

# ALASKA POST FREE

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**DAILY NEWS - MINER**

The Interior Military News Connection

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## COVID-19 response; beyond medical preparedness

**Brandy Ostanik-Thornton**  
Medical Department Activity – Alaska Public Affairs

Preparing for COVID-19 at Medical Department Activity-Alaska requires trained medical personnel to care for patients. To treat those patients safely while protecting staff and other patients, it also requires facility changes and logistical support.

The initial focus for the facilities staff was setting up a tent outside the Bassett Army Community Hospital emergency room entrance to keep potential COVID-19 patients isolated while being screened.

“This turned out to be a real team building experience,” said Tim Steele, deputy chief, facilities management branch for MEDDAC-AK. “We had five brand new team members and with a deadline fast approaching we found ourselves putting the tent up in the middle of a snowstorm with 35 miles an hour winds.”

With the screening tent up and operational, the team installed high efficiency particulate air, or HEPA filters and converted three rooms on the multi-service unit to negative pressure. This modification allows air to filter into the room but not escape, preventing airborne contagious diseases such as COVID-19 from contaminating other parts of the unit. These three additional rooms brought the total of negative pressure rooms in the facility to nine.

Also on the MSU, the team built temporary walls to provide an extra layer of safety for staff members working the unit.

“The tent and the MSU project pushed us out of our comfort zone,” said Steele. “There was a lot of research and collaboration with infection control, industrial hygiene and public



A temporary wall was constructed on the Bassett Army Community Hospital multi-service unit in preparation for COVID-19 patients. The wall, cordoning off the MSU nursing station and a hallway, provides an extra layer of protection for staff on the unit. (Photo by Brandy Ostanik, Medical Department Activity – Alaska Public Affairs)



A ‘sneeze guard’ provides a barrier between patients and staff in the pharmacy. The plexiglass guards, installed by Medical Department Activity – Alaska facilities team in response to COVID-19, are located in each check-in window within MEDDAC-AK facilities. (Photo by Brandy Ostanik, MEDDAC-AK Public Affairs)



A pallet of surgical masks at the Installation Medical Supply Activity warehouse await distribution to Medical Department Activity-Alaska facilities and outlying Alaska village clinics. IMSA staff worked long hours to procure personal protection equipment from vendors throughout the United States. (Photo by Maj. Michael Cooper, MEDDAC-AK chief of logistics.)

health to make sure we were following guidelines and best practices to keep our patients and staff safe.”

Another layer of protection for everyone entering the build-

ing was the addition of plexiglass and social distancing lines.

“We installed plexiglass ‘sneeze guards’ in all our check-in areas to create a barrier between the patient and the staff member

in all our facilities,” said Steele.

While facilities was working to prepare MEDDAC-AK buildings, logistics worked to ensure the organization had enough personal protective

equipment, supplies and medical maintenance contracts in place.

Like the rest of the world, MEDDAC-AK

wanted to ensure there were proper levels of PPE available

See COVID on page 5

## 168th Wing recruiters complete virtual enlistments despite COVID-19

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

The social distancing requirements caused by the COVID-19 pandemic has not stopped Alaska Air National Guard recruiters from enlisting applicants.

Staff Sgt. Elysia Wilson, a production recruiter with the 168th Wing, assisted with her second virtual enlistment April 16, at the 168th Wing headquarters building at Eielson Air

Force Base. Virtual enlistments allow new Air National Guard recruits to complete their oath of enlistment while complying with current safety regulations. Applicants who have completed their initial paperwork

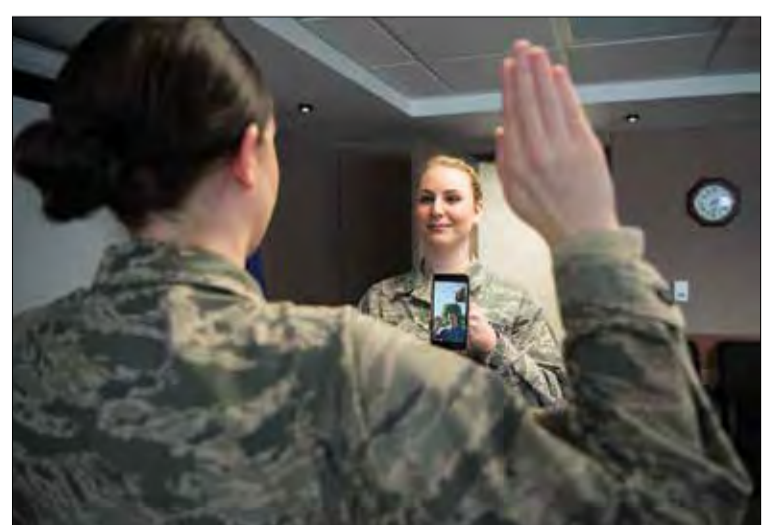
and processing are able to use video communicating software on their phone or laptop to connect with an enlisting officer.

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“Virtual enlistments are

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### WEEKEND WEATHER

Friday



Sunny. High: 41F.

Saturday



Sunny. High: 42F.

Sunday



Sunny. High: 47F.

### IN BRIEF

Fort Wainwright’s Bailey Bridge was constructed in August/September 1949 to provide access to military lands east and north of the main cantonment. Read more on page 3.

# Nutrition Corner: Myth Busters

**Myth vs. Fact.** Making my child sit and eat everything offered at a meal will make him or her learn to be a good eater - MYTH!

It is completely normal for toddlers to go from great eaters to fussy eaters overnight, which can be frustrating, and sometimes concerning, for parents. This holds especially true for parents taught as young children to clean their plate at every meal, even if they were already full.

