

ALASKA POST

FREE

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FAIRBANKS
Daily News - Miner

The Interior Military News Connection

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Fort Wainwright, Alaska

March 20, 2020

AutoBears Assemble: Arctic Edge 2020

1st Lt. Wyatt Skandera
Bravo Company, 70th Brigade Engineer Battalion

Last month, Bravo Company “Catskinners” of the 70th Brigade Engineer Battalion deployed to Fort Greely and Indian Mountain, Alaska, in order to participate in Arctic Edge.

Arctic Edge 2020 was a joint international training exercise, and is the largest joint exercise that is scheduled to occur in Alaska this year. It encompassed approximately 1,000 U.S. military personnel who worked alongside members of the Canadian Armed Forces.

In support of Arctic Edge, the Catskinners of Bravo Company executed a series of tactical scenarios, which focused on validating the brigade’s readiness to deploy, fight and win our nations wars in the Arctic.

Over the course of the week, the Catskinners deployed to Fort Greely for three days, returned to Fort Wainwright, conducted an air movement to Indian Mountain utilizing multiple CH-47 Chinook helicopters, and finally redeployed back to home station.

The force braved the



Bravo Company, 70th Brigade Engineer Battalion loads up into CH-47 Chinooks in order to head out to Indian Mountain, Alaska. (Courtesy photo)

eight-foot-deep snow of Indian Mountain, the 15 mph winds of Fort Greely and temperatures that dropped as low as -40oF while operating in support

of Arctic Edge.

The training event provided an excellent opportunity for the Catskinners to “re-blue” arctic tactics, techniques and procedures



Soldiers in Bravo Company, 70th BEB occupy their fighting position during Arctic Edge 20. (Courtesy photo)

and also gave senior leaders a chance to work with joint forces during both the planning and execution phases of the mission. Catskinners successfully

accomplished every mission thrown their way, and did so without sustaining any cold weather injuries, despite the frigid temperatures.

CID encourages vigilance to prevent COVID-19 cyber scams

U.S. Army Criminal Investigation Command

During this time of heightened awareness and protection against potential health risks associated with COVID-19, there is also an increased risk in scam methods used by cybercriminals.

The U.S. Army Criminal Investiga-

tion Command warns the Army community that some phishing campaigns prey on would-be victims’ fear, while others capitalize on the opportunity created by hot topics in the news cycle. The COVID-19 Pandemic presents cybercriminals with a way to combine both into a dangerous one-two punch.

Most recently, the Johns Hopkins University COVID-19 interactive map has been hacked by cybercriminals. The hackers are selling copies of the interactive map as a malware tool used to steal passwords and user data.

A significant number of additional coronavirus-related domains have been

registered. CID officials warn users to not open attachments or links in emails coming from such domains.

Below is a list of websites that have recently shown signs of malicious behavior detected by anti-virus software:

coronavirusstatus.space
coronavirus-map.com

blogcoronacl.canalcero.digital
coronavirus.zone
coronavirus-real-time.com
coronavirus.app
bgvfr.coronaviru-saware.xyz
coronavirusaware.

xyz
Army CID Special Agents are reminding people to be alert and suspicious and take extra steps to verify

information before agreeing to anything putting that could put one’s personal or financial information at risk.

According to CID officials, individuals should be suspicious of anyone who approaches or initiates contact regarding coronavirus;

See CYBER on page 3



Efforts in security and wellbeing

As social distancing plays an ever growing part of Fort Wainwright’s efforts to keep the military and community healthy; security staff have begun visual checks at entry control points without physically handling ID cards. As many have already noticed when entering the installation, you will be asked to present you ID, and those in your vehicle, showing as much of the identification paperwork and or ID to the security guard. You may be asked to also show the back side of the card as well. Please be patient as the process is necessary for both your physical health and physical security of Fort Wainwright. (Photo by Brian Schlumbohm, U.S. Army Garrison Alaska, Fort Wainwright Public Affairs)

WEEKEND WEATHER

Friday



Snow likely and areas of blowing snow. High: 38F.

Saturday



Snow likely. High: 35F.

Sunday



Chance of snow. High: 30F.

IN BRIEF

U.S. Army Garrison Alaska, Fort Greely Directorate of Family and Morale, Welfare and Recreation hosted its 11th Annual Latrines on Ice event as part of the 2020 Spring Fling Campaign on March 14 at Quartz Lake.

Read more on page 5

Nutrition Corner: Myth busters

Should you avoid grains when you are trying to lose weight?

Definitely not. Foods containing grains often get a bad reputation for making people gain weight, but the truth is, many grains provide great nutritional benefits.

Whole grains still contain the grain kernel- the bran, germ and endosperm, which naturally provide fiber; B vitamins like thiamin and folate, and iron. Include whole grains as part of your balanced diet to help reduce your risk of heart disease and to help prevent constipation.

Aim to make half of your grains whole grains. Some examples of whole grains to include in your diet that are both, nutritious and delicious, are rolled oats, barley, popcorn, brown rice, millet, quinoa, farro and whole wheat bread and pastas.

