

# ALASKA POST

FREE

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August 21, 2020

## Corps welcomes new commander to the Alaska District

**John Budnik**  
U.S. Army Corps of Engineers – Alaska District

Col. Damon Delarosa became the 29th commander of the U.S. Army Corps of Engineers – Alaska District during an assumption of command ceremony on the front lawn of the headquarters building near Anchorage.

Delarosa, a native of San Antonio, replaces Col. David Hibner who served as the acting district commander since April 2020. Col. Kirk Gibbs, commander of the U.S. Army Corps of Engineers – Pacific Ocean Division in Hawaii, hosted the event that adhered to social distancing protocols.

Delarosa will oversee a multi-million dollar program that provides engineering, construction, planning, contracting, real estate, emergency operations, environmental and regulatory services to the military; federal, state and local governments; as well as the public in Alaska.

In addition, he will be responsible for the district's

support to the U.S. Indo-Pacific Command by designing and constructing humanitarian assistance projects throughout Southeast Asia. Under the Department of Defense Foreign Military Sales Program, the district also oversees master planning, requirements validation, design and construction of infrastructure for the government of India's C-17 aircraft at Hindon Air Force Station, India.

Before assuming command in Alaska, Delarosa served as the human resource manager for engineer, chemical colonels in the Colonel Management Office for the Office of the Chief of Staff of the Army. Previously, he served as the commander of the Corps' Walla Walla District covering six states stretching from the Tri-Cities in Washington to Jackson Hole, Wyoming.

Delarosa's other assignments include platoon leader and company executive officer in the 65th Engineer Battalion, 25th Infantry Division at Schofield Barracks in Hawaii and the mine action officer for the 25th Infantry Division during the NATO Stabilization Force mission in



Col. Damon Delarosa assumed command of the U.S. Army Corps of Engineers – Alaska District on Aug. 14 during a ceremony at the headquarters building. He becomes the 29th commander of the organization. (Courtesy photo)



Col. Damon Delarosa, commander of the U.S. Army Corps of Engineers – Alaska District, prepares to place the guidon in the stand in front of Randy Bowker, chief of the Program and Project Management Division, signifying the start of his command of the Alaska District during a ceremony at the headquarters building on Joint Base Elmendorf-Richardson. (Courtesy photo)

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## 100 years of women's suffrage



Tuesday marked the 100th anniversary of the ratification of the 19th Amendment to the Constitution, granting women the right to vote. The fight for women's suffrage, or voting rights, was long and filled with opposition. Some of the notable suffragists included Susan B. Anthony, Carrie Chapman Catt, Dr. Alice Paul, Sojourner Truth, Elizabeth Cady Stanton, Frederick Douglass, Helen Keller, Tye Leung Schulze, Dr. Mary Edwards Walker, and many more. Happy 100th birthday to the 19th Amendment. (Photos by Eve Baker, U.S. Army Garrison Alaska, Fort Wainwright Public Affairs)

## Army closer to fielding new air defense systems

**Devon Suits**  
Army News Service

Further evaluation of new air defense capabilities is currently underway, including the Integrated Air and Missile Defense Battle Command System and directed energy weapons, as the Army aims to empower units against near-peer threats.

Soldiers from 3rd Battalion, 43rd Air Defense Artillery Regiment and 3rd Bn., 6th Air Defense Artillery Air Missile Defense Test Detachment

are involved in a limited user test for the IBCS that started in early July, said Maj. Gen. Robert Rasch Jr., head of the Program Executive Office of Missiles and Space.

The evaluation was initially scheduled for May, but was pushed back about a month due to COVID-19 safety concerns, he added. The Army will complete the current test, which is being held at New Mexico's White Sands Missile Range, by September.

The 3-43 ADA, a Patriot missile unit, will also be the first

unit equipped with the IBCS capability once the limited user test is complete, Rasch said. After the limited test is complete, the equipment and software will be refreshed to support an operational test and evaluation before the unit achieves an initial operational capability in 2022.

The new system will provide the Army with an integrated command-and-control system, capable of blending current and future air and missile de-



The Army conducted a successful intercept test with the Integrated Air and Missile Defense Battle Command System, or IBCS, Dec. 12, 2019, at White Sands Missile Range, N.M. Soldiers from 3rd Battalion, 43rd Air Defense Artillery Regiment, and 3rd Bn., 6th Air Defense Artillery Air Missile Defense Test Detachment are currently involved in a new limited user test for the IBCS that started in early July. (Photo by U.S. Army)

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### WEEKEND WEATHER

Friday



Mostly sunny with highs near 74. Low around 50.

Saturday



Mostly sunny with highs near 75. Low around 50.

Sunday



Partly sunny, with a high near 69. Scattered showers late. Low near 49.

### BRIEFS

B.O.S.S. Rock Climbing

Registration deadline: August 29

Join B.O.S.S. and rock on with Outdoor Rec! Head out to Grapefruit Rocks for a day of climbing on some of interior Alaska's finest limestone crags. This climbing area offers many great climbs for all skill levels.

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



# Nutrition Corner: Smart substitutions

**Nutrition 101- Myth Busters:**  
*Eating healthy means you have to give up all the foods you love — Myth.*

There are many health alternatives for favorite foods that can be substituted in recipes or snacks without affecting the quality of your dish.

- **Sausage or ground beef:** using a turkey/chicken sausage or 90 percent lean ground beef. You may need to use extra sodium free seasonings like garlic and onion powder to season lower fat meats since fat helps carry flavor.
- **Bread crumbs:** For food such as meatloaf that use bread crumbs, try adding fiber by substituting

the bread crumbs for rolled oats.