Force-feeding or making children sit and eat everything offered to them can actually make matters worse. This tactic can develop into a power struggle and turn mealtime into an unpleasant experience for both parents and children. It can also exacerbate fussy eating behaviors and develop into an unhealthy relationship with food.

Ellyn Satter, a widely respected registered dietitian and family therapist known for her work concerning eating and feeding, introduced the “Ellyn Sat-

ter’s Division of Responsibility in Feeding.”

According to Satter, both parents and toddlers, through adolescence, have a responsibility during mealtime. Parents are responsible for “what, when and where” and the child is responsible for “how much and whether.” In this model, it is the parents’ job to select and prepare the food, offer regular meals and snacks, make meal times pleasant, show them how to behave at family mealtime and model healthy eating behavior. It is important for the parent not to cater to the child’s likes and dislikes but to keep their prior experience with food in mind.

It is the child’s job to eat, eat the amount needed, eat what their parents eat and learn how to behave at the table. In this model, the parent is the leader, not the force feeder. Satter believes that when parents do their job with feeding, children will do their job with eating.

Remember, it is normal

for toddlers and children to be fussy eaters, it is a way they show independence. In addition to incorporating Satter’s tools, there are some methods to minimize the frustration.

For example, parents should continue to offer a variety of foods, even if their child has refused the food in the past. Just because a child refuses a food, does not mean they will dislike the food for the rest of their life. It can take several tries before a toddler will even try a food and several more tries before they determine if they like it or not. Just wait a few days and offer the food again, this time with a food you know will be accepted.

Parents should also be an example and show their child they like eating healthy food. If the child sees an adult picking through vegetables, the child will likely learn to do the same thing.

Provide meals and snacks every two to three hours around the same time every day to get on a

good schedule. Only offer water in between. Get out of the habit of using food to pacify children and limit juice to four ounces per day. This can make them come into mealtime not hungry and will be more likely to exhibit fussy eating behaviors at the table.

Eat together as a family and limit distractions such as television, tablets and phones. Mealtime is an opportunity for the family to reconnect and for children to learn table manners and positive eating behaviors.

Parents concerned their child’s eating behaviors are affecting their overall health should see their provider and request a referral to a registered dietitian.

Risk signs include a child refusing to eat foods from one or more food group, not gaining enough weight, or when family relationships are strained because of your child’s eating patterns.

**Grilled potatoes:**  
Ingredients:

2 pounds potatoes, quartered  
1/2 cup water  
1/2 cup mayonnaise  
3 teaspoons crushed dried rosemary  
2 teaspoons garlic powder  
1 teaspoon onion powder  
Salt and pepper to taste  
Wooden skewers, soaked in water for 30 minutes

Place potatoes and water in a microwave safe bowl. Cook potatoes in microwave on high until just tender, about 15 minutes, stirring half way through. Drain potatoes and allow steaming for a few minutes to dry.

In a large bowl, stir together mayonnaise, rosemary, garlic powder, onion powder, and salt/pepper. Mix in potatoes and toss. Marinate covered in the refrigerator for one hour.

Remove potatoes from marinade and put on skewers. Grill, covered for six to eight minutes, brushing occasionally with marinade. Stir half way through. Remove and serve warm.

## History Snapshot: P-63 Kingcobra on the Northwest Staging Route



As early as 1940, the Canadian-American Permanent Joint Board on Defense authorized the planning of a series of airfields from northern Alberta to Whitehorse, Yukon, and then into Alaska. The Northwest Staging Route, as the series of airfields became known, saw heavy use during World War II as part of the Lend-Lease Operation. Planes were ferried by American pilots from Gore Field in Montana to Ladd Field. Once here, the planes were transferred to Soviet personnel and flown by Soviet pilots across the Bering Strait and to the eastern front. The first Alaskan stop along the Northwest Staging Route was in Northway, pictured here. Planes being flown from Montana regularly used auxiliary fuel tanks, as pictured here, to increase their range as refueling stops along the 2,210 mile route were infrequent.

## 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

### Cloth Face Coverings

Everyone entering the facility, with the exception of children under the age of two, are required to wear a cloth face covering when in a Medical Department Activity – Alaska facility, even when social distancing is possible.

### Blocked Calls

Healthcare finders from our referral office are teleworking. During this time, they are using their personal cell phones. For their own privacy, they are calling from blocked numbers. We encourage those with, or waiting for, a referral to have voicemails set up for messages or to not automatically deny a blocked number.

### TVC Changes

TRICARE Prime enrollees will need a referral for care at Tanana Valley Clinic First Care and not receive a point of service charge. To request a referral, call the Nurse Advice Line at 1-800-TRICARE, option 1.

### Children’s Waiting Room

The Armed Services YMCA has reopened the Children’s Waiting Room (formally Teddy Watch) to provide care for kids six months to 12 years old. The program is open from 9 a.m. to 1 p.m. Tuesdays and Thursdays with the following stipulations:

- Only for kids of patients with OB or women’s health appointments.
- Only one family group permitted at a time. Siblings may come together, but no friends or groups from home daycares.
- Children over the age of two will be required to wear a mask.
- No walk-in care available. Call 907-353-6692 to make a reservation.

### Virtual AWC

The Army Wellness Center has openings for phone appointments. Manage stress, work on health goals, and estimate caloric needs. For more information, call 907-361-2234.

