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AutoBears Assemble: Environmental response in the Arctic

Cpt. Kyle Geiser

Echo Forward Support Company, 70th Brigade Engineer Battalion

On a Wednesday afternoon, an MTV from the 70th Brigade Engineer Battalion rolled back to the motorpool from the wash rack. The next day, the crew's mission was going to be to finish cleaning the wheel wells and drive line, but that night, the temperature dropped to negative 40, and the residual moisture from the wash rack froze tightly to the vehicle.

The next day, the vehicle underwent routine inspection and was then allowed to warm up. The trouble began as soon as the vehicle cleared the gate. The operators immediately noticed the vehicle performing poorly and handling sluggishly, and by the time the vehicle reached the end



70th Brigade Engineer Battalion Soldiers consolidate contaminated snow in the motorpool as they wait for containment to arrive. (Courtesy photo)

of the block, the operators made the decision to return it to the motorpool, and it is fortunate they did. One of the frozen lines had snapped in the cold,

disgorging nine gallons of transmission fluid from the gates of the motorpool until its turnaround point.

The battalion maintenance office and envi-

ronmental compliance consultants were immediately notified, and the 70th Brigade Engineer Battalion sprang into action. Within an hour, every company

was involved in cleanup. Alpha Company and Bravo Company went to work manually picking out the hardpack on the road, while one of their dozers cleared the affected area in the motorpool. Charlie Company and Delta Company cleared the vehicle itself as well as the transmission fluid puddled beneath. E FSC employed their expertise with the bobcat and forklift to load and organize the containers. HHC BDE and BN worked closely with environmental and continuously supplied additional containers totaling 12 large and 27, 55 gallon drums. Every company was involved in the shoveling of snow. In total, about 20 cubic meters of snow were collected and contained in just four hours, on a spill originally estimated to require days of cleanup to complete.

Greely's Adopt-A-School partners with Delta Elementary School

Chris Maestas

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

U.S. Army Garrison Alaska, Fort Greely Adopt-A-School program had nine volunteers partner with teachers and students from Delta Elementary School Jan. 22 to participate in classroom activities.

Seven Fort Greely Soldiers and two Fort Greely Firemen participated with students in educational reading activities, quizzes and sight word games.

The Fort Greely AAS program contributes military resources and services in order to increase public awareness of the Army's mission and to foster good relations between the military and the communities they reside in.



49th Missile Defense Battalion Chief Warrant Officer Two, Suzannie Wilkins, left, U.S. Army Garrison Alaska, Fort Greely Garrison Commander, Lt. Col. Joel Johnson, center, and Cold Regions Test Center Commander, Loren Todd, right, help Delta Elementary School teacher Tamie Webb with word comprehension Jan. 22 while volunteering with Fort Greely's Adopt-A-School Program. The Fort Greely AAS program contributes military resources and services in order to increase public awareness of the Army's mission and to foster good relations between the military and the communities they reside in. (Photo by Chris Maestas, U.S. Army Garrison Alaska, Fort Greely Public Affairs)

Army leaders examine quality of life amid morale strains in Alaska

Thomas Brading

Army News Service

Army leaders – driven to enrich the morale and quality of life for troops and families stationed in the great North – have launched multiple short- and long-term initiatives across U.S. Army Alaska to bolster the spirits of arctic warriors.

Many quality-of-life pushes were triggered based on Soldier feedback from a recent public health study. Changes include black-out curtains in barracks, improved fitness facilities, healthier food options, better access to behavioral healthcare, and other initiatives, following a string of suicides at the post last year.

"Suicide is a horrible, difficult issue and one in which our



behavioral health scientists have worked very hard," Secretary of the Army Ryan McCarthy said during a press briefing at Fort Wainwright Monday. "It is very challenging

to truly identify root causes associated with that, so we watch it very closely."

McCarthy and Sgt. Maj. of the Army Michael Grinston spent more than 24 hours in

America's 49th state, where the duo toured post facilities and met with troops. The stop also provided a firsthand look at what's needed for future improvements on the

U.S. Army Alaska, along with U.S. Army Garrison Alaska, Fort Wainwright leadership host Secretary of the Army Honorable Ryan D. McCarthy and Sergeant Major of the Army Michael C. Grinston on Jan. 27. (Photo by Daniel Nelson, U.S. Army Garrison Alaska, Fort Wainwright Public Affairs)

post ahead of the fiscal year 2022 defense budget.

"Ultimately, we want to see suicides go down," Grinston said. "We must understand the warning signs, it's as much about education and knowing your teammate to your left and right, [as well as] knowing about their families, and the challenges they face in their lives, so you can be there for them on a tough day."