- **For snacks,** skip on the canned fruits packed in heavy syrup. If you elect for the canned, look for fruit packed in water or opt for frozen. Similar recommendations are true for canned vegetables. Aim for canned vegetables that are low in sodium or go for frozen or fresh.
- **Syrup:** Instead of using syrup on your pancakes or waffles, which is mostly sugar, try some pureed fruit or peanut butter. Speaking of pancakes, try making your own batter including some fresh fruits (blueberries, bananas, etc.) and nuts like walnuts to add fiber, anti-oxidants, heart healthy oils and protein.
- **Flour:** Replace some

of the all-purpose flour in your recipe with whole wheat flour for even more fiber.

- **Salads:** When you are planning your salads, skip the iceberg lettuce. There is nothing wrong with it but the darker the leaves the more nutrition your salad will offer.

Fresh spinach is a great option but if you are not a fan don't limit yourself as there are plenty of other options out there. Try mixing in some kale and arugula!

For the dressing, opt for a reduced calorie dressing like a vinaigrette or flavored vinegar. Some people even like to add flavor to their salad without adding high calorie dressings by using salsa or a squirt of lemon juice.

When you are making healthy substitutions, make sure you are adding nutritional value - lowering fat content, lowering sodium, increasing fiber or vitamins/minerals, and/or increasing protein.

Also keep in mind that portion control is still key. Just because an ingredient is healthier, it may not be lower in calories. Often times they are but this is not always the case so be sure to be mindful of your portion sizes.

**Featured Recipe**  
**Banana Oat Pancakes**

- 2/3 cup all-purpose flour
- 2/3 cup whole wheat flour
- 3/4 old fashioned oats

- 1 tablespoon sugar
- 2 teaspoons baking powder
- 1/2 teaspoons ground cinnamon
- 1 egg
- 1 1/3 cup skim milk
- 1 1/4 cup mashed ripe banana
- 2 tablespoons canola oil
- Banana slices and/or peanut butter

- In a bowl, combine the flour, oats, sugar, baking powder and cinnamon. Combine the egg, milk, banana and oil; stir into dry ingredients until moistened
- Pour batter by 1/4 cupfuls onto greased skillet. Turn when bubbles form on top; cook until second side is golden brown. Serve with fresh banana slices and/or peanut butter.

# DEFENSE

Continued from page 1

fense sensors and weapon systems under a unified network. The limited user test is focused on the baseline requirements for IBCS, including integration of Patriot and AN/MPQ-64 Sentinel components, PEO officials said.

“The Army committed one of its coveted Patriot battalions, which are in high demand across the world given the current [operational] tempo requirements,” Rasch said Aug. 4 during the Space and Missile Defense Symposium.

The battalion is assigned to support the program for the next three years.

The Army looks to bridge its offensive and defensive fires and sensor capabilities to fight and win in a multi-domain battlespace. The IBCS program will create an architecture, allowing for the consistent transmission of information from higher headquarters, all the way down to the operator.

In December, the Army proved the IBCS capability after successfully launching Patriot Advanced Capability-2 missiles to intercept two cruise missile surrogates.

During the evaluation, officials networked between a Marine Corps Ground and Air Task-Oriented Radar and two Air Force F-35 Lightning IIs flying overhead to identify the targets beyond Patriot radar technology, Rasch added.

In addition to the IBCS, the 3-43 ADA will be the first unit to receive the Lower Tier Air and Missile Defense Sensor, or LTAMDS, Rasch said.

The new IBCS networked device is designed to provide the Army with a 360-degree view of the battlespace. The LTAMDS also aims to defeat advanced threats, to include hypersonic weapons, program officials said.

The PEO team is “moving out with the industry partner to provide a prototype” by late fiscal year 2021,” Rasch said. “We will begin testing the system leading up to an urgent material release,” to meet a requirement set by the Army secretary.

The 3-43 ADA will test additional weapons and sensors – such as LTAMDS – within the IBCS architecture, starting in fiscal 2022, PEO officials said.

“This is coming in as an IBCS-enabled radar,” he added. “This radar is going to contribute to the total air picture across all the systems we have, wherever it’s located.”

**Directed energy**

The Army is also pursuing a variety of directed energy weapons, to include high-energy

lasers and high-power microwave systems, said Lt. Gen. Neil Thurgood, director of hypersonics, directed energy, space and rapid acquisition at the Army Rapid Capabilities and Critical Technologies Office.

The RCCTO is charged to field critical enabling technologies that address near- and mid-term threats, ensuring Soldiers have the necessary equipment to fight and win, Thurgood said at the symposium.

“The world has changed over the last 18 or 19 years as we have been fighting the Global War on Terror,” Thurgood said. With the signing of the National Defense Strategy, the Army is now in an era of great power competition against China and Russia, he added.

Currently, the force is working on fielding a Directed Energy-Maneuver Short Range Air Defense capability, or DE-MSHORAD, to the platoon level by fiscal 2022, Thurgood said. The new capability will provide brigade combat teams with a 50-kilowatt laser aboard a Stryker combat vehicle in support of air defense artillery operations.

The Army also looks to field a 300-kilowatt Indirect Fire Protection Capability-High Energy Laser, or IFPC-HEL, and IFPC-High Powered Microwave, or HPM, at the platoon level in support of brigade air defense artillery operations in fiscal 2024, he added.

Directed energy weapons are considered more cost effective, making them a strategic tool in the fight against low-cost weapons found on the modern battlefield.

“At these power levels, I colloquially remind people that we don’t have the ‘Star Wars effect’ – where you put a beam of light out there and a battleship blows up,” Thurgood said. “Directed energy is a very specific weapon for specific outcomes. In our maneuver elements, the DE-MSHORAD is meant to counter small [unmanned aircraft systems], rocket artillery, and mortar fire.”

As brigades move to a more fixed location, personnel can leverage the IFPC-HEL and IFPC-HPM technology. Users will then have the option to sequentially destroy a series of single targets through a high-powered laser, or take out a group of targets through a “cone” of high-powered microwave energy.