## History Snapshot: Consolidated Aircraft’s PBY Catalina



The PBY Catalina (PB for Patrol Bomber and Y for Consolidated Aircraft) was one of the most widely used seaplanes during World War II. They were slow and ungainly, but exceptionally useful for air-sea rescues, search and rescue missions, and cargo transport. In the first years of the War, the PBY was one of the most used aircraft in the Pacific region because it, like the Boeing B-17 Flying Fortress, had the capacity to cross the Pacific Ocean. The PBY Catalina had a range of 2,545 miles.

In the Aleutian Islands, PBY Catalinas were used primarily for offensive and rescue roles. A PBY Catalina is shown here at Alexis Point on Attu, Aleutian Islands, Alaska, June 3, 1943.

## WING: Enlistments

Continued from page 1

a great way of using the technology we have at our disposal to get applicants enlisted while we are socially distancing because of COVID-19,” Wilson said.

Wilson said that what she misses most about recruiting before social distancing is the opportunity to bring

applicants on base and let them meet Airmen.

“The hardest part is not being able to do job tours,” Wilson said. “My favorite part is getting to take people out and show them what we have.”

Although recruiters are currently unable to physically provide tours they are being creative

and coming up with new ideas to help show people the opportunities available.

From scheduling applicant’s one-on-one conversations with Airmen in their desired career fields to holding live video chats to answer questions, they are making sure resources are available to those who are interested.

## 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

The only miracle of Jesus told in all four gospels is the feeding of the crowd of 5,000 hungry people with five loaves of bread and two fish... Matthew 14:13-21, Mark 6:30-44, Luke 9:10-17, and John 6:1-14. Most of us have at least a passing familiarity with the story: Jesus is followed by the multitudes, he has compassion for them and notes their physical hunger, he instructs the disciples to collect what food can be found and bring it to him, whereupon Jesus blesses it, breaks it, and everyone receives a fish sandwich. It's a remarkable story about which countless books have been written and sermons have been preached. My temptation is to crawl through the theological weeds and write about how Jesus' miracle echoes the miraculous feeding of the Israelites with

manna as they wandered in the desert, or about how this story anticipates the Eucharist when Jesus broke the bread at the Last Supper. However, not wanting to lose sight of the forest because of the trees, I call our attention to this most basic understanding: hungry people got fed.

Until recently, most Americans have probably never truly known hunger. The coronavirus pandemic has caused many, who under formerly "normal" circumstances would have enough to eat, to experience genuine food insecurity for the first time in their lives. The Economic Research Service of the United States Department of Agriculture defines two forms of food insecurity on their website: low food security and very low food security. According to the USDA, "The defining characteristic of very low food security is that, at times during the year, the food intake of household

members is reduced and their normal eating patterns are disrupted because the household lacks money and other resources for food." Among the alarming 2018 data points, "98 percent [of very low food security families] reported having worried that their food would run out before they got money to buy more" (<https://www.ers.usda.gov/topics/food-nutrition-assistance/food-security-in-the-us/definitions-of-food-security/>). A 2018 report on food insecurity in Alaska published by the National Institutes of Health cites data by the USDA that "Food insecurity is a growing public health concern in Alaska, where over 13 percent of individuals or households are food insecure" (<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5757232/#CIT0001>). What does the data mean? In the big picture it means that we have neighbors in Delta Junction who are at risk of

being hungry.

In February 2020, a revitalized Delta Junction Clergy Alliance organized as a group of spiritual leaders in our community to advocate for the spiritual wellness of the community. (I am a member in that capacity, and not as a representative of Fort Greely.) Our first virtual meeting in April included an agenda dominated by the coronavirus pandemic. A single priority emerged from that meeting: how can we partner with other community leaders and our local government to mobilize against food insecurity? I'm pleased to announce that the Delta Junction Clergy Alliance, in partnership with the Rural Delta Volunteer Fire Department, will sponsor the newly established Five Loaves Pantry (<https://fiveloavesdj.wordpress.com>) to serve the Delta Junction community. For those wanting to give or receive help, the Five Loaves Pantry



seeks to provide IGA gift cards as one way to fight food insecurity in Delta Junction. You may also visit the new Delta Junction Clergy Alliance Facebook page for current information (@deltajunctionclergyalliance). An inspirational meme provides this bit of common sense wisdom: "Too easily we expect God to do something for us, when instead God wants to do it through us." Jesus fed 5,000 with just two fish and five loaves of bread.

No one person, or alliance of persons, can perform the miracle Jesus did. But working together, we can feed the hungry... and that is what matters. 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](http://www.facebook.com/FGAChapel).

# Fort Wainwright's Bailey Bridge

**Cassandra R. Woster**  
Department of Public  
Works Environmental  
Division

Fort Wainwright's Bailey Bridge was constructed in August/September 1949 to provide access to military lands east and north of the main cantonment. The bridge was formally opened at a ceremony held on Sept. 18, 1949 attended by members of the military and the local community. The ribbon was cut by the young William Michael Gaffney, son of installation commander Brig. Gen. Dale V. Gaffney.

At the time of construction, the bridge was strategically important for Ladd Field as it expedited access to raw materials on the north side of the river that were required for the installation's rapid growth. The escalation of tensions between the U.S. and the USSR during the early years of the Cold War resulted in a direct increase in military presence throughout Alaska and the growth of Ladd Field Air Force Base, as the installation was known then.

