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Coronavirus; what you need to know

Army Public Health Staff Report

The Centers of Disease Control and Prevention has confirmed at least one person in Seattle, Washington is infected with a new coronavirus that has killed at least 17 people and caused flu-like symptoms in hundreds more.

This new strain of coronavirus, which was first reported in the Chinese city of Wuhan, has been named 2019-nCoV with a generic name of "Novel coronavirus."

Coronaviruses are a large family of viruses, some causing respiratory illness in people and others circulat-

ing among animals. Rarely, animal coronaviruses can evolve and infect people and then spread between people, such as has been seen with Severe Acute Respiratory Syndrome (SARS) and Middle East Respiratory Syndrome (MERS).

Common human coronavirus usually causes mild to moderate upper respiratory illness with symptoms such as runny nose, headache, cough, sore throat, and fever. Human coronaviruses can sometimes cause lower-respiratory tract illnesses, such as pneumonia or bronchitis. This is more common in people with cardiopulmonary disease, people with weakened immune systems,

infants, and older adults.

Human coronaviruses most commonly spread from an infected person to others through

- the air by coughing and sneezing

- close personal contact, such as touching or shaking hands

- touching an object or surface with the virus on it, then touching your mouth, nose, or eyes before washing your hands

- rarely, fecal contamination

There are simple precautions to help reduce the risk of infection:

- Clean hands with soap and water or alcohol-based

hand sanitizer

- Cover nose and mouth when coughing and sneezing with tissue or flexed elbow.

- Avoid close contact with anyone with cold or flu-like symptoms

- Thoroughly cook meat and eggs

- Avoid unprotected contact with live wild or farm animals

Out of an abundance of caution, the CDC has begun health entry screening at five large international airports in the United States. The CDC believes that the risk to the American public is low.

Anyone who has recently visited China, or been

in contact with someone who has traveled to China, and is experiencing flu-like symptoms should visit their healthcare provider. While the odds of contracting novel coronavirus are extremely low, it is always a good idea to stay protected from germs by washing hands for at least 20 seconds, refrain from touching eyes, nose or mouth and avoid close contact with people who are sick. Additionally, anyone who is sick should stay home and disinfect objects and surfaces to help prevent the spread of germs.

For more information about Coronaviruses, please visit <https://www.cdc.gov/coronavirus/index.html>

176th Wing completes 2,000th rescue mission

Alaska National Guard

Search and rescue Airmen of the Alaska Air National Guard's 176th Wing completed their 2,000th rescue mission Jan. 4, saving a distressed PA-18 Super Cub pilot on the west side of Mount Susitna.

Senior Master Sgt. Evan Budd, Alaska Rescue Coordination Center superintendent, said the mission began after the pilot manually activated his personal locator beacon transmitter when temperatures dropped to 20 below zero.

An HH-60G Pave Hawk helicopter from the 210th Rescue Squadron launched from Joint Base Elmendorf-Richardson with two highly trained 212th RQS pararescue specialists known as "PJs."

Using night-vision goggles and forward-looking infrared, the HH-60 aircrew lo-



Members of the 210th, 211th and 212th Rescue Squadrons from the Alaska Air National Guard took part in a simulated casualty evacuation training exercise off the coast of Homer, Alaska, April 27, 2016. The 176th Wing completed its 2,000th rescue mission Jan. 4, 2020, saving a distressed PA-18 Super Cub pilot on the west side of Mount Susitna. (Photo by Staff Sgt. Edward Eagerton)

cated the pilot despite low visibility. The PJs were hoisted approximately 100 feet down to the pilot. He was recovered with minor

frostbite injuries and transported to Providence Alaska Medical Center for treatment.

Budd reminds all pilots that the 406

megahertz emergency locator transmitter is critical to an effective rescue. The lack of a functioning ELT on the aircraft

led to an eight-hour delay in the pilot's rescue. Eventually, he remembered he had a hand-held 406 MHz personal loca-

tor beacon, which he activated. The signal was received and rescue assets were dispatched.

For this mission, the 210th and 212th Rescue Squadrons and the Alaska RCC were awarded one save.

Alaska Air National Guard Col. Anthony Stratton, 176th Wing commander, highlighted the significance of the milestone.

"Though it's a rescue mission like the dozens we have carried out in the past year, it just goes to show the wing's continued dedication to rescuing our fellow Alaskans statewide," he said. "We can always count on the training, professionalism and drive of every Airman in the wing and the Alaska RCC."

Since assuming search and rescue alert in 1991, the Alaska Air National Guard's 176th Wing has executed 2,000 civilian rescue missions and saved 1,749 lives.

