

North Star Fire Crew to burn woody debris piles near Eielson AFB

Beth Ipsen
Bureau of Land Management Alaska Fire Service

Starting as early as Monday, the Bureau of Land Management Alaska Fire Service North Star Fire Crew will burn piles of woody debris created to reduce the risk of wildfire on military training lands near Eielson Air Force Base. This effort is a collaboration between the BLM AFS and the U.S. Army Alaska. As conditions allow, the burning could continue through August.

The woody debris piles were created by BLM AFS hand crews over the past couple of years as part of hazardous fuels reduction projects in the Yukon Training Area conducted to reduce the risk of wildfire close to communities. Salvageable firewood was made

available for permit holders to harvest.

If conditions allow, the North Star Crew, which is BLM AFS's training crew, will burn the piles in the Husky Drop Zone, located

five miles north of EAFB, and the Infantry Platoon Battle Course two miles east of the base. The goal is to burn as many as 100 piles, of which were covered in plastic to protect them

from the abundance of precipitation that has fallen in the area this summer. Because of moist weather pattern and the moderated fire conditions, BLM AFS is seizing the opportunity

to burn the piles now when smoke disbursement is most favorable.

The piles will be ignited when weather conditions will minimize the impact of smoke on populated areas in accordance with open burn approvals issued by the Alaska Department of Environmental Conservation. Under normal circumstances, these piles would be ignited during the fall. The BLM AFS and USARAK are working with the ADEC and the National Weather Service to forecast and monitor smoke conditions to ensure compliance with all local, state and federal regulations governing air quality.

For more information about the prescribed fires contact BLM AFS public information specialist Beth Ipsen at eipsen@blm.gov or (907)356-5510.



David Royer, right, exchanges an elbow bump with Chief of Staff of the Army Gen. James McConville after McConville presented Royer with the Soldier's Medal for heroism July 16 at the Buffalo Soldier Monument. In May, Royer, then a master sergeant with the 705th Military Police Battalion (Detention), 15th MP Brigade, stopped an active shooter on Centennial Bridge in Leavenworth. (Photo by Prudence Siebert, Fort Leavenworth Lamp)

Soldier who stopped active shooter awarded Soldier's Medal

Bob Kerr and Katie Peterson

A former 15th Military Police Brigade Soldier was presented with the Soldier's Medal during a ceremony July 16 near the Buffalo Soldier Monument at Fort Leavenworth, Kansas, for his recent act of heroism.

Retired Master Sgt. David Royer was presented award because of the actions he took to end an active-shooter situation May 27 on Centennial Bridge in Leavenworth, Kansas.

The Soldier's Medal is awarded to any active-duty or Reserve Soldier who, while not on duty, distinguishes himself or herself by heroism not involving an enemy conflict. Royer was a master sergeant serving with the 705th Military Police Battalion (Detention), 15th MP Brigade, at the time of the incident.

"Master Sergeant Royer's

quick thinking and decisive action stopped an assailant and saved lives of countless bystanders and others in the community," read the award citation signed by Secretary of the Army Ryan McCarthy. "Master Sergeant Royer's bold and heroic actions in the face of extraordinary personal danger reflects great credit upon him, the 15th Military Police Brigade and the United States Army."

Gen. James McConville, 40th chief of staff of the Army, presented Royer with the award.

"It's a great day to be in the United States Army because we serve with the world's greatest Soldiers, and we're going to recognize a great Soldier for life today," McConville said. "What we often think about when it comes to Soldiers is you can trust them to do the right thing, the right way, and

on that day, we saw the best of what our Soldiers can do.

"It's hard to say what inspires Soldiers at the risk of their own lives to intervene and to save other Soldiers, but that's exactly what Master Sergeant Royer did on that day," he said. "He risked his own life to save others, and we're very, very proud of his actions that day. Every generation has its heroes and Master Sergeant Royer is one of ours today."

Though Royer officially separated from the Army on June 22, he said his service is not over as he joins the Kansas City Cattle Company, a veteran owned and ran company.

"They do a lot for the community, and that's just a perfect example of once you're out, it doesn't stop," Royer said. "Even though we don't wear the uniform anymore, we're still here to serve."



The 36th edition of the world's third largest 10-mile road race, the Army Ten-Miler will be held as a virtual event Sunday, Oct. 11 through Sunday, Oct. 18, 2020. (Photo by Graham Snodgrass)

Army 10-miler goes nationwide for the first time

U.S. Army Military District of Washington

The 36th edition of the world's third largest 10-mile road race, the Army Ten-Miler will be held as a virtual event Sunday, October 11 through Sunday, October 18.

"The Army Ten Miler is a demonstration of the Army's commitment to readiness, fitness, and our communities. This annual race is a symbol of these commitments and of our dedication to the health and safety of the entire Army family," said Maj. Gen. Omar J. Jones, commander of The U.S. Army Military District of Washington.