One approach to strengthening Soldiers, Grinston said, is through an initiative called, "This is my squad." The push is aimed to build cohesive units across the Army through own-

ership and a positive mental outlook.

"This is my squad' takes ownership of the people around you," Grinston said. "[The campaign] is a positive look at life, where you wake up and you say, 'I joined the Army because I wanted to do this. I want to do that PT, I want to climb that hill, and I want to be challenged.'"

The senior leaders also gave examples of how they implement the program into their lives, and how even at their level and responsibility, at times they'll take a moment to ask, "Is everything okay?"

See LIFE on page 4

WEEKEND WEATHER

Friday



Flurries before noon. Cloudy, with a high near -21.

Saturday



Flurries. Cloudy, with a high near -22.

Sunday



Mostly sunny, with a high near -11.

SUPER BOWL SUNDAY

February 2

Party starts at Noon, Game starts at 2:30 p.m. Spend Super Bowl Sunday at the Warrior Zone! Watch the game with friends, NFL Cheerleaders, and mascot while having the chance to win prizes! *Must be 18+ to enter the Warrior Zone and 21+ to purchase or consume alcohol.

Warrior Zone, Bldg 3205. Call 353-1087

Nutrition Corner: Did you know

There are several safety and nutritional considerations when feeding your infant? Only milk specifically designed for infants is recommended during the first 12 months of age; only breastmilk or formula designed for infants should be offered. In fact, exclusive breastfeeding is recommended for the first six months with continued breastfeeding for at least 12 months.

If breastfeeding is not feasible, a formula designed specifically for infants should be used instead. Do not offer cow’s milk, rice milk, soy milk, almond milk, or goat’s milk during the first 12 months of life. These products are not designed to provide the nutrition required for proper growth and development. Cow’s milk, for example, does not provide enough iron

and vitamin E and has too much sodium, potassium and protein. Furthermore, the casein, calcium and phosphorus in cow’s milk can inhibit iron absorption as well.

After 12 months of age, whole cow’s milk can be provided and then once a child is 24 months of age, skim or 1 percent milk should be offered (unless contraindicated due to growth delays).

Complementary foods, such as iron fortified infant cereals, should not be offered until after four months of age but preferably around six months and when the infant shows developmental signs of readiness.

Signs of readiness include but are not limited to ability to sit with support, ability to indicate desire for food by opening his/her mouth or leaning in

for food and closing his/her mouth when he/she is satisfied. Never offer complementary foods in a bottle.

Do not offer the following foods, that present as choking hazards, to infants (or toddlers who are not developmentally ready)-popcorn, peanuts, raisins and grapes, stringy meats, hot dog pieces, hard/raw fruits and vegetables, sticky foods such as peanut butter, and any pieces of food that the infant cannot completely chew or can block the airway. Be patient, there is no need to rush a child into eating solid foods.

Once a child is eating baby foods, keep the following in mind. Offer a new food only every three to five days to assess for tolerance and food allergies. Choose single-ingredient foods; many the combination meals contain

fewer nutrients and make it difficult to identify intolerances. Avoid the dessert products because of the added sugar. Introducing sugar too early increases the chance a child will prefer these types of foods over nutritious foods. Wait until after 12 months of age to offer egg whites. Never offer honey to any infant under 12 months of age, not even a little bit. Honey is a potential source of a life threatening food borne illness called botulism. When introducing solid foods, do not feed an infant directly from the jar. Put a portion on a plate or in a bowl. Saliva can promote food spoilage in the event you have to save the rest of the food in the jar for later. Discard the leftover foods after 2 days. If making baby food, ensure to always wash your hands and equipment.

Juice should be reserved for infants older than six months of age and should be 100 percent juice only.

Butternut Squash baby food:

Ingredients: (1) Small butternut squash

Preheat over to 375. Half the squash lengthwise and scoop out the seeds. Place the squash cut side down on a baking dish. Add 1/3 cup water to the pan. Bake until the squash is tender (about 45-60 minutes). Scoop out the flesh and discard the skins. Use a blender or food processor to blend into a very smooth puree depending on the baby’s age and chewing ability. Add breastmilk or formula to thin the puree. There is no need to add extra salt, pepper, cinnamon, sugar or other seasonings. Infants learning how to eat prefer simple flavors.

Transfer of Army Medical Treatment Facilities

Headquarters
U.S. Army Surgeon General

What is it?

The transfer of Army Medical Treatment Facilities is a major organizational change. This transition of the medical treatment facilities to the Defense Health Agency will preserve the capability of the Department of Defense and the U.S. Army to conduct the full range of military operations globally with medically ready personnel.

This is Army Medicine's ongoing effort to globally align medical operations as outlined in the National Defense Authorization Act 2017 and 2019 with the National Defense Strategy.

What are the current and past efforts of the Army?