Refined grains have had the bran or germ removed, which results in a finer texture and improved shelf life. Unfortunately, it also removes dietary fiber, iron and B vitamins. Many times they are fortified back in to refined grain products but not always. As you increase or you replace your refined

grains with whole grains, be mindful of your portion sizes. Whole grains are naturally better for you, but there are just as many calories in them as their refined counterparts.

**Recipe Spotlight:
Farro and asparagus salad.**

Ingredients:
2 cups farro
One bunch asparagus, trimmed
1 cup cherry tomatoes, halved
½ cup chopped walnuts
¾ cup dried cranberries
½ cup chopped fresh

parsley
½ cup chopped green onions
¼ cup balsamic vinaigrette
¾ cup shaved parmesan cheese

Preparation:
Prepare farro according to package instructions
Fill a large pot with salted water and bring to a boil over high heat. Once the water is boiling, stir in the farro and return to a boil. Reduce heat to medium, then cook the farro uncovered, stirring occasionally for 20 minutes. Reduce heat to low, cover and continue

simmering until tender, about 30 more minutes. Drain and allow to cool.

Bring a large pot of lightly salted water to a boil. Add the asparagus, and cook until tender, about three minutes. Drain and immerse in ice water. Once asparagus is cold, drain and chop. Set aside.

Place farro, asparagus, tomatoes, walnuts, cranberries, parsley and green onions in a large bowl. Drizzle balsamic vinaigrette over and sprinkle about ¾ cups parmesan cheese, then toss. Top with the remaining ¼ cup parmesan cheese. Serve.

History Snapshot: WACs served in many roles at Ladd Field, 1945



Of the 628 military occupations listed in the Army, only 222 of them were deemed unsuitable for women, and even these could be subject to reconsideration in times of need. By 1943, Women's Army Corp personnel conceivably replaces more than 3 million men in non-combat roles, nearly doubling the strength of American combat forces. By 1945, the WACs were employed as anything ranging from clerks and typists to cryptographers and mechanics – even pilots, in a few rare cases.

WAC members served at Ladd Field with the Air Transport Command, and were employed in many roles, including motor pool driver, dispatcher, finance clerk, public relations assistant, printing office assistant, postal clerk, aircraft parts warehouse clerk and kitchen duty. WACs also served with the Army Airways Communication System at Ladd Field as radio operators, teletype operators and message expeditors.

(Photo courtesy Betty Etten Wiker)

FGA judges pick best science fair projects

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

The Fort Greely Adopt-A-School Program partnered with Delta Elementary School for their 4th Annual Science on Fair March 12 at the DES school gym.

With nearly 60 entries, the Fort Greely judges worked diligently identifying the best entries based on presentation and student knowledge.

"The science fair teaches so many things that can help children grow," said Delta Elementary School teacher Milt Hooton. "Standing in front of people and presenting is a high pressure situation."

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.



U.S. Army Garrison Alaska, Fort Greely operations chief Maj. Brian Grace, left, Fort Greely Police Officer lieutenant Mark Huffman, center, and Operational Support Division Alaska, Ground Based Interceptor deputy chief Maj. Paul Jacques, right, listen to a student's presentation during the Delta Elementary School 4th Annual Science Fair on March 12. (Courtesy photo)

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
Health Net: www.tricare-west.com, 1-844-8676-9378

Limited Services

In order to provide our beneficiaries with the highest quality of care, Medical Department Activity – Alaska has added 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.

Tobacco Cessation

Are you ready to quit tobacco? In the process but having trouble? Let our educators assist you in the process. Public Health holds classes weekly for beneficiaries. Call 361-4148 to register.

Slow Down

We have had several narrow escapes this past week with pedestrians almost being hit by drivers going too fast through the parking lot. We ask that staff and patients both follow the five miles per hour speed limit to ensure the safety of everyone.

Help Us Help You

Your feedback helps us to improve services. The Joint Outpatient Evaluation System is randomly mailed to beneficiaries, and emailed to active duty, after appointments. Your response assists MEDDAC-AK leadership to improve your overall experience. Look for your envelope in the mail!

Walk-In Clinic

Patients 18 and older can use the Walk-in Clinic Nurse option when needing to be seen for some illnesses. Performed in the clinic are strep throat screening, urinary tract infection screening, pregnancy testing, blood pressure monitoring, suture removal, wart removal and sexually transmitted disease checks. The clinic is open 7:30 a.m. to noon and 1 to 3:30 pm, Monday through Wednesday and Friday. Hours for Thursdays are 1 to 3:30 p.m. For more information, call 361-5833.

Fuel For Health

The Army Wellness Center is hosting a Fuel for Health class March 3 at 2 p.m. in building 4077. Nutrition plays a large role in weight management and overall health. Call 907-361-2234 to register.