"Army operations around the globe never cease, and our Soldiers are trained and ready to win in any environment. This year's Army Ten Miler embodies that ethos while safely bringing the opportunity to participate to your home town," Jones said.

"The 36th edition of the world's third largest 10-mile road race, the Army Ten-Miler, will be held as a virtual event Sunday, October 11 through Sunday, October 18. Additionally, conducting the race virtually will support the Department of Defense and local government health measures to minimize COVID-19 risk", said Matt Zimmerman, race director.

Registration for this year's virtual race opens Tuesday, July 21 at 2 p.m. and will cap at 25,000 participants.

The 36th Army Ten-miler virtual edition entry fee is \$59 and includes shipping of a long sleeve runner shirt, a race bib, calendar, and a commemorative ATM Finisher coin.

See MILER on page 2

WEEKEND WEATHER

Friday



Partly sunny. High: 75F.

Saturday



Chance of showers. High: 76F.

Sunday



Chance of showers. High: 70F.

IN BRIEF

As high school students look to continue learning in a COVID-19 environment, the Army has provided an online option to help students prepare for college. Read more on page 7.

Nutrition Corner: Nutrition 101

Contrary to popular belief, eating healthy does not have to break your budget. Believe it or not, it is possible for your family to stay within your grocery budget and eat healthy at the same time. Just like anything, healthy eating has to be a priority for your family. If other priorities get in the way, it may seem as though healthy eating is out of reach financially. Look at where you are spending your money both in the grocery store and outside the grocery store. How much of your monthly budget do alcoholic beverages, snacks, restaurants (including fast food) and end cap purchases take up? Have you ever separated it out to see? I bet

you would be surprised how much money you do indeed have available to purchase healthy foods. Try making a menu for the week on an index card. Then, flip it over and make your list based off your menu and whatever else you need for lunches and healthy snacks that week. Stick to it! Much of the money we waste at the grocery store is spent on food we never use, only for it to go bad. Leave the extras like chips, soda, cookies and snack cakes off. These are the extras that make paying your grocery bill unbearable. Not to mention, these items can contribute toward excessive calorie consumption and weight gain. Instead, get the

most bang for your buck by buying nutrient dense items. Aim for lower calorie foods that pack in fiber, protein, vitamins and minerals such as fruits, vegetables, low fat dairy and lean proteins. Buying frozen and canned fruits and vegetables are more cost effective, and are just as nutritious! You have heard it before...don't go shopping hungry. This can lead to impulse purchasing, and maybe even lead to indulging on a few unhealthy snacks while you shop. Try going earlier in the day when you will have time to come home and cook your meal for the evening. What sense does it make to buy nutritious food only to order pizza when you get home because you don't

feel like cooking? Be sure to load up on low-cost, nutritious and versatile foods such as eggs, beans, peanut butter and canned tuna. It is also wise to stretch costly meals (crock pot meals for example) by adding a bag of frozen vegetables, beans, peppers and/or onions. You can actually add another day or two worth of meals just by adding a couple dollars' worth of frozen vegetables or beans!

Featured Food:
Beans. These small morsels are inexpensive and versatile. They can be added to several recipes even if the original does not call for beans. They offer many nutritional benefits such as

protein, fiber and iron.

Recipe Spotlight:
Simple Black Bean and Corn Salsa

INGREDIENTS:
16 ounce bag of frozen corn
16 ounce jar of salsa or Pico de Gallo
1 can of black beans
Fresh cilantro, chopped for garnish
Tortilla Chips

PREPARATION:
Step 1: Combine corn, salsa/Pico de Gallo and beans. Top with fresh chopped cilantro.
Step 2: Serve with tortilla chips or on top of your favorite taco salad recipe

History Snapshot: Building 3707, Specker Hall



Fort Wainwright recognizes the service of Sgt. Joe C. Specker. Specker served in the 48th Engineer Combat Battalion. He was posthumously awarded the Medal of Honor for his bravery during World War II. Specker's citation reads: For conspicuous gallantry and intrepidity at risk of life, above and beyond the call of duty, in action involving actual conflict. On the night of 7 January 1944, SGT Specker, with his company, was advancing up the slope of Mount Porchia, Italy. He was sent forward on reconnaissance and on his return he reported to his company commander the fact that there was an enemy machinegun nest and several well-placed snipers directly in the path and awaiting the company. SGT Specker requested and was granted permission to place one of his machineguns in a position near the enemy machinegun. Voluntarily and alone he made his way up the mountain with a machinegun and a box of ammunition. He was observed by the enemy as he walked along and was severely wounded by the deadly fire directed at him. Though so seriously wounded that he was unable to walk, he continued to drag himself over the jagged edges of rock and rough terrain until he reached the position at which he desired to set up his machinegun. He set up the gun so well and fired so accurately that the enemy machine-gun nest was silenced and the remainder of the snipers forced to retire, enabling his platoon to obtain their objective. SGT Specker was found dead at his gun. His personal bravery, self-sacrifice, and determination were an inspiration to his officers and fellow soldiers.