IG to Soldiers: 'Every one of us has a responsibility' to honor MLK legacy

Joe Lacdan

Growing up in the South, Lt. Gen. Leslie Smith said he felt the impact of the civil rights movement inspired by the late Martin Luther King, Jr.

Smith, who currently serves as the Army's 66th inspector general, spoke to Soldiers and Civilians at the Spates Community Center on Joint Base Myer-Henderson Hall, Virginia, Jan. 15 to honor King's legacy on the occasion of his 91st birthday. King's message of promoting nonviolent, social change inspired Smith throughout his career.

"Dr. King wasn't in the military, but his service positively impacted our nation, and frankly the world," Smith said. "So what part can we play?"

Smith lauded Soldiers

in attendance for accepting the responsibility to defend the nation's Constitution through military service. He also challenged Soldiers and Civilians to honor King's legacy through volunteer service with youth and community groups in their local neighborhoods.

"Soldiers can help prevent bullying, hazing, sexual assault and sexual harassment by spreading awareness and taking care of each other," Smith said. "They can also be involved at schools and youth organizations as mentors, tutors or coaches."

Smith, himself, has regularly spoken to cadets and high school students and has served as a mentor to them.

See MLK on page 2



Lt. Gen. Leslie Smith, inspector general of the Army, shares a laugh with 1st Lt. Kelly Jeffries, executive officer for the 529th Regimental Support Company. Smith discussed how Soldiers and community members can honor the legacy of the late Martin Luther King Jr. at Joint Base Myer-Henderson Hall on Jan. 15, 2020. (Photo Credit: Joe Lacdan)

WEEKEND WEATHER

Friday



Snow likely. High of -11.

Saturday



Chance of snow then cloudy. High of -15.

Sunday



Chance of snow. High of -22.

YOUTH VOLLEYBALL REGISTRATION

January 18-February 29
8 a.m. - 4 p.m.

Get boys and girls ages 5-13 years old active with Volleyball Season!
The season runs from March 17 - May 9. Cost is \$55. Registration deadline is February 29.

Parent Central Services, Bldg 3414. Call 353-7713, registration required.

Nutrition Corner: Nutrition 101

Tea – This ancient beverage seems to be popping up everywhere lately - on restaurant menus, specialty health stores and in trendy cafes. With claims ranging in nature from improved cardiovascular health, to cancer prevention, and even periodontal benefits, it’s time to sort out the facts about tea.

There is strong evidence to suggest that consumption

of black tea in particular has a positive effect on heart health, particularly with decreased frequency of heart attack. It is believed that this is mainly due to the antioxidant compounds that are naturally found in this type of tea. Likewise, research looking at green tea showed a positive correlation between green tea consumption and improved cholesterol levels (lower

LDL and triglycerides with higher HDL).

That said, claims like ‘drinking tea can prevent cancer’, or ‘drinking tea will result in weight loss’, however exciting, are not backed by conclusive evidence. Certain studies are continuing to look at the antioxidants, known as catechins, and how these compounds may neutralize cancer causing free-radicals.

Tea can be a source of caffeine for the body that is slightly less potent than that of coffee, offering a pick-me-up but without excess that can correlate with headaches and jitters. If you are looking for a completely caffeine free option, most herbal teas will accommodate this while offering a variety of flavors and aromatics.

Tea can also have a protective effect for teeth

against decay, especially when it is brewed with fluoridated water and without extra sugar or other sweeteners – so keep it simple.

While we wait to see what happens with the research, we can rest assured on one of the most well-known and agreed upon characteristics of tea – it’s delicious! So on these cold winter days, try warming up with a nice, hot cup of your favorite tea.

MLK: Honoring the legacy

Continued from page 1

"Every one of us has that responsibility in this just cause," he said. "That means wherever we work, whatever we do, we are called to make a difference. We are called to celebrate, we are called to remember, but more importantly we are called to act – just like Dr. King acted."

A prominent voice in the civil rights movement, King died April 4, 1968, from a fatal gunshot wound in Memphis, Tennessee. King holds the honor of being the only non-U.S. president to have a national holiday dedicated in his memory.

King campaigned against social and racial injustice throughout the civil rights movement, including the March on Washington in 1963, which called for an end to racial segregation in public schools and racial discrimination in the workplace.

As a child, Smith said he had a strong support system of family and mentors who helped him and his siblings overcome racial prejudice and injustice in the

still-divided South in the 1960s and 1970s. He attended classes with King's youngest children, Bernice and Dexter King, at Frederick Douglass High School on Atlanta's west side.

He said he still periodically keeps in touch with Bernice King, who now serves as a minister and as the CEO of Atlanta's King Center, which sponsors a library and archives dedicated to spreading global non-violent social change.

Smith said the challenge of spreading King's message to the younger generation of Soldiers can be achieved by celebrating diverse backgrounds and developing an understanding of different upbringings.