The Bailey Bridge drew its name from its design type, originally designed by the British and one of the most important military inventions of the twentieth century. Donald Bailey, a British civilian engineer working with the research and development department of the Royal Engineers, developed the bridge's design and was later knighted for his work. At the beginning of World War II, military engineers did not have sufficient bridging techniques to support increasingly heavy armored vehicles. Existing bridge assemblies



The Fort Wainwright Bailey Bridge's repair project took a major step on April 4, as contractors successfully removed the first of three sections of the 70-year old structure. (Photo by Brian W. Schlumbohm, U.S. Army Garrison Alaska, Fort Wainwright, Public Affairs)

that could support the necessary weight were heavy, difficult to assemble, required special materials or equipment and were challenging to construct in combat situations. When planning the new bridge design, Bailey and his team recognized that their solution had to be lightweight, made of materials readily available, easily mass-produced, quickly transported across the battlefield via standard supply trucks, and easily assembled by Soldiers in the field with only hand tools. The panels of the Bailey design allowed for several different configurations, thus giving combat engineers the ability to customize their battlefield solution with one standard set of pieces. Furthermore, the bridge pieces could be produced, transported and installed with great expediency. Recognizing the benefits of the British Bailey design, the U.S. Army adopted the system during the summer of 1941 and began production of

interchangeable parts in the U.S. to support the war effort. Bailey bridges were constructed from one side of a riverbank utilizing a total of seventeen different parts. Truss panels were pinned together with the transom beams clamped to the panels. The bridge was placed on rollers and launched across the gap until reaching the far bank. When possible, the bridge was guided by a crane on the far bank and pushed from the near bank with heavy equipment, including being pushed by and on top of tanks. Once the bridge spanned the gap, the panels and transom were fixed with steel pins and clamps. Steel stringers were added across the transom beams, wood chasses added as decking and way braces installed underneath the transoms. Depending on the length of the bridge needed, piers could be used to support either end of individual spans. Bailey bridges varied by panel

configuration, assembled in single-single, double-double, triple-double, etc. arrangements depending on the space being spanned. Following the war, the Bailey truss system was adapted for use in such varied projects as suspension bridges, mining equipment and even building systems all over the world. Bailey bridges are still manufactured and in use today across the world and are used by Departments of Transportation as temporary structures for quick construction or emergency use. Since Bailey bridges were intended for temporary use, many of these bridges were discarded or reused

beyond their original construction site. Fort Wainwright's Bailey Bridge is unique, having been

constructed and continually used at its original construction location over its 70-year lifespan. Fort Wainwright's Bailey Bridge, which spanned the Chena River between holes 12 and 13 of the Chena Bend Golf Course until its recent, careful disassembly, was an important example of mass-produced building materials of the World War II and Cold War eras and was the longest and oldest bridge of its type in the state of Alaska. It was determined eligible for inclusion in the National Register of Historic Places in 2017 in recognition of its age, significance of design and the impact the bridge had on the availability of building materials during one of the major growth periods of the installation.



## Fort Greely Fitness Center honors commitment to mission

**Angela J. Glass**

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

While many morale, welfare and recreation services have been temporarily closed or service hours restricted due to the Coronavirus pandemic, the Fort Greely Physical Fitness Center and indoor track remain open, honoring the garrison's commitment to provide services that maintain mission readiness.

"The decision to remain open was a risk based decision that did not come easily," said Lt. Col. Joel Johnson, U.S. Army Garrison Alaska, Fort Greely garrison commander. "We have instituted numerous safety measures to comply with social distancing guidelines while attempting to balance the health protection of the

U.S. Army Garrison Alaska, Fort Greely Physical Fitness Center employee Justin Reardon cleans and sanitizes weight room equipment for patron use. The Physical Fitness Center and indoor track remain open honoring the garrison's commitment to provide services that maintain mission readiness. (Photo by Jessica Geyer)

community and maintain the installation's critical services and mission readiness."

Employees who work daily at the Fitness Center have proven to be true professionals.

"Implementing new policy changes and elevating cleaning standards such as hourly sanitation of fitness equipment, while ensuring employees and patrons wear cloth masks at all times, has been challenging," said Jessica Smith, Directorate of Family and Morale, Welfare and Recreation director.

"Employees have handled the anxiety of the COVID-19 pandemic

extremely well. Nothing prepares you for a situation like this," said Smith. "The staff is taking it day by day and have done an amazing job stepping up to respond to the needs of the installation. I couldn't ask for a better team."

Due to the ever changing environment, we must continue to stay flexible as policies change in response to COVID-19.

"Protecting the health and welfare of our Soldiers, Families and Civilians remains our top priority," said Johnson. "To achieve this, individuals have a social responsibility to protect themselves and those around them."



## Basic training resumes after pause, nearly 1,000 recruits ship this week

**Thomas Brading**

Army News Service

The Army has resumed shipping recruits to basic combat training following a two-week pause to enact necessary COVID-19 mitigation efforts. More than 950 future Soldiers will begin pouring into initial training centers this week.

"We're not changing, we're adjusting, and continually adapting in the environment no matter where we are, because we need to train, fight, and win," said Gen. Paul Funk, the commanding general of Army's Training and Doctrine Command, regarding new BCT policies.

As hundreds of new recruits begin pouring into training bases around the force, health and safety measures are in place, officials said. For example, BCT and One-Station Unit Training are implementing social-distancing practices and plan to train "at

reduced capacity," officials said.

This means smaller elements, Funk explained. "That way if we have a [coronavirus] breakout, we can control it and move the smallest elements forward and continue to progress people through the training pipeline."

Several other protocols and procedures are in place from the time recruits leave their hometowns to the moment they step foot on training soil.

For two weeks prior to their ship date, future Soldiers are screened for symptoms of, and possible exposure to, COVID-19 by their recruiters and then by Military Entrance Processing Station personnel, Funk said. Also, during this time recruits will isolate themselves at home to limit exposure to the airborne virus.

