

# ALASKA POST

FREE

an edition of the  
FAIRBANKS  
Daily News-Miner

The Interior Military News Connection

Vol. 11, No. 14

Fort Wainwright, Alaska

April 10, 2020

## Alaska Army Guard's 1-297th Infantry returns from Kosovo

**Sgt. Seth LaCount**  
Alaska National Guard

More than 150 members of the Alaska Army National Guard assigned to the 1st Battalion, 297th Infantry Regiment, stepped off the aircraft at Ted Stevens Anchorage International Airport April 4 and closed the book on another completed mission.

It was a luminous spring evening in Anchorage as they returned from a Kosovo peacekeeping mission. The golden Alaskan sun flickered through an eerily vacant North Terminal at the airport. More than 10 months had passed since the Soldiers tasted Alaska's fresh mountain air. They were finally home.

Due to COVID-19 pandemic safeguards, customary welcome parties were not inside to greet them. Thunderous cheers were replaced by a warm "welcome home," and "great job," by the Alaska Army Guard's top leadership as Soldiers descended stairs into the terminal.

The Soldiers arrived at a stream of green Army duffel bags flowing into the luggage claim. They eagerly waited to grab their own. A handshake was exchanged for an elbow tap and an embrace for a hand-wave. Nevertheless, the pride of a job well done and the excitement of arriving home still radiated from the faces of the Guard members as they parted the exit doors of the airport.

"I couldn't be happier and excited to see my family today, said Sgt. Justin Kompkoff, an infantryman and Anchorage native assigned to Bravo Com-



Staff Sgt. Steven Finch, an infantryman assigned to Bravo Company, 1st Battalion, 297th Infantry Regiment, Alaska Army National Guard, greets his loved ones at Ted Stevens International Airport, April 4, 2020. Finch returned from a nine-month deployment to Kosovo for a NATO peacekeeping mission. (Photo by Sgt. Seth LaCount, Alaska Army National Guard)

pany, 1-297th IN. "It's surreal. I'm so relieved this deployment is over and I look forward to a relaxing period of leave."

Soldiers local to Anchorage and surrounding areas emptied the terminal and poured into the parking lot to the find their loved ones. Fathers and mothers passionately embraced their children, friends, and family. Loving partners greeted each other with ecstatic affection.

The homecoming was dissimilar to what most U.S. Soldiers experience after deployment. COVID-19 measures caused demobilization to be cut short. Before arriving in Alaska, the Soldiers underwent mandatory quarantine for 14 days in El Paso, Texas, at

the Army's Fort Bliss after returning from Kosovo.

Many heavy hearts were lifted in Anchorage after reuniting with loved ones and experiencing the comfort of being home, but for some, the journey was not over. Soldiers from outlying areas of Alaska like Bethel, Fairbanks, Valdez and several remote villages departed the airport on commercial buses and were taken to nearby housing, to continue strict COVID-19 isolation measures before departing the following day.

On April 5, 10 of the Guard members flew to Bethel, a coastal, western Alaskan rural hub, via an Alaska Air National Guard HC-130 Combat King II aircraft from the

211th Rescue Squadron. An Army Guard UH-60 Black Hawk helicopter with the 1st Battalion, 207th Aviation Regiment, then flew the Soldiers to their isolated home villages of Aniak, Chevak, Kasigluk, Kwigillingok and Tuluksak. Every returning Soldier must follow COVID-19 precautionary measures, including an additional 14 days of quarantine in their Alaskan homes.

The Kosovo mission began in the grueling Texas heat at Fort Bliss during the 1-297th's pre-mobilization. From there, the unit departed on an 8,000-mile flight to Europe, where it would support a peacekeeping mission in Kosovo that began in June 1999.

"With Kosovo's his-

tory of ethnic conflict, it's important for the U.S. to have a visible presence to deter hostilities," said Lt. Col. Samuel Scott, 1-297th IN commander.

One of the battalion's primary tasks in Kosovo was to monitor the country's administrative border lines and ports of entry to provide freedom of movement and a safe environment for the people of Kosovo. Soldiers worked with Kosovo law enforcement to combat illegal activity like smuggling and sex trafficking.

Unit accomplishments included 56 enlisted Soldiers graduating the Army's Basic Leadership Course required for promotion to noncommissioned officer. Approximately 70 Soldiers were also promoted

in Kosovo. Physical fitness standards improved battalion-wide, reaching as high as 100 percent.

Community relations were a vital part of not only securing information, but developing relationships and helping the surrounding municipalities with local projects like building churches and food distribution.

"It was a great first deployment for me, and our guys worked very hard," said Spc. Trae Curtis, an infantryman, North Pole resident, and University of Alaska Anchorage student from Alpha Company, 1-297th. "Working with our NATO partners and building relationships with the people of Kosovo was a truly rewarding experience."

## Coronavirus cannot hold these WWII vets down

**Katie Lange**  
Defense.gov

Once a fighter, always a fighter.

That couldn't be more true for two Oregon veterans who collectively survived World War II, the Great Depression, the Spanish Flu epidemic ... and now COVID-19.

The virus has inundated U.S. hospitals and health care facilities over the past month. As of April 7, more than 374,000 cases have been diagnosed in the U.S., culminating in more than 12,000 deaths reported. And experts say it may still get worse before it gets better.

But just looking to 95-year-old Bill Kelly and 104-year-old William Lapschies can give us all hope. These World War II veterans got the virus and have

since recovered – a huge feat because the elderly with underlying health conditions have been a hard-hit age group.

We wanted to know more about their service and recoveries, so we linked up with their families to get the details.

### Navy Petty Officer 2nd Class Bill Kelly

Nowadays, 95-year-old Bill Kelly keeps himself busy with his 5-year-old and 11-month-old great-grandsons while living with his granddaughter, Rose Ayers-Etherington, and her husband, Isaac Etherington, in McMinnville, Oregon.

In mid-March, the normally spritely vet complained of having a

See VETS on page 2



World War II Navy veteran Bill Kelly and his great-grandson, Paxton Etherington, give four thumbs up after learning Kelly was medically cleared after recovering from COVID-19. Both wear protective masks as a safety measure. (Photo courtesy of Rose Ayers-Etherington)

### WEEKEND WEATHER

Friday



Snow and areas of freezing fog. High: 36F.

Saturday



Mostly sunny. High: 43F.

Sunday



Cloudy. High: 44F.

### IN BRIEF

In order to reserve N95 masks for medical personnel, Airmen from the 168th Wing, Alaska Air National Guard, are taking on the challenge to create a functional respirator mask using 3D printers.