Moving forward, the Army will aim to equip its maneuver elements with high-powered microwave capabilities, but must wait for current technology to improve and decrease in size, he said.

**Notice to creditors**

**In the Matter of the Estate of Jason Brackins**

You are notified that the court appointed Michael Valenti as personal representative of this estate. All persons having claims against the person who died are required to present their claims within four months after the date of the first publication of this notice or the claims will be forever barred. Contact Michael Valenti, 3462 Central Ave., Eielson AFB, Alaska 99702. Phone: (626) 620-8480 Email: Michael.valenti.4@us.af.mil.

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

## 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 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.

## Appointments from home

In partnership with TRI-CARE, PM Pediatrics is offering virtual appointments for TRI-CARE 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 pmpediatriciansanywhere.com.

# DELAROSA

Continued from page 1

Bosnia-Herzegovina. While serving in the 82nd Airborne Division, he deployed in support of Operation Iraqi Freedom as the theatre security engineer and then again as the commander of Headquarters Company Commander for the 3rd Brigade Special Troops Battalion. He is a graduate of the Engineer Basic and Advanced Courses at Fort Leonard Wood, Missouri; the Army Command and General

Staff College at Fort Leavenworth, Kansas; and the Airborne, Air Assault, Ranger and Sapper Leader Schools. His awards and decorations include the Army Bronze Star Medal, Distinguished Meritorious Medal, Meritorious Service Medal, and the Bronze Order of the DeFleury Medal. Delarosa was commissioned in the U.S. Army Corps of Engineers in 1998 after graduating from the United States Military Academy at West Point in New York.

# ALASKA POST

## The Interior Military News Connection

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# The Chaplain’s Corner: What I learned from Everett’s parents

**Chaplain (Maj.) Richard Kuhlman**  
U.S. Army Garrison Alaska Chaplain  
Resource Manager

The other morning, on my way to work I received a call from the Oregon State Police chaplain who had some bad news. Immediately, I thought my 86-year-old father had passed away, which would have been very sad, but to be expected. He had lived a full life, he has served the Lord faithfully, and he knows where he is going when he dies. It wasn’t my dad.

The chaplain told me that it was my 11-month-old grandson, Everett. I was struck silent as the full force of his words seeped into my head and into my heart. How could this be? How could this ever-smiling baby boy who was healthy and strong have passed away in the night just before his first birthday?

My wife, Melissa, and I were devastated, but we knew we had to rush to the side of our daughter and her husband. Not only had their son been taken, but also all of the dreams and hopes they had for him. These parents had spent the past 20 months imagining, planning, and dreaming of all the things Everett would do in his life. In an instant these dreams vanished. “How would they make it through?” I wondered. I knew that something like this could undo them.

Yet, I also knew that some of the best opportunities for spiritual and emotional growth come from our own pain. The next best opportunity for growth is by watching somebody else go through the pain, and learning from their experience. Nobody can predict the future, but from what I have seen over the past two weeks, I believe they are going to make it. Here are four reasons why I believe that and what I am going to learn from their situation:

First, they have each other. Eight years ago, I married Ashley and Brent in the local 123-year-old Methodist Church. It was a unique and happy experience to be the father of the bride and the presiding minister.

Since that time, I have seen them each sacrifice for the other so that while they were earning their advanced degrees, they were also having their first son. After being geographically separated for a year, they bought a business, and had a daughter. Then their first son was diagnosed with autism. Undeterred, they had their second son, Everett. Their road isn’t the hardest road, but it is much rougher than my own. God has worked through it all to make them tough and resilient.

Ecclesiastes says, “Two people are better off than one, for they can help each other succeed. If one person falls, the other can reach out

and help. But someone who falls alone is in real trouble.” I saw this “two are better than one” concept lived out as together they grieved, prepared for the memorial, and made arrangements for Everett’s body.

The second reason I believe that they are going to make it is the support they received from their church. Edgewater Church provided them with meals, emotional support, and a memorial where about 300 people were in attendance. One reason the church was so supportive is because Ashley and Brent have exhausted themselves volunteering and getting involved with the church. I overheard Matt, the Pastor, say, “You guys have been making a lot of deposits; it’s time to make a withdrawal.”

Third, they also have another couple who I would call their best friends. This couple was really there for them throughout this entire ordeal. It is hard to have friends like this in the Army because we move so frequently, so I have never experienced the kind of friendship that these two young couples have, but I want one.

Finally, I know they are going to make it because they have developed a relationship with God. As I sat behind them at the memorial, I prayed, “Lord, I don’t know what you are preparing them for, but this is painful to watch.” They



aren’t the only ones who have gone through hard times; indeed, everybody goes through hard times, but not everybody believes in a God who goes through it with them.

Proverbs says, “There is a friend who stays closer than a brother.” Ashley and Brent don’t claim to be some super righteous people, but they do know God. Their faith in Jesus has been developed through the happy and the painful times. This is one of those painful times, which I am confident God will use to draw them to himself and mold them more into his likeness.

Those are the four lessons God has taught me from watching them, 1) A loyal spouse is a good thing; 2) being involved with your faith community pays off; 3) A good friend is good if you can find one; and 4) God is good and he will be there for those who trust him. It is not easy sharing this, but I do so because God is using it to change me, and maybe you can use it too.