Once recruits show up to their assigned training center, they are screened again, Funk said.

Then for the first



Sgt. 1st Class Jessie Kingrey directs troops to unload duffel bags after they arrived here from basic combat training at Fort Jackson, South Carolina. More than 800 troops were transported here to continue their initial entry training. To prevent the spread of COVID-19, they were placed on sterilized buses, seated in spaced-apart intervals, medically screened before departure and upon arrival, and accompanied by cadre members from Fort Jackson. (Photo by Terrance Bell)

two-weeks after arrival, recruits take part in a modified training curriculum and have their health gauged daily.

Much of this time is classroom-based, held outside when possible, and recruits remain six feet apart. After 14 days – and if they are healthy – for the additional eight weeks of the 10-week schedule, recruits "hit the ground running," Funk said.

The controlled monitoring phase

will be a series of classes, which is an introduction to Army techniques that are normally scheduled anyway, he said. Classes include customs and courtesies, recognizing military rank, and preventing sexual assault.

The Army is also cautious about where future Soldiers arrive. Individuals from "low-risk" areas will ship to initial training bases, but "those who are in high-risk areas will be rescheduled

for future dates," according to a news release.

All four Army training centers have implemented these procedures "and they perform their conditions on the established procedures so when the recruits come in, we're making sure that we can form the safety bubbles necessary to get us through the training," Funk said.

"We owe that kind of due diligence and commitment to our

Soldiers and their parents, who send those same Soldiers to us each year to wear the cloth of our great nation," he added.

These BCT changes are an example of how the Army is "adapting to the current environment, and adjusting the way it operates," Funk explained. "Every day to fight our nation's wars, one of our greatest strengths has always been our ability to learn and adapt."

Fort Wainwright

# AWC

ARMY WELLNESS CENTER

Stay

# HYDRATED

GENERALLY, ADEQUATE INTAKE LEVELS FOR WOMEN REQUIRE ABOUT NINE CUPS OF FLUID PER DAY AND MEN ABOUT 12.5 CUPS.

INDIVIDUALS WITH CERTAIN HEALTH CONDITIONS AND DIFFERENT ACTIVITY LEVELS HAVE DIFFERENT FLUID NEEDS.

-EATRIGHT.ORG

# Sergeant Salmon's School of ENVIRONMENTAL BASICS

**NATURAL RESOURCES**

## Wildlife Aviation Strike Hazard

Brought to you by the USAG Alaska DPW Environmental Division Fort Wainwright, Alaska

We can make flying safer at Fort Wainwright's Ladd Army Airfield by managing wildlife. When wildlife and aircraft occupy the same space at the same time, a wildlife-aviation strike hazard occurs. Wildlife strikes can damage aircraft (both fixed- and rotor-wing), costing the Army millions of dollars each year. Strikes also can injure or kill occupants in the struck aircraft.

What is being done to minimize wildlife-aviation strike hazards on Ladd Army Airfield? We are using a multi-pronged approach, based on prior research, to minimize the wildlife-aviation strike hazards.

•Habitat Management: Example; geese are attracted to short-cut grass to feed on; by cutting the grass at appropriate times, geese will be less attracted to it.

•Changing People's Behavior: Example; cov-

ering garbage in bins and vehicles will discourage ravens and other wildlife from feeding there.

•Direct Control: United States Department of Agriculture (USDA) Wildlife Services are patrolling the airfield and adjacent areas to detect and disperse wildlife.

•Communication: Pilots can be informed by the Ladd Army Airfield tower from ground crews about periods of elevated wildlife activity, e.g. large flocks of migrating birds in spring and autumn, so they can be aware of the strike hazards.

Continued and improved management and monitoring will minimize the wildlife-aviation strike hazard risk on Ladd Army Airfield to improve safety for Soldiers, Civilians, and aircraft, and you can help! If you see large birds around the airfield, call USDA Wildlife Services at 907-795-2243.



## Soldiers should check IRS website to ensure stimulus payment

Devon Suits  
Army News Service

Soldiers anticipating a stimulus payment should immediately update their direct deposit information on the Internal Revenue Service's website to avoid possible delays, according to Office of the Judge Advocate General sources.

To quickly provide financial assistance during the COVID-19 outbreak, the IRS has begun to send out economic impact payments to Soldiers and families that filed their 2018 or 2019 returns, said Melissa Halsey, legal assistance policy division chief.

However, Soldiers or families that used commercial tax-filing services to file their return – and opted to receive a Refund Anticipation Check or Refund Anticipation Loan – are more at risk of a delay.



Soldiers anticipating a stimulus payment should immediately update their direct deposit information on the Internal Revenue Service website to avoid possible delays. (Photo by Thomas Hamilton III)

Tax-preparation businesses often provide refund anticipation services that allow Soldiers to pay the cost of the tax preparation service out of the Soldier's refund instead of payment up front, or provide Soldiers with their tax refund early at a cost, officials said.

"It is our understanding that about 70 percent of Soldiers that use a paid tax preparation service also use a Refund Anticipation Check or Refund Anticipation Loan," Halsey said. "When someone uses a refund anticipation service, the tax preparation business may

set up a temporary bank account."

Herein lies the problem, Halsey said. When the Department of Treasury tries to direct deposit a Soldier's stimulus payment, it gets routed to the bank account on file from their return.

If the account on file is a temporary account because the Soldier used one a refund anticipation products, the payment should not be made to these accounts, OTJAG officials said.