On Oct. 1, 2019, DHA assumed management and administration of all Army, Navy, and Air Force stateside MTFs, including facilities in Hawaii, Alaska and Puerto Rico. This is an ongoing process that will expand to include overseas locations over the next few years.

The new healthcare system is designed around the beneficiaries and delivered through military MTFs and military-civilian partnerships while MTFs will remain the primary place to ensure Army uniformed medical personnel maintain operationally relevant skills.

The DHA's implementation plan details the multi-year, conditions-based transition of the MTFs from the military depart-

ments to the DHA with a complete the transfer of all MTF's NLT Oct. 1, 2021.

Post transition, MTF commanders will maintain their roles as the Director of Health Services at the installation and continue reporting to the Senior Commander on the installation.

What continued efforts does the Army have planned?

Army Medicine will continue to work with DHA to maintain access to the best possible health care for the Soldiers and Families

Standardized clinical care and administrative processes for beneficiaries, such as improved patient appointments and update of electronic healthcare records.

Select MEDCOM civilian positions designated as functions that will transfer to DHA will begin to transition to the DHA on Feb. 2, 2020, including all MTF civilians and select civilians.

NDAA 2020 gives the Office of the Secretary of Defense the authority to place Army Medicine employees into DHA positions, using voluntary transfers and competitive hiring actions.

Why is this important to the Army?

The transfer of Army hospitals to the DHA is designed to create a more integrated health care system, improve patient outcomes, and enable the readiness of the Army to support the Joint Force. The Army will continue to ensure medical readiness, support wartime requirements and enhance the quality of care for Soldiers and their Families.

History Snapshot: Heated utilidors keep north post sidewalks snow free



Ladd Field's design included heated utility corridors or utilidors. These concrete tunnels kept pipes from freezing and served as underground walkways connecting residences and work areas. The heat transferred through their lids also served to keep the above ground walkways snow and ice free throughout the long winters. The utilidors were quite a novelty. One 1940s visitor remarked in a bit of an exaggeration that at Ladd, "you do everything underground, and don't come up except to fly." (File photo, Cultural Resources Program)

History Snapshot: The SnoGo: Modern marvel of snow removal, 1945



The TU3 SnoGo was produced by the Klauer Manufacturing Company of Dubuque, Iowa. It and the LTR, a mounted blade-type snow plow, were used throughout the Alaskan theater during World War II and beyond. The TU3 was an auger-style plow that could be mounted to whatever heavy duty truck was handy. It was boasted by Klauer that the TU3 could throw snow 100 feet, but the installations generally used a dump truck to collect the snow and remove it from the site entirely. Here snow is removed from Front Street in front of Hangar 1. (Photo reprinted from the Ladd Field Midnight Sun pictorial, 1945)

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

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

Follow Us!

Keep up to date on everything happening at MEDDAC-AK by following us @BassettACH. You will find information on upcoming events, health tips, community notices and more.

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.

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.

Wellness Center

The Fort Wainwright Wellness Center is open for appointments. With health assessments, nutrition information, stress management services and physical fitness programs beneficiaries will find tools to take small but important steps to a healthier future. To make an appointment or to inquire about services call 361-2234.

ALASKA POST

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The Chaplain’s Corner

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

A story by Roger William Thomas appeared in A 3rd Serving of Chicken Soup for the Soul (1996). It describes a conversation a terminally ill woman has with her pastor as she is nearing the end of her life. When they had finished their conversation regarding her final wishes, she remembered one last, very important detail. The woman told her pastor, “Bury me with a fork in my right hand.” The pastor, justifiably confused, asked her to explain. She recounted the countless potluck dinners during her many faithful years of church attendance, and how her fellow diners would inevitably remind her once

the dishes of the main meal were taken away, “Keep your fork.” Of course, she knew that the best part of the meal, a dessert of cake or pie, was coming. The fork in her hand was a way of reminding mourners at her funeral that, like dessert after the main meal, when this earthly life was over the best was still yet to come. The story is meant to be a comforting reminder of an eternal afterlife in heaven. What is easily overlooked in the story, however, is how we mark the passing of time in this life. Many of us have probably said something like, “Wow! Time sure flies!” A July 2016 article titled “Why Does Time Seem to Speed Up with Age?” published in Scientific American provides

some insight into the perception that time speeds up as we age. The editors report that our brains are designed to encode new experiences into our memory rather than familiar ones. While “clock time” marches relentlessly and steadily on, “mind time” perceives the passage of time faster or slower relative to the number of new events we experience. In other words, when we are young and everything is new, our brains have a constant stream of new experiences to remember and “mind time” seems to pass more slowly. The older we get, the faster we perceive the passage of time because our brains encode fewer new experiences. God’s time works a little differently. In Ecclesiastes 1:8-10