49th Missile Defense Battalion maintenance team, Warrant Officer 2 Suzannie Wilkins, right, and Sgt. Vang Mong, center, listen to a student's presentation during the Delta Elementary School 4th Annual Science Fair on March 12. The Fort Greely Adopt-A-School 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. (Courtesy photo)



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

Back in college, I was something of a neatnik. I organized my textbooks by subject, time and day: Monday morning classes began on the left and progressed to the right through afternoon and evening periods, ending with my last class on Friday. My shirts all faced the same direction on their hangers, and I grouped them according to whether they had buttons or not. We won’t discuss my sock drawer. Let’s just say that I kept my dorm room so neat and tidy I was occasionally asked by the admissions office to let prospective students and their parents visit. Unsurprisingly, my fastidiousness made

me the target of a clever prank by a couple of friends. I kept a jar full of spare change - mostly pennies - in my room. One day while I was out, my friends hid pennies all over my room and then told me about it later. For months I wondered if I’d found them all. I remembered that little story earlier this week as I swept my kitchen floor again and again, finding hidden dirt each time. Repeatedly seeing debris in my dust pan after sweeping so carefully it felt like finding a hidden penny in my dorm room after thinking I’d found them all. We make tremendous efforts to tidy up our lives by “eating clean,” exercising regularly, practicing mindfulness or pursuing various spiritual disciplines. These

and similar activities aren’t bad, but neither are they enough. At the end of the day, we might wonder, did we find all the dirt? If we were to sweep our mental, emotional and spiritual floor, would the dust pan be empty? The point is not that we’re hopelessly soiled, but that God loves us anyway. Our sense of our own sin can become overwhelming at times, especially when we struggle to keep ourselves clean. It’s like constantly finding dirt on a floor we endlessly sweep. Psalm 103:7-12 paints a picture of God as compassionate, gracious and loving. I especially take comfort in verse 12: “... as far as the east is from the west, so far has he removed our transgressions from us.” In beautiful, poetic

language the psalmist reassures us that God removes our spiritual squalor to infinity. “Life is amazing. And then it’s awful. And then it’s amazing again. And in between the amazing and awful it’s ordinary and mundane and routine. Breathe in the amazing, hold on through the awful, and relax and exhale during the ordinary. That’s just living heartbreaking, soul-healing, amazing, awful, ordinary life. And it’s breathtakingly beautiful.” This quote by author L. R. Knost reminds us that life on this earth can be hard, dirty and overwhelming at times. But there can also be moments when we know that God’s love for us is as infinite as the distance God has removed our sin from us. Let us hold fast to the hope



we find in those moments. For God and Country! The Fort Greely Chapel community is open and accessible to everyone in the Delta Junction/Fort Greely community – even non-military. We are a traditional, protestant Army chapel service

meeting on Sundays at 10 a.m. with a weekly Communion observance. Interested? Please call 907-873-4397 to arrange for gate access. “Like” our chapel Facebook page by searching “Fort Greely Chapel” or use your web browser to go to <https://www.facebook.com/FGAChapel>.

Delta Junction American Legion honors state Oratorical runner-up

Chris Maestas
Post 10450

Delta Junction American Legion Post 22 honored Sierra Irvine, a Delta High School junior, for her second place finish at the state’s American Legion Oratorical competition Feb. 28 and 29 in Anchorage. Irvine received a \$2,500 college scholarship for her efforts. “I’ve always been interested in the competition, and this year I was up for the challenge,” said Irvine. “I think this is something every student should try out for.” “The American Legion Oratorical Contest exists to develop a deeper knowledge and appreciation for the U.S. Constitution among high school students,” said Post 22 commander Will Brennan. Since 1938, the program has presented participants with an academic speaking challenge that teaches important leadership qualities, the history of our nation’s laws, the ability to think and speak clearly, and an understanding of the duties, responsibilities, rights and privileges of American citizenship.



Delta Junction American Legion Post 22 members honor Sierra Irvine, a Delta High School junior, for her second place finish at the state’s American Legion Oratorical competition Feb. 28 and 29 in Anchorage. From left to right: Steve Booth, Bob Edwards, Sierra Irvine, Will Brennan and Mike Cassidy. The American Legion Oratorical Contest exists to develop deeper knowledge and appreciation for the U.S. Constitution among high school students. (Courtesy photo)

CYBER: Prevent scams

Continued from page 1

anyone not known, or with whom conversation was not initiated, who offers advice on prevention, protection or recovery – especially if they ask for money. Cybercriminals may use a variety of approaches. Below is a potential list of approaches that could be used: • Someone claims to represent the health department who emails you or comes to your door and tells you of the risks of COVID-19 and offers you vaccination or other testing. The health department will not do this. This is a dangerous scam. If this happens, call your local police department immediately. • Someone claiming to be from your bank

or an investment firm who you do not already have a relationship with, who offers investment alternatives to protect you from economic and market uncertainties. • Someone who threatens you with repercussions (arrest, prosecution, confinement) if you don’t pay a fee. • Someone claiming to be from a hospital where a loved one is being treated for the virus but is in urgent need of money before lifesaving treatments can be rendered. • Someone claiming to be your friend who is stuck in a foreign country and can’t get home unless a “virus prevention” or other outrageous sounding fee is paid.