A native of Atlanta and Mound Bayou, Mississippi, Smith lost his father in the same year that King passed. He said that his humble beginnings and strong upbringing helped to form a solid and resilient foundation for his future military career. He encourages Soldiers to be proud of their unique back-

grounds.

"It is important to understand where we have come from," Smith said. "Unless we understand where we've come from, we won't know where we should go. The differences among us are strengths, not weaknesses. We must encourage the celebration of all our different backgrounds and embrace the strength that comes from our diversity."

This appreciation and respect for others can prove pivotal in future Army operations, as the service engages in more multinational exercises and missions. Military members of allied nations often embed in units across the Army, and Soldiers have the opportunity to promote diversity as a strength.

"This is important for our military," Smith said. "We have to understand and celebrate the backgrounds of other people of different races, ethnicities, customs and traditions so we have a greater appreciation for the people in places we may have to go in the future."



Researchers from the U.S. Army Combat Capabilities Development Command's Army Research Laboratory partnered with Virginia Tech to develop a suite of network adaptation strategies designed to maintain services in a resource-constrained environment – networks under cyberattacks. (Photo by CCDC Army Research Laboratory)

Adaptation is key to determining network resilience in cyberattacks, study finds

U.S. Army CCDC Army Research Laboratory Public Affairs

A new study shows that traditional markers of a computer network's resilience are not solely effective in determining its ability to accomplish missions.

Researchers from the U.S. Army Combat Capabilities Development Command's Army Research Laboratory partnered with Virginia Tech to develop a suite of network adaptation strategies designed to maintain services in a resource-constrained environment – networks under cyberattacks.

"Simply having network connectivity does not imply that a network can provide the services it needs," said Dr. Terry Moore, Army researcher. "A key result of this work is showing that typical measures of performance for network resilience do not apply to mission-oriented or task-service networks. We mathematically prove that without consideration of the resources or task priority, network connectivity is not a sufficient measure for determining mission success."

A new approach could lead to stronger Army computer networks that are tougher when facing a cyberattack, researchers said.

Studies on network resilience typically focus on fault tolerance – determining what happens when components of a network fail or defending those components from failure, such

as using security measures or redundancy with replacement components. This new study examines network adaptability – changing the network structure or topology to enable functionality amid component failure. This research, Network Adaptations Under Cascading Failures for Mission-Oriented Networks, published in the September 2019 volume of the Institute of Electrical and Electronics Engineers Transactions on Network and Service Management.

This fundamental research provides an initial step toward the vision of a network strategy that dynamically changes the network topology to prioritize critical mission completion, Moore said, and could contribute significantly to advances in Army modernization priorities.

For this study, researchers focused on a tactical, mission-oriented network supporting several tasks, each with a different priority. For network resilience, the traditional focus is on the survivability of the network – the fraction of how many components of the network do not fail compared to before the failures. This research considered the survivability of the tasks the network components and parts were assigned to and therefore focused on how many tasks could continue to be serviced even after components fail – a more appropriate measure of their resilience, Moore said.

See CYBER on page 3

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.tricare-online.com
United Health Care: uhcmilitarywest.com, 877-988-9378

Don't Let The Flu Get You

Haven't gotten you flu vaccination yet? Stop by the primary care clinic between 7:30 a.m. and 3:30 p.m. Monday through Friday to receive your vaccination. Beneficiaries over the age of 6 months are eligible for the flu vaccination. We ask beneficiaries to wear a short sleeved shirt that allows for a shot to be administered to the upper arm, as private rooms will not always be available. For questions, call 361-3057.

Update Your Info

All contact information for beneficiaries is pulled from the Defense Enrollment Eligibility Reporting System. If you change phone numbers, move or change family status, beneficiaries must change their information in DEERS for Medical Department Activity – Alaska to have the most up-to-date informa-

tion. Correct information is vital to determining eligibility and contacting beneficiaries.

Talk With A Registered Nurse

Think you should go the emergency room, but aren't sure? Wondering if you need an appointment? A registered nurse is standing by 24 hours a day, seven days a week to help. Call the Nurse Advice Line for your immediate health care needs. The nurse can even book you an appointment if necessary. Call 1-800-TRICARE (874-2273.)

Postpartum Support Group

Join other postpartum moms during a support group offered by the MEDDAC-AK 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.

