to modernize before we get to a point where it is catastrophic," said Francis. "We absolutely have to re-think how we address survivability problems in Army Aviation – in the past as we encountered a threat we would study that threat, we would develop countermeasures, but it was years in the making. We don't have that luxury anymore, we have to absolutely be able to advance from a threat agnostic point of view to be able to rapidly integrate ASE solutions into our systems."

As a call to action for those in attendance, Brig. Gen. Robert Collins, Program Executive Officer – Intelligence, Electronic Warfare & Sensors, emphasized the need for ASE solutions to fit within the open architecture framework.

"An open systems architecture allows

us to keep pace of the threat. It affords us the ability to perform agile technology evolutions while driving Size, Weight and Power and cost down," said Collins. "As part of this endeavor it will allow industry to have increased opportunity for competition."

He also encouraged industry to investigate the application of survivability systems for ground platforms.

At the Project Manager level, there is a significant focus on increasing capability, reducing the SWaP burden on the aircraft and decreasing downtime.

"In order to get on our aircraft you need to have these considerations in mind: weight is always a concern and the more multi-spectral a system can be the better off it is," said Col. Kevin Chaney, Project Manager Aircraft Survivability Equipment.

With SWaP a major concern, PM ASE is looking at opportunities to consolidate the number of processors needed to operate ASE systems, so that each individual ASE system doesn't require its own processor, rather it can reside on the Aviation Mission Common Server. Additionally, they are looking into the ability to have just one A kit (mountings, cables, etc.) that would also drive down the weight burden on an aircraft.

From a downtime perspective, Chaney shared a look at a new modification initiative where 11 separate

modifications are being made to Blackhawk aircraft at the same time. By performing a consolidated modification PM ASE along with partners from PEO Aviation are planning to reduce a previously combined 3,000 hours for modifications to at least less than half that time.

In looking toward the future, Brig. Gen. Walter Rugen, Director Future Vertical Lift Cross-Functional Team listed survivability as amongst the four FVL tenants. "We will advance ASE to the point where the enemy cannot continue to turn inside of us with superior, cheaper technology and capability at a higher scale and lower cost. We've got to put the cost curve back on them."

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

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.

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.

ALASKA POST

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EDITORIAL STAFF

Garrison Commander

Col. Christopher Ruga

Fort Wainwright PAO

Grant Sattler

Command Information/

New Media

Brady Gross

Community Relations/

Media Relations

Eve Baker

Staff Writer/Editor

Daniel Nelson

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The Chaplain's Corner

Chaplain Paul Fritts
U.S. Army Garrison Fort Greely

My first Christmas as a college student coming home for the holiday, I purchased a gift for my mom, wrapped it as carefully as I could, and surreptitiously placed it under our tree.

My gift was large, rectangular, and extremely heavy (40 pounds, to be precise). It generated a fair amount of curiosity from my mom, who was generally omniscient when it came to Christmas gifts for everyone, including my gifts to her. After all, she probably funded the purchase in the first place.

But as a young adult coming home for Christmas for the first time, I wanted to up my Christmas gift game, which I did in wildly successful fashion. On Christmas Eve, mom unwrapped her mystery gift with what I like to believe was true

anticipation, surprise and delight.

On my college student budget, I had purchased her a 40 pound box of her favorite, Sears & Roebuck, powdered laundry detergent! She absolutely loved it, and for years afterward remembered that Christmas gift as one of the best she ever received.

Recalling the success I had with giving mom a huge box of laundry detergent for Christmas, a few years later I applied a similar gift-giving formula when purchasing a present for Karen's 21st birthday.

We had only been married for a little more than two months, and I did not want to swing and miss on my new bride's milestone birthday.

When I tell this story at marriage retreats, this is where I pause to emphasize the point of the story: we tend to give gifts we want to receive. I took a swing at

buying Karen a 21st birthday gift, but missed badly when I presented her with a snazzy, new, gas-powered weed trimmer.

That gift is also remembered in my family, but for all the wrong reasons.