we read, “All things are wearisome, more than one can say. The eye never has enough of seeing, nor the ear its fill of hearing. What has been will be again, what has been done will be done again; there is nothing new under the sun. Is there anything of which one can say, ‘Look! This is something new’? It was here already, long ago; it was here before our time.” On the other hand, we read in Lamentations 3:22-23, “Because of the Lord’s great love we are not consumed, for his compassions never fail. They are new every morning; great is your faithfulness.” While there is nothing new, in this world, under the sun God’s mercies are, nevertheless, still new every morning. Living in God’s



time means, “With the Lord a day is like a thousand years, and a thousand years are like a day” (2 Peter 3:8). Making a conscious effort to live in God’s time and purpose means that God’s mercies are at the same time unchanging and new every day. Remember your fork and embrace God’s time.

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.

Minimize your risk of ACFT injury by training smart

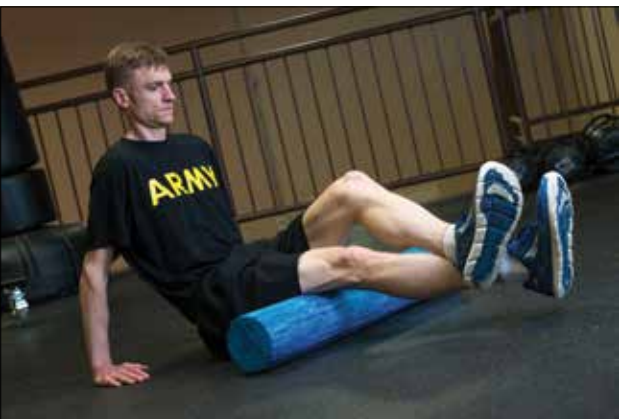
Douglas Holl
USAPHC

Is the new Army Combat Fitness Test stressing you out? There are all of these new exercises – dead lifts, power throws, hand release push-ups, sprint-drag-carry, and the leg tuck. How do you build the needed core fitness strength? Is it possible to train for the ACFT without hurting yourself?

Army Public Health Center experts say the key is to think like a Soldier-Athlete and "train smart" –

- Gradually increase the challenge to your body over time
- Use proper training form and technique for any new exercises
- Do not 'overdo it' with the amount of weights or time training
- Seek advice for alternatives when something doesn't feel right
- Be confident - your performance will progress

Maj. Timothy Benedict, an APHC physical therapist, recommends Soldiers start training now and do as much as they can to gain control of their fitness and training plans. "I would recommend that Soldiers and leaders come up with a pro-active plan sooner rather than later," said Benedict. "If Soldiers wait until the last minute to start training for the ACFT, it is more likely they will try and perform at a level their body is not yet accustomed to and be at risk of injury. In addition, as Soldiers become more familiar with the tests, their confidence will increase – which may also help reduce their chance of getting hurt." Benedict, who is also an Army Master Fitness Trainer, says the number one strategy to reduce the likelihood of injury with the ACFT is time. Many injuries are the result of doing too much, too soon. The more time Soldiers give themselves



U.S. Army Maj. Timothy Benedict, an Army Public Health Center physical therapist, uses a foam roller massager to improve muscle tissue recovery following his workout on May 23, 2019. (Photo by Graham Snodgrass)

to train, the more their bodies will adapt to the forces and perform better on these new tests. The ACFT website (www.army.mil/acft/) provides recommendations for how to train for the ACFT events. "Just like you can't cram for a marathon, you can't cram for the ACFT," said Benedict. You need to give your body time to adapt to the new test. The good news is the human body is incredibly resilient and can adapt to some of the most extreme challenges with adequate amount of time and preparation."

Any new exercise or activity has the potential to contribute to injury. "Go out there and get familiar with your baseline performance," said Benedict. "Know your standards to pass. Set a realistic goal after becoming familiar with each event. Depending on how close you are to your goal, you need a minimum of six weeks for your nervous system and muscles to adapt to the new activities." Benedict recommends a 12-week training program where each week Soldiers gradually increase their weight or effort for each event. He also recommends slightly decreasing the weight and increasing relative rest every fourth week. "You have to give your body enough time to adapt to increasing loads as you train for your goal," said Benedict. Benedict suggests

slightly decreasing the weight and increasing rest time every fourth week. He also has some advice for Army leaders. "Give your Soldiers plenty of time to get familiar with all the ACFT activities," said Benedict. He recommends leaders provide a relatively stress-free environment for the first diagnostic ACFT to give Soldiers a chance to test their bodies out. This tactic will help leaders figure out which events Soldiers need the most work on, and come up with a plan to gradually improve the performance for each event. Army Wellness Centers also offer resources to help Soldiers and leaders. "At the Army Wellness Center, our NCCA Certified health educators can work with Soldiers to evaluate their baseline fitness level and create free, individualized exercise plans to help them to train for the ACFT, and improve their overall performance," said Joanna Ward-Brown, Army Wellness Center project officer at APHC. "Over 30 years of Army injury data have identified Soldiers at the highest risk for musculoskeletal injury