Read more on page 6.



# 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.

# History Snapshot: The Cold Nose Boys



The Cold Weather Test Detachment was one of the first units at Ladd Field and had the mission of testing aircraft, clothing, equipment, and supplies—including food rations. Unit personnel were known as the “Cold Nose Boys” and conducted testing not only at Ladd, but elsewhere across Alaska. The diverse landscape provided

# VETS: Can’t be held down

Continued from page 1

low-grade fever. Because Etherington, a medical evacuation pilot, had recently flown potential COVID-19 patients, Kelly was tested for the virus. He received a positive diagnosis on St. Patrick’s Day. So, instead of being allowed to celebrate his Irish roots, Kelly was told to quarantine in his bedroom.

During World War II, Kelly spent about two years in the South Pacific. He joined the Navy right out of high school in 1943 and was assigned as a metalsmith to the 53rd U.S. Naval Construction Battalion. Better known as the Seabees, his unit accompanied the 3rd Marine Division and Mariana Islands. When the Marines shipped to Iwo Jima, his unit was sent to Guam.

"The idea at that time was to build Guam up like a second Pearl Harbor so we could be closer to those enemies," Kelly explained. "There we built B-29 strips and part of Marine Corps Drive."

The war ended while he was in Guam, and he was discharged soon after. Kelly said those experiences far

from home helped him get through this current isolation.

"We learned quite a bit of discipline there, so, yes, it helped a lot. I had plenty of time to rest, which I needed," he said. "I was in my little room here, and my two little great-grandsons were outside it playing. I could hear them, and that helped a lot."

Aside from constant fatigue, Kelly said his symptoms weren't too bad. His granddaughter disagreed, though. She said he's playing it down. 'He had some rough days there. We were pretty worried about him. He looked very ashen, and he tried to be tough," Ayers-Etherington said. "But we could see him slipping. He had really bad body aches. He had several nights where he just couldn't sleep because he was in so much pain. But I really think him being home here with us and the kids ... honestly made all the difference to him."

She said Kelly exemplifies America's fighting spirit. He's told her stories about remembering his dad shaving with a piece of glass during the Great Depression because that's all they had.

"He was like, 'We got through that as a community. We can do this,'" Ayers-Etherington said.

Asked if he's ready to get back to feeling young with his grandkids, Kelly said, "I'm feeling much better! Oh, yes. I'm ready to get with it again here!"

**Army Cpl. William Lapschies**

Born on April 1, 1916, William Lapschies was 2 years old when the Spanish Flu ravaged the U.S. He didn't catch it, but the illness killed at least 50 million people worldwide, including 675,000 Americans.

Twenty-five years later, in 1943, Lapschies was drafted into the Army near the end of World War II. His granddaughter, Jamie Yutzie, said he doesn't often talk about his service. What he did tell the family was that he was a heavy equipment dispatcher in the Aleutian Islands off the coast of Alaska. When the war was over, he was honorably discharged and went back to being a civilian.

After living a fulfilling life that included two daughters, eight grandchildren and many more

great-grandchildren, the 103-year-old Lapschies moved into the Edward C. Allworth Veterans' Home in Lebanon, Oregon, in 2019. To date, 18 patients have tested positive for COVID-19 at the home where there are about 140 residents. Three patients have died from the virus, but 13, including Lapschies, have recovered, according to local officials.

According to Yutzie,

doctors said the veteran was not about to have this virus take him down. His symptoms were mild, and he never developed respiratory issues, doctors said.

By April 1 – his 104th birthday – he was declared coronavirus-free. Lapschies' family helped him celebrate by bringing him balloons and a cake, which they shared with him from an appropriate dis-

tance, of course. Caregivers took him outside for the first time in weeks, keeping social distancing in mind.

Yutzie said her granddad is hard of hearing, so he doesn't say a whole lot when they ask him questions. Wearing his World War II veteran's hat during his birthday celebration, he summed up his most recent survival story perfectly: "I finally made it."

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**EDITORIAL STAFF**

**Garrison Commander**  
*Col. Christopher Ruga*

**Fort Wainwright PAO**  
*Grant Sattler*

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**Community Relations/**  
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*Brian Schlumbohm*

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# The Chaplain’s Corner

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

First, what do you know about slow-twitch muscles and fast-twitch muscles? A quick internet search of exercise science taught me that slow-twitch muscle fibers are activated first and can sustain a low amount of force for a long time. Fast-twitch muscle fibers are activated second and generate greater force over short periods of time when the amount of force required exceeds what the slow-twitch fibers provide. A long, slow endurance run engages the slow-twitch muscles more, whereas short bursts of speed engage the fast-twitch muscles. Our amazing human bodies rely on both types of muscles to survive in the world.

Second, what do you know about Just-in-Time inventory systems? Another quick internet search taught me that JIT

inventory systems are a management strategy to minimize inventory and increase efficiency. In the 1970s, Toyota pioneered JIT principles in auto manufacturing. By relying on a supply of parts and raw materials “just-in-time” to produce a car, Toyota minimized the costs associated with warehousing and maintaining a large inventory. Toyota’s suppliers provided only what was needed at just the right time in order for Toyota to produce enough cars to fulfill its current orders. The whole process was very cost-efficient and allowed Toyota to produce reliable cars at lower cost leading to greater profit margin. The keys to successful JIT inventory and production systems, however, are having reliable suppliers and no production line breakdowns. If Toyota is unable to obtain steel or rubber “just in time,” no vehicles can be manufactured.

Third, what do lessons in exercise science and economics have to do with faith? Preachers have long made comparisons between the body and faith. For example, just like a body needs exercise and good nutrition to be healthy, our faith also needs to be exercised by serving others and fed with the regular reading of scripture. So, it stands to reason that, like our bodies, a healthy faith also depends on both “slow-twitch faith” and “fast-twitch faith.” Think of slow-twitch faith as what sustains us over a lifetime and fast-twitch faith as what helps us through moments of crisis, like the present COVID-19 pandemic. Both applications of faith are essential to being resilient and staying spiritually healthy in these uncertain times.

For some, the restrictions upon our freedom of movement and ability to socialize beyond our immediate families will feel

like an interminable drag. Our fast-twitch faith has helped us sprint through these first few weeks of sensational headlines, rising casualty counts, and panic buying. But in the coming weeks and months, we will need our slow-twitch faith to help us endure the marathon of healing lives and rebuilding our economy. And the moment when we feel as though we simply cannot endure any longer, the Holy Spirit blesses us with an infusion of “just-in-time” faith. God’s supply is limitless and trustworthy. We can be certain that when our flagging faith needs a boost, God will unfailingly provide.