In addition to noting that couples must think hard about giving gifts their spouse or partner truly would enjoy, consider that an even more fundamental dynamic than the "what" of gift-giving is the "why" we give gifts.

In her book "Grateful," Diana Butler Bass explores the darker side of giving a gift. She writes, "For eons, gratitude has been understood as an obligation to repay a favor or gift." This type of obligation was called "reciprocal gratitude."

The idea of reciprocal gratitude has been in the public eye quite a lot lately. You've no doubt heard it being referred to by its

Latin name, "quid pro quo." The phrase's literal translation "something for something" aptly describes the "why" some gifts are given.

As Butler writes, "A gift incurred a debt, and the recipient owed a response — an act of gratitude — in return." In the world of politics, this sort of gift-giving is often manipulated to create a sense of indebtedness that the giver exploits for the purpose of exerting political control over the recipient.

Paul writes in Ephesians 2:8, "For it is by grace you have been saved, through faith — and this is not from yourselves, it is the gift of God — not by works, so that no one can boast." The gift of God's grace is not a quid pro quo. There is no "something for something" or "this for that," only a "this": "For God so loved the world that he gave his one and only Son, that whoever believes in him shall



not perish but have eternal life." God's gift of grace was not given to create a sense of indebtedness that God exploits in order to control humankind. It is simply God's perfect gift of love. All we are required to do is receive it.

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.

Birch Hill Ski and Snowboard Area

For the most up to date information, please follow us on Facebook, Instagram and our website at WainwrightMWR. You can also sign up for the free Birch Hill text messaging service and receive updates directly to your phone by texting "WainwrightSki" to (206) 929-4040.

Birch Hill Hours of Operation

Check out Wainwright MWR on Facebook for updates, temperature delays, and more!

Monday	Closed
Tuesday	Closed
Wednesday	Closed
Thursday	Closed
Friday	11 a.m. - 7 p.m. (Ski Hill) Closed (Tubing Hill)
Saturday	11 a.m. - 7 p.m. (Ski Hill) 11 a.m. - 5 p.m. (Tubing Hill)
Sunday	11 a.m. - 7 p.m. (Ski Hill) 11 a.m. - 5 p.m. (Tubing Hill)
December 24-25	Closed (Ski Hill & Tubing Hill)
December 26-30	11 a.m. - 7 p.m. (Tubing Hill) 11 a.m. - 5 p.m. (Ski Hill)
December 31 - January 1	Closed (Ski Hill & Tubing Hill)
January 2-5	11 a.m. - 7 p.m. (Ski Hill) 11 a.m. - 5 p.m. (Tubing Hill)

Contact

Birch Hill Ski & Snowboard Area
Building 1172
Telephone (907)353-1998

Birch Hill Ski and Snowboard Area is located within Fort Wainwright boundaries and requires military installation access. Visit the U.S. Army Garrison Alaska website to learn how to obtain access to Fort Wainwright and the Birch Hill Ski and Snowboard Area.

Keep the whole family busy and physically active during the long Alaskan winter. Birch Hill Ski and Snowboard Area offers skiing, snowboarding and tubing for all ages and abilities. With snow-making capabilities, Birch Hill is the first hill in the interior to open and boasts the only night-skiing venue in the Fairbanks area. Early bird passes are available for purchase at the beginning of each season.

Terrain Park

In addition to the skiing and snowboarding runs, a first rate Terrain Park has been constructed with mounds, rails and boxes to do tricks on. Alaskans identify Birch Hill as the best terrain park in the state.

Youth Ski Days

Holiday and Spring Break Packages are available to keep your children busy. Each package includes three 90-minute lessons, lift tickets, Certificate of Completion awarded.

Antiterrorism Awareness - iWATCH Army

U.S. Army Office of the Provost Marshal General

What is it?

iWATCH Army is a modern version of neighborhood watch focused on the threat of terrorist activity. Established in April 2010, iWATCH Army is modeled after the Los Angeles Police Department's iWATCH program. iWATCH Army encourages and empowers the Army community to identify and report suspicious behavior potentially associated with terrorist activity.