• Unsolicited emails offering expert advice or information. They could contain malware or the links in the email could take you to a site with malware. • Someone asking for any personally identifiable information, bank account or financial information, or information about family members. • Someone claiming to be from computer support who tells you your computer is infected with corona virus and offers to repair it. (Your computer cannot be infected by corona virus.) CID officials also remind individuals to remain vigilant and take precautions against cyber scams. They also recom-

mended to always use trusted sources; avoid clicking on links in unsolicited emails, IMs, or texts; avoid opening attachments in unsolicited emails; do not reveal personal or financial information in email, IMs, or texts; and verify a charity’s authenticity before making dona-

tions. Additional information on COVID-19 – progression, transmission, symptoms, treatment – may be found at reputable websites for the Centers for Disease Control and Prevention, World Health Organization, The U.S. Department of

Health and Human Services, U.S. Food and Drug Administration, the U.S. Government’s Corona Virus website, your state, county or city health department, your local hospital, your primary care physician, the local free clinic or wherever you receive medical services.



Right: U.S. Army Garrison Alaska, Fort Greely commander, Lt. Col. Joel Johnson, recites “Green Eggs and Ham” to a small but eager crowd at the Dr. Seuss Birthday Breakfast on March 14 at the post Chapel. (Photo by U.S. Army Garrison Alaska, Fort Greely Public Affairs)



Left: The small but eager crowd of children listen to Dr. Seuss perform “Green Eggs and Ham” at the Dr. Seuss Birthday Breakfast on March 14 at the post Chapel. (Photo by U.S. Army Garrison Alaska, Fort Greely Public Affairs)

Fort Greely celebrates Dr. Seuss birthday

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

U.S. Army Garrison Alaska, Fort Greely partnered with the Imagination Library for a Dr. Seuss Birthday Breakfast on March 14 at

the post Chapel. Children were able to make crafts and enjoyed a food spread that included green eggs, ham and muffins. Dr. Seuss, portrayed by garrison commander Lt. Col. Joel Johnson, even made an entrance to recite “Green Eggs and Ham” to a small but eager crowd.

Founded by Dolly Parton in 1995, Imagination Library is a book gifting program that mails free, high quality books to children from birth until they begin school, no matter the family’s income. It has guaranteed children access to books and inspires families to read together as much as possible.

Meet the only female diver in the Army

Senior Airman Derek Seifert

At 28 years old, Stephanie Johnson, a mother of two, decided to join the U.S. Army and pursue a better life for her children. She dreamt of providing them opportunities and benefits that she never experienced growing up, she had no idea that she would be the only enlisted female diver in the Army.

Sgt. Johnson is the lead salvage diver for the 569th Engineer Dive Detachment, 53rd Engineer Battalion, 7th Transportation Brigade (Expeditionary), at Joint

Base Langley-Eustis, Virginia.

Johnson has always been interested in physical fitness and playing sports. Despite being fit, she found pull-ups to be challenging during Advanced Individual Training.

"I had always worked out and I never really struggled, but building the initial upper body [strength], for me that was a huge challenge," said Johnson. "I wasn't prepared for the level of physical training that dive school was going to take me to. Sometimes we were working out two or three times a day. I was just so tired

all the time, but I adapted."

She credits her family with giving her the motivation to continue and graduate from dive school.

"Thinking about my kids and my dad while I was in AIT gave me the motivation to keep pushing through," Johnson said. "If something was super hard and I was struggling, I would think, maybe I don't need to do this. I could go do anything else in the Army, and it would probably be easier. But then I would think, could I go home at the end of the day and tell my dad or my kids that I quit? And the answer was always 'No, absolutely not.' That's what pushed me through on my worst days."

According to Johnson, her father and children attended her graduation ceremony, and her father pinned her dive pin on her uniform; giving her a sense of pride she had never felt before.

Although Johnson is the only current female enlisted Army



U.S. Army Sgt. Stephanie Johnson, 569th Engineer Dive Detachment, 53rd Engineer Battalion, 7th Transportation Brigade (Expeditionary) lead salvage diver, performs an evaluation on dive equipment after a diving operation in Washington's Puget Sound, July 18, 2019. Army divers inspect and clean watercraft propellers and hulls, patch damaged watercraft hulls and salvage sunken equipment. (Photo by Greg Sweney)

diver, she credits the female diver who graduated before her with providing her this opportunity.

"She paved the way for me because she was the one who showed the male Soldiers that just because we're females, that doesn't mean we have to be treated any differently," Johnson

said. "We know we joined an all-male field and we kind of go in expecting that it's going to be a little bit different."

Johnson started her journey in the Army to provide a better life for her children, but has realized she has the ability to motivate and encourage young woman to pursue their

dreams.

"I hope I can show young girls that they are perfectly capable," Johnson said. "You have to put your mind to it, don't quit, try your hardest and keep a positive attitude. I hope I always demonstrate a positive attitude to my fellow Soldiers and inspire them to do the same."