Limited Services

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

ALASKA POST

The Interior Military News Connection

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The Chaplain’s Corner

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

“Can senators who have already voiced opinions do ‘impartial justice’ at Trump impeachment trial?” is the question asked by Ledyard King and Maureen Groppe in a USA Today article posted last week (<https://www.usatoday.com/story/news/politics/2020/01/16/impeachment-senators-pledge-impartial-justice-trump-trial/4488539002/>). The “impartial justice” refers to the oath Senators pledged to honor when they were sworn in as jurors for the impeachment trial of President Trump. According to Senate Impeachment Rules, the wording of the oath is: “I solemnly swear (or affirm, as the case may be,) that in all things appertaining to the trial of the impeachment of _____, now pending, I will do impartial justice according to the

Constitution and laws: so help me God.”

Swearing an oath and invoking divine assistance has a long record. Encyclopedia Britannica defines an oath as a “sacred or solemn voluntary promise usually involving the penalty of divine retribution for intentional falsity and often used in legal procedures.” Historically, invoking the power of one’s deity was a guarantee of the individual’s trustworthiness. In other words, if one intentionally lied under oath, the deity by whom the individual swore to tell the truth would, presumably, perceive the lie and strike the liar dead. In a secular age when Senators probably fear voters more than God, is taking an oath seriously still important? In November 1999, I raised my right hand and swore the Oath of Commissioned Officers: “I Paul Fritts, do solemnly swear that I will support and de-

fend the Constitution of the United States against all enemies, foreign and domestic; that I will bear true faith and allegiance to the same; that I take this obligation freely, without any mental reservation or purpose of evasion; and that I will well and faithfully discharge the duties of the office on which I am about to enter. So help me God.” I have re-affirmed my oath two more times at subsequent promotions to higher ranks. It’s a promise I take seriously, not because I fear being struck down by lightning bolts from heaven, but because “swearing falsely in God’s name makes God an accomplice to the lie” (Gorman 1997, 113). The Encyclopedia Britannica article further explains that in Judaism, oaths were forbidden in two instances: first, swearing to do what is “impossible to accomplish, denies self-evident facts, or attempts to

negate the fulfillment of a religious precept.” Second, making a false oath “in which one uses the name of God to swear falsely, thus committing a sacrilege.” Committing a sacrilege is the key idea. According to Webster’s dictionary sacrilege means “gross irreverence toward a hallowed person, place, or thing.” For many military officers, the most hallowed person, place, or thing is the Constitution of the United States. Gross irreverence to our sworn duty to defend it would be a sacrilege. While God may not strike a Soldier down, an enemy combatant just might. One could say that Soldiers have some skin in the game of doing their sworn duty that Senators do not. Thus, the oaths leaders take remind us of the importance of living sacrificially for values bigger than any one person’s self-ish desires. This can be very



hard to do. Perhaps that is why Jesus said in Matthew 5:33-37, “Again, you have heard that it was said to the people long ago, ‘Do not break your oath, but fulfill to the Lord the vows you have made.’ But I tell you, do not swear an oath at all: either by heaven, for it is God’s throne; or by the earth, for it is his footstool; or by Jerusalem, for it is the city of the Great King. And do not swear by your head, for you cannot

make even one hair white or black. All you need to say is simply ‘Yes’ or ‘No’; anything beyond this comes from the evil one.” For God and Country! The Fort Greely Chapel community is a traditional, protestant Army chapel service meeting on Sundays at 1000 with a weekly Communion observance. Interested? Please call 907-873-4397 or “Like” our chapel Facebook page at www.facebook.com/FGAChapel.

A Day on the Slope - Warrior Adventure Quest with Hohenfels ODR

Spc. Audrequez Evans

The sun was cresting perfectly against a rugged mountain back drop, while a breeze had a chill coming off a snow covered run. Soldiers assigned to Alpha Company, 1-4 Infantry Battalion unpacked their snow gear and tightened their boots ready for the adventure ahead. Their new adventure was part of the Hohenfels Outdoor Recreational Center Warrior Adventure Quest event. Leading the group with his staff was Joshua Moore, the Hohenfels ODR director and military veteran.

"I was active duty for ten years when I decided to retire and I gravitated towards outdoor rec because of my interest in everything outdoors," said Moore. "I remember when the WAQ program was developed around 2008 and I was able to help to train over 6,000 Soldiers as part of the WAQ program." Moore explained that WAQ is a Department of the Army funded program for active duty Soldiers and their leaders. The units get the opportunity to bond, relieve stress and build camaraderie within the ranks. He added that Soldiers don't have to be an expert in the sports activity to take part in the program. "Our trips are geared towards novice participants,