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

appointment.

Over the counter medications

Bassett Army Community Hospital Pharmacy offers beneficiaries the ability to receive free over the counter medications. Items such as fever/pain reducers, antibiotic cream, cold and allergy remedies, lice treatment and vitamin D are available. Medicines are subject to availability and families are restricted to a maximum of four items per week. A full list of medications is available at the pharmacy.

Stay vigilant

As COVID-19 numbers continue to climb, it is important to know many new cases cannot be traced to another COVID-19 positive person. This means community spread is here and it is important to be diligent whenever outside the home. Wash hands. Wear a mask. Avoid crowded areas.

Body composition testing

Take a quick body composition test to determine body fat percentage and work with our Army Wellness Center to track progress. Call 907-361-2234 to schedule an

Appointments from home

In partnership with TRICARE, PM Pediatrics is offering virtual appointments for TRICARE beneficiaries from birth through 26 years old. Visit with a pediatrician using your smart phone, tablet or computer from anywhere. Common illness that can be treated are sprains and strains, respiratory infections, coughs, skin rashes, sinus infections and pink eye. Get started by downloading the PMP Anywhere app or by visiting pmpe-diatricsanywhere.com.

MILER Continued from page 1

Runners may register at armytenmiler.com. Early bird registration will begin on Tuesday, July 21 at a reduced rate of \$54 and will end on Friday, August 21.

For the latest news and information via social media, follow the Army Ten-miler at Facebook.com/armytenmiler, @ArmyTenMilerATM on Twitter and @armytenmiler on Instagram. Don't forget to tag Army Ten-miler in your training and virtual race post using #RunArmyRun-Strong.

For additional 36th Army

Ten-miler virtual edition race information, including photos, please contact Maida Johnson, Army Ten-Miler Deputy Race Director at 202-685-3361 and/or at maida.johnson2.naf@mail.mil or visit ArmyTenMiler.com.

Editor's note:
The Army Ten-Miler is conducted by The U.S. Army Military District of Washington and is the third largest 10-mile road race in the world. The ATM traditionally starts and finishes at the Pentagon with a course that travels through Washington, D.C.

ALASKA POST

The Interior Military News Connection

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The Chaplain's Corner

Military service as a mission of sacrifice

Chaplain (Capt.) Dilio Anselm Onyejiuwa, PhD.
U.S. Army Garrison Alaska, Fort Wainwright, Catholic Community Pastor

In the U.S. military, we have five branches, namely, the Army, Coast Guard, Air Force, Navy, Marine Corps and Space Force. The U.S. military mission focuses on the Department of Defense mission to “Support and defend the constitution of the United States against all enemies, foreign and domestic, to ensure, by timely and effective military action, the security of the United States, its possessions, and vital interests, and to uphold and advance the national policies and interests of the United States.” Each branch then applies

this overall mission to their tactical, operational and strategic procedures.

Everyone in military service is on this ever enduring mission which requires, among other things, professionalism, spirit of sacrifice and endurance. Talking about professionalism, we think about how we get to that level with all the required multi-faceted training for military expertise; for spirit of sacrifice, we think about selfless service that puts the nation and others first before self; and for endurance, we think about meeting the demands for resilient fitness, sustainment and survival for self and the mission. As the guidon lives on regardless of the outcome of the battle, so the Soldier and mission live on until

the strategic goals are accomplished. In the Soldier's Creed, the Soldier declares: “I will always place the mission first. I will never accept defeat. I will never quit.” This portrays the attitude of a Soldier carrying out the mission. These, again, bring endurance and resolve to pay the ultimate price if that becomes the only available option to accomplish the mission.

A Soldier worthy of the name always says, “if not me, who else will do it?” Nobody enjoys suffering, but it does not deter a warrior. The task or mission in general is very enormous and dangerous as it involves putting one's life on the line. Fortunately, the sacrifice in view of the mission is never in vain but salvific. Hence, it is

offered for God and country. It is a good imitation of Jesus our redeemer, who, as we read in Saint Mark's gospel chapter 10 verse 45, “... did not come to be served, but to serve, and to give his life as a ransom for many.” Looking at the essential demands and nature of a military career, one will instantly find that it is a calling that not everyone can answer. Since it is a professional military service, a lot is required. Joseph Heller once said, “I had examined myself pretty thoroughly and discovered that I was unfit for military service.” Who is he or she that can endure the rigors of training, mission spirit and with virtuous understanding, accept being in harm's way?