Celebrating Easter during a global pandemic may cause us to feel like we want to crawl back into the tomb and self-quarantine with Jesus, sealing ourselves inside behind that heavy stone. Some churches are even considering plans to postpone



Easter observances until after the pandemic has passed and the community can be together once again. While we must respect social distancing restrictions on our ability to gather for now, Easter will come regardless of our human plans to observe it or not. The stone will be rolled away, and the resurrected Jesus will not be kept in the tomb in spite of any human temptation to drag him back inside: “Where, O death, is your victo-

ry? Where, O death, is your sting? ... But thanks be to God! He gives us the victory through our Lord Jesus Christ” (1 Corinthians 15: 55, 57).

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](https://www.facebook.com/FGAChapel).

# Grenade launchers able to fire Army’s new camera drones

**Thomas Brading**  
Army News Service

Scientists from the Army Research Laboratory have designed a camera drone capable of being fired from a 40 mm grenade launcher, researchers say, on the heels of a patent filed last month.

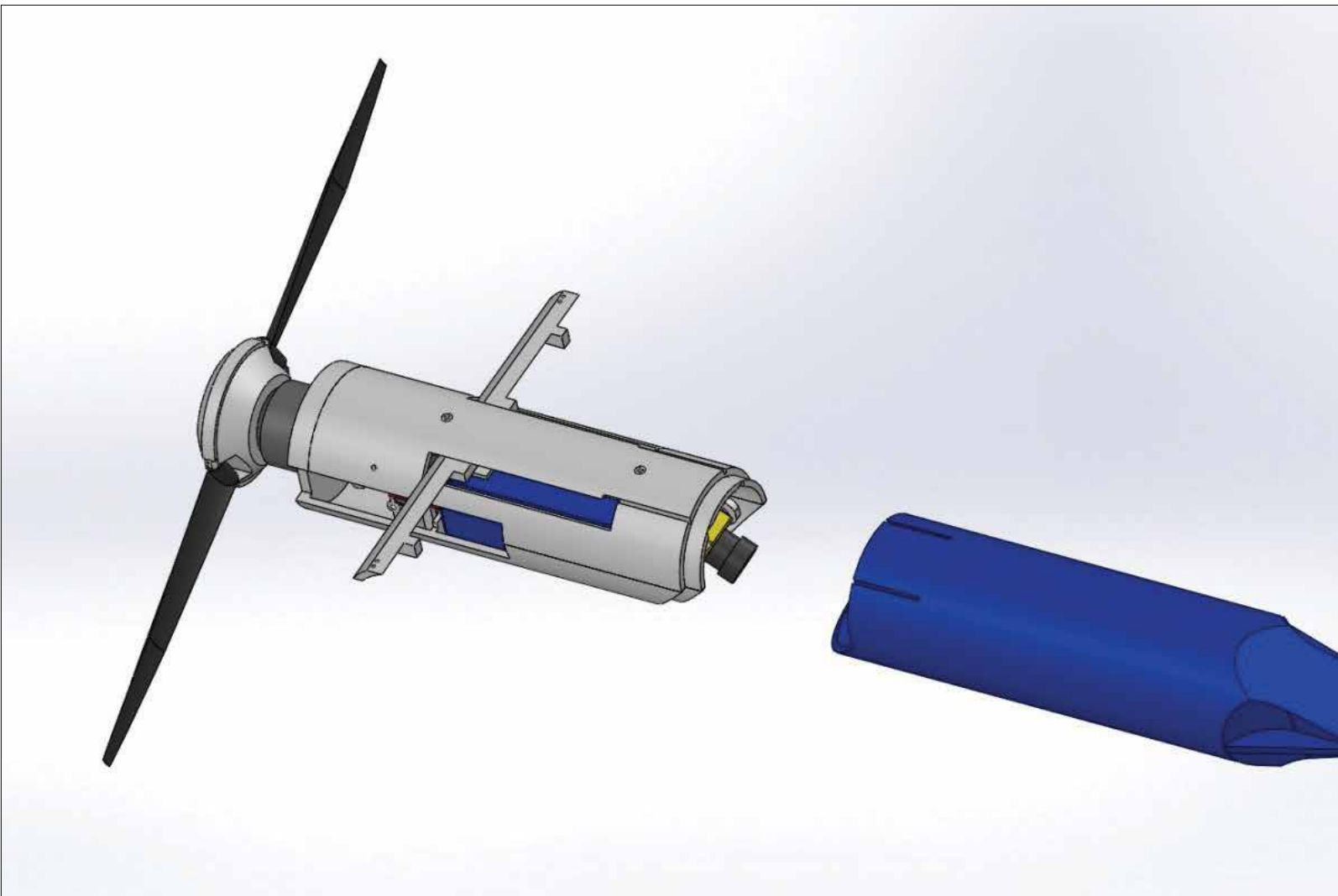
There are two variants of the Grenade Launched Unmanned Aerial System, or GLUAS, one is a small, paragliding system with folding blade propellers and Mylar paragliding wings to help it stay in the air, and the other is a helicopter-style that hovers on a gimbal set of coaxial rotors, said John Gerdes, a mechanical engineer with ARL.

The GLUAS is a small projectile, 40 millimeters in diameter, can cover a long distance with a gun-launching system. The breakthrough, he said, is with how miniaturized autonomous flight hardware has become.

The drone has a 2-kilometer range with a projected battery life that could top 90 minutes, and is capable of operating up to 2,000 feet in the air, according to researchers.

After launching, the drone spreads its wings and soars at a fixed airspeed controlled by ground troops with a joystick or handheld device. On the drone, a camera is equipped to provide a video feed to a ground station below.

“In battle, there are multiple scenarios of when Soldiers would use this technology,” Gerdes said. “How



(Graphic courtesy CCDC Army Research Laboratory)

it’s used depends on which theater they’re operating in.”

For example, on the mountain ranges of Afghanistan, if Soldiers found themselves under sniper fire, they could deploy the drone to check over the area and determine the enemy’s location.

The lightweight GLUAS drone is designed to increase Soldier lethality by giving them a bird’s eye view of the battlefield, he explained, and will easily integrate into most kits carried by Soldiers in the field.