U.S. Army Soldiers assigned to the 1-4 Infantry Battalion snowboards during a Warrior Adventure Quest trip at the Edelweiss Lodge and Resort, Garmisch, Germany, Jan. 7, 2019. The Warrior Adventure Quest program is a Department of the Army funded program designed to provide Soldiers with a day of high activity through which they build camaraderie and cohesion through the ranks. (Photo by Spc. Audrequez Evans)

but all Soldiers are welcome to come and join to learn and further develop their skills," said Moore. Tuesday's trip was a chance for the Soldiers to learn many techniques and tools to help them tackle the challenge of skiing and snowboarding in the Alps by various instructors. "WAQ allows me to provide Soldiers the knowledge of the different activities as well as help them learn new skills," said Royce Ueoka, a Hohenfels ODR trainer and also military veteran. Royce, who has been with

the Hohenfels ODR for seven years, believes that WAQ is one of the best programs available to the Soldiers. "Because of the deployment cycle that we were on when I was a Soldier the WAQ program afforded us the opportunity to build camaraderie within our ranks, learn and build new skills and through this program I gained a positive outlet and career," Ueoka said. Moore and Ueoka added that the trip was successful because of the help from the Edelweiss Lodge's staff. The Lodge provided extra

instructors to coach and support the trip as well as access to the lodge to host an after-action assessment and a taco bar for the Soldiers to enjoy. Leigh Plowman the leisure activities director expressed that the Hohenfels ODR and the lodge has one of the best working relationships because of the WAQ program. "We have been working really closely with the Hohenfels ODR they have brought us over 15 groups of Soldiers last season," said Plowman. The Edelweiss ski school is very

happy to be able to contribute to the WAQ program as well as the Hohenfels community and it is important for the Soldiers, so we contribute any way we can. With the winter season just kicking off, ODR will continue making sure that the WAQ program continues to offer Soldiers and units the opportunity to build that peer to leader engagement. He encourages more units to contact the ODR for opportunities to go out and seize the adventure.

CYBER: Adaptation is key

Continued from page 2

The team conducted a computational simulation and considered a scenario in which there were limited resources for nodes, which could be anything from a cell phone to a robot. These nodes were collaboratively assigned to various tasks of different levels of priority. The tasks were designed to be abstract, but could be surveillance, search and rescue, distributed processing, communication support, etc., Moore said.

Nodes could be assigned to multiple tasks but with no inherent dependency between the tasks, such as a required order of completion. However, cascading effects occur between tasks – when a node is maliciously attacked or mechanically fails, the workload shifts to remaining nodes assigned to the task. If the remaining nodes lack the resources to support the additional workload, they may fail or drop out of the task

to preserve the ability to remain active in other tasks. This domino effect – where nodes sequentially fail – can be combatted with new strategies for tasks to recruit new nodes based on the consideration of their resources and task priority. In this study, the team added the importance or priority of the task to the particular strategy used to recruit or select a new node. A new approach for these scenarios is

adapting, or merging, a task assignment problem solutions and a resource allocation problem solutions for a mission-oriented network problem. Continued initiatives in network security include researching the use of software-defined networking to implement moving target defense in service-aware networks – a strategy to dynamically change the attack surface of the network or system to

limit or remove the attacker's asymmetric advantage, thereby rendering the information collected by the attacker no longer true, Moore said. The co-authors of

the paper in IEEE Transactions on Network and Service Management include Army researcher T. J. Moore and Virginia Tech researchers J. Cho and I. Chen.

Soldier pierces through snow to improve life in Antarctica

Dary Patten
DMA Riverside

Sgt. 1st Class Peter Yokel was part of a team that recently upgraded cable equipment at McMurdo Station and the nearby Black Island communications facility in Antarctica, bringing television service to more Americans on the isolated continent.

The mission, conducted throughout October and November, upgraded systems from analog to digital at the two sites and also at the .U.S. Antarctic Program in Christchurch, New Zealand, managed by the National Science Foundation.

The upgrades were completed along with annual maintenance of equipment used to receive and distribute American Forces Network and Navy Motion Picture Service programming to researchers and support personnel in Antarctica.

"It's not easy to distribute cable TV in that environment," Yokel said. "On the far end of the distribution lines the cable was very snowy [referring to visual interference on the screen]; some channels were lost, and overall it was working, but poorly.

Yokel is assigned to the Defense Media Activity



Sgt. 1st Class Peter Yokel in Antarctica. (Courtesy photo)

Broadcast Center in Riverside, California, and the lead technician for the mission, Andrew Sciascia, is assigned to DMA at Fort Meade, Maryland.

Often taken for granted in the current age of high-speed Internet, social media and communications tools, television and radio serve as more than just a form of entertainment for

those stationed so far away from home, Yokel said.

"All communications in and out are via satellite and a microwave relay," Sciascia said. "The combined Internet bandwidth available to everyone is about 17Mb/sec, which is less than an individual cellphone.

"There are no cellular towers, so it would be very

easy to become isolated from what is going on in the rest of the world. The radio and television not only provide some entertainment, but [are] the primary source of information [from] back home.