In view of the foregoing, a Soldier



works with three capabilities locked in the self, team and God. Obviously, the joy of the mission is the ability to endure and work to win. This does not come on a golden platter or by one's lone effort but also by team work and God's graciousness. Hence, Jesus declared in John's gospel chapter 15 verse 5: “without me, you can do nothing.” This word from God

should alert Soldiers to their divine reliance on God in order to develop a right attitude toward service to God and country. Then can come the indispensable unity of body, mind and spirit in grappling with all mission demands. All of this works toward mission readiness and accomplishment with the result being Soldiers earning the trust and support of the American people.

Leaders see data as ‘ammunition’ in future warfare

Joseph Lacdan
Army News Service

Every service member and platform will serve as a network sensor in future combat to expand what the Army undersecretary calls a “joint kill web” to support rapid decision making.

James E. McPherson and other Army leaders discussed Tuesday the role of “enabled joint overmatch” that describes how Soldiers will work alongside Airmen, Sailors and Marines to increase lethality across multiple domains.

“[The multi-domain force] has to be expeditionary and responsive at scale, bringing the right capabilities in the right place at the right time,” McPherson told a virtual audience during the Armed Forces Communications and Electronics Association's Army Signal Conference.

By enabling overmatch, the Army can quickly achieve lethality through all sensors,

with the best shooter in the right command and control node, he added.

The undersecretary said the Army's network, communication and cloud capabilities must provide quick delivery of data to augment the effort in preparation for the future battlefield that will be contested in all domains.

“What we build now must be survivable in that fight,” McPherson said. “It must be mobile, it must support, see on the move and ... it must be tailorable.”

Protecting data will be critical, he added, as it will be the ammunition used for success on the battlefield. The Army's information and intelligence assets will provide an advantage over adversaries, and therefore must be protected by migrating data to hybrid and multiple cloud ecosystems and bolstering the service's network.

He noted that the Army's other modernization priorities de-



Students conduct training on a satellite dish as part of a Joint Tactical Ground Station course at the U.S. Army Space and Missile Defense School in Colorado Springs, Colorado, Aug. 30, 2019. Army leaders discussed Joint All-Domain Command and Control, an initiative that gives joint forces and mission partners the ability to quickly collaborate and coordinate efforts across each domain, during AFCEA's Army Signal Conference July 14, 2020. (Photo by Sean Kimmons)

pend upon its network, which is one of the six priorities, to operate successfully.

Using simplified training that is acces-

sible to each military branch will increase readiness and lethality, he added, while delivering mission-ready troops capable of fighting in the multi-domain environment.

Providing real-time access to every communications center, weapons system and control node will also allow greater control of the service's data.

“Data, the ammunition of the future fight, is a strategic asset of the Army,” McPherson said. “Our data provides us a competitive advantage over adversaries. As with any strategic asset, we must manage and protect our data.”

Lt. Gen. Bruce Crawford, the Army's chief information officer and G-6, said that he and Lt. Gen. Stephen Fogarty, head of Army Cyber Command, have partnered to posture the Army's network to enable communications centers worldwide to gain a firmer grasp on data.

“It goes back to this idea that data is the ammunition in the future fight for any shooter or weapons platform, in any command and control node, in near real time,

in order to create a joint kill chain,” Crawford said.

Real-time access will provide critical convergence that will help win below the level of armed conflict.

“That's a monumental lift, and a monumental task,” Crawford said. “But that's our goal.”

The Army will take its next steps in strengthening its networks and protecting its data to Fort Gordon, Georgia, where ARCYBER plans to move into its new headquarters this month. The move will better connect the three-star command with the U.S. Army Cyber Center of Excellence.

The transition presents challenges as each unit member moving to Fort Gordon must undergo two weeks of quarantine to meet COVID-19 safety precautions, said Ron Pontius, deputy to the ARCYBER commanding general.

As of June 1, the Army Network Enterprise Technology Command, or NETCOM, now has full operational control of the Army's five regional cyber centers as well


as responsibility of the Army's network.

Army Cyber Command transferred the responsibilities to NETCOM for greater efficiency and to balance risks to the network, said Col. Scott Bird, NETCOM defensive cyber operations chief, in a press release earlier this month.

The Army also recently announced to reassign its chief information officer role into two positions: CIO and G-6 deputy chief of staff. The change will be implemented by Aug. 31 to meet the demands of advancing technology and artificial intelligence.


Operating under pandemic conditions has also forced the Army to adapt how it does business. Crawford estimated about two percent of the Army accessed the virtual space to telework from home. That number jumped to about 90 percent during the pandemic.


Crawford said up to 400,000 Soldiers and Army civilians have signed up for the Microsoft Teams workplace platform and that number continues to grow.



AITAF VIRTUAL FILM SCREENING SERIES PRESENTS

PAPER MOON (1973)





Tim Blake Nelson

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Thursday, August 13th
3:00 PM AKDT / 7:00 PM EST

WWW.PAPERMOON.EVENTBRITE.COM

Army looks to better attract gaming industry for training simulations

Sean Kimmons
Army News Service

The Army's Synthetic Training Environment Cross-Functional Team soon plans to unveil new labs where it can tap into the innovation of vendors that could one day improve individual and collective training.