"Right now, we don't think stimulus amounts are paid to these accounts, (because) the IRS recognizes that these accounts are not associated with a taxpayer," Halsey said. "But we are working with the IRS to verify that stimulus payments are not placed into these temporary accounts."

But if the IRS does not have the correct account

information for a Soldier, they will not receive a direct deposit. They should act now to correct the issue on the IRS site, she said.

If a Soldier does not address the problem, the IRS will issue a printed check and mail it to the last known address, which could delay payment further if the Soldier is no longer associated with the on-record residence.

In the future, individuals or families that choose to use refund anticipation services should be careful, officials added. Many of these services include undisclosed fees or high-interest rates – at times exceeding 200 percent.

If any Soldier has questions or concerns about their stimulus payment, they can seek assistance at their nearest installation legal assistance office or through the legal assistance website, Halsey said.

## COVID: Preparedness

Continued from page 1

to provide care safely, said Maj. Michael Cooper, MEDDAC-AK chief of logistics. "N95 masks, surgical masks, hand sanitizer, thermometers and gloves were all in high-demand."

"There was a lot of education that had to take place with our medical staff to prevent panic ordering from different sections," said Cooper. "We had to change the

mindset from worst-case scenario stockpiling to only ordering smaller quantities needed for a week or a two at a time, in order for our orders to not be immediately cancelled by the vendor."

According to Cooper, one of the biggest successes in the logistics department was the work done by chief of Installation Medical Supply Activity, Mrs. Susan Turley

and her staff at the IMSA. "She and her team worked through the supply chain to find the necessary PPE," said Cooper. "They found alternate vendors and navigated through ordering constraints in smaller distribution channels."

In addition to using vendors to get adequate PPE, logistics also collaborated with industrial hygiene and infection control to

educate staff on the conservation of PPE using best practices from the Centers for Disease Control and Prevention.

The medical maintenance side of logistics moved quickly to procure additional licensing for the central viewing monitoring system on the MSU.

"The license was for 16 beds but needed to increase to 22," said Cooper. "In the

event we had all 22 of the rooms occupied, each patient could be monitored from the nurse's station with the central viewing system."

Housekeeping staff continue to be vital part to the logistics team by ensuring MEDDAC-AK facilities are prepared and safe. Additional education on COVID-19 helped to calm some fears by housekeeping

team members and best practices from the CDC set into place additional measures, mostly in the way of increasing the number of times deep cleaning takes place daily.

Steele and Cooper both believe MEDDAC-AK is ready for COVID-19 patients.

"It's taken time and a lot of teamwork, but we're ready," said Cooper.

## Army laboratory tests for the best homemade face covering materials

### CCDC Chemical Biological Center

Now that the Centers for Disease Control and Prevention, the Department of Defense, and many governors are recommending that people wear face coverings when out in public and unable to maintain proper social distancing, the Combat Capabilities Development Command (CCDC) Chemical Biological Center is using its more than 100 years of experience designing chemical and biological agent protective masks to determine the best material to use for making a homemade mask.

Over the last month, the Center has been contacted by more than 30 defense agencies, federal agencies and health organizations to see if its experts can help with the national shortage of personal protective equipment (PPE). The Center is one of only a handful of agencies that is experienced in performing tests that precisely measure materials' filtration efficiencies in strict accordance with National Institute for Occupational Safety and Health (NIOSH) standards. It is also one of a very few organizations that have the Model 8130 Automated Filter Tester, which is no longer in production. So the Center was the obvious choice to perform this research.

"The challenge is to pick a material that effectively blocks the virus particles from going through the material while not being too hard to breathe through," said David Caretti, chief of the Center's Chemical



Chemical Biological Center scientists have tested more than 50 common household fabrics to determine the filtration efficiency of each. (Photo by Jack Bunja)

Biological Protection & Decontamination Division and leader of the team testing homemade face covering materials. "If the resistance is too high, airflow will simply bypass the covering and go around the edges."

"We knew that claims about masks and face coverings were exploding all over the internet, and we wanted to make sure that any decisions about materials these agencies make will be based on proven science," said Caretti. The Center performs

its testing by spraying a salt aerosol at a swatch of material. The suspended salt particles are 0.2 to 0.3 microns in size, which is the hardest size for any material to filter, which is why that size is used in testing. The corona virus is 0.125 microns, making it a very close match. The testing team simply measures the density of salt aerosol suspended in the air on one side and compared it to the density on the other side after it passes through the material. The team started out

by testing materials sent to them by organizations seeking their expertise, then broadened out to testing materials likely to be found in the home that members of the public could use to make their own face coverings.

They found that the best readily available material to use in a homemade face covering is four-ply microfiber cloth which can be found in the cleaning section of most big box stores. It filters out over 75 percent of particles. In comparison, the N95 mask

used by healthcare workers in hospitals can filter 90 percent of particles. The team also found that even a polyester bandanna can be reasonably effective if it is used in layers. It will filter out 40 percent of suspended particles.

Thus far, the Center has tested more than 50 materials and continues to test new materials. Armed with this information, the Center is now able to give other agencies the best filtration efficiency information possible for them to pass on to their stakeholders.

## Army deploys medical task forces to help hard-hit communities

Joe Lacdan  
Army News Service

The Army has mobilized eight Urban Augmentation Medical Task Forces to the New York area to support the coronavirus relief efforts and curb the spread of disease, senior Army leaders said Friday. Four task forces are helping in New York City, three are going to hospitals in New Jersey and another to Connecticut.

Secretary of the Army Ryan D. McCarthy discussed the task forces and other measures the Army is conducting to combat the coronavirus pandemic during a media roundtable Friday at the Pentagon.