The passive element of iWATCH Army is individual situational awareness of their surroundings. The active element of iWATCH Army involves individuals taking action to report suspicious behavior or activities to military police or local law enforcement for investigation.

What has the Army done/is doing?

The Department of the Army, Army Office of the Provost Marshal General, Antiterrorism Division developed and maintains the iWATCH Army media campaign and awareness products to educate the Army community. Products developed include posters, brochures, training materials and public service announcements. The Antiterrorism Division also worked with Deputy Assistant Secretary of the Army (Procurement) to have iWATCH Army training, and antiterror-

ism awareness training, added as requirements for appropriate Army contracts.

What continued efforts does the Army have planned?

Vigilance is a key component to counter the persistent terrorist threat. To preserve readiness the Army will continue to practice threat awareness and reporting throughout the year. Quarterly antiterrorism awareness themes and an annual antiterrorism awareness month (August) demonstrate the Army's commitment to prevent terrorist activities. The Army needs the help from everyone in the force to prevent terrorism by expanding community awareness of the risks associated with terrorist activities.

Why is this important?

When aware of the possible indicators of terrorist activity and empowered to help protect the communities against terrorism, the entire Army-community acts as "sensors" and becomes an extension of our overall protection. The information reported by members of the Army community may reveal a piece of a puzzle that leads authorities to thwart a terrorist plot.

Protecting the force is a vital responsibility of the Army. Army's professional law enforcement and security forces cannot protect the communities alone. Everyone in the community needs to be involved in this critical effort.

History Snapshot: Ladd Oral History Project: Kenneth E. Bailey on working in 1941



"After December '41, my father (Virgil Bailey) could no longer get material for his and my grandfather's (Phillip DeWree) plumbing, electrical and sheet metal shop on First Street, so he went to work for Ladd Field. I don't remember his title or duties. When I was in high school in 1943 and 1944, my dad got me a summer job at Ladd Field. I still have my metal badge.

The first year I started out moving full 55-gallon drums from the railroad dock onto a flatbed truck then to a storage area. Since I didn't have the strength to move them, they let me drive the truck. The second year I worked as an electrician's helper. One experience I remember when I was on a low ladder in a hangar getting tangled up with 220 volts and winding up on the deck." – Kenneth Bailey, Sept. 11, 2002

(Photo of badge courtesy of Kenneth Bailey)

U.S. Army Garrison Alaska Fort Greely celebrates holiday season

Angela J. Glass

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

The U.S. Army Garrison Alaska, Fort Greely Family and Morale, Welfare and Recreation held their annual holiday tree lighting event and bazaar at

the Aurora Community Activity Center, ushering in the Christmas season Dec. 6.

The event included multiple musical performances, holiday bazaar, raffles and family fun crafts.

The highlight of the evening was the anticipated arrival of

Santa Claus played by Bill Pugh and Mrs. Claus played by Mary Maczko. Over 100 families attended the event bringing a little bit of holiday spirit to the Soldiers, Families and Civilians of U.S. Army Garrison Fort Greely.

(From left to right) U.S. Army Garrison Alaska, Fort Greely Morale, Welfare and Recreation employees Yanira Martinez-Collazo and Dalila Rosario-Abreu seen acting as Santa's helpers during the annual holiday tree lighting ceremony at the Community Activity Center on Dec. 6. (Photo by Angela Glass, USAG Fort Greely Public Affairs)



Santa Claus, portrayed by Bill Pugh, is delivered to the Aurora Community Activity Center by the Fort Greely Fire Department during the holiday tree lighting ceremony Dec. 6. (Photo by Angela Glass, U.S. Army Garrison Alaska, Fort Greely Public Affairs)



Santa Claus, portrayed by Bill Pugh, arrives at the Community Activity Center to dazzle the children during the holiday tree lighting ceremony Dec. 6. (Photo by Angela Glass, U.S. Army Garrison Alaska, Fort Greely Public Affairs)



Mr. and Mrs. Claus, portrayed by Bill Pugh and Mary Maczko, prepare to engage with anxious children during the holiday tree lighting ceremony at the Aurora Community Activity Center on Dec. 6. (Photo by Angela Glass, U.S. Army Garrison Alaska, Fort Greely Public Affairs)

Guard: Op Santa

Continued from page 1

"There's a reason we've been doing this since 1956," said Maj. Gen. Torrence Saxe, adjutant general of the Alaska National Guard. "It's a great way to show the communities of Alaska that we care about them, and this is likely the first time some have had an opportunity to meet a Soldier or Airman."