are men and women with the slowest two-mile run times. These high risk Soldiers can go to the AWC to receive a fitness test that will gather their baseline endurance level, strength, and flexibility." Ward-Brown explained the AWCs can develop a training plan specific to that Soldier's current fitness level and goals to help them improve their overall fitness, and can also serve as an accountability partner to ensure the Soldier is making the appropriate progress towards their goals. There have been concerns that the ACFT could introduce new injuries, at least at first. APHC has previously described some specific injury concerns at <https://safety.army.mil/MEDIA/Risk-Management-Magazine/ArtMID/7428/ArticleID/6421/The-Army-Combat-Fitness-Test-Are-You-Prepared>. However, these concerns are being weighed with the potential reduction in injuries that may occur with a more physically fit force. To ensure the health of the force, APHC is monitoring Soldier injury rates associated with the ACFT across the Army. "As with any program in the Army, our leaders are looking at key indicators and are going to make adjustments as needed to ensure Soldiers are ready for combat," said Benedict. "Leaders should also be pro-active and monitor profile rates in your units. If you see any spikes in profile rates, investigate how your unit is training and consider making some adjustments." Benedict also

recommends taking advantage of unit or installation physical therapists as a great resource to review a Soldier's ACFT fitness plan. "Many units now have athletic trainers and strength coaches that you could consult," said Benedict. "There are a lot of online programs and videos demonstrating good techniques as well as how to train and progress for each event." One way for Soldiers to remember they are not in this alone is find a battle buddy to train with, said Benedict. "Have a leader or fellow Soldier video-tape your performance for each event," said Benedict. "If you see coordinated, smooth, efficient movement, this is a sign that your body is moving in the right direction and is able to handle the loads and weights that you are trying to move. If you see a lot of shaking or moving in many directions as you perform the event, this is a sign that you should reduce your weight or have a buddy help you or focus more on your form so that you are more efficient with your movements." These strategies will reduce the likelihood of getting injured as well as improve performance. Yeah, but what about that leg tuck? "The number one thing you can do to

improve your performance on the leg-tuck is to increase your upper body strength, followed by core strength," said Benedict. "Spend some time working on pull-up progressions. There are great progression plans on the internet for individuals who have difficulty achieving the minimum standard." Benedict thinks this is an exciting time to be a Soldier, because the new ACFT reinforces the vision of the professional Soldier-Athlete. "Professional athletes train hard and prepare their bodies for the multi-directional stressors they face in competition," said Benedict. "Soldier-Athletes should be no different. We shouldn't be overly afraid of the new fitness test just because it is new or just because it involves lifting weights. Instead, we should meet the challenge that I'm confident all Soldiers are capable of achieving."

The Army Public Health Center focuses on promoting healthy people, communities, animals and workplaces through the prevention of disease, injury and disability of Soldiers, military retirees, their families, veterans, Army civilian employees, and animals through population-based monitoring, investigations, and technical consultations.

Life: Examining quality of life and morale strains

Continued from page 1

Behavioral Health Study And Strategies

Last year, a team from the U.S. Army Public Health Center's Behavioral Health and Social Outcome Program – or BSHOP – traveled to Fort Wainwright to conduct an epidemiological consultation, or EPICON, to pinpoint why the spike in suicide deaths have occurred.

The study was initially launched in the wake of five suicide deaths from May 2018 to April 2019.

Although the research was unable to zero in on any conclusive links in the deaths, it did uncover multiple risk factors – such as physical pain, inadequate sleep, and personal relationships of Soldiers. Each of these factors are congruent with previous studies, the executive summary reported.

The research identified that 1-in-5 Soldiers feared stigmas attached to asking for help, such as being deemed "weak" by others.

The results of the study – released last fall – were delivered with several recommendations to improve morale and quality of life

for troops. Since then, several of those changes are either in place or on the way, McCarthy said.

Combat Readiness Training Facilities

Soldiers surveyed – across all ranks – advocated for leaders to revamp physical fitness options on the post. Leaders listened, and quickly implemented a 24-hour access policy, said Maj. Gen. Peter Andrysiak, U.S. Army Alaska commanding general.

Additional feedback also asked for upgraded gym equipment. Their suggestion prompted Army leaders to take action. Following the request, more than \$910,000 in new gym equipment was ordered and is expected to show up at the base's two gyms by April, officials said.