## Worship Services on Fort Wainwright

**Good Shepherd Catholic Community**  
Mass: Sundays, 9 a.m., SLC  
Holy Hour Adoration: Thursdays, 6 p.m., SLC  
Catholic Women of the Chapel: Wednesdays, 9 a.m., SLC

**St. George Anglican Parish**  
Holy Communion: Sundays, 11 a.m., SLC  
Mid-Week Holy Communion: Wednesdays, noon, BACH

**Cornerstone Protestant Community**  
Worship Service: Sundays, 11 a.m., NLC  
Protestant Women of the Chapel, Wednesdays, 10 a.m., NLC  
Cornerstone Youth, Sundays, 1 p.m., NLC

**Congregación Protestante Piedra Angular**  
Servicio de adoración: Domingos, 1 p.m., SLC

**Fort Wainwright Religious Support Office, 353-6112**  
Southern Lights Chapel (SLC), 8th St & Neely Rd.  
Northern Lights Chapel (NLC), Luzon & Rhineland Avenues

# Army and Air Force Exchange Service spreads good cheer to Fort Wainwright shoppers with Fee-Free Layaway for the holidays

**Carina DeCino**  
Army and Air Force Exchange  
Service Public Affairs

Soldiers at Fort Wainwright can get a head start on holiday shopping with help from the Army and Air Force Exchange Service’s fee-free layaway.

From Sept. 1 through Dec. 24, the Exchange will waive its \$3 service fee for items priced at \$25 or more. Toys, bikes, clothing and more are eligible. This year, select computers, laptops and tablets are eligible for layaway if they are purchased from Sept. 1 to Dec. 13. Veterans with service-connect-

ed disabilities can use fee-free layaway, too, as they mark their first holiday shopping season with the expanded shopping privilege.

“The holiday season is a time of great joy, and the Exchange’s fee-free layaway is a terrific budgeting tool for Soldiers and military families,” said Fort Wainwright general manager Gloria Sylvia. “Layaway also is a great way to keep those gifts hidden from prying eyes.”

Layaways require a \$15 deposit toward the purchase price and items must be picked up by Dec. 24 or Dec. 13 for computers or tablets.

Fort Wainwright

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# US delivers humanitarian aid to Beirut

**Tech. Sgt. Michael Battles**  
379th Air Expeditionary  
Wing Public Affairs

In a joint endeavor to assist the Lebanese Armed Forces and the people of Lebanon after a deadly explosion in Beirut, U.S. Airmen and Soldiers stationed in Qatar worked to load the first U.S. Air Force C-17 Globemaster III with humanitarian aid, Aug. 6.

Personnel from the 379th Air Expeditionary Wing, Air Mobility Command’s 8th Expeditionary Air Mobility Squadron and 816th Expeditionary Airlift Squadron on Al Udeid Air Base, and the Area Support Group-Qatar from Camp As Sayliyah worked to palletize food, water and medical supplies delivered to Beirut later that day.

“Support of this magnitude at such speed wouldn’t be possible without the joint effort of all members of Al Udeid Air Base, our U.S. Army counterparts at Camp As Sayliyah and our gracious Qatari partners,” said Brig. Gen. Daniel Tulley, 379th Air Expeditionary Wing commander. “In the



U.S. Air Force Airmen load humanitarian aid supplies onto a U.S. Air Force C-17 Globemaster III at Al Udeid Air Base, Qatar, Aug. 6, 2020, bound for Beirut. U.S. Central Command is coordinating with the Lebanese Armed Forces and U.S. Embassy-Beirut to transport critical supplies as quickly as possible to support the needs of the Lebanese people after the deadly port explosion Aug. 4. (Photo by Staff Sgt. Justin Parsons)

wake of tragedy, it truly takes a combined effort to make the mission happen. We do this every day in Qatar, and that’s exactly what we are doing in support of the Lebanese Armed Forces.”

Soldiers from the ASG-Qatar at Camp As Sayliyah packed and loaded 11 pallets of humanitarian aid, which contained more than 28,800 military field rations, known as MRE or meals ready to eat, 11,520

bottles of water and two pallets of medical supplies and transported them to Al Udeid Air Base with support of a local Qatari transport company.

“In short notice,

ASG-Qatar assembled Soldiers and limited contract support to quickly palletize 11 pallets to be flight-worthy; consisting of water, MREs and medical supplies,” said U.S. Army Lt. Col. Elizabeth Pura, ASG-Qatar director of logistics. “(I’m) truly grateful to the Soldiers and civilians who stepped up to support the mission. I appreciate our Air Force personnel support from AUAB, it’s nice to see a combined effort from all.”

Upon their arrival to Al Udeid, the pallets were received by Airmen from the 8th EAMS, and processed for loading onto a C-17 bound for Beirut.

“At a moment’s notice, our mobility Airmen and the global air mobility support system stand ready to take action in tough situations like the explosion in Beirut,” said U.S. Air Force Lt. Col. Nicholas Lee, 8th EAMS commander. “The 8th EAMS is proud to be able to answer the call to support the Lebanese Armed Forces and help those in need of supplies with rapid global mobility.”

# Soldier escapes death in World War II, inspires generations

**Katie Lange**  
Defense.gov

Few people would be able to survive what Army Master Sgt. Henry Erwin lived through after a midair accident over Japan during World War II. The 23-year-old suffered horrific burns down to his bones after a smoke bomb burst in his airplane. The efforts he put forth to save the rest of his crew from death earned him the Medal of Honor in an unprecedentedly quick fashion.

Erwin was born on May 8, 1921, in Adamsville, Alabama, and was the eldest child in a large family. His father, a coal miner, died when he was 10, so Erwin took a part-time job to help the family financially. He eventually dropped out of high school to work for the Civilian Conservation Corps before getting a job at a steel mill.

About six months after the U.S. entered World War II, Erwin joined the Army Reserve. He initially tried pilot training, but switched to radio and mechanic technical training. He completed that in April 1944, got married the following December, then was sent to the Pacific in February 1945 to be a radio operator with the 52nd Bomb Squadron, 29th Bomb Group in the 20th Air Force.

Erwin and his crew — who called him “Red” due to his auburn hair color — flew B-29 Superfortress strikes against Japan. For those missions, he earned two Air Medals and a promotion to staff sergeant.