After the helicopter arrived in each village, volunteers stepped out onto the frozen ground and into the back of a four-wheeler or pickup truck for a ride to the village school. There, they quickly unpacked boxes of gifts, organized items and finished preparing for the arrival of students. Many adults from the villages attended the event, bringing infants, toddlers and elders to enjoy the festivities.

"Op Santa began after St. Mary's experienced a natural disaster and

there was a lack of food from subsistence, so extra money could not be spent on gifts for the children," said Saxe. "We've continued this outreach to serve those in remote areas, to hopefully bring the joy of the season, and to build relationships in the communities."

In 1956, the Air National Guard's 144th Airlift Squadron delivered donated goods to the remote village of St. Mary's in a C-123J Provider. Since then, Air Guard C-130s Hercules, HC-130 King, C-17 Globemaster III, HH-60 Pave Hawk; and Army Guard C-23 Sherpa, UH-60 Black Hawk, and C-12 Huron have transported Santa and Mrs. Claus, elves, gifts and other desirable items to thousands of children throughout rural Alaska to more than 90 villages.

The last time that Op Santa was in Napakiak and Tuntutuliak was in 2000. Both villages have a population of about 350-400 people.

AutoBears: Antenna

Continued from page 1

antenna into, will most likely be frozen. We must also account for special items, such as proper stakes for cold weather grounding.

Once inventory was completed, the AutoBears proceeded to the actual assembly of the antenna.

Working through adverse weather

conditions, the AutoBears were able to perfect their technique and set-up time for the OE-254. It is important to ensure that our Soldiers are ready to perform under a wide variety of circumstances. This ensures that all Soldiers are trained to lead, and as a unit, we can be ready to perform at a moment's notice.

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

applymyexchange.com

Army-Navy uniform tells story of Army Division

Brandon OConnor

When the players on the Army West Point football team take the field, they do so for more than themselves.

They represent the U.S. Military Academy and the generations of graduates who make up the Long Gray Line. They play for the U.S. Army and those who have fought and died protecting America. And each week during the season, they play for a particular division of the Army and the Soldiers currently serving and who have served in it.

For most of the regular season, the division is honored by a patch on the back of the players' helmets. But for the past three years during the Army-Navy Game, the Black Knights have honored one of the Army's divisions by wearing an entire uniform telling the division's story.

The new uniform tradition started with a design telling the story of the 82nd Airborne Division. So far, the 10th Mountain Division and 1st Infantry Division have also been honored.

This year, Army will take the field in honor of the 1st Cavalry Division and tell the story of the Soldiers' role in the Vietnam War as America's first airmobility division.

The 1st Cav's role as the honored division was kept secret until the uniform was unveiled Dec. 5 in front of the assembled Corps of Cadets, but the process of designing the uniform for the game each year is an 18-month collaboration between Nike and West Point's Department of History.

The cycle of divisions is decided three to four years in advance by West Point's



This year, Army will take the field in honor of the 1st Cavalry Division and tell the story of the Soldiers' role in the Vietnam War as America's first airmobility division. (Photo by Danny Wild, USA Today)

Athletic Department, and each design process starts about a year and a half out from the game. This year's uniform hasn't been unveiled yet, but most of the work is already done on 2020's uniform and the process for 2021 will start to ramp up in the near future.

After the division is selected, step one of the process is determining the timeline that will be honored. For the 82nd Airborne it was World War II and for the 1st Infantry Division they highlighted World War I for the 100th anniversary of the signing of the armistice.

Then, Nike's designer in partnership with the USMA history department starts doing research and crafting the story the uniform will tell.