We Can Do It...
and She DID
WOMEN'S HISTORY MONTH

**HONORING THE PAST,
SECURING THE FUTURE!**

1st Battalion, 52d Aviation Regiment and
The Fort Wainwright Equal Opportunity Office
welcomes all to the

2020 Women's History Month Observance

Date: 27 March 2020
Time: 1300-1430
Location: The Warrior Zone
Building 3205

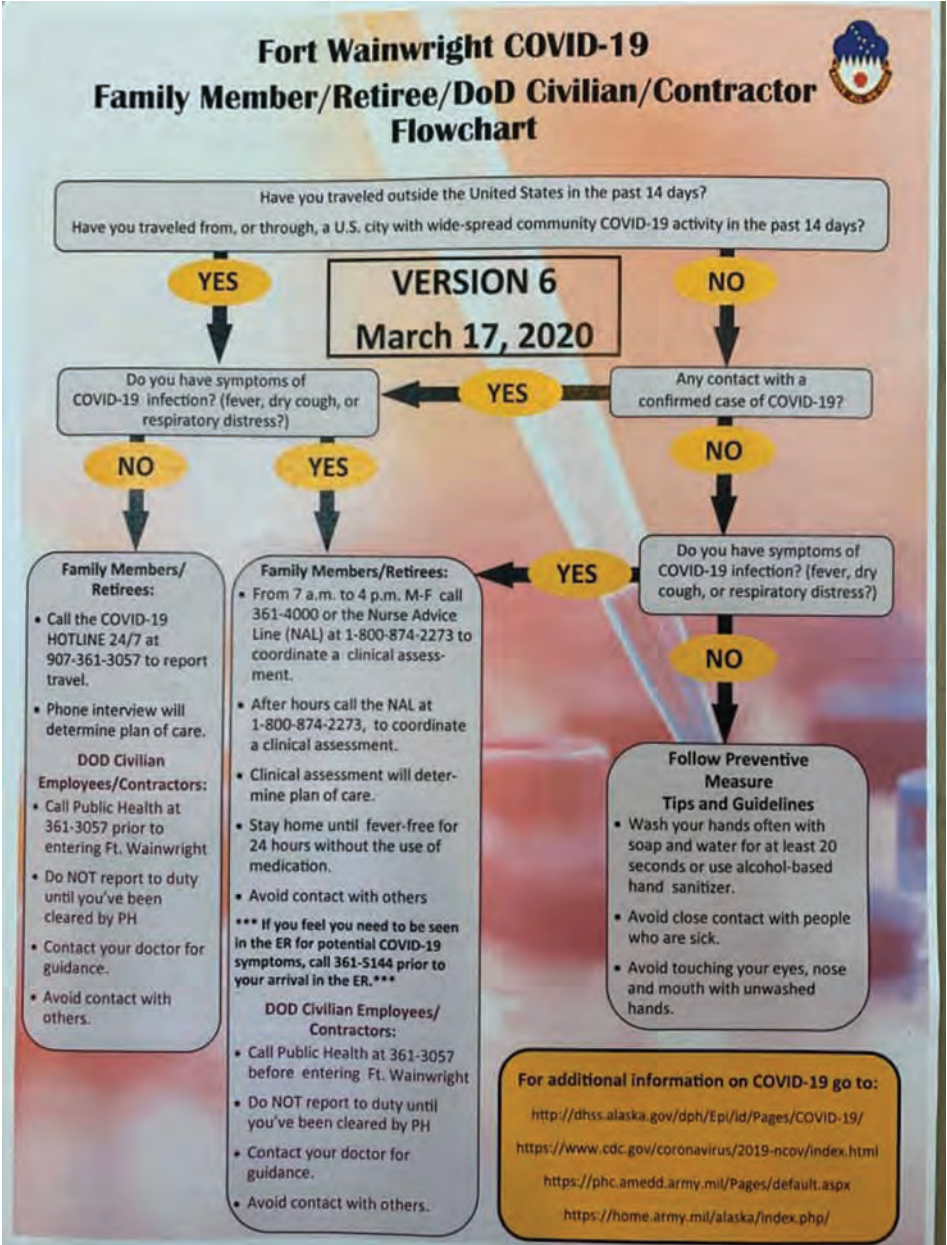
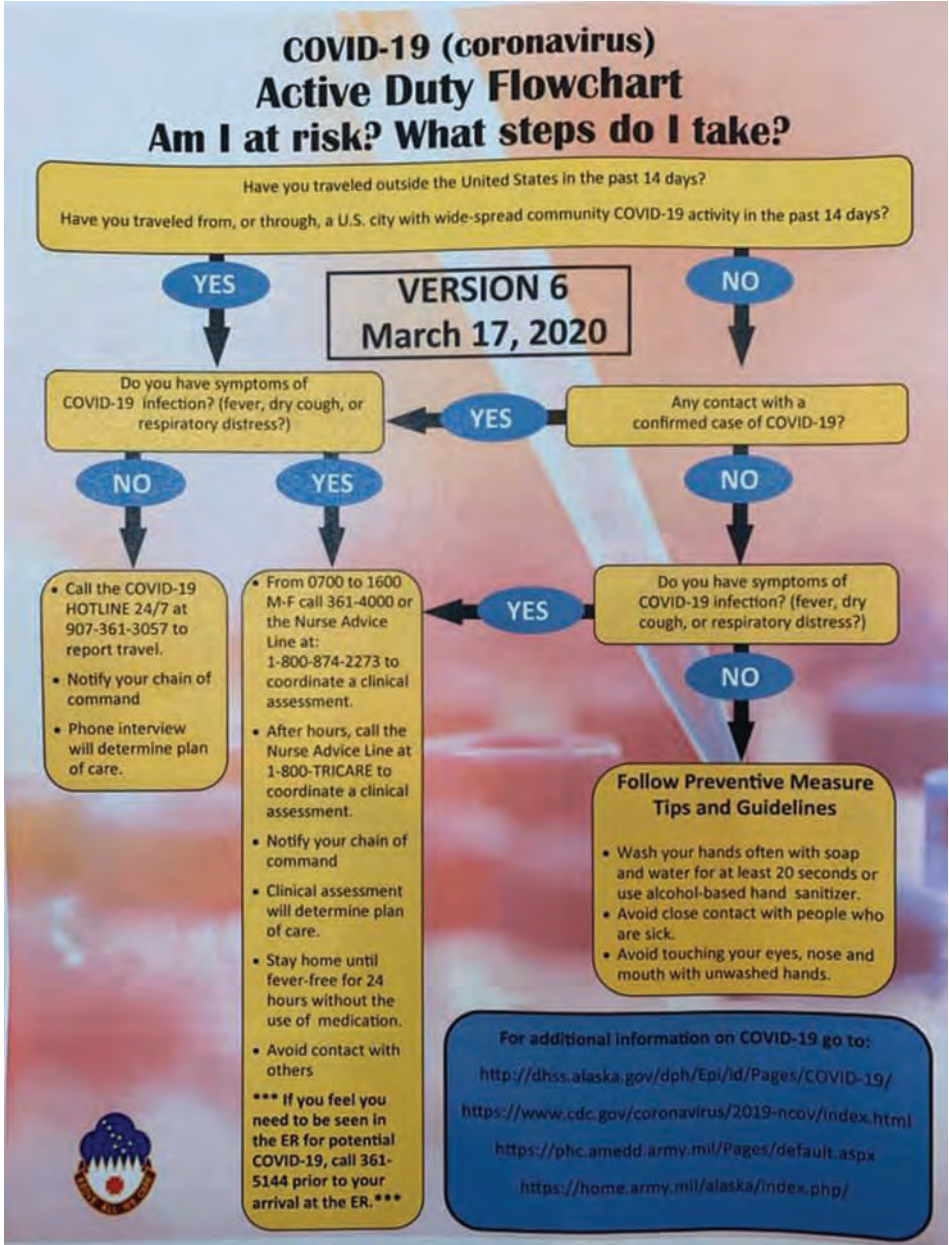
For more information, please contact