## An Impossible Task

On April 12, 1945,



Army Staff Sgt. Henry Erwin (Air Force photo)

Erwin’s B-29, called the “City of Los Angeles,” was the lead bomber in a group attack on a chemical plant in Koriyama, about 125 miles north of Tokyo. Aside from operating the radio, Erwin was also in charge of launching phosphorescent smoke bombs to help assemble the bombers before they proceeded to their target.

Erwin was positioned behind the forward gun turret toward the front of the plane. Once he got the order to light the bombs, he dropped them down a chute that launched them out of the aircraft before they exploded.

But something went wrong with one of them. It didn’t leave the chute, instead bouncing back into the aircraft, striking a kneeling Erwin in the face. The intensely burning bomb obliterated his nose and completely blinded him. To make matters worse, smoke quickly filled the front part of the plane, obscuring the pilot’s vision.

Despite his wounds, Erwin knew the plane and crew would not survive if he didn’t get the bomb outside. So,

despite the fact that he was physically on fire and his skin was burning off, he picked up the incendiary at his feet and, feeling his way instinctively through the plane, crawled toward the cockpit.

His path was blocked by the navigator’s table, which he had to unlock and raise to get around. To do that, he had to clench the burning bomb against his body. Erwin then struggled through the narrow passage and stumbled forward into the pilot’s den. He groped around until he found a window and threw the bomb out.

Completely on fire, Erwin collapsed between the pilots. He had journeyed only 13 feet, but later he said it “seemed like miles when you are burning.”

## A Gruesome Scene, A Rush for Honor

The plane had been on autopilot during the crisis, but to keep it from stalling out, the pilot had to drop altitude. When the smoke finally cleared, he realized they were

only 300 feet from hitting water. The pilot managed to pull the plane out of its dive, abort the mission and head for Iwo Jima, the closest place for medical aid.

During that time, the crew sprayed Erwin with a fire extinguisher to put the flames out, and they gave him morphine for the pain. Somehow, Erwin stayed conscious during the flight and even asked about the crew’s safety.

Once at Iwo Jima, doctors labored for hours to remove the white phosphorus that had embedded in his eyes. Since it combusts when it’s exposed to oxygen, each fleck that was removed burst into flames – small bits of torture for the already struggling airman.

No one thought Erwin would survive, but his entire crew knew he deserved the Medal of Honor for his actions. So, while he was getting treatment the night of their botched mission, the officers in his unit were preparing a Medal of Honor citation. The next morning, they presented it to Maj. Gen. Curtis LeMay, commander of the 21st Bomber Command, so he could sign it. LeMay managed to get it approved in an unprecedented amount of time. They were all hoping to give it to Erwin before he died.

Three days after the incident, a still-living Erwin was flown to a Navy hospital on Guam. For days afterward, doctors performed blood transfu-

sions, did surgery and gave him antibiotics to fight infection.

On April 19, 1945 — one week after the incident — officials pinned the Medal of Honor on a heavily bandaged Erwin as he lay in a hospital bed. The medal itself was from a display case at U.S. Army Headquarters in Honolulu. It was the only available one in the entire Pacific Theater.

## A Long, Painful Recovery

LeMay was able to have Erwin’s Marine brother, who was also stationed in the Pacific, flown to be by his bedside. The two hadn’t seen each other in three years.

“He stayed with me for 24 hours,” Erwin said in an Air Force Magazine interview. “I couldn’t see him, but I knew he was there, and that was a great comfort.”

Erwin said he dropped down to 87 pounds because he couldn’t eat anything. When he was flown back to the United States about 30 days later, he said, he was still smoldering from the phosphorus, which doctors were still scraping out of his eyes.

Over the next 30 months, he went through 43 operations to restructure his face. He had already lost an eye, an ear, his nose and several fingers. But his sight in one eye was eventually restored, and he regained the use of his left arm.

Erwin was promoted to master sergeant in October 1945 and was honorably discharged at Valley Forge General Hospital in Phoenixville, Pennsylvania, on Oct. 8, 1947.

## An Inspiration to the Next Generation

Once he returned to civilian life, Erwin spent 37 years working with burn patients and as a benefits counselor for the Department of Veterans Affairs in Birmingham, Alabama. He and his wife, Betty, had four children, including Henry Erwin Jr., who went on to be an Alabama state senator.

“He embodied all the ideals of the Medal of Honor. He wore them like a well-pressed suit,” Senator Erwin said of his father in an interview. “He was honest, thrifty and patriotic ... and treated everyone with courtesy and respect.”

According to a 2014 Joint Base San Antonio article, Erwin spent his life inspiring airmen by emphasizing how many of them would have done exactly what he did if they were in the same position.

In 1997, the Air Force created the Henry E. Erwin Outstanding Enlisted Aircrew Member of the Year award, which is presented to three deserving airmen every year. It’s only the second Air Force award named in honor of an enlisted person.

Erwin died Jan. 16, 2002, at the age of 80.



# Defeat shelter fatigue with these strategies

**Dr. Amy Adler,**  
**Clinical Research Psychologist**  
Walter Reed Army Institute  
of Research  
**Dr. (Lt. Col.) Leslie Roberson,**  
**Clinical Psychologist**  
Army Public Health Center

When will the COVID-19 pandemic end?

Since March, many Soldiers and Civilians have been practicing social distancing and wearing masks when they go out to purchase essential goods. At this point, some people may feel like they are ready to get out there and start participating in the activities they enjoyed prior to COVID-19, such as traveling, attending barbeques with friends, or going to concerts, without taking any special precautions.

This temptation to relax adherence to public health guidelines is called shelter fatigue – and it’s real. People may feel impatient with the rules and restrictions of the pandemic.

Even if those rules and restrictions were designed to protect individuals and their community, feeling this kind of “shelter” fatigue is understandable.

Studies of prolonged isolation show environmental conditions can have an impact on your psychological and physical health. When people live in a confined space or don’t have access to in-person social connections, they may feel disengaged and their stress levels rise. Even not being able to engage in daily habits like going to the gym or to the workplace may increase stress and fuel a sense of “shelter” fatigue.