"It is almost like a method actor preparing for a role," Kristy Lauzonis, senior graphic designer for Nike college football uniforms, said. "I just go as deep as humanly possible with the research. I order

books, read everything I can under the sun and then that is when I start hitting the history department back with all kinds of crazy questions."

With help from the Department of History, Lauzonis goes through photos and artifacts of the unit from the chosen timeline and starts working to craft a uniform that will authentically tell the story of the unit.

Some elements are predetermined by NCAA rules such as whether the uniform is light or dark depending on if Army is home or away, but everything from colors of elements to fonts are built from scratch in order to make them historically accurate.

On the first uniform, the flag on the players' shoulder may have looked backward to a casual observer, but it was placed the way it was worn in World War II. On the 10th Mountain Uniform, the popular Pando Commando logo wasn't something created by Nike,

but was instead a little used logo found during the research process. On last year's uniforms, the Black Lions were to tell the story of the 28th Infantry Regiment and the first major combat for American forces in World War I.

"I think one of the great things about being authentic to history is you will have those moments like where you've done something where it is 100 percent authentic and people aren't aware of it," Lauzonis said. "That is that bonus element where everyone is saying the flag is backward and we are able to say it pre-existed flag code and this is exactly how it was worn on the uniform and we purposely did it that way. It is not just a company woops we flipped the flag the wrong way. We are never going to do that."

Throughout the entire process, the USMA history department is fact checking elements on the uniform and making sure they accurately represent the division's history and the timeline being depicted. That includes checking colors such as the red used in last year's Big Red One on the helmet and making sure each insignia used is authentic and historically accurate.

"We provide historical context and then of course, the Nike designers are amazing," Steve Waddell, an assistant professor in the Department of History, said. "They've got to kind of translate a historical idea concept to actually make it work on a real uniform and have the color contrasts and everything work ... I'm a World War II historian and we did the 82nd Airborne for the first one. It's just exciting that they're tying the

sport of football to military history and military history is always popular."

Along with assisting in the uniform design, the USMA history department helps tell the story of the uniform and the division through the athletic department's microsite, which is created as part of the unveil each year.

There the elements of the uniform are explained, and the story of the division is told in detail.

"The Army's business is people," Capt. Alexander Humes, an instructor in the Department of History, said. "That's why it's also important to tell the story of this unit and the people that were part of this unit and to take this as an opportunity to do that. This presents the Army a great opportunity in something as highly visible as the Army-Navy Game to be able to tell its story to the American public."

This year's uniform pulls elements from the 1st Cav's Vietnam War era uniforms and the pants were designed to resemble the motif of the UH-1 "Hueys" the Soldiers flew during the war.

"I hope that for the folks that are in or have a relationship to the unit, that they feel like their story is being told authentically," Lauzonis said of her goal when designing the uniform each year. "That they feel like they now have something they can wear with pride and that we've done right by them with the storytelling."

The annual rivalry game against the U.S. Military Academy at West Point and the U.S. Naval Academy in Annapolis will take place Dec. 14, 2019, in Philadelphia.

COMMUNITY CALENDAR

Fort Wainwright Family & MWR

Weekly Events

December 14 - 21

14 Have you spotted Rudolph? Giveaway game!
December 14 - 23
Varies

We need help finding Rudolph so we can get him back to the North Pole! If you spot him, take a selfie and submit it to the Wainwright MWR Facebook page to be entered into Daily Giveaways and the Grand Prize of a Nintendo Switch!

Last Frontier Community Activity Center, Bldg 1045
Call 353-7755

18 Adult Craft Night
December 18
5 - 7 p.m.

Enjoy a night out with friends, your spouse, or some time to yourself and learn how to create an original piece of artwork!

Last Frontier Community Activity Center, Bldg 1045
Call 353-7755, registration required

20 Artsy Afternoon at the Post Library
December 20
6 - 8 p.m.

Join the Post Library every Friday afternoon for a new craft or activity every week! Open to all ages.