“This device provides an autonomy and intelligence platform to help Soldiers perform useful

missions while having a lookout from hundreds of feet in the air,” Gerdes said. “This integrates modern types of intelligence.”

“[GLUAS] is aligned with Army modernization priorities,” said Hao Kang, another mechanical engineer with ARL. “We’re trying to provide capabilities to individual Soldiers. The most exciting part of this is the viability of this platform, coupled with its gun-launched deployment capabilities.”

“Things like GPS receivers and flight controllers are very feasible to install [onto the GLUAS], which makes it easy

to maintain a position or follow a ground unit,” Gerdes said. “Basically, if there is something you want to look at, but you have no idea where it is yet, that’s where the drone comes in.”

Although they’re making technological breakthroughs at ARL, the scientists aren’t working on the

same timelines as other developers, Kang said.

“We’re here to develop innovative concepts for the warfighter’s needs, which generally means we bring the size and weight down of a device, and push up the range and lethality,” Gerdes said. “At ARL, we’re typically focused

on the basic innovation and discovery aspects of research.”

ARL is part of the Combat Capabilities Development Command. As the Army’s corporate research laboratory, ARL discovers, innovates and transitions science and technology to ensure dominant strategic land power.



# Alcohol Awareness during COVID-19

**Christina Lopez-Kimble**  
U.S. Army Garrison Ansbach Army Substance Abuse Program

The U.S. Army Garrison Ansbach Army Substance Abuse Program, would like to raise public awareness on the negative impact that high-risk drinking can have on the Community, and to foster a culture that promotes responsible drinking and making healthy, low-risk, life choices. ASAP would like to especially highlight Alcohol Awareness this month for two reasons, in observance of the national campaign and the novel coronavirus.

If you were unaware, April is Alcohol Awareness Month. The National Campaign was created in April 1987, partially to support local communities by ensuring that families have the resources, information, and options available to address alcohol-related issues. Its other purpose was to combat one of the crises during that time, alcoholism.

We find ourselves in challenging and historic times once again. The new crisis we are combating, COVID-19, is front and center. Over the last few months, the eyes of the World have been focused on the coronavirus. COVID-19 has been the topic of almost every conversation throughout households, boardrooms, hospitals, and the media. During this ongoing battle, it is under-



(Courtesy illustration)

standable why many may feel stressed and anxious for themselves or their loved ones. As the number of positive cases grow so does the uncertainty and panic some may feel. It is completely natural to feel anxiety when faced with the unknown. However, reaching for a glass of alcohol can enhance your anxiety or make it more likely for problematic patterns of alcohol use to start or even continue.

Many are facing several significant challenges all at once. Lacking the understanding of the full capabilities of this virus, receiving contradictory information on television and online, accompanied

by the fear of losing your financial support can be extremely overwhelming. Some are also coping with grief from the loss of a family member, a friend, a battle buddy, a colleague, or a patient. Isolation is yet another challenge many are faced with due to the World's priority of flattening the curve and minimizing the spread of the coronavirus. The Centers for Disease Control and Prevention have advised that the best way to accomplish this is handwashing, cough etiquette, physical distancing by keeping 6 feet away from others in public, staying home, and congregating in groups no larger than 10 people (3 people

for Germany per Bavarian State Parliament General Order).

Why is alcohol awareness important during COVID-19? Is the Community consuming more alcohol? The Ansbach Community has garnered roughly \$86,000 in alcohol sales alone over the last 40 plus days. During this time, it is important to recognize these challenges that you may face in order to avoid using alcohol to self-medicate, potentially increasing certain COVID-19 related risks. According to Alcohol Research: Current Reviews (2015), a number of studies have shown how excessive alcohol use can weaken your immune system and

make you more susceptible to pneumonia, acute respiratory stress syndromes, and sepsis. In fact, acute binge drinking can also compromise your immune system. Practicing low-risk and responsible drinking is especially important during the COVID-19 pandemic. In times like these, the body needs to function at its highest levels in order to fight off the symptoms and decrease the potential harm of COVID-19.

If you recognize that you may need some help with coping strategies, please seek support. Stay connected. Connecting with others takes the pressure off and helps us through challenging times. Make connecting with others a priority- You'll realize that you are not alone. Talk to an older relative, a peer from work, a mentor, or a friend. It can be reassuring to hear about the methods others are using to cope that does not involve alcohol use. If you need additional support, please contact your community resources like the Employee Assistance Program, Behavioral Health/Substance Use Disorder Clinical Care, On-call Chaplain, Military Family Life Consultants and the National Suicide Prevention Lifeline.

As the Secretary of Defense said,

"We will get through this together, and we will emerge stronger and more resilient than ever before."

"The Best Hometown in Europe!"

## Army looks to keep critical modernization programs on schedule

**Devon Suits**  
Army News Service

The Army is working closely with industry partners to fulfill critical modernization programs on time, all while reviewing procedures to mitigate future delays amid the COVID-19 pandemic, the service's acquisition chief said Friday.

"In general, we are still close to being on track," said Bruce Jette, assistant secretary of the Army for acquisition, logistics and technology, or ASA (ALT). "It doesn't mean that individual issues have not arisen, but at this point, we think ... that we can resolve any of the challenges."

Given the current environment and its impact on all operations, the Army's No. 1 priority is to ensure the health and safety of those in industry and across the force, Jette said.

Industrial base refers to the varying levels of work by Army partners, which are critical to the design, production, delivery, and maintenance of future or current systems, subsystems, and components, officials said.

On a daily basis, Jette and Gen. John



Army Futures Command demonstrates the Integrated Visual Augmentation System on Nov. 6, 2019. The Army is working closely with industry partners to fulfill critical modernization programs on time, all while reviewing procedures to mitigate future delays amid the COVID-19 pandemic. (Photo by Luke Allen)

Murray, Army Futures Command's top officer, track more than 800 acquisition, logistics, and technology-related programs and nearly 35 key modernization priorities, respectively. The Army's acquisition and modernization processes will be anecdotally similar to Soldiers running in

formation, Jette said.

"Sometimes, as you run up and down hills, you get this accordion motion," Jette said. "We are trying to move forward, and we are held up a bit, but we will begin to spread out again. There will probably be some people who can't quite keep up as we try to spread out, and we will work with them separately on the side."

Increased transparency from industry partners, includ-

ing the different challenges they face, have been helpful during the process, Murray said. In turn, the Army can project timelines out to the 30, 60, and 90-day marks, and track daily changes to meet the force's expected outcomes.