Army scientists at the U.S. Army Medical Research and Development Command at Fort Detrick, Maryland, have been working with researchers from across the globe on COVID-19 vaccines. McCarthy said that six possible vaccines have shown the most



U.S. Army Reserve Urban Augmentation Medical Task Force Soldiers prepare to board buses at Joint Base McGuire-Dix-Lakehurst, New Jersey, to deploy to community hospitals, April 8, 2020. (Photo by Staff Sgt. Shawn Morris)

promise and four are being tested on animals and two on human subjects. Additionally, two Soldiers diagnosed with coronavirus were given an anti-viral drug used to treat the Ebola virus and successfully recovered, McCarthy said.

"They're up and walking around," McCarthy said. "Obviously that's not that substantial of a sample size, but it shows that it can work."

McCarthy, who held a morning meeting with USAMRDC

commander Brig. Gen. Michael Talley, said the staff at USAMRDC has been working relentlessly to find a viable vaccine.

"If you look across all our lines of operation, our labs are working 24 hours a day in the pursuit of vaccine," McCarthy said.

To build the Urban Augmentation Medical Task Forces, the Army called up medical professionals from Army Reserve units across the country. The Reserve volunteers were vetted to ensure

they were not already engaged in the battle against coronavirus in their own communities, said Army Chief of Staff Gen. James C. McConville.

"We did not want to take medical personnel out of civilian communities where they were actually fighting the virus," he said.

Each task force consists of 85 personnel and each has the capability of providing the same service as a 250-bed hospital, McConville said.

"We went ahead and we knew that there was going to be a lot of demand for medical professionals," McConville said. "...We put together these 15 Urban Augmentation Medical Task Forces and they are motivated and ready to go."

The task forces deployed to Joint Base McGuire-Dix-Lakehurst, New Jersey, before moving on to the hospitals they will augment. Some of the units will support patients receiving

treatment at the Javits Convention Center in New York City. Others will augment community hospitals.

Each task force has 14 physicians – including an infectious disease specialist and four respiratory specialists. Each has 16 medics, 13 nurses, five physician assistants, two dentists, four pharmacists, two clinical psychologists, a psychiatrist, two occupational therapy specialists, four dietitians and 18 other supporting staff.

The task forces are designed to perform low-acuity care, officials said, but they can also test for COVID-19.

The remaining seven task forces are on standby and can be ready to travel within 24 hours, McConville said, once a location is identified by U.S. Army North and the Federal Emergency Management Agency.

About 25,000 National Guard troops have been deployed across the U.S. and its territories in support of the

COVID-19 response. Guardsmen have built mobile COVID-19 test sites to relieve some of the burden of screening emergency room patients for coronavirus at treatment facilities in Miami and Chicago, McCarthy said. He added that the test sites will be able to process thousands of screenings at a faster rate.

"What it does if you go from the screening to the recovery point and the healthcare continuum, it helps create an arm's reach in the screening ... instead of overrunning an emergency room with hundreds of people, which then presents the challenge for healthcare professionals to not getting sick," McCarthy said. "So by going to the (mobile test site) you can have many of these people get diagnosed, they get prescriptions and they go home as opposed to overwhelming emergency rooms."

McCarthy said he plans to visit both test sites next week.

## NORTHCOM strives for zero risk in 'no fail' missions during pandemic air

Brian W. Everstine  
Force Magazine

U.S. Northern Command is requiring its "no fail" crews to live in isolation, so the command can focus on protecting them and the nation amid the new coronavirus outbreak, NORTHCOM boss U.S. Air Force Gen. Terrence O'Shaughnessy said.

The command wants to drive "risk down to zero" for service members, including fighter pilots pulling alert for homeland defense missions and

personnel operating ballistic missile defense radars, O'Shaughnessy told reporters during an April 21 teleconference.

"Some areas where we have very little redundancy, we don't have multiple different options to perform a mission, then we are literally driving that so there is no chance of a COVID-19 impact to them," O'Shaughnessy said.

At missile defense radar sites at Vandenberg Air Force Base, Calif., and Fort Greely, Alaska, personnel

are living in government facilities away from family or any other personnel. Their food is delivered to them, and they only leave to "perform their mission without any interactions with the outside world," he said.

Additionally, at fighter bases throughout the country, there have been "modifications" to alert facilities aimed at ensuring "they remain free of COVID-19," O'Shaughnessy said, without adding specifics. Crews extensively clean the aircraft themselves to

ensure they are free of the virus before alert pilots use them, and many commands have adopted a team approach to limit the number of people who come in contact with each other.

NORTHCOM also is enacting chemical, biological, radiological, and nuclear threat prevention measures to protect against virus.

"To some that might be overkill, but we understand that this is a mission set that we cannot fail on, so we're taking no chances," O'Shaughnessy said.

For the homeland defense mission, USAF fighters have repeatedly had to launch to intercept Russian aircraft approaching U.S. and Canadian territory near Alaska. While the pace of these missions has not necessarily increased, they have remained steady as the viral outbreak has impacted the globe. The U.S. must "make clear to them there are no vulnerabilities, we are postured to maintain that ability to respond at a moment's notice with no degradation," O'Shaughnessy said.

# Army officer to return to Earth after 272-day mission in space

**Ronald Bailey**  
USASMDC

U.S. Army Col. Andrew "Drew" Morgan will depart from the International Space Station to return to Earth aboard a Soyuz "Union" MS-15 spacecraft April 17, at 1:17 a.m. EDT, following his 272-day mission as a part of Expeditions 60, 61 and 62.