Post Library, Bldg 3700
Call 353-2642

20 Family 1/2 Day Snowmachine Trips
December 27
9 a.m. - Noon & 1 - 4 p.m.

Take the family out to enjoy snowmachines! Outdoor Recreation will provide the snow machines, helmets, and the transportation there and back. *Must have completed the Snowmachine Safety Course before going on this trip. Registration deadline is December 20.

Outdoor Recreation Center., Bldg 4050
Call 361-6349, registration required

21 Santa Scorcher
December 21
10 a.m. - Noon

Prepare for the holidays with this 2-hour fitness class of a high-intensity cycling! Cost is \$6 or 2 punches. 10-Punch punch cards are available for \$27.50.

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

USAG Alaska
COMEDY NIGHT
ARMY Entertainment PRESENTS

Sean Grant
Dena Jackson

DEC. 20. 2019
Fort Wainwright
Warrior Zone, Bldg. 3205
★ DOORS OPEN AT 7 PM ★
Must be 18+ DoD ID Cardholder or Authorized Guest to enter the Warrior Zone
+1 (907) 353-1085

DEC. 21. 2019
USAG Fort Greely
Aurora CAC, Bldg. 500
★ DOORS OPEN AT 5 PM ★
Must be 18+ to enter the Aurora CAC Sports Bar
Special Event Access to the General Public
+1 (907) 873-3792

FREE ADMISSION
AGES 18+

Must be 21+ to purchase or consume alcohol. Please drink responsibly.

Wainwright.ArmyMWR.com
Greely.ArmyMWR.com
#WainwrightMWR #WainwrightZone
#GreelyMWR #GreelyCAC
U.S. ARMY

Skate with Santa

Join us December 21 at Physical Fitness Center 1:30 - 4 p.m.
For more information, call: (907) 353-1087
Find out more at www.wainwright.armymwr.com
@WainwrightMWR #WainwrightMWR

2-6 PM
FRIDAY HAPPY HOUR

FREE ANY SIZE COFFEE OR FOUNTAIN DRINK
WITH ANY PURCHASE EVERY FRIDAY IN NOVEMBER AND DECEMBER!
*One per customer.

VALID NOV 1 - DEC 21, 2019

Java
EXPRESS

Visit Santa At Your Eielson Shopping Center

WHERE: Your Eielson Shopping Center
WHEN: Friday, Dec 6 1700 - 1800
Friday, Dec 13 1700 - 1800
Saturday, Dec 14 1200 - 1500
Friday, Dec 20 1100 - 1300----1600 - 1700
Saturday, Dec 21 1530 - 1700

EIELSON EXCHANGE
EXCHANGE
You save, we give back.

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



Army seniors hope to complete four-year sweep of Navy in rivalry game

Joe Lacdan
Army News Service

Since his fellow cadets stormed Baltimore's M&T Bank Stadium in 2016 after Army ended Navy's 14-game winning streak, Ryan Velez had waited for his chance to play in the storied Army-Navy game.

Velez, now a senior safety from Fountain Hills, Arizona, finally saw action on special teams during last year's 17-10 Army triumph in Philadelphia.

On Saturday, Velez can help the 5-7 Black Knights defeat Navy for the fourth straight time, and cement the 2020 senior class as one of the greatest in West Point's history. Army takes on the No. 23 Midshipmen (9-2) at the Philadelphia Eagles' Lincoln Financial Field at 3 p.m. EST.

"This is like a season of its own," Velez said of the Army-Navy Game. "That's unlike any other games in college football ... the opportunity to win a trophy and go to the White House. That's something special. It's surreal and something I'll be able to take with me for the rest of my life."

A high school tailback, Velez moved to defense at West Point and played mostly on the scout team his freshman year. After switching to safety his sophomore year, he still couldn't get on the field, but finally contributed to Army's 11-2 campaign, seeing action in 11 of 13 games.

Velez worked harder in practice and studied diligently to learn the intricacies of both strong and free safety, earning the trust of his coaches.

This fall, Velez has become a leader on defense, recording 40 solo tackles, two interceptions, one forced fumble and a sack in 12 games. Not bad for a player who spent most of his first two seasons on the bench.