At its headquarters in Orlando, the team will open a renovated Technology Integration Facility this week. The facility creates a secured setting, where vendors with promising technology can run it on a military test network.

"We really want to revolutionize the way the Army trains," said Maj. Gen. Maria Gervais, who leads the STE CFT, one of eight modernization teams under Army Futures Command.

The team's goal is to establish a common synthetic environment, where live, virtual and constructive training can be converged, she said. The Army currently does that at 12 permanent sites, but they are mainly for the active-duty component and require long planning timelines and lots of resources such as contractors to operate the event.



The Synthetic Training Environment Technology Integration Facility serves as a place for Soldiers to provide feedback that helps in developing new training technologies. Vendors may also bring new technologies to the TIF for assessment, and those that meet a valid need may be integrated into the STE. (Photo by U.S. Army)

"We're trying to get after common standards, common data, common terrain and an open architecture" to enable rapid integration of future plug-and-play trainers, she said Thursday during the Austin Dialogue on Innovation in Defense online event.

The team, along with its Navy partners, will also open a "Technology Grove" in early August. It will serve as an incubator lab where vendors, particularly small businesses, can demonstrate their technology.

"We'll look under the hood and give you feedback right there if you're on the

right track or not," she said, adding that promising technology may then move to the Technology Integration Facility for rigorous testing.

App store

The Army's STE information system, which is currently in development, will serve similar to an operating system on a smartphone, she said.

When the iPhone was first released, she said, it only had a handful of standard applications developed by Apple. The company then created its App Store, which now has over 2 million apps available to download on iPhones.

The STE information system will have three baseline apps: training simulation software that will drive simulations; training management tools to plan, execute and assess training; and One World Terrain that will be 3-D and readily accessible either on hand or pulled from a commercial asset into simulators in less than 72 hours, she said.

Her team aims to build on those apps by leveraging the work of vendors in the \$100 billion-plus virtual, gaming and telecommunications industry, she said.

"We've seen that the gaming technology is advancing at a rate far faster than we can probably keep up with," she said. "We want to understand what is in the realm of the possible, and work with innovative small businesses and academia."

The team has already had success with the Squad Immersive Virtual Trainer, which will begin to be fielded next year as part of the Integrated Visual Augmentation System. The IVAS is a mixed-reality, heads-up display that overlays simulated imag-

ery within a Soldier's view of the real world.

Future challenges

The team, though, faces many hurdles as it crafts new, realistic training systems. One of its top needs is training-specific artificial intelligence that can determine when to intervene with intelligent tutoring.

A second one is to develop free-thinking, non-scripted, non-player characters, which are still inadequate in today's games and simulations, she said. Her team would like to apply machine learning techniques that could make characters more adaptive.

"We need to get to a free-thinking enemy, so that we can provide the best training possible," she said.

A third challenge deals with automating the cleanup of terrain in simulations. Artists now manually do this, which takes time and additional resources.

Another effort to reduce overhead is human controller replacements. AI is still not mature enough to execute collective training simulations without

human control, which can be very costly. In a corps-level exercise, for instance, the Army brings in about 1,200 contractors to help run simulations, she said.

"We've got to figure out a better way to make it less costly to the Army," she said, "and also to drive down some of our planning timelines that are typically about 120 days to execute those types of operations."

And lastly, the team is looking for ways to effectively manage all the data that is associated with future warfare simulations. As an example, a brigade-level exercise has about 2 million entities that have to be replicated and handled. But for larger exercises using perhaps the terrain of a megacity, those entities can jump to roughly 10 million that all have to be synchronized and timed.

"We want them to be able to train on the actual terrain that either they're going to fight on, or they're going to conduct that mission on," she said of Soldiers. "We want to do that with the realism and be able to replicate that operational environment."

Army searches for improved mission systems in future aircraft

Devon Suits
Army News Service

The Army is exploring improved mission systems configurations for both the Future Long-Range Assault Aircraft and Future Attack Reconnaissance Aircraft, as project officials engage with industry in a collaborative market research effort this week.

This year, project managers launched a Mission Systems Optimization Study to evaluate hardware and software solutions to better inform near-term decisions for both aircraft, said Col. Gregory Fortier, FARA lead with Program Executive Office-Aviation.

"We took a recent [request for information] with industry with over 300-plus technologies and combined that with previous RFIs from the FLRAA team," Fortier said Thursday during the virtual International Military Helicopter USA conference.

Through the RFIs, project managers sought to identify "commonalities" to improve both aircraft's sustainability and help mitigate overall costs, Fortier said. Officials will then use the compiled RFIs to discuss qualified mission system capabilities during an industry day event from Monday through Thursday.