"Soldiers wanted larger facilities for physical fitness," Andrysiak said. "One of their concerns was the Army Combat Fitness Test."

Another plan on the to-do list is constructing new combat readiness training facilities to help train for the ACFT, he

said. Right now, the first two facilities are under contract and slated to begin construction in the late spring, early summer.

On top of that, sometime in April, Army Material Command is slated to distribute training facilities – similar to what is found in deployed environments – for Soldiers to do physical training in a somewhat climate-controlled environment, Andrysiak said.

In addition to working out, Soldiers asked for – and received – easier access to high-quality, nutritious, and affordable food options, Andrysiak said.

More Abundant, Healthy Food Options

"We've put investments into the dining facilities, with Wi-Fi in dining facilities and new TVs," Andrysiak said. "We put investments in getting above and beyond the rate that is allocated per Soldier, so we can get higher-quality foods into those dining facilities."

Effective Feb. 1, the basic daily food allowance – or BDFA – at Alaska installa-

tions will increase by 25 percent, with a current interim increase already in effect of 10 percent from Nov. 1, 2019, to Jan. 31, 2020.

The bulkier BFDA amount will give Alaska dining facility managers a larger budget to replenish their food inventory with increased, higher quality products at their facilities, officials said.

The change – initially requested from the Soldiers surveyed – has already sparked positive feedback from troops, Andrysiak said, including a noticeably larger presence in the dining facility.

Land Of The Midnight Sun

Nearly a third of the Soldiers surveyed mentioned they suffer from sleeplessness, and more than 40 percent of them blame their tossing and turning on Alaska's extended daylight hours in the summer.

Daylight can linger more than 21 hours in June at Fort Wainwright.

To help Soldiers get enough rest, barracks windows have been measured to receive black-out blinds by May 1, officials

said. The contracting phase is currently in progress.

The opposite is typical in the depths of winter. During this season, Soldiers only receive a handful of daylight hours. Because of this, not only is sunlight in short supply, but Vitamin D – a bone-strengthening nutrient the body absorbs from the sun's rays – is scarce, too.

To ensure the nutrient is available for its residents, the Medical Department Activity – Alaska is currently dispensing over-the-counter supplemental doses of Vitamin D, with unlimited refills, at Army pharmacies.

Additional Changes In Place, Pending

Another change is an on-call shuttle transportation system for troops, Andrysiak said, which is especially vital in the winter, when road conditions make driving difficult.

"The shuttle system gets Soldiers, not just from dining facilities, but anywhere they need to go on the installation," Andrysiak said.

In hopes to com-

bat stigmas around mental health, MED-DAC-AK formed an intensive outpatient behavioral health program and started taking referrals in December, according to officials. The first patients started receiving care earlier this month.

More initiatives planned include extended time off for Soldiers and more entertainment. Fort Wainwright also received \$240,000 to spruce up its entertainment options for troops and their families.