To find success, the force must look at various courses of action and find alternatives, Murray said. At the moment, for example, the Army has no plans to delay the Integrated

Visual Augmentation System, or IVAS, evaluation processes in July.

However, Microsoft is currently on a telework-only operating status, and many of its sub-suppliers could be impacted by the virus, which will result in an interruption to the program, Murray explained. Further, COVID-19 would also affect the Soldier touchpoint process, which must be completed before fielding the new system.

"I'm not giving up on any of our timelines right now until we work through mitigation strategies and prove they are not viable," Murray said.

"We do not control this timeline, so we are adjusting ... to keep everything on track," he added. "Industry partners are still bending metal, and we are still getting work done across the entire organization ... (focusing) on the most critical things to deliver the capabilities we need."



# Being healthy while at home

**Karla Kelly**  
Health Education Specialist, Fort Wainwright Army Wellness Center

For ideal health, it is essential to remain physically active and have proper nutrition, even during this time of uncertainty. The idea of staying active and not repeatedly going back to the pantry for snacking may seem overwhelming, but the Fort Wainwright Army Wellness Center is here to help.

Not going to the gym may make things a little more difficult, but with a little creativity, there are ways to be active at home. NO weights? No problem. Try using other items such as milk or water jugs, laundry detergent or even produce such as a cantaloupe. Incorporating body weight exercises into a daily home routine can also provide a good workout. Try pushups, burpees, dips, squats and stairs for an at home workout.

Technology can also be a helpful tool with a wide variety of free online fitness classes available.

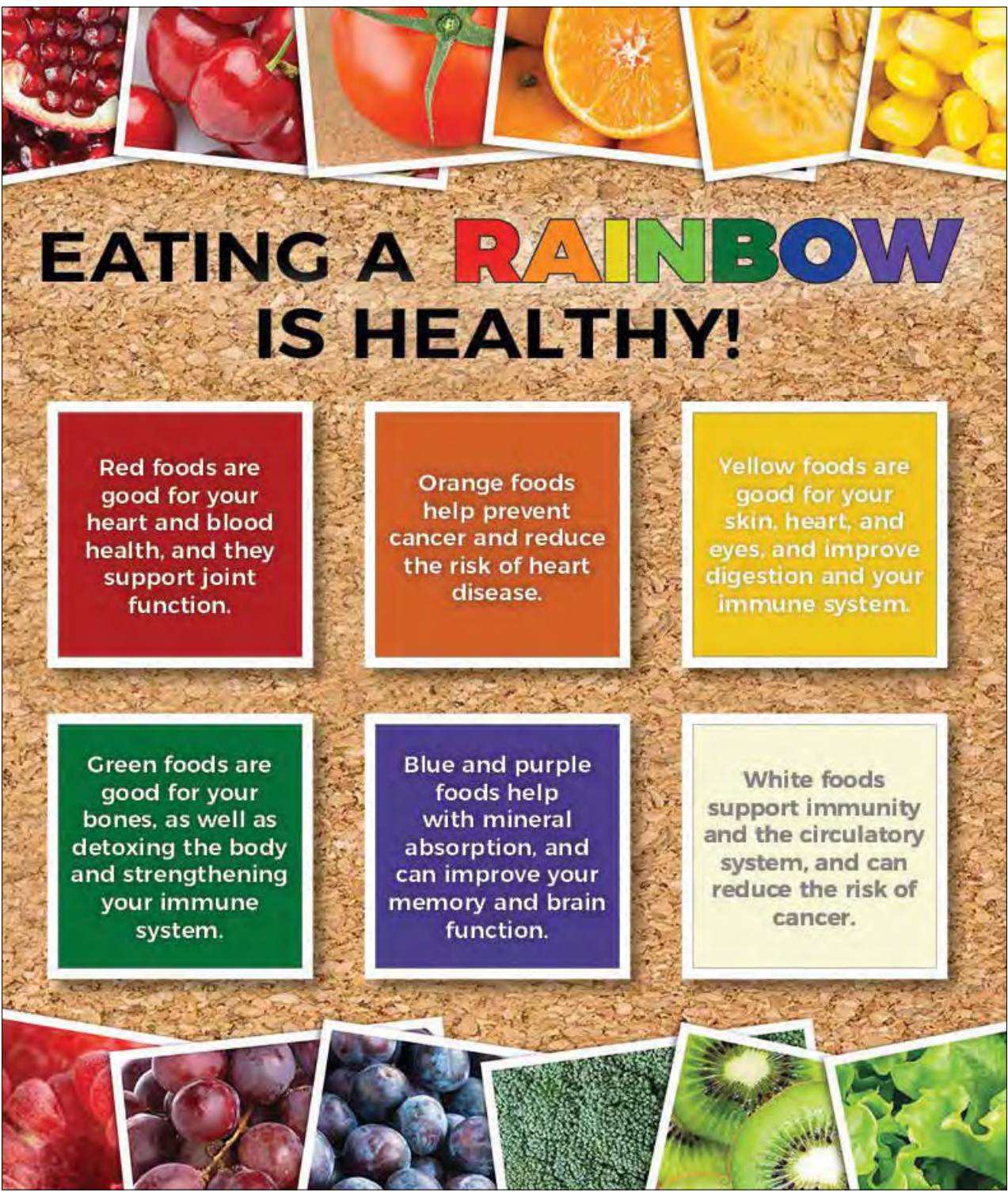
Another way to incorporate activity at home is by doing housework with high energy. Basic exercise moves like lunges while sweeping and squats while picking things up can really increase activity. Do not forget to stretch! Perform stretches by doing yoga, toe touches or using a chair or wall to stretch arms

and legs.

Being active has more benefits than just maintaining a healthy weight. Activity helps to raise resting metabolic rate, improves circulation and boost energy.

The American College of Sports Medicine recommends healthy adults to complete at least 150 minutes of moderate or 75 minutes of vigorous intensity aerobic exercise per week. Additionally they recommend two to three days of muscle strengthening activities or resistance training involving all major muscle groups and two to three days of flexibility training for each major muscle group.

Snacking can easily become an issue when home for extended periods. Instead of a bag of chips, reach for healthy snacks made from whole foods such as carrots and hummus, dates and peanut butter (tastes surprisingly like Reese’s cups), apple or other fruit chips instead of potato chips, celery and peanut butter, lightly seasoned cucumber spears or a piece of fruit. Frozen fruits and vegetables are great options too, especially when fresh foods are scarce, as they still contain an abundance of nutrients and last longer. Resist the temptation to buy highly processed foods or high in sodium, fat, sugar and calories. If they are in the pan-



try, place them out of reach on a higher shelf or out of view so they are not easily accessible.