"During that time it was hard," he said. "Obviously taking a backseat, having a secondary role, that was one of those challenges I've had to overcome - fight through and I'm glad I did. It's been a ride; it's been a journey. I'm just very appreciative to be where I'm at right now."

BRUTAL SCHEDULE

A 5-7 mark could seem disappointing for the Army football team after cruising to an 11-2 record last fall and the program's best finish since 1958.

Records can be deceiving.

Army has proven it can still compete with the nation's best. Despite the final scores, the results on the field have shown competitiveness.

In each of those seven losses, the Black Knights remained within striking distance, including a near-upset of No. 17 Michigan in Ann Arbor. Army forced overtime against the Wolverines before falling 24-21.



Army Black Knights football coach Jeff Monken leads the team onto the field for the Army-Navy game in Philadelphia, Dec. 8, 2018. Army won 17-10 for its third straight win over their archrival. Since going a combined 21-5 in 2017 and 2018, Army stumbled to a 5-7 mark this fall. The Black Knights had several close calls, including a 24-21 loss at Michigan. Army takes on Navy in the annual rivalry game Dec. 14. (Photo by Sean Kimmons)

The Black Knights narrowly lost to service rival Air Force 17-13 in Colorado Springs on Nov. 2, when the No. 25 Falcons stopped Army at the goal line with less than a minute in regulation.

During a 52-31 offensive shootout at Hawaii on Nov. 30, Army trailed only 38-31 with seven minutes remaining in the game. The Black Knights' drive stalled after driving to the Hawaii 35-yard line and the Warriors scored the final two touchdowns.

"We played a really tough schedule, some really great competition," Velez said. "All that stuff that happened in the past, that's gut-wrenching. We can't focus on that right now. We just got to focus on Navy, finishing out the season strong."

Army's senior class, which has not lost in the annual rivalry game, hopes to complete a four-year sweep. Senior quarterback Kelvin Hopkins (706 rushing yards, seven TDs) and senior running back Connor Slompka (637 yards, eight TDs) lead Army's No. 2 rushing attack. Hopkins has also thrown for 570 yards and four touchdowns, but his time on the field has been limited by injuries.

Since head coach Jeff Monken took over, Army bounced back from a 2-10 mark in 2015, to go 21-5 in the 2017 and 2018 seasons.

That run includes a 70-14 trouncing of Houston in the Armed Forces Bowl and finishing at No. 19 in the college football rankings during the 2018 season.

"We had a great senior class my freshman year," Velez said. "We were able to end the streak. That was

something that the whole Army itself was looking forward to, just ending that streak, being able to say we finally beat Navy. That senior class kind of gave us the ground rules for continuing that streak the past couple of years, giving us the formula to beat Navy so they set the example and ... we hope to continue that this coming Saturday."

The contest holds special significance for Velez, as his younger brother Ross, a freshman at the Naval Academy, will be pulling for the Midshipmen from the stands. Velez, whose great uncles served as enlisted troops in the Korean War and World War II, will become the first officer in his family when he graduates from West Point next spring. He said his parents, Roger and Evangeline Velez, will have torn allegiances when they attend this year's game.

FORTUNES REVERSED

Army faces a No. 23-ranked Navy squad that handed Air Force one of its only two losses this season. Last season Army's football team won a defensive struggle in frigid winter conditions. In 2018, Army carried a No. 22 ranking and 9-2 record heading into the game while Navy had weathered its worst season since 2002 at 2-9. This fall, Army failed to qualify for a bowl game for the first time since 2015.

Navy bounced back from its worst campaign to finish second in the American Athletic Conference and earn a bid to play in the AutoZone Liberty Bowl vs. Kansas State on Dec. 31.

This season's

Army-Navy game features a matchup of the nation's top two rushing offenses. The Midshipmen's high-powered offense ranks No. 9 in the nation.

Senior QB Malcolm Perry leads Navy's top-ranked rushing attack, as he has rushed for 1,500 yards and 19 touchdowns and thrown for another 1,027 yards and six touchdowns.