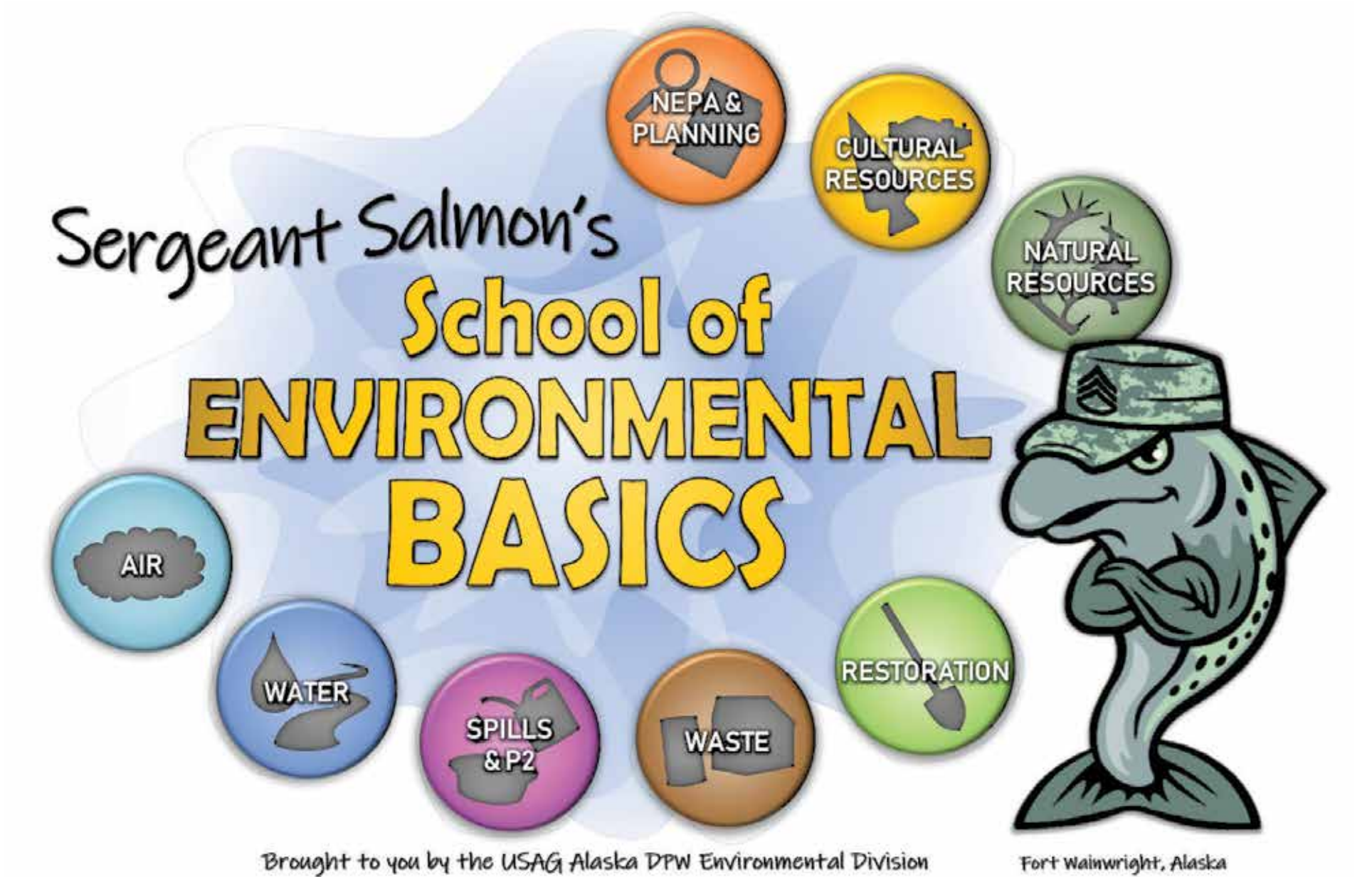
Down the road, multiple barracks are slated to be renovated, McCarthy said.

Identifying suicide warning signs "must become a part of our DNA," McCarthy said.

Suicide is "an incredibly complex problem," he said, adding preventing it "has the total focus and energy of the Army leadership."

The Military Crisis Line is available to help link those in need with trained counselors. This confidential, immediate help is available 24/7, at no cost to Regular Army, Guard, and Reserve members, their families, and friends.

To access the Military Crisis Line, call 800-273-8255, or text 838255



Welcome to Sergeant Salmon’s School of Environmental Basics! (Part 2 of 3)

Sergeant Salmon’s educational outreach campaign will tackle numerous topics related to each of the DPW Environmental Division’s eight main categories. He is always fishing for topics inquiring minds want to know about the environment, such as subject matter found in the news or of interest to the Fort Wainwright community. He hopes there will be something for every reader in each lesson, even the small fry.

For instance, did you know that everyone over 16 years of age who utilizes Fort Wainwright-managed lands for recreation needs a free Recreation Access Permit? Or that residents of Fort Wainwright can drop off partially or unused household cleaners and pick up the same for use at the Household Hazardous Waste Program... and it’s free? There is always lots to learn and Sergeant Salmon is here to help!

Learn more about the Environmental Division through its webpage or Facebook page. Anyone is welcome to call at (907) 361-9686, or stop in and visit Building 3023 Monday through Friday, 0730-1630.

Natural Resources manages forestry, wetlands, wildlife, and recreation on Fort Wainwright lands. Monitoring, research, and mapping of these resources ensure that habitats are maintained or rehabilitated.

Obtain a Recreation Access Permit to go hunting, trapping, snow machining, ATV riding, hiking, fishing, and berry picking on Army lands.

The Solid Waste Program manages municipal waste, including food waste, as well as coal ash and construction & demolition debris. This program also helps the garrison and community divert waste to reuse or recycling.

The Hazardous Waste Program manages hazardous chemicals regulated under the Resource Conservation and Recovery Act (RCRA) as they are generated, transported, and disposed of.

Household Hazardous Waste (HHW) is recycled/reused by residents on Fort Wainwright at Building 3489.

The Air Quality Program manages sources of air pollution, such as automobile & aircraft exhaust, flue gas from boilers, dust from driving on dirt roads, and handling certain chemicals like refrigerants.

In addition, the Air Quality Program is a resource for air quality concerns in Interior Alaska such as wildfire smoke and wintertime air pollution.