Once the industry event is complete, FARA and FLRAA officials will work together



The Army is exploring improved mission systems configurations for both the Future Long-Range Assault Aircraft and Future Attack Reconnaissance Aircraft, as project officials engage with industry in a collaborative market research effort this week. Pictured are prototype designs for the FARA. (Photo illustration courtesy of Bell Helicopter Textron Inc. and Sikorsky Aircraft Corp.)

to develop a series of recommendations in November, Fortier said. Project managers are working hard to avoid "stovepiping" each project as they continue through this analysis process.

The footprints of each aircraft are significantly different, Fortier explained. For example, the FARA has a requirement to reach a speed close to 210 mph, while FLRAA's engi-

neering will allow it to reach potential speeds above 290 mph. "There will be some components along the way that we will have to look at in terms of unique mission systems," Fortier said. "That dialogue has already started to happen ... and will be refined over time." The Army is scheduled to reach a final design decision for FARA by December,

Fortier added. The force will then proceed to the competitive prototyping phase, as it looks to build a combat-ready system by fiscal year 2030. "We understand that affordability is absolutely paramount to these programs," Fortier said. "We spend every single day ... [discussing] both the FLRAA and FARA timeline so that we can get both aircraft to the finish line."

Mission system domains

Through the optimization study, project officials have targeted eight focus areas, or domains, necessary to improve each aircraft. These fields include: communications, navigation, sensors, effector or weapons, survivability, architecture or digital backbone, pilot interface, and data

fusion. In terms of mission system planning, "we have written the requirements ... to allow for flexibility," said Brig. Gen. Walter Rugen, the Future Vertical Lift Cross-Functional Team director. "If the next generation of capabilities is not ready, then we can use the current technology. Project managers are in charge of teeing up those decisions for the aviation enterprise."

Fortier said the eight domains are intended to discover "what is in the realm of the possible" and how new technology will fit into the Army's future aircraft. And while there currently is no rank order to the eight domains, both project managers have emphasized the need for a modular open systems approach, or MOSA.

Formerly known as an open systems architecture, MOSA is a strategy designed to create and implement affordable and adaptable technologies through a widely-supported systems interface or architecture, according to the Department of Defense standardization program.

Proper integration of MOSA in both aircraft combined with an appropriate digital backbone that can support rapid aircraft survivability or other technological upgrades is absolutely critical, Fortier said.

Y on Wheels pilot program

U.S. Army Alaska and U.S. Army Garrison Alaska Quality of Life initiatives continue to see great strides in progress across the garrison.

Partnering with our local Armed Services YMCA, we're excited to see them launch a new service that supports and serves our Fort Wainwright Soldiers! Launching Sunday, July 26!

The new YMCA "Y on Wheels" pilot program will be

for active duty military families on Fort Wainwright. Using the Lyft ride-service platform, this pilot program will offer freedom to active duty military families by helping them get to medical appointments and recreational opportunities they would otherwise be unable to access.

How it works: Service Members and their dependents will receive one \$25 Lyft code that will grant access to or

from Fort Wainwright. The code is valid for use during a seven-day period beginning Sunday, July 26 and will be supplied by email in the registration confirmation. Service Members and dependents are eligible to register each week for a new Lyft code. Learn more about the program, requirements for eligibility and register here: www.asymca.org/alaska-my-y or call 907-353-5962.

10 TASTY
HIGH-FIBER
FOODS

1

AVOCADOS

3g fiber per 1/3 fruit

2

CHICKPEAS

6g fiber per 1/2 cup

3

CHIA SEEDS

10g fiber per 2 tablespoons

4

HEMP SEEDS

9g fiber per 3 tablespoons

5

LENTILS

15g fiber per 1/2 cup

6

PEARS

6g fiber per medium fruit

7

BERRIES

4g fiber per 1/2 cup

8

PISTACHIOS

3g fiber per ounce

9

BRUSSELS SPROUTS

4g fiber per cup

10

EDAMAME

4g fiber per cup

Fort Wainwright
AWC
ARMY WELLNESS CENTER

Army Wellness Center Classes

Stress Management

Stress and **strong emotions** can cause or worsen health problems such as heart disease, hypertension, headaches, chronic pain, depression, and sleep disorders. This class defines stress and explains the **impact of stress** on **overall wellness**. The role of sleep, activity, and nutrition on stress will be examined. Participants will learn healthy ways to cope with stress, including **relaxation techniques** and the use of biofeedback for self-regulation.

Fueling for Health

This class discusses **nutrient** needs, sources of **macronutrients**, and how to decipher a nutrition label. Participants will develop a better understanding of the Dietary Guidelines for Americans and leave ready to make **healthier** food choices.

Healthy Sleep Habits

Sleep education includes general information about **healthy sleep habits**, impact of sleep on health and well-being, tools, tips and positive action steps to improve **sleep quality**. This class provides **resources** for sleep tracking and creating healthy sleep goals.

Listed above are some of the main classes offered at the Army Wellness Center, if interested please call **907.361.2234**.