To meet the recommended three to five servings of vegetables a day, try adding more veggies to meals, like

peas, broccoli or spinach added to pasta. Some healthy shelf stable items include seeds, legumes, nuts and whole grains such as whole grain pasta, wheat, brown rice, millet and oats.

Thirsty? Cut out

unnecessary calories and sugars by choosing a tall glass of water instead of soda, energy drinks or alcohol.

Active duty, family members, retirees and DOD civilians are can call the Army

Wellness center at 907-361-2234 to book a one-on-one health coaching session over the phone. These sessions, created by AWC health educators, are designed to increase accountability and fine tune goals.

# CID warns of increase in COVID-19 related fraud, scams

**Criminal Investigation Command**

The U.S. Army Criminal Investigation Command continues its commitment to ensuring the health and safety of the Army family and recommends being suspicious of anyone offering unsolicited advice on prevention, protection or recovery during the COVID-19 pandemic.

Opportunistic scammers continue to find creative ways to obtain and use someone’s personal and financial information. From fake stimulus checks to Medicare fraud, cybercriminals will undertake extreme measures to separate individuals from their money.

“With the passing of the nearly \$2 trillion dollar stimulus bill, cybercriminals around the world are already looking at ways to exploit it,” said Edward Labarge, director of CID’s Major Cybercrime Unit.

“During tax season, we see a massive uptick in the amount of tax-related

fraud schemes. With the new stimulus bill, we might see a massive uptick in the amount of stimulus and debt relief scams circulating on the internet.”

CID officials remind the Army community that stimulus checks will come directly from the Internal Revenue Service, and service members should deal only with the IRS. Reliable COVID-19 stimulus information is available on the IRS website.

Labarge encourages people to “ignore all phone calls, emails, and text messages of anyone asking you for personal information to receive stimulus aid.” The U.S. government will not ask you for your private information. If you believe you’ve been a victim of a scam, contact your nearest CID office.

**Known Types of Scams**

**Medical supply/treatment scams:**

Currently, there are no FDA-approved home test

kits. Ignore social media or other online offers for home test kits or vaccinations to treat or prevent COVID-19. Visit the Federal Drug Administration website to learn more. Be cautious when ordering Personal Protective Equipment, such as masks, gloves, hand sanitizer or other medical or health equipment that is in high demand. Scammers will pitch products through fake stores online and utilizing social media to lure purchases of these items to steal your money and not deliver items promised. Scammers will also offer fake cures, vaccines or COVID-19 test kits.

**Imposter scams:**

Don’t respond to texts, emails or phone calls requesting personal, banking or health information. Scammers are also contacting people by phone and email, pretending to be doctors, hospitals that have treated a friend or relative for COVID-19, or claiming before treatment can be given that payment must be

made. These calls typically try to create panic and rush decision making. Pressure tactics include threats of repercussions if not paid immediately. Legitimate agencies will not resort to these tactics.

**Charity scams:**

During challenging times, scammers know that people want to help others less fortunate and will exploit this generosity by soliciting donations for individuals, groups or areas affected by COVID-19.

**Stimulus check fraud:**

With the recent approval of stimulus checks, scammers will be especially creative in obtaining personal and banking information through the use of imposter schemes, robocalls, emails or texts requesting information to “ensure” payment is received on time. The stimulus check will be a one-time direct payment delivered by the IRS to individual taxpayers mainly through direct deposit based on information in the previous year’s tax return.

There is no need to sign up and no one from the IRS will call or email you to confirm personal or bank information.

**COVID-19 phishing attempts:**

The Criminal Investigation Command’s Major Cybercrime Unit continues to warn the Army community of ongoing COVID-19 themed attacks impersonating legitimate organizations with the end goal of stealing information and delivering malware.

Labarge said the Major Cybercrime Unit continues to “aggressively pursue cybercriminals both domestic and abroad who target our Soldiers and their families in their online campaigns.”

For more information about computer security, other computer-related scams, and to review previous cybercrime alert notices and cyber-crime prevention flyers, visit the Army CID MCU website here. To report a crime directly to Army CID, visit cid.army.mil.



# 168th Airmen use 3D printer to create masks

**Senior Airman Shannon Chace**  
168th Wing Public Affairs

In order to reserve N95 masks for medical personnel, Airmen from the 168th Wing, Alaska Air National Guard, are taking on the challenge to create a functional respirator mask using 3D printers.

The recent low availability of the N95 mask has been a concern expressed by professionals on the front lines of combating the COVID-19 virus.

Although the N95 mask is commonly used in health care as personal protective equipment, it is used in a variety of other career fields, as well.

"Some of our jobs demand PPE-like masks, but we're trying not to use them," said Lt. Col. Jennifer Casillo, commander of the 168th Maintenance Group. "We've sent a list to medical letting them know what we have in our current work sections."

Senior Master Sgt. Ray Allen, the production superintendent for the 168th Aircraft Maintenance Squadron, said he enjoys looking for creative solutions to problems and is excited to potentially help fill a need.



Working with a team of Airmen, he began looking at online forums for a respirator mask design. This turned up several options, not all of which were effective.

"There's a lot of stuff out there right now," Allen

said. "We've tried different designs, experiments have failed."

His team decided on a design called the Montana Mask, which is designed to be reusable and uses less of the filter material N95 masks are made from.

Senior Master Sgt. Ray Allen, 168th Aircraft Maintenance Squadron production superintendent, tests the fit of a 3D printed Montana Mask April 1, 2020, at the 168th Maintenance Group hangar on Eielson Air Force Base, Alaska. Allen was the team lead for a project to create functional respirator masks for non-medical 168th Wing Airmen. (Photo by Senior Airman Shannon Chace)

The creation of the Montana Mask was initiated by Dusty Richardson, a neurosurgeon in Billings, Montana. Due to COVID-19, he became concerned with a shortage of masks available for medical staff. The 3D print design can be found at [makethemasks.com](http://makethemasks.com) and is free for anyone to download and use.

Although not yet approved by any state or federal regulating institute, early testing shows the mask to be effective if fitted properly. Because the body of the mask is made of plastic, this makes the mask reusable and can extend the current supply of mask material available.

"With this you can wash and sterilize it, and then just add another paper filter that's smaller than the mask so you get more uses," Allen said. "Because you can keep this mask clean, your filter material will last longer."

The 3D print design creates the hard body of the mask, but there are still other components needed to make it functional,

such as straps to hold it in place.