"The old analog cable system had a lot of issues. There was not only a lot of interference, but the signal was so bad that some of the

dorms had no television at all. We were able to not only improve the signal quality, but provide signal to places that had none. It is a huge quality-of-life factor, not only being able to watch the news or movies or sports, but it gives people things to talk about," Sciascia said.

Yokel and Sciascia both agreed that the upgraded digital cable TV system contributed to an increase in the quality of life for the people stationed there.

"Antarctica, being that it's cold, isolated, and has limited communication channels to the outside world, can be a difficult place to be," Yokel said. "What this upgrade meant to the people that are working there for months at a time was that on their down time they could escape into a movie, catch up on their TV series, read the scores on their team's games, and be well informed on the weather. This upgrade has made a huge impact on morale," Yokel added.

The United States government deploys about 700 scientific researchers and 2,500 support personnel to operate and maintain the scientific facilities every year, according to the National Science Foundation.

Army recognizes top career counselors for helping achieve retention goals

Devon L. Suits
Army News Service

Army leaders recognized 11 career counselors for being amongst the best in their career field in retaining experienced and qualified Soldiers.

Nominees hoped to take home the top prize during Thursday's Secretary of the Army Career Counselor of the Year recognition ceremony at the Pentagon.

In the end, Staff Sgt. Alisa Licata and Sgt. 1st Class Joey Thomas, both with Army Forces Command and representing the active and reserve component respectively, edged past the field of competition.

Lt. Gen. Walter E. Piatt, Army Staff director, and Sgt. Maj. Mark A. Thompson, senior Army career counselor, presented both winners with a Sgt. Maj. Jerome Pionk Excellence in Retention Medal.

"The safety of our nation depends on the people that choose to



wear the uniform," Thompson said. "I'm very proud of the competitors – [they] are a shining example of what our field is."

The award recognizes each recipient for their exceptional achievements and service as proponents of the Army's retention program.

"When you think about the Army's modernization efforts ... none of that matters unless we have the [the right] people," Piatt said.

"[Soldiers] stayed

because you made them see that [the Army was] the best way forward," he added. "Our policies and our strategy, as good as they are, didn't do it. You did."

Thomas, a former recruiter, transitioned over to the career counseling field after accepting an Active Guard Reserve position assigned to support the 3rd Infantry Division out of Fort Stewart, Georgia.

"It has been rewarding," he said.

"I spent years as a recruiter putting Soldiers into the military. Now I get to speak to those same Soldiers and try to keep them in the Army."

There is an extensive range of opportunities in the reserves that many service members fail to realize, Thomas explained. After a Soldier leaves active duty, they can continue to serve part time and simultaneously achieve their educational or civilian

Army leaders recognized 11 career counselors throughout the active duty and Reserve components for their role in retaining experienced and qualified Soldiers during a ceremony Jan. 16, 2020, in Arlington, Virginia. First row from left to right: Lt. Gen. Walter E. Piatt, Army Staff director; Staff Sgt. Jackie Lord, U.S. Army Medical Command; Staff Sgt. Charity Groff, U.S. Army Intelligence and Security Command; Sgt. 1st Class Matthew Kindle, U.S. Army Europe; winners Staff Sgt. Alisa Licata and Sgt. 1st Class Joey Thomas, U.S. Army Forces Command; Sgt. Maj. Mark A. Thompson, senior Army career counselor. Second row from left to right: Staff Sgt. Kelvon Shields, U.S. Army Cyber Command; Staff Sgt. Robert Lawniczak, U.S. Army Training and Doctrine Command; Staff Sgt. Julio Ortiz, U.S. Army Pacific; Sgt. 1st Class Ryan Mata, U.S. Army Europe; Staff Sgt. Brendon Jimenez, U.S. Army Special Operations Command; and Sgt. 1st Class Robert Moore, TRADOC. (Photo by Devon L. Suits)

career goals.

"Most Soldiers don't realize that they can continue with many of the same benefits they had during active duty, but with part-time pay," he said. "I make sure they understand all the benefits of continued service."

Licata, a former military police officer, is responsible for the 4th Squadron, 3rd Cavalry Regiment at Fort Hood, Texas. She became a career counselor after being introduced to the profession by now-retired Master Sgt. Gary Norris.

"[Norris] took me under his wing for six months, and I fell in love with the

job instantly," she said. "He was the last career counselor of the year winner for FORSCOM, so I had some big shoes to fill."

Overall, Licata is thankful for her team back at Fort Hood. The mentorship and guidance they provided attributed directly to her recent success, she said.

"An effective career counselor is someone that truly cares about the Soldier," Licata said. "Sure, we have our retention mission but if you show that you care for the Soldier, they are going to want to reenlist."