MSG Holman at 907-854-4921 or
skylar.a.holman.mil@mail.mil

SSG Kevin Swiegart 907-353-0440 or
kevin.m.swiegart.mil@mail.mil



March 20, 2020



EMS Provider of the Year

Col. Christopher Ruga, commander of U.S. Army Garrison Alaska, Fort Wainwright, presents Gordon Hill, a lead firefighter and paramedic with USAG Alaska, Fort Wainwright, with an award for the Installation Management Command Pacific's Fire Service EMS Provider for 2019. Ruga practiced social distancing as he presented the award and coin to Hill as recommended by the Centers for Disease Control and Prevention amid the COVID-19 concerns. (Photo by Daniel Nelson, U.S. Army Garrison Alaska, Fort Wainwright Public Affairs)



Latrines on Ice marks the beginning Spring Break for Fort Greely

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

U.S. Army Garrison Alaska, Fort Greely Directorate of Family and Morale, Welfare and Recreation hosted its 11th Annual Latrines on Ice event as part of the 2020 Spring Fling Campaign on March 14 at Quartz Lake. Latrines on Ice pitted six "latrine" teams against each other in a race to the finish. Coming in first was the garrison team led by Tammy Powers and Lt. Col. Joel Johnson, second place went to the Boosters from the 49th Missile Defense Battalion led by 1st Sgt. Robert Carson, and third place went to 59th Signal Battalion led by Barb Flynn. Spring Fling is an annual family-friendly event that provides an opportunity to shake off the winter blues. For more information on other Spring Fling events, check out Fort Greely DFMWR at Facebook@GreelyMWR or contact the Aurora CAC at 907-873-4782.



Two "latrine" teams race to the finish during the 11th Annual Latrines on Ice as part of the 2020 Spring Fling Campaign on March 14 at Quartz Lake. Spring Fling is an annual family-friendly event that provides an opportunity to shake off the winter blues. (Courtesy photo)

COMMUNITY CALENDAR

Fort Wainwright Family & MWR

Weekly Events

March 21 - 28

21 Birch Hill Ski & Snowboard Area OPEN
March 21 - 22
11 a.m. - 7 p.m.

Birch Hill Ski & Snowboard Area Season is extended for another weekend! Join us at Birch Hill Friday - Sunday 11 a.m. - 7 p.m. for skiing, snowboarding, and tubing fun.