One of the common concerns expressed by professionals who are required to wear masks is the discomfort caused by straps that are held in place behind their ears. With their design selected and several prototypes printed, the 168th Wing Airmen are now working to develop a piece that would enable the straps for the mask to be adjustable and distribute tension.

"We're getting creative to find the components we need to make an effective mask," Allen said.

The masks currently being made will be used by non-medical 168th Airmen who need them in their line of duty. During this challenging time, Airmen from the 168th Wing are showing that anyone can step up to fill a need.

"The best ideas come from all ranks," Casillo said. "If we have an open door where ideas can come forward, the most unsuspecting people will all of a sudden come up with a solution to a problem."

# U.S. Army issues guidance for the use of cloth face coverings

**Army Public Affairs**

To mitigate the spread of COVID-19, the U.S. Army is implementing Department of Defense guidance on the use of cloth face coverings. Soldiers, family members, Army civilian employees and contractors should follow Centers for Disease Control guidelines on the use of cloth face coverings in public settings or where other social distancing measures are difficult to maintain.

Soldiers are authorized to wear the neck gaiter and other cloth items, such as bandanas and scarves, as face coverings. Soldiers should not, however, fashion face coverings from Army Combat Uniforms or other materials that have been chemically-treated. Personal protective equipment, such as N95 respirators or surgical masks, must be reserved for use in medical settings.

Force health protection is the Army's top priority. Army senior leaders are urging everyone to adhere to the latest CDC guidelines to prevent the spread of the virus, including practicing rigorous protocols for personal hygiene, staying home when sick and implementing social distancing techniques.



(Courtesy photo)



# Army Public Health Center experts offer tips for staying at home without feeling isolated

Douglas Holl

Following mandated stay-at-home and social distancing rules during the COVID-19 crisis is creating unique challenges for many individuals who are managing work, family and personal needs while still trying to stay healthy and not stress out or get too stir crazy. Health and nutrition experts at the Army Public Health Center have a number of recommendations to help keep you and your family on track.

Lt. Col. Leslie Roberson, a clinical psychologist and APHC behavioral health specialist, recognizes the challenges.

“Our family is spending more time together than usual due to COVID-19,” said Roberson. “Being together in close quarters can be challenging. Did I mention we are also sharing the internet with four teenagers and the internet is required for telework?”

Roberson recommends discussing daily work plans, especially when online meetings are occurring, so others in the household know when they need to be quiet.

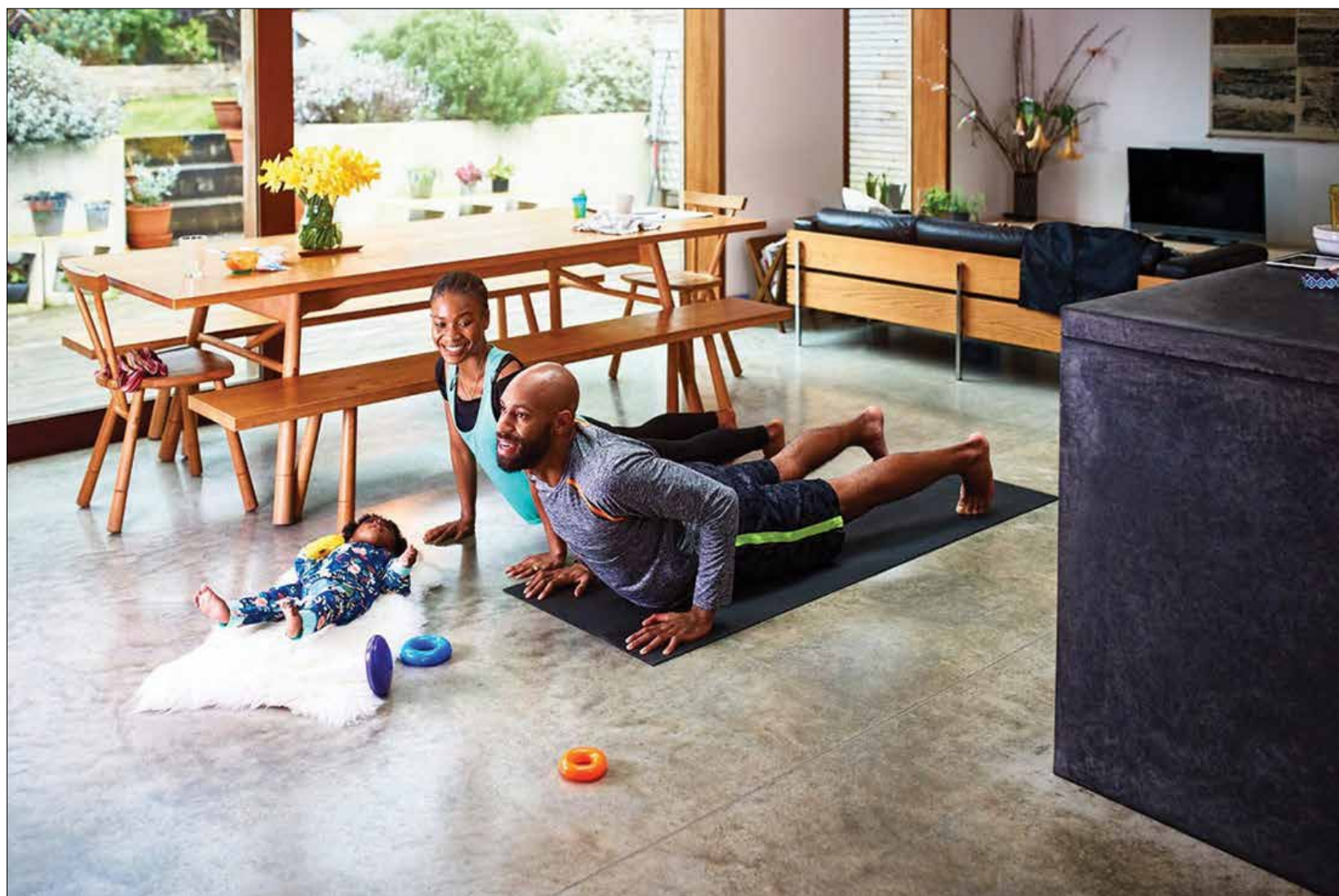
“We have a freshman in the home and both my husband and I are teleworking,” said Sgt. 1st Class Sue Ellen Brown, the non-commissioned officer in charge of Pregnancy Postpartum Physical Training for Joint Base Lewis-McChord, Washington. “A good strategy that has worked for us is to maintain a schedule and enforcing our timelines for workout, personal hygiene, lunch, break, and also balancing when our dog Elle wants attention and love.