Career counselor of the year nominees:

See GOALS on page 5

JOB

* NOW HIRING * NOW HIRING *

OPENINGS

X

EXCHANGE

We are Hiring in Food Facilities at Ft. Wainwright and Eielson.

FOOD SERVICE TEAM MEMBER BONUS

\$300 AFTER 6 MONTHS OF EMPLOYMENT PLUS

\$200 AFTER 12 MONTHS OF EMPLOYMENT

Grand Total \$500 in addition to wages.

FOOD SERVICE FOREMAN BONUS

\$600 AFTER 6 MONTHS OF EMPLOYMENT PLUS

\$400 AFTER 12 MONTHS OF EMPLOYMENT

Grand Total \$1000 in addition to wages.

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ARMY
Entertainment

PRESENTS

Total Request LIVE Band KARAOKE

USAG ALASKA

PICK YOUR FAVORITE SONG AND JOIN THE BAND!

Jan. 24, 2020
FORT WAINWRIGHT

Warrior Zone, Bldg. 3205
• EVENT STARTS AT 8 P.M. •

Must be 18+ DoD ID Cardholder or Authorized Guests to enter the Warrior Zone

+1 (907) 353-1087

Jan. 25, 2020
USAG FORT GREELY

Aurora CAC, Bldg. 500
• EVENT STARTS AT 6 P.M. •

Open to Fort Greely Authorized Patrons & MWR Pass Holders

+1 (907) 873-4782

FREE
ADMISSION

AGES
18+

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

Wainwright.ArmyMWR.com

#WainwrightMWR #WainwrightZone

Greely.ArmyMWR.com

#GreelyMWR #GreelyCAC

U.S. ARMY

Weekly Events

January 18 - 25, 2020

18

Youth Sports Volleyball Registration

January 18 - February 29
8 a.m. - 4 p.m.

Get boys and girls ages 5 - 13 years old active with Volleyball Season! The season runs from March 17 - May 9. Cost is \$55. Registration deadline is February 29.

Parent Central Services, Bldg 3414
Call 353-7713, registration required

18

Celebrate MLK on Ice

January 18
1:30 - 4 p.m.

Celebrate Martin Luther King Jr on Ice! Bring a friend or family member for a buy one admission, get one admission for free deal!

Physical Fitness Center, Bldg 3709
Call 353-7223

22

Adult Craft Night

January 22
5 - 7 p.m.

Create a reverse canvas during a fun night of crafting! \$20 per person which includes craft supplies and instruction. Must be 18+ to attend this event. Must be 21+ to purchase or consume alcohol.

Last Frontier Community Activity Center, Bldg 1044
Call 353-7755, registration required

22

Parents' Day Out & Super Saturday

January 25
10 a.m. - 2 p.m.

Sign up the kids for fun and professional childcare through Parent Central Services. Blue Star Community Members can use their childcare benefits for this event. Registration deadline is January 22.

Parent Central Services, Bldg 3414
Call 353-7713, registration required

25

B.O.S.S. Snowmachine Trip & Safety Course with ODR

February 1
1:30 - 2:30 p.m.

Join B.O.S.S. for a snowmachine trip and safety course! This trip is a Space - A trip which means if there are additional spots, those who are not B.O.S.S. eligible can go on the trip. Registration deadline is January 25.

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

ARMY
Entertainment
PRESENTS

Total
Request
Live Band Karaoke

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#WainwrightMWR #WainwrightZone

Greely.ArmyMWR.com
#GreelyMWR #GreelyCAC



Looking to make plans on Monday, January 20 for the MLK Holiday?
Join Birch Hill for a fun-filled day 11 a.m. - 7 p.m.!

For more information, call: (907) 353-1998. Find out more at www.wainwright.mwr.army.mil.
@WainwrightMWR #WainwrightMWR

PLEASE VISIT WAINWRIGHT.ARMYMWR.COM FOR A COMPLETE EVENT CALENDAR



@WainwrightMWR #WainwrightMWR

Army Civilian Corps Creed

Jan. 28, 2020 1—2 p.m.

ATTENTION! Fort Wainwright Home Buyers!

Home Ownership Class presented by:
MAC Federal Credit Union

MAC Federal Credit Union is teaming up with the Housing Services Office to provide our active duty military members a free housing course about the process of homeownership in Alaska!

You must register for the class:

To register, please contact the Housing Services Office at: (907) 353-1696 or (907) 353-1190

Class Location:
Fort Wainwright Welcome Center
Bldg. 3401 Santiago Ave., ACS Class Room
Fort Wainwright, Alaska 99703

What is it?
The Army Civilian Corps Creed defines the purpose and role of the Army Civilian. The Army Civilian Corps Creed was codified when Army Civilian Corps was established in 2006 by the Secretary of the Army and Chief of Staff of the Army. This formalized a 230-year record of service as a critical component of the total Army force structure.