Yet as tempting as it is to return to life as it was, the reality is that the pandemic hasn’t waned enough to let us relax our guard. Public health experts warn about the dangers of being complacent, but there are things you can do to help reduce your stress and reduce “shelter fatigue” so that you can stay vigilant and continue to do your part in the battle against COVID-19.

The following recommendations can help you reduce “shelter” fatigue.

## Check your physical environment

Is there a way to create different areas within your home that give you a sense of moving from place to place? If you have one area designated for sleeping, one for eating, one for playing and one for working, it can be easier to create a sense of movement, rhythm and change even if you are in the same barracks room, apartment or house.

Is there a way to declutter your space? Having a physical space that is free from clutter can help people feel calmer and less stressed. Some clutter is inevitable so think through how you might designate certain places in your home as “clutter free” and move your clutter to one confined area. That will help keep a border between you and clutter.

Can you bring in greenery into your home? Plants are not only good in terms of decorations, studies show that exposure to greenery reduces stress and can even improve physical health.

Check your sleep, circadian rhythm, and exercise patterns

Don’t underestimate the importance of sleep. It is one of the most important healthy habits that can help you in terms of your physical health, your resistance to infection, your mental health and your ability to think clearly. Be sure to create a comfortable sleep area, establish a sleep routine, and prioritize getting 7-9 hours of sleep per night.

Be sure to get some daily exposure to natural light – open a window or go outside for a walk.

Remember to keep yourself physically fit. Exercise is an excellent way to reduce emotional stress and the effects can be immediate.

As you stay physically active, remember to stay hydrated with water and eat balanced meals regularly.



Health experts with the Army Public Health Center and Walter Reed Army Institute of Research say there are things everyone can do to help lower stress and reduce “shelter fatigue” in the ongoing battle against COVID-19. (Photo by Graham Snodgrass)

## Focus on what you can control

Check in with yourself and see how you are doing emotionally. Almost everyone is experiencing some degree of stress related to the pandemic and safer at home restrictions. Is there a pattern to the stressful moments? Identify the triggers and see if you can put something in place to stay ahead of them.

If weekends are tough because you feel lonely, schedule regular phone calls with friends in anticipation of these more difficult moments.

## Create a routine that works for you

Creating a schedule or routine will help you to keep a sense of normalcy during these abnormal times. Teleworking and staying home may contribute to feeling fatigued, because you may actually be working longer hours and workload demands may increase.

Parents with children are balancing childcare or engaging school age children during the day while trying to do their own work. By sticking to a schedule and having realistic expectations of everyone – including yourself -- you can help make sure the workload stays predictable, structured, and balanced.

## Build on the positives

Creating a gratitude list can be helpful. Place this list where you can see it daily, such as your refrigerator. Read it daily to remind yourself of all that you have going for you in your life. Many topics can go on a gratitude list, including employment during the pandemic, which is especially true for military and Department of Defense civilians.

If you are finding yourself in conflict with people close to you, practice gratitude and acceptance. Remember that everyone is stressed. This experience may be taking a toll on them too.

Consider the impact that sheltering at home is having on those close to you. How can you reach out and help your family and friends? What might you be able to do to help to support others you care about?

Focus on the positive aspects of health and healthy relationships. There are a number of excellent websites offering subscriptions to daily affirmations that can help you maintain a positive mindset.

It’s also important to reinforce your positive outlook by practicing positive self-talk; however, give yourself permission to not be okay all of the time – and remember you are not alone. This is tough on everyone. Just by remembering to do

your part to and stay safer at home or wear a facemask, you can be part of the solution.

## Set goals to accomplish while home

Sheltering at home can provide an opportunity to accomplish some new or longtime goals. Here are a few ideas:

- Take an online class.
- Make new homemade recipes
- Create a book list to read
- Enroll in an online fitness class and participate in virtual online fitness challenges
- Learn how to play a musical instrument
- Work on an art project
- Learn a new language
- Practice Yoga
- Make a home project list (consider planting an herb garden)

## Limit the time you spend watching the news

Sheila Teresa Murphy, associate professor of communication at the USC Annenberg School for Communication and Journalism, says now is the time to consciously dial down bad news. If you know the news about the pandemic is a trigger, keep yourself on a careful diet of news consumption to prevent yourself from getting overwhelmed.

Murphy recommends three strategies for managing your news consumption:

- Don’t binge-watch TV news. Instead, consume news about COVID-19 in moderation.
- Consume news judiciously from reputable journalism organizations or the U.S. Centers for Disease Control and Prevention.
- Consider the source when consuming social media accounts of the virus; the content is not regulated and can include conspiracies and conjecture.

Murphy says even better is to turn the news off completely and watch a movie, read a book or do something you enjoy. Take small moments and find a way to laugh, such as watching a comedian or funny animal video.

## Practice mindfulness

Mindfulness is a way to ease the mind and help you center yourself and decrease anxiety. You can practice mindfulness by sitting quietly and focusing on your breathing and senses. Practicing mindfulness is an effective way to reduce anxiety and improve working memory and attention. The Centers for Disease Control and Prevention recommends the website [mindfulness.org](http://mindfulness.org), which offers mindfulness information, exercises and videos.

Also, check out this quick guide on how to practice mindfulness:

## Stay in touch with friends and family

Calling people or connecting via a digital platform is a good way to stay in touch. Consider going the old-fashioned route by writing a letter or sending a card.

## Talk to a health professional

If you need additional support, most health providers now offer virtual appointments in the comfort of your home, including behavioral health.