Birch Hill Ski and Snowboard Area, Bldg 1171
Call 353-1994

21 Compeau Snowmachine Trip
March 28
8 a.m. - 5 p.m.

This is a one day snow machining trip in the Chena River State Recreation Area! Outdoor Recreation will provide the snow machines, helmets and transportation. Registration deadline is March 21.

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

25 Army Family Team Building
March 25
9 - 11:30 a.m.

Army Family Team Building (AFTB) is a specialized training used to build strong, knowledgeable and engaged individuals and communities.

Army Community Services, Bldg 3401
Call 353-4227

25 Adult Craft Night
March 25
5 - 7 p.m.

Enjoy a night out with friends and learn how to create an original piece of artwork!

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

28 B.O.S.S. Chena Hot Springs
April 4
8 a.m.

Relax in the calming, natural waters of Chena Hot Springs Resort. Located 1 hour outside of Fairbanks, the hot springs sits within the wilderness, at the end of a very scenic drive. Transportation and Hot Springs passes are provided by B.O.S.S. Registration deadline is March 28.

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

USAG ALASKA FAMILY AND MWR

HIRINGFAIR



MARCH 25, 2 - 6 P.M.
@ MURPHY HALL BLDG 1045 GAFFNEY ROAD

JOB OPPORTUNITIES IN THE FIELD OF

Recreation Assistants | Cooks | Lifeguards | Bartenders
| Ski Equipment Workers | Child and Youth Program Assistants & More!

ON THE SPOT INTERVIEWS!

In order to expedite the hiring process applicant should bring the following:
Resume, High School Diploma and/or Transcripts, Photo ID, and Social Security Card (original) to verify employment eligibility. It also helps to bring PCS Orders, DD214, or other supporting documents, if available.
*Allow ample time to complete additional paperwork following the interview.

FOR INFORMATION, VISIT: WAINWRIGHT.ARMYMWR.COM

 NAF Human Resources Office
Murphy Hall, 1045 Gaffney Road. (907) 353-7203
www.wainwright.armymwr.com
@WainwrightMWR @WainwrightNAFHRO #WainwrightMWR



Check out Angel Creek with ODR with this Snowmachine Trip on April 4! Go to Bldg 4050 or call (907) 361-6349 to register by the March 28 deadline. For more information, go to wainwright.armymwr.com. @WainwrightMWR #WainwrightMWR



A HAND-UP FOR SOLDIERS
IT'S WHAT WE DO.

AER is your tool in times of need. Talk to your chain of command or local AER officer if you need help.

Stand with your squad and make a small monthly gift to the Army's own charity.

Visit us online at armyemergencyrelief.org

ARMY EMERGENCY RELIEF
SOLDIERS HELPING SOLDIERS SINCE 1942

The Exchange and Unilever are awarding \$2,000 college scholarships to 10 students

Carina DeCino
Army and Air Force Exchange Service Public Affairs

The Army and Air Force Exchange Service and Unilever are recognizing excellence in community service among students in sixth through 12th grade.

From March 27 to April 30, students with a grade point average of 2.5 or higher (on a 4.0 scale) can enter the Unilever Rewards of Caring contest by submitting an essay in English detailing why their community and their involvement in community service projects are important to them.

“Members of the military community, from the oldest to the youngest, have an attitude of service,” said Fort Wainwright Exchange general manager Gloria Sylvia. “There are a lot of wonderful students at Fort Wainwright who serve the community, and we hope one of them will be among the winners of this contest.”

Students can find an entry form on www.OperationInTouch.com and should send their essay of 500 words or fewer via U.S. mail only to:

Exchange Rewards of Caring Scholarship 2020 Spring Contest
P.O. Box 7778
Melville, NY 11775-7778

Entries must be postmarked by May 1 and received by May 15. No purchase necessary to enter. Entrants must be authorized Exchange shoppers as either members of the military or as a spouse or child of military personnel.

Unilever’s Operation In Touch team will select the winners. Visit www.OperationInTouch.com for complete details.

The President’s Coronavirus Guidelines for America

THE PRESIDENT’S CORONAVIRUS GUIDELINES FOR AMERICA

15 DAYS TO SLOW THE SPREAD

Listen to and follow the directions of your **STATE AND LOCAL AUTHORITIES**.

IF YOU FEEL SICK, stay home. Do not go to work. Contact your medical provider.

IF YOUR CHILDREN ARE SICK, keep them at home. Do not send them to school. Contact your medical provider.

IF SOMEONE IN YOUR HOUSEHOLD HAS TESTED POSITIVE for the coronavirus, keep the entire household at home. Do not go to work. Do not go to school. Contact your medical provider.

IF YOU ARE AN OLDER PERSON, stay home and away from other people.

IF YOU ARE A PERSON WITH A SERIOUS UNDERLYING HEALTH CONDITION that can put you at increased risk (for example, a condition that impairs your lung or heart function or weakens your immune system), stay home and away from other people.