COMMUNITY CALENDAR

Fort Wainwright Family & MWR

Weekly Events

August 1 - 8

- 1

B.O.S.S. Fly Fishing
Registration Deadline: August 1 8 a.m.
Join B.O.S.S. for fly fishing the Delta Clearwater River on August 8! We will provide rod and reels and fishing tackle. A current Alaska fishing license is required. Face coverings required.
B.O.S.S., Bldg 1045
Call 353-7648, registration required
- 2

Wickersham Dome ATV Trip
Registration deadline: August 2 8 a.m. - 5 p.m.
Tackle the trails with Outdoor Recreation at Wickersham Dome on August 9! This is a unique way to view Alaska, don't let this opportunity slip by. *ATV Safety Course is required to register for this trip.
Outdoor Recreation Center, Bldg 4050
Call 361-6349/6350, registration required
- 3

Volunteer Management Information System (VMIS) Training
August 3
Noon - 1 p.m.
The Volunteer Management Information System (VMIS) is the one and only tool needed to track your volunteer hours and efforts. Register on the web: wainwright.armymwr.com.
Army Community Services, Bldg 3401
Call 353-4227, registration required
- 5

Mock Interview Training
August 5
Noon - 1:30 p.m.
This training is meant to provide individuals with an opportunity to gain interviewing experience or improve current experience.
Army Community Services, Bldg 3401
Call 353-4227, registration required
- 8

Boater Safety Course
Registration deadline: August 8 9 a.m. - Noon & 1 - 4 p.m.
Join ODR on August 15 for this Boater Safety Course! Everyone who wants to check-out a motorized watercraft from Outdoor Recreation Center is required to have a Boater Safety Card. This certification is valid for 4 years.
Outdoor Recreation Center, Bldg 4050
Call 361-6349/6350, registration required

BOSS PRESENTS

FRIDAY AUGUST 7

COOKING IN THE BARRACKS


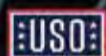



SUMMER COOKING 101

LEARN TO MAKE SIMPLE, HEALTHY BBQ CHICKEN K-BOBS ON A GRILL IN A FIRE SAFE MANNER.

FREE @ OUTSIDE OF USO

B.O.S.S. brings you the B.O.S.S. Cooking in the Barracks Life Skill Series!

Learn new skills and discover how to take advantage of creative cooking tricks by cooking delicious meals without a stovetop



*Open to Single-Service Members, Singles with Dependents, and Geo-Bachelors
To register, contact B.O.S.S. at (907) 353-7648
www.wainwright.armymwr.com
@WainwrightMWR #WainwrightBOSS

ONLINE

SOLDIER SHOWDOWN

ARMY SPORTS

ARMY GUARD

COMPETE IN WEEKLY ONLINE TOURNAMENTS

SIGN UP NOW AT SOLDIERSHOWDOWN.COMPLEXITY.GG



Got game? Prove it! Join us for the Saturday, August 8 Call of Duty tournament.
For more information, go to wainwright.armymwr.com.
@WainwrightMWR #WainwrightMWR



Located in America’s largest national park, Mount Drum is the westernmost volcano in the Wrangell volcanic field standing 12,011 feet tall in the Wrangell St. Elias National Park. The mountain was named after Brig. Gen. Richard Coulter Drum who entered the Army in 1846. At 13.2 million acres, the park is the same size as Yellowstone National Park, Yosemite National Park and Switzerland combined. (Photo by Daniel Nelson, U.S. Army Garrison Alaska, Fort Wainwright Public Affairs)

Free annual pass for U.S. military

America the Beautiful Passes
The National Parks and Federal Recreational Lands Pass Series
A pass is your ticket to more than 2,000 federal recreation sites. Each pass covers entrance fees at

national parks and national wildlife refuges as well as standard amenity fees and day use fees for a driver and all passengers in a personal vehicle at per vehicle fee areas (or up to four adults at sites that

charge per person). Children age 15 or under are admitted free at national forests and grasslands, and at lands managed by the Bureau of Land Management, Bureau of Reclamation and U.S. Army Corps

of Engineers. For more information on federal recreation sites and free Annual Passes for U.S. military, visit
https://www.nps.gov/planyourvisit/passes.htm#CP_JUMP_5088576.

Army offers college prep website amid pandemic

Joseph Lacdan
Army News Service

As high school students look to continue learning in a COVID-19 environment, the Army has provided an online option to help students prepare for college.

Whether or not a school chooses in-class or online learning, students can prepare for college using the Army's college readiness website, March2Success, to augment their learning and study for entrance exams.

Students can take practice tests for exams like the ACT, SAT, Medical College Admission Test and Dental Admission Test. The website provides an alternative for students unable to seek a tutor or join a study group due to pandemic restrictions.

"The COVID pandemic saw parents homeschooling their students to end the current school year," said Larane Guthrie-Clarkson, chief of education for USAREC. "And if a parent is not an educator or is not a subject-matter expert in a particular subject and a student needs help, then we can put them into March2Success."