Sgt. 1st Class Jonathan K. Settle, APHC Health Promotion and Wellness Directorate NCOIC, is adapting well to telework.

“Teleworking has made it possible to spend more time with the family. I am able to pause for short moments to regroup,” said Settle. “I still work the required hours but am able to space my time out through the day leading to a better quality of life.”

APHC experts say another strategy for maintaining good general health and managing stress while working from home is to maintain physical fitness levels. Personal physical training should include a balance of cardiorespiratory (endurance) exercise and resistance training. And you don’t need a gym to get it done. For example, the Army physical readiness training app also provides two weeks of PRT sessions that can be done with or without equipment. These resources can be found on the ACFT website at <https://www.army.mil/acft/>.

“Each morning before work begins, I try to incorporate walking the family dogs 15 minutes, and I also try and spend 15 minutes walking the dogs during lunch,” said Roberson. “I use a fitness tracker daily to monitor steps I’ve taken



Army Public Health Center experts recommend maintaining physical fitness levels while working from home as a strategy for maintaining good general health and managing stress. (Photo courtesy Getty Images)

to make me be accountable. If I have less than 10,000 steps a day, I try not to go to bed until that goal has been met.”

The Centers for Disease Control and Prevention guidelines recommend that adults engage in 150 minutes per week of moderate activity (i.e. brisk walking, bike riding 10 to 12 mph) or 75 minutes of vigorous activity per week (jogging at 6 mph or biking at 14 to 16 mph) or a combination of both.

These workouts can also be conducted while following recommended social distancing guidelines, according to APHC experts. Cardiorespiratory training can be performed indoors on a treadmill, stationary bike, or stairs, or outside by going on a walk, run, or bike around the neighborhood. Large empty parking lots at a neighborhood school, church or shopping center may allow one to walk/run without any close contact with others. Make sure to maintain social distancing (at least 6 feet) at all times. If walking or running on trails, try to go during times when it is less crowded.

Brown also has a good workout routine.

“We are working out in the mornings with our teenagers; which relieves a lot of stress,” said Brown. “I also workout on Fridays with our P3T Soldiers via Facebook live, which has been a learning experience within itself.”

Another critical part of staying healthy is good nutrition, which is one leg of the Army Performance Triad of sleep, activity and nutrition. Staying healthy during “stay-at-home” requirements involve three key considerations: Eating a rainbow of eight servings of fruits and vegetables, eat a balanced plate, and hydrate with water throughout the day.

“We have made a conscious effort not to buy junk food and only keep healthy or semi-healthy food at the house,” said Brown. “We’re also cooking food at home to keep it

healthy and attempting not to order out.”

The Army P3 nutrition webpage offers more ideas for creating the rainbow.

“The best thing to boost your immune system is to regularly eat a variety of foods with a focus on fruits and vegetables,” said Joanna Reagan, APHC registered dietitian. “Fruits and vegetables are extremely beneficial in disease prevention, making them nutritional powerhouses.”

Settle says he avoids stress eating by keeping healthy snacks around the house.

“We’ve never had many snacks in the house and when we do have snacks they usually consist of frozen grapes and chips,” said Settle. “When eating chips no one is allowed to eat out of the bag. All snacks are served in bowls to avoid eating the entire bag at one sitting.”

Eating a balanced plate is good for your immune system, said Reagan. She recommends focusing on nutrient rich foods while eating three balanced meals a day with healthy snacks. Key nutrients to help with immunity include Zinc, Vitamin C, Vitamin D, probiotic-rich foods, and omega 3-rich foods. Check out this P3 web page on supporting your immune system.

Staying hydrated throughout the day can also help boost immunity. This is also pretty easy to do when hydrating is as easy as a trip to the fridge.

“Set a reoccurring alarm on your phone to remind you to drink water at regular intervals,” said Reagan. “Add lemon or lime slices and fresh fruit to increase flavor.”

The last pillar of P3 is sleep. This can be especially challenging during this stressful time, but it’s important for a fit body and mind. Sleep experts recommend seven or more hours of sleep a night.

“Skimping on sleep could adversely affect your immune system, leaving you susceptible to illness, while sleeping

longer may help you resist infections” said Dr. Sara Alger, a sleep research scientist in the Center for Military Psychiatry and Neuroscience at the Walter Reed Army Institute of Research. “Additionally, your brain and body require sleep to process what you have learned and experienced during the day and to aid post-workout muscle recovery. Also, getting a good night’s sleep helps with emotion regulation, which is important during this stressful time.”

Alger recommends setting a consistent bed and wake time and avoiding caffeine at least six hours before going to bed.

The final challenge of mandatory stay-at-home orders is in the name – social distancing. Plus, you’re stuck in your house alone, with family or maybe a roommate. How do you keep it fun and also stay connected with friends and family, whether across the country or a few miles away?

“I keep telling myself to stay in some type of shape mentally and physically because this will not last forever,” said Brown. “For my mental/spiritual state we are still attending church via Facebook Live, working out and keeping a routine at home. I also have personal time and family time.”

The internet makes it easier to stay connected, said Dr. Anna Courie, an APHC nurse and project officer.

“We maintain social connections by talking to friends on Facebook,” said Roberson. “We also make sure we call family and close friends weekly. For the upcoming Easter Holiday, we will FaceTime or Skype with family located in other states to wish them a happy holiday.”

Courie is also a big advocate for military families taking control of their needs and accessing those resources available in their communities.

“Army communities have a ton of resources available to support military families during

difficult times,” said Courie. “You can access those resources via the Army Community Resource Guide.”

All Army families can download the CRG app via the iTunes/Google Play stores or access it at <https://crg.amedd.army.mil>.

Another resource promoting and sustaining healthy lifestyles during this time is the Army Wellness Center. AWCs offer a crucial link for health resources to the broader Army community. Local AWCs are providing a variety of services in an online format to continue their support of the health and wellbeing of active-duty service members, adult family members, retirees, and Department of the Army civilians. Services are free and this web page lists all AWC locations.

Settle says he likes

doing puzzles with his daughter, playing card games, taking daily walks outside and listening to podcasts while doing mundane household chores.

“I lead a very boring and simple life but it makes me happy,” said Settle.

For more tips and strategies and maintaining your distance, but also your health, check out the Performance Triad Trending Topics page.

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.