Here are some resources you can use to help with managing your stress:

- <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>
- <https://phc.amedd.army.mil/topics/healthyliving/al/Pages/Health-and-Wellness-Tips.aspx>
- Mastering Stress poster:
- [https://www.wrair.army.mil/sites/default/files/2020-03/Covid-19\\_Leadership\\_and\\_Stress\\_WRAIR.pdf](https://www.wrair.army.mil/sites/default/files/2020-03/Covid-19_Leadership_and_Stress_WRAIR.pdf)
- <https://raisingchildren.net.au/guides/coronavirus-covid-19-guide/coronavirus-tips-to-manage-distancing-or-self-isolation>

Pinterest has a new section on family activities during isolation

- <https://www.pinterest.com/momandkiddo/indoor-activities-for-kids/>
- <https://www.pinterest.com/AnEarlyStart/rsv-isolation-and-lockdown-activities/>

## Community Resource Guides

The Community Resource Guide is a one-stop shop for information on health and wellness resources across Army installations worldwide tailored for each installation. Community resource guides are tools to help leaders and community members identify programs that promote health and strengthen physical, mental and spiritual resilience in their local military community. You can find a directory of all Army installation CRGs. You can also download the CRG app to your phone. Search for “Army Community Resource Guides” in the iTunes or Google Play store.

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



Weekly Events

August 22 - 29

22

Summer Reading Program

August 22 - September 1  
Varies

Take on the Summer Reading Program all the way through September 1. Pick up books from the Post Library, log your reading sessions in the app, and earn prizes. Register today!

Post Library, Bldg 3700  
Call 353-2642, registration required

22

Boater Safety Course

Registration deadline: August 22  
9 a.m. - Noon & 1 - 4 p.m.

Join ODR on August 29 for this Boater Safety Course! Everyone who wants to check-out a motorized watercraft from ODR is required to have a Boater Safety Card.

Outdoor Recreation Center, Bldg 4050  
Call 361-6349/6350, registration required

22

Hatchet Throwing

Registration deadline: August 22  
1 - 5 p.m.

Learn the art of hatchet throwing taught by ODR! Go over the basics of hatchet throwing and a fun competition after.

Outdoor Recreation Center, Bldg 4050  
Call 361-6349/6350, registration required

25

Deployment Cycle Resiliency Training for Pre-Deployment (Spouses/Significant Others)

August 25 - 27  
Noon - 12:15 p.m.

Class that will be geared towards Spouses/Significant Others for Pre-Deployment. Topics will include: Preparing for Deployment, Realities of Deployment, Resilient Strategies, and more! Join us on the ACS Facebook page for training.

Army Community Service, Bldg 3401  
Call 353-4227

29

B.O.S.S. Rock Climbing

Registration deadline: August 29  
9 a.m. - 5 p.m.

Join B.O.S.S. and rock on with Outdoor Rec! Head out to Grapefruit Rocks for a day of climbing on some of interior Alaska's finest limestone crags. This climbing area offers many great climbs for all skill levels.

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

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# New aviators to incur 10-year service obligation

**Thomas Brading**  
Army News Service

Starting in October, commissioned and warrant officers selected for initial entry flight training will be required to serve at least a decade once they become an Army aviator, according to an all Army activity message published Aug. 12.

The new policy doesn't include Soldiers currently in training, said Chief Warrant Officer 5 William S. Kearns, aviation and officer policy integrator for the Army's G-1 office.

"We're looking at troops selected for flight training in the fiscal year 2021 and beyond."

The change comes as the cost and requirements for aircraft have increased across the board, Kearns said.

"There are many complexities in these advanced helicopters, which translates to increased costs in flight hours, maintenance, and training requirements," Kearns said. "They require more time for people to gain experience. There's the technical expertise that goes along with it as well. In the end, it's the Army getting a good return on the investments."

These investments set the Army apart from all the branches, he said. For example, it's the only service that allows people to go into flight training with only a high school degree. "You don't have to have a college degree to apply or be accepted into it," he said.

The policy also applies to Army Reserve and National Guard

components, but their obligated service will remain part-time, he said. "The service obligation begins on the date an officer attains an aeronautical rating of Army aviator or is removed from attendance, whichever is earlier."

Before Army Secretary Ryan D. McCarthy signed a memorandum for the change in June, the Army had bumped up its incentive pay for aviators in January. The pay raise was the first in two decades to help balance pilot numbers at all ranks and stay competitive with the civilian market.

Across the force, warrant officer recruiters are actively on the lookout to fill their ranks.

"We want as many applications as we can, so if anybody has any questions, be sure to contact that warrant officer recruiting team," Kearns said. "It's a great time to apply to become a pilot, and [Soldiers] can get in with a high school degree. There are some other pre-

requisites they have to meet. But, we want as many people as we can get to apply.

"We are very, very interested in seeing more applications," he added.

This call to action comes amid challenging times, with many civilian airlines running on reduced flight schedules, said Chief Warrant Officer 5 Jon Koziol, the Army's command chief warrant officer to the aviation branch, during a Facebook livestream in June.

"This global pandemic has made unprecedented impacts on the world's economies and our way of life," Koziol said. "Some of the impacts may have directly affected [Soldiers'] ability to pursue [their] goals of working for the commercial sector, especially the airlines."

For anyone interested in becoming a warrant officer, individuals should contact a warrant officer recruiter or visit the Army's Warrant Officer Recruiting website.



# Army medical center offers last line of defense against COVID-19

Elaine Sanchez  
BAMC

Brooke Army Medical Center at Joint Base San Antonio-Fort Sam Houston, Texas, is expanding its use of a highly specialized treatment for critically ill COVID-19 patients.

Extracorporeal membrane oxygenation, or ECMO, is a heart-lung bypass intervention that is proving to be lifesaving for some COVID-19 patients.

“ECMO is often the last line of defense for the most critically ill patients with severe pulmonary disease,” said Air Force Col. (Dr.) Patrick Osborn, BAMC’s deputy commander for surgical services. “Whether due to COVID-19 or another condition, ECMO provides a life-support option that can potentially save lives when all other options are exhausted.”