AutoBears Assemble: Network Operations

Chief Warrant Officer 2 Richard Budniewski Headquarters and Headquarters Company, 1st Stryker Brigade Combat Team

Fort Wainwright Network Operations Soldiers, in coordination with the Fort Wainwright Network Enterprise Center, the Regional Hub Node in Camp Arifjan, Kuwait and forward 1st Stryker Brigade Network Operations Soldiers, have envisioned, planned and are executing a network route to bridge the tactical and strategic network together. The tactical network is the internet Soldiers use

during field training exercises and use during deployments. The strategic network is the network used here on home station at Fort Wainwright. The tunnel being established between these two networks will allow leaders in a field or deployed environment full access to the same digital products leaders have access to here on Fort Wainwright. This will also enable staff on Fort Wainwright to assist in product development and manipulation for the deployed warfighters. The tunnel is a terrestrial link that has an option

to use satellite communications in the event of a fiber cut. This feat has not been accomplished in nearly a decade. With newer equipment and technology requiring additional negotiation between devices, more secure systems, and with half the brigade deployed, this is an arduous task requiring meticulous attention to detail and late-night phone calls. The Network Operations section is also coordinating to get several other satellite communications systems upgraded in preparation for upcoming missions.

Enter for a chance to Win
1 of 10 \$100 Exchange Gift Cards

x giftcard

Enter January 17 - February 17, 2020 at www.shopmyexchange.com/sweepstakes

COMMUNITY CALENDAR

Fort Wainwright Family & MWR

Weekly Events

February 1 - 8

2

Super Bowl Sunday

February 2
Party starts at Noon, Game starts at 2:30 p.m.

Spend Super Bowl Sunday at the Warrior Zone! Watch the game with friends, NFL Cheerleaders, and mascot while having the chance to win prizes! *Must be 18+ to enter the Warrior Zone and 21+ to purchase or consume alcohol.

Warrior Zone, Bldg 3205
Call 353-1087

3

Youth Sports Summer Registration

February 3 - March 31
8 a.m. - 4 p.m.

Get ready for the summer season by signing up kiddos ages 5 - 18 years old for T-ball, Baseball, Club Softball, Track & Field, & Swimming! Youth ages 3-4 can register for Weeball & Track & Field! Must have a current sports physical.

Parent Central Services, Bldg 3414
Call 353-7713

7

B.O.S.S. Installation Meeting

February 7
6 - 8 p.m.

Join us for an Installation B.O.S.S. Meeting every first and third Thursday of the month! You will have the chance to provide your input on upcoming B.O.S.S. events, voice concerns, express quality of life issues, and stay informed!

Warrior Zone, Bldg 3207
Call 353-7648, registration required

8

2 Hour Cycling: Heartbreak Hill

February 8
1:30 - 2:30 p.m.

Love and celebrate your body's amazing power with a 2-hr cycling class. Cost: \$6 or 2 punches on the punch card. Light refreshments will be served.

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

8

UFC 247: Jones vs Reyes

February 8
Main event starts at 6 p.m..

Enjoy the UFC fight and eat great food at the Warrior Zone! Cost: \$5 for Active Duty, \$10 for everyone else. Must be 18+ to enter the Warrior Zone.

Warrior Zone, Bldg 3207
Call 353-1087



QUEST FEST 20
YUKON QUEST CHEERING PARTY

*NO PETS ALLOWED

These pups have a long way to travel... 1,000 miles to be exact!

Cheer them on while enjoying other winter activities for the entire family

SATURDAY, FEBRUARY 1 • 10 A.M. - 2 P.M.
OUTDOOR RECREATION CENTER'S BOAT LAUNCH AREA

MWR ARMY OUTDOOR CENTER

Outdoor Recreation Center, (907) 361-6349
www.wainwright.armymwr.com
#WainwrightMWR #WainwrightMWR #WainwrightOOR



USAG ALASKA FAMILY AND MWR

HIRING FAIR

FEBRUARY 4, 2020
2 - 6 PM @ LAST FRONTIER COMMUNITY ACTIVITY CENTER

Join the Family and MWR team by coming to the Hiring Fair February 4!
For more information, go to www.wainwright.armymwr.com.

@WainwrightMWR #WainwrightMWR

Save the Date! Feb. 28-29

Fort Wainwright Women's Spiritual Resilience Retreat

"Peace in the Storm"

Featuring Carrie O'Toole, MA

Author, Speaker, Film Maker, Life Coach

www.carrieotoole.com

An inter-denominational
Christian event sponsored
by the Fort Wainwright
Religious Support Office



Have a home business?

Why not set up shop
at your local Exchange!

For more details on this great opportunity
contact your Exchange Service Business office
at 907-353-6054.

hilldani@aafes.com or phillipsjen@aafes.com

**We are
looking for
vendors.**



**YOUR
BUSINESS**