For more information, please visit **CORONAVIRUS.GOV**

Presidential guidance on slowing the spread of the virus. (Illustration by White House)

THE PRESIDENT’S CORONAVIRUS GUIDELINES FOR AMERICA

DO YOUR PART TO SLOW THE SPREAD OF THE CORONAVIRUS

Even if you are young, or otherwise healthy, you are at risk and your activities can increase the risk for others. It is critical that you do your part to slow the spread of the coronavirus.

Work or engage in schooling **FROM HOME** whenever possible.

IF YOU WORK IN A CRITICAL INFRASTRUCTURE INDUSTRY, as defined by the Department of Homeland Security, such as healthcare services and pharmaceutical and food supply, you have a special responsibility to maintain your normal work schedule. You and your employers should follow CDC guidance to protect your health at work.

AVOID SOCIAL GATHERINGS in groups of more than 10 people.

Avoid eating or drinking at bars, restaurants, and food courts—**USE DRIVE-THRU, PICKUP, OR DELIVERY OPTIONS.**

AVOID DISCRETIONARY TRAVEL, shopping trips, and social visits.

DO NOT VISIT nursing homes or retirement or long-term care facilities unless to provide critical assistance.

PRACTICE GOOD HYGIENE:

- Wash your hands, especially after touching any frequently used item or surface.
- Avoid touching your face.
- Sneeze or cough into a tissue, or the inside of your elbow.
- Disinfect frequently used items and surfaces as much as possible.

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School operations can accelerate the spread of the coronavirus. Governors of states with evidence of community transmission should close schools in affected and surrounding areas. Governors should close schools in communities that are near areas of community transmission, even if those areas are in neighboring states. In addition, state and local officials should close schools where coronavirus has been identified in the population associated with the school. States and localities that close schools need to address children’s needs of critical responders, as well as the nutritional needs of children.

Older people are particularly at risk from the coronavirus. All states should follow Federal guidance and halt social visits to nursing homes and retirement and long-term care facilities. In states with evidence of community transmission, bars, restaurants, food courts, gyms, and other indoor and outdoor venues where groups of people congregate should be closed.

Guidance to slow the spread of the virus. (Illustration by White House)

Army budget request targets readiness

Devon Suits
Army News Service

The Army has allocated more than 60 percent of its fiscal year 2021 budget request toward personnel readiness, operations and maintenance, with a portion of the remainder targeting key modernization priorities, said Secretary of the Army Ryan McCarthy. McCarthy and Army Chief of Staff Gen. James McConville highlighted critical aspects of the fiscal 2021 request and discussed the Army’s response to COVID-19 before the House Committee of Appropriations’ defense subcommittee March 10.

"With timely, adequate, predictable and sustained funding, we will deliver an Army that will never be outranged, outgunned or overmatched," McConville said.

Building the future

force "requires transformational change, not incremental improvements," McConville added. "Our FY21 budget request supports that transformational change. It aligns resources with the National Defense Strategy and the Army’s priorities. It also balances the demands for readiness now and allows us to invest in the future."

The Army has more than 187,000 Soldiers deployed across 140 countries, and accounts for over 60 percent of combatant commander requirements across the globe, he said. The budget request will maintain 58 brigade combat teams, 23 aviation brigades and six security force assistance brigades across the regular Army, National Guard and Army Reserve.

This year, the Army has conducted close to 20 combat training center rotations,

investing \$1 billion in prepositioned stocks, and \$1.7 billion to improve power projection infrastructure. Moving forward, the Army looks to increase its CTC rotations to 24, which will include four National Guard rotations under the new request, the general said.

Beyond the CTC rotations, large-scale exercises like Defender-Europe 20 and Defender-Pacific slated for 2021, and the implementation of new capabilities will allow the Army to stay competitive against its near-peer adversaries, McConville added.

The budget request also funds further development of multi-domain task forces in Europe and the Pacific to increase capabilities in both competition and conflict. Further, the Army is looking to fund its six modernization priorities to deliver critical sys-



Secretary of the Army Ryan D. McCarthy, and Chief of Staff of the Army Gen. James C. McConville, testify before the House Armed Services Committee, in Washington D.C., Mar. 10, 2020. (Photo by Sgt. James Harvey)

tems across the force.

"Great power competition does not have to mean great power conflict," McConville said. "A ready, modern and multi-domain Army provides the nation’s strategic leaders with flexible options to compete below the threshold of armed conflict by maximizing deterrence."

With the spread of COVID-19, the

Army’s organized response to disease stems from three lines of effort: "prevent, detect and treat," McCarthy explained. Currently, the Army’s medical research efforts have joined the larger joint initiative to help in the development of a COVID-19 vaccine and anti-viral therapy.

Detecting COVID-19 requires

test kits, which nine of the Army’s labs are validated to create, McCarthy said.

"We put in a request for more funding so we can open up our capacity to produce thousands a day," he said. In South Korea, Gen. Robert Abrams, the U.S. Forces Korea commander, is working to procure test kits off the local economy, he added.

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