What are the current and past efforts of the Army?
Since its establishment, Army Civilians have taken an ever-increasing role as Army leaders. As of May 30, 2019, the Army Civilian Corps Creed was revised to add an additional role of leadership to the existing stability and continuity roles that Army Civilians perform on a continuous basis. This revision is consistent with the existing doctrine, ADP 6-22, Army Leadership.

What is this important to the Army?
The establishment of the Army Civilian Corps as part of the Army profession has strengthened Army readiness. Army Civilians have and will continue to fulfill a vital role within the Army team.

I am an Army Civilian - a member of the Army team.
I am dedicated to our Army, Soldiers, and Civilians.
I will always support

the mission.
I provide leadership, stability, and continuity during war and peace.
I support and defend the Constitution of the United State and consider it an honor to serve our Nation and our Army.
I live the Army values of loyalty, duty, respect, selfless service, honor, integrity, and personal courage.
I am an Army Civilian.

The Army is investing in civilians by ensuring professional development and training, and providing leadership opportunities for civilians.
What continued efforts does the Army have planned?
Army Civilians will continue to serve the nation as one team of trusted Army Professionals, united by the vision to win in a complex world. They are and will always be an enduring, dedicated, and critical part of the fight.

January 24, 2020

Taekwondo Soldier-athletes work toward Olympic dreams

Brittany Nelson
Installation Management Command

The U.S. Army's World Class Athlete Program Soldier-athletes walked away with four first-place titles, one second place and one third-place title at the 2020 Taekwondo Grand Slam in Colorado Springs, Colorado.

The Soldiers competed in an elite tournament where only the top eight athletes of the country in each weight division were invited to compete. Along with a championship title, the Soldiers also earned points that help with the Olympic qualification for the 2020 Summer Games in Tokyo.

"We had a good game plan going in and you can see that from WCAP's results," said Spc. David Kim.

Pfc. Russell Gresham won first place in the men's heavy-weight class. Spc. Devon Lewis placed second in the women's feather-weight class. Spc. Charles Buset earned first



Spc. Charles Buset, a Soldier-athlete in the U.S. Army's World Class Athlete Program, won first place in the men's feather-weight division at the 2020 Taekwondo Grand Slam in Colorado Springs, Colorado, Jan. 12, 2020. (Photo by Brittany Nelson, Installation Management Command)

place in the men's feather-weight class. Spc. Niklas Poland won first place in the men's welter-weight class. Spc. David Kim won first place in the men's fly-weight class and Pvt. Juancarlos Norzagaray earned third place in fly after facing Kim in the semifinals.

"It is phenomenal that each Soldier-athlete was about to get on the podium and

show their dominance," said Sgt. Maj. David Bartlett, head taekwondo coach.

One fight in particular that was accompanied by an energetic crowd was Gresham's semifinal match where he fought and beat Jonathan Healy, the number one competitor in the nation and number seven in the world for men's heavy-weight class.

"Healy is my main competition in the U.S. for me to reach the Olympics," said Greshman. "It felt really good to beat him. I have been training a long time and working hard, it paid off today."

Another accomplishment for the team is Kim and Poland both becoming two-time Grand Slam champions. The Grand Slam tourna-

ments are a series of competitions and the first was held last year where Kim and Poland won first in their weight classes.

"I worked really hard for this one," said Poland. "I was confident the whole time, I just played my game. It feels good for everyone to see that the Army is out there performing."

This Grand Slam was one of the last tournaments in which USA athletes can earn points to help with Olympic qualifications.

"This competition was part of the selection procedure based on points," Bartlett said. "Each of the athletes that won received about 160 points toward their domestic ranking that will justify them earning a berth into the Olympic trials."

The next step is for the U.S. to qualify as a country to compete at the Olympic Games. The qualification tournament takes place in Costa Rica on March 8. Soldier-athletes will be there competing for

their chance to represent the USA and the Army at the Summer Games.

Even with the Olympics on their minds, the athletes still remember they are "Soldiers first," according to Spc. Terrence Jennings, WCAP taekwondo coach.

"Everything we do is based off of a 'Soldier first' mentality," said Jennings, an Olympic medalist. "We are up early and putting in the time just like any other Soldier. If they are not successful on the military side of their career then none of this would be possible."

Five Soldier-athletes were recently selected to attend basic leadership course. Kim, Lewis, Jennings, Buset and Poland are awaiting a date to attend the course at Fort Carson.

The competitors plan to stay proficient in their military occupation while training to get to the 2020 Olympics, according to Bartlett.

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