With many schools' start dates shifting, more students must turn to online resources like the Army's March2Success site, she said.

After COVID-19 forced nationwide school closures, active March2Success users dropped from 89,211 in May 2019 to 50,432 in May 2020, as many schools



(Graphic illustration by Peggy Frierson)

canceled some standardized testing.

During the summer months, the March2Success site could still help students prepare for the upcoming fall semesters while remaining at home, Guthrie-Clarkson said.

The webpage offers a wide palette of resources for high school students or adults taking undergraduate courses for the first time. Future Soldiers can also use the program's study aids to prepare for the Armed Services Vocational Aptitude Battery

test.

While the program has materials aimed at students in grades 8-12, Soldiers planning to attend college can access the online educational tools to prepare for the entrance exams or use the materials as a refresher course. Students can access the website's free services at www.march2success.com.

Students study at their own pace, take pre-tests to determine their aptitude level and help educators manage their learning. The program's users prep for the entrance exams

first by taking a diagnostic pretest to determine their strengths and weaknesses. Students will then develop a study plan with goals tailored to each user.

"Students can sit there and use it anytime," Guthrie-Clarkson said. "So they're not restricted to a specific time of day unless parental instruction or teacher instructions work that way. For example, if I'm not good in, say fractions, I can practice fractions, and it should increase my score."

The program also has

resources for potential recruits who are considering joining the Army. Using the mobile app, Career Navigator, they can learn about Army careers and locate recruiters from their smartphones. Guthrie-Clarkson said there have been discussions on how to expand the site's features due to the need for online learning options.

In 2018, the Army added graduate program exams, the Medical College Admissions Test, the Dental Admissions Test and various nursing program tests to its list of features.

The Stars Elements app allows students to build an educational foundation for chemistry and physical science with the use of interactive models, challenges and games.

Originally conceived in the late '90s, the program provides a convenient resource for students who have limited access to teachers and tutors. The program has added game-based learning to its curriculum, including sports-based apps GoArmy Edge Football and GoArmy Edge Soccer, where coaches and players can virtually design plays.

Recruiters have marketed the website at high schools across the country, though no commitment to military service is required. Guthrie-Clarkson said the Army provides the website as an education augmentation tool as a public service to the nation's high school students.

New research shows promising future for warfighter communication

U.S. Army CCDC Army Research Laboratory Public Affairs

Soldiers operate in remote wireless environments with limited bandwidth and unpredictable connectivity, making it challenging to receive timely and reliable information. Using novel communications software, Army researchers prove that a reliable data delivery system can be created that survives adverse net-

work environments.

One of the capabilities in the U.S Army's Multi-Domain Operations is rapid convergence of cross-domain capabilities, said Dr. Jade Freeman, a researcher with the U.S. Army Combat Capabilities Development Command's Army Research Laboratory.

"Future operations against a threat require the joint force to conduct continuous and rapid integration of multi-domain capabilities to gain

cross-domain overmatch," Freeman said. "The Army strategy's operating environment is a battlespace with congested, degraded and wireless networks, and the warfare dynamics and complexities are constantly changing at a fast pace."

A report recently published by the lab proves that timely and reliable data delivery under adverse tactical network environments is possible.

Army researchers conducted a study on the communication technology that supports optimized information interoperability, mediation and convergence – the ability to rapidly converge effects from multiple domains – under the contested network environment.

In the study, the researchers show that Mockets technology-enabled Integrated Sensor Architecture, or ISA, achieved

superior performance in data transaction in terms of timeliness and volume, compared to using the Transmission Control Protocol, or TCP, based communication method under both stressed and wireless network settings.

ISA is the Army's interoperability solution for sharing information between sensors and systems developed by the lab's sister organization, the CCDC Command, Control, Computers,

Communications, Cyber, Intelligence, Surveillance and Reconnaissance Center. ISA uses the TCP communication method to transmit data between sensors and devices.

Mockets (Mobile Sockets) is a novel communications library developed by the lab, specifically designed for wireless networking scenarios to improve communications in mobile ad hoc network environments.

UAF Department of Military and Veteran Services presents:



VA Educational Benefits 101

Informational Brief

Need help navigating your VA educational benefits? An informational briefing by UAF's Veterans Educational Benefits Advisors will provide information on:

- Various VA chapters/types of benefits
- Eligibility
- Maximizing Your Benefits
- Benefits Payable
- Must Do's and Don'ts

Come With Your Questions!!!

**August
6, 13, 20, 27
from
12:00-1:00**

Join the UAF Department of Military and Veteran services on zoom to understand your VA educational benefits. Call 907-474-7400 or email uaf-veterans@alaska.edu with any questions.

Join Zoom Meeting
<https://alaska.zoom.us/j/95546746885>

Meeting ID: 955 4674 6885

Call in Number: 1-669-900-6833