"Twenty-five years ago I made the decision to serve my country as a military officer. I view my nine-month mission to the space station as a continuation of that service. It's been a real honor for me to represent the U.S. military on board the ISS during some of the most intense operations in its history," Morgan said.

Morgan's mission, which began July 20, 2019, coincided with the 50th anniversary of the historic Apollo 11 lunar landing. Morgan also shares the distinction of landing on Earth exactly 50 years to the day of the tense but triumphant Apollo 13 landing.

"50 years ago Apollo 13 was in crisis in space, and through the ingenuity and dedication of flight controllers in mission control, the crew returned safely to Earth," Morgan said. "Now the crisis is on Earth. Once again, the ingenuity and dedication of flight controllers in mission control centers around the world keep the ISS flying

and will bring my crew home safely."

Morgan, along with NASA astronaut Jessica Meir and Expedition 62 Commander Oleg Skripochka of the Russian Space Agency Roscosmos, will begin his journey back to Earth Thursday, April 16, at 6:30 p.m. EDT with the closure of Soyuz MS-15's hatch, followed by undocking which is currently scheduled for 9:53 p.m. EDT. The spacecraft is expected to begin its deorbit burn at 12:22 a.m. EDT, landing at 1:17 a.m. EDT.

Upon landing, the crew will return by Russian helicopters to the recovery staging city in Baikonur, Kazakhstan where astronauts Morgan and Meir will board a NASA aircraft from the adjacent city of Kyzlorda for a flight back to Houston, Texas.

During his mission, Morgan will have made 4,352 Earth orbits covering a distance of some 115-million miles and hold the record for the most consecutive days in space for a U.S. Army astronaut. During his nine months in space he contributed to hundreds of experiments in biology, Earth science, human research, physical sciences and technology development.

During his mission, Morgan spent 45 hours and 48 minutes conducting seven spacewalks, the highest num-



NASA astronaut U.S. Army Col. Andrew Morgan poses for a photograph Nov. 15, 2019, during the first of four spacewalks to repair the Alpha Magnetic Spectrometer, a cosmic particle detector on the International Space Station. Morgan conducted the repairs with European Space Agency astronaut Col. Luca Parmitano. Morgan, the commander of the U.S. Army Space and Missile Defense Command's Army astronaut detachment at Johnson Space Center in Houston, Texas, served aboard the ISS for Expeditions 60, 61 and 62. (Courtesy photo of NASA)

ber of spacewalks completed by an American astronaut during a single flight, according to NASA statistics. Of the seven, four were to conduct complicated repairs of the station's Alpha Magnetic Spectrometer with European Space Agency astronaut Col. Luca Parmitano, allowing scientists to continue studying the universe for evidence of "dark matter."

Among the numerous live public events Morgan participated in ranging from media interviews to talks with

educational institutions and civic organizations, he also holds the unique distinction of being the first officer to deliver a mass oath of enlistment from space. On Feb. 26, Morgan swore-in more than 1,000 new service members during a live broadcast.

Morgan was serving as a commissioned Army medical corps officer with the U.S. Special Operations Command when he was selected as an astronaut candidate in June 2013, completing the training in July 2015.

Morgan, the first Army physician in space, is a board-certified Army emergency physician with a sub-specialty certification in primary care sports medicine and is the commander of the U.S. Army Space and Missile Defense Command's Army Astronaut Detachment located at the Johnson Space Center in Houston, Texas. He has served tours in both Iraq and Afghanistan.

Morgan's hometown is New Castle, Pennsylvania. He earned a Bachelor of Science in environmental engineering at the U.S. Military Academy, West Point, New York, in 1998, and received his Doctorate in Medicine from the Uniformed Services University of the Health Sciences, Bethesda, Maryland, in 2002.

"I am a Soldier, a military physician, and a NASA astronaut, in that order. I'm a Soldier first, and the military trained me to be a leader of character, dedicated to taking care of people," Morgan said. "Every quality that's made me a successful astronaut is a product of my military training: from my academic degrees to my operational skills. While I regularly draw on the technical skills and specialized training I learned in the military, it's my leadership experiences that I rely on the most."



## Stress Management

### THE BASICS OF STRESS

#### 1 Stress

Stress is a normal psychological and physical reaction. A small amount of stress can be good, but too much can push you beyond your ability to cope. When your brain perceives stress, it signals your body to release a burst of hormones that start the "fight-or-flight" response. Once the threat is gone, your body is meant to return to a normal, relaxed state, but sometimes it doesn't.

#### 2 Stress Relief

The pace and challenges of modern life make stress management necessary for everyone. To monitor your stress, first identify your triggers. Any change to your life can cause stress. Once you've identified your stress triggers, think about strategies for dealing with them. Identifying what you can control is a good starting point. Other times, such as when stress is based on high demands at work or a loved one's illness, you might be able to change only your reaction. Maintaining a healthy lifestyle will help you manage stress. Eat a healthy diet, exercise regularly and get enough sleep. Stress won't disappear from your life so stress management needs to be ongoing. But, by paying attention to what causes your stress and practicing ways to relax, you can counter some of the bad effects of stress and increase your ability to cope with challenges

#### 3 Relaxation Techniques

Relaxation techniques are an essential part of stress management. Almost everyone can benefit from relaxation techniques, which can help slow your breathing and focus your attention. Common relaxation techniques include meditation, progressive muscle relaxation, tai chi and yoga. More-active ways of achieving relaxation include walking outdoors or participating in sports. It doesn't matter which relaxation technique you choose. Select a technique that works for you and practice it regularly.

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