BAMC, one of the few local facilities that offer the treatment, is providing up to one-third of the ECMO capability for the San Antonio area’s most severely ill residents, veterans and military beneficiaries suffering from the virus.

“As much as able, BAMC is easing the burden on local health care resources by admitting civilian ECMO patients,” Osborn said.

## ECMO Explained

This treatment, which requires a multidisciplinary team of specially trained medical personnel, is used in the intensive care unit when a patient experiences heart or lung failure. The ECMO machine removes blood from central vessels in a patient’s body, circulates it through an artificial



A nurse enters a patient room in a COVID-19 intensive care unit at Brooke Army Medical Center, Joint Base San Antonio-Fort Sam Houston, Texas, July 17, 2020. (Photo by James Camillocci)

lung, oxygenates it, and delivers the blood back into the bloodstream. In essence, it replaces the natural functions of the heart and lungs, allowing the treatments to help heal the affected organs.

“ECMO is not a treatment for any specific disease,” said Air Force Col. (Dr.) Phillip Mason, medical director for BAMC’s adult ECMO program. “It works by keeping critically ill patients alive and buying time for us to address their underlying condition. In some cases, we can reduce a patient’s chance of dying from 80 to 90 percent down to 30 to 40 percent. While 30 to 40 percent is still high, it represents a significant improvement and translates into many lives saved.”

Established in October 2012, BAMC’s adult ECMO center is the only one in the Defense Department, and it remains one of the few centers with global air transportable ECMO capability. The multiservice ECMO team has traveled as far as Iraq and Afghanistan to pick up service members in need of the

treatment.

While taking care of military beneficiaries is BAMC’s primary mission, the organization is able to support civilian ECMO patients through a special Defense Department program. The experience gained ensures the ECMO team sustains the skills required to mobilize worldwide to treat and transport patients back to BAMC, Osborn said.

## COVID-19 Care

Due to the highly specialized personnel, training and equipment required to care for ECMO patients, BAMC typically could treat only up to four patients at any given time prior to the outbreak. In recent weeks, the hospital has expanded its capability and is treating up to nine patients at a time, most of whom are battling COVID-19.

An ECMO team carefully considers the treatment after other lifesaving measures, such as oxygen therapy or a ventilator, have proven ineffective.

“The vast majority of the critical care community believes that ECMO is effective as a rescue therapy for respiratory failure that does not respond to conventional therapies,” Mason noted.

BAMC is also part of a multinational observational trial of ECMO’s use for COVID-19. The trial should help to reveal evidence-based proof of the treatment’s effectiveness, but that’s further down the line, Mason said.

“While COVID is a complex disease affecting many organ systems, its primary manifestation is respiratory failure, so there is at least some reason to believe ECMO will be effective,” he said, noting the treatment is often used for other viral respiratory illnesses, such as influenza.

With the program in place for nearly a decade, BAMC’s COVID-19 team is

accustomed to working closely with local hospitals in the event a patient may be a candidate for ECMO. This collaboration has stepped up in recent months, creating a larger influx of patients.

To expand capacity to meet the growing community need, BAMC called on its ECMO team to train additional nurses and technicians on the equipment, while also leaning on personnel from the U.S. Army Institute of Surgical Research Burn Center, which is housed in the hospital, to assist.

“With the support of the ISR we have been able to expand our ECMO capacity significantly,” said Army Maj. (Dr.) Michal Sobieszczyk, staff physician, interventional pulmonology and critical care medicine. “The BAMC and ISR bedside nurses have been instrumental in making the ECMO

mission a success.”

## Lifesaving Treatment

ECMO may be a last resort for COVID-19 patients, but one that has proved lifesaving for many. Sobieszczyk recalled one recent patient in his late 20s who was placed on ECMO twice — once for COVID-19 pneumonia, from which he recovered, and the second time for a bacterial pneumonia and sepsis.

“He required a high level of support and came close to dying several times,” Sobieszczyk said. “Fortunately, he was able to be weaned off ECMO and his [breathing tubes were removed] earlier this week.”

As a last-resort measure, ECMO is a high-stakes endeavor, Mason noted.

“We have the highest highs and the lowest lows,” Mason said. “But each life saved is incredibly rewarding for us and a testament to the importance of this treatment.”

ECMO is just one line of defense against COVID-19, but one that BAMC is proud to offer to its beneficiaries and the community, Sobieszczyk said.

“The ECMO team is honored to support the community during this pandemic,” he said. “Not only are we able to help the civilian population, but at the same time use this as an opportunity to enhance our mission readiness. It gives everyone a sense of purpose and mission, something we all strive for in the military.”

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# OBSERVANCE

## WOMEN'S EQUALITY DAY

**FACTS**

August 26, 2020 marks the 100th anniversary of the Women's Suffrage Movement's GREATEST victory—women achieving full voting rights following the ratification of the 19th Amendment to the U.S. Constitution.

World War II changed the roles of women in the United States and women in turn, helped transform the nation.

More than seven million women who had not been wage earners before the war joined eleven million women already in the American work force.

Race, class, age, and education, among other factors, limited opportunities for some women while expanding them for others.

In 1944, skilled female workers earned an average weekly wage of \$31.21. Despite federal regulations requiring equitable pay for similar work, their male counterparts in similar positions earned \$54.65 weekly.

When the war ended, some women were ready to return to their pre-war domestic lives. However, others who wanted or needed to continue working, found their opportunities were limited as men returned home and the demand for war materials decreased.

Without the war to justify the 'unconventional' work of women, many employers demoted women to lower paying positions, or less secure "pink collar" jobs, or pushed them out of the workforce entirely.

We honor the women of WWII. Through their diligence, determination, and sacrifice, they continued to carry the torch the suffragists picked up in their quest for equality.

*"Women who stepped up were measured as citizens of the nation, not as women. This was a people's war, and everyone was in it."*

Colonel Oveta Culp Hobby