While standing only 5-9, the elusive Perry has quickly become one of the nation's most potent offensive weapons and will test the Black Knights' No. 30-ranked defense, which has struggled with consistency. Perry ranks No. 6 in the nation in rushing yards.

Sophomore fullback Jamale Carothers has made big play after big play for the Midshipmen, rushing for 637 yards on only 76 carries (8.4 yards per carry) and has 741 yards from scrimmage and 14 total touchdowns. Carothers scored five of those touchdowns in a 56-41 triumph over Houston on Nov. 30, one shy of the conference record.

Velez said the Army defense carries a swagger, built from three consecutive victories and weathering a brutal schedule.

"We just have a calmness going into it, we know how to win," Velez said. "It's just a blood bath when we go out there. I think going in we have some confidence, we have some swagger. We know what it takes

to win. At the end of the day, we just got to line up, be a tougher team and out-physical them."

Navy still holds a 60-52-7 all-time lead in the contest, though Army has won the last three matchups.

DEFENSIVE STRUGGLES

While Army's defense had been a stalwart force the previ-

ous two seasons, it has struggled at times this season. In 2018, the Black Knights boasted the nation's 10th best defense, allowing only 17.7 points a game and 295.3 yards of total offense per contest.

This fall those numbers jumped to 337.8 yards allowed and the Black Knights fell to No. 30 in total yards allowed, and No. 33 in points allowed.

Senior cornerback Elijah Riley leads Army in interceptions (three), forced fumbles (three), sacks (four) and ranks second on the squad with 73 tackles.

HONORING THE PAST

Army will pay tribute to the 1st Cavalry Division, the first full unit of its kind to deploy to Vietnam. The division pioneered a new battle concept, which used helicopters to mobilize large masses of Soldiers.

The Black Knights will don green helmets that display the golden sabers to honor the 1st Squadron, 9th Cavalry regiment.

The Midshipmen will wear a throwback classic 1960s-era uniform with gold shoulder stripes and a special paint design that resembles football helmets of the past.

601072

Community Involvement Plan Survey, Eielson Air Force Base, Alaska

The United States Air Force (USAF) is seeking community participation in the 2019 Eielson Air Force Base (AFB) Community Involvement Plan update. Individuals stationed at Eielson AFB and residents of the Fairbanks North Star Borough are encouraged to participate in this survey. Community input is a critical element of the environmental cleanup process. Your input will provide Eielson officials with information they will use to continue to keep the community actively involved and informed about environmental cleanup activities at Eielson AFB.

The USAF is also seeking community interest in reestablishing the Eielson Restoration Advisory Board (RAB), which was adjourned on 31 March 2014 due to lack of participation. Members of the RAB review and provide comments on environmental restoration documents and environmental activities, participate in regular RAB meetings, provide information to the community, and receive information from the community to convey to Eielson AFB. If reinstated, RAB meetings will be held semi-annually. If you are interested in serving on an Eielson AFB RAB, please respond before 17 December 2019 to:

EielsonRABSURVEY@eaest.com
or call 907-456-4751 x130

A community involvement questionnaire was developed in accordance with U.S. Environmental Protection Agency guidance on CIP and RAB protocols. The names of citizens who participate in the survey are confidential and will not be released.

You may complete the survey in one of four ways: by phone, in person, by email, or in writing. If you are interested in completing the survey, please respond by email to:

EielsonRABSURVEY@eaest.com or call 907-456-4751 x130 before 17 December 2019. Interviews conducted by phone or in person are expected to take approximately 30 minutes or less. EA Engineering, Science, and Technology, Inc. will conduct interviews and consolidate survey results on behalf of Eielson AFB.

For more information on the Eielson AFB Environmental Restoration Program, please visit: <http://afcec.publicadmin-record.us.af.mil/Search.aspx>

or the Elmer E. Rasmuson Library at the University of Alaska-Fairbanks, 310 Tanana Loop, Fairbanks, AK 99775

Thank you for your time and consideration. Your support is greatly appreciated.

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