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Fort Wainwright, Alaska

September 18, 2020

Installation access to see security upgrades

Courtesy report

Fort Wainwright will soon begin physical barrier upgrades for Installation Access Control Points and will adjust gate hours upon completion of the upgrades to improve security for all community members on the Post. Construction operations will mostly affect residents in Siku Basin and Gertsch Heights.

Fort Wainwright's Main Gate, Badger Gate and Trainer Gate are each limited in space due to the close proximity of road intersections, railroad tracks and bridges. In order to address these challenges and improve the IACPs to align with the Army's physical security standards, we will install security barriers, extend vehicle lanes, and re-route traffic patterns.

The IACP security improvement work and road closures will begin Sept. 24, 2020 with project completion in early October 2020. Weather or equipment delays may shift the completion to mid-October 2020.

This project will formally close the intersection of

Gaffney Road and 599th Street in Gertsch Heights, as well as the intersection of Trainer Road and Snap Dragon Lane at Siku Basin.

Main Gate improvements will also affect the MWR Outdoor Recreation Facility and those individuals visiting Glass Park. The new traffic pattern will only authorize right turns for vehicles exiting Glass Drive onto Gaffney Road, and will require drivers to exit the installation.

In addition to the barrier upgrades, work force adjustments and changes to IACP hours of operation will occur to support mission requirements and help ensure the safety of the community. After completion of this project, the gates and Visitor Control Center will operate with the following hours:

- Main Gate will remain open 24 hours a day, Monday to Sunday.
- Badger Gate will be open 5 a.m. until 8 p.m., Monday to Sunday.
- Trainer Gate will be open 5:30 a.m. until 9 p.m., Monday to Sunday



closed federal holidays.

The gate remains open 24 hours a day, Monday to Sunday during the River Road Bridge construction period and will change to new operating hours after completion.

•The VCC will be open 5:30 a.m. until 9 p.m. Mon-

day to Friday; 8 a.m. until 9 p.m., weekends.

We fully recognize this project creates inconveniences for the Fort Wainwright Community, especially for residents in Siku Basin and Gertsch Heights. I greatly appreciate your

patience and cooperation with these enhancements that will make our entire community safer.

We will continue to keep you updated on any changes to the timeline via email, social media, and the monthly Arctic Community Information Exchanges.

UAF offering free online Arctic security course

Marissa Carl-Acosta

The Arctic region is increasingly vulnerable to the traditional security issues and tensions experienced elsewhere in the world. Troy Bouffard, who retired from Fort Wainwright in 2010 after a 22-year military career, is teaching a new online six-week course called Arctic Security Fundamentals. The course is free and starts Sept. 29.

"The military cannot wait for an emergency security situation in the Arctic to begin learning about the region," he said. "It must be an ongoing endeavor using all knowledge approaches available."

Join students from around the world – including Canada and Russia – who are eager to learn about territorial disputes and claims, climate change impacts, and natural resource concerns.

Bouffard and other global experts will explain Arctic security fundamentals through diplomacy and defense in the context of cooperation and competition. The Department of Defense



USS Toledo arrives at Ice Camp Seadragon on the Arctic Ocean on March 4, 2020. Learn about the key stakeholders responsible for diplomacy and defense in the Arctic in UAF's free six-week Arctic Security Fundamentals course, which starts on Sept. 29. (Photo by U.S. Navy MC1 Michael B. Zingaro)

in particular often plays a significant role in supporting efforts to help manage security-related issues around the world under the leadership of the U.S. Department of State.

"Defense officials must always be ready to assist with recommendations and solutions in this regard, and understanding the security circumstances of the region is of paramount importance to effectively do so," Bouffard said.

The course has six modules. Bouffard will lead students through each of the modules one week at a time. Within each week, students can

work through the content on their own schedule.

Participants also have the option of earning a verified certificate for \$139. This certificate can be added to résumés and LinkedIn profiles, as proof to current and future employers that you successfully completed this one-of-a-kind Arctic Security Fundamentals course. The verified track also grants learners access to the course materials beyond the course end date.

"As the Arctic region becomes increasingly more active, there will undoubtedly be an increase in demand for experts on

the region and topic," Bouffard said. "Additionally, the course is being taught based on global frameworks and principles. Learning about the Arctic region in this approach is applicable to any region, which is something DOD has always emphasized through regional studies programs."

While stationed at Fort Wainwright, Bouffard was with the 172nd Stryker Brigade Combat Team and 1-25th Stryker Brigade Combat Team. He worked in brigade headquarters for two combat tours

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An invisible enemy named suicide

Young J. Hwang

At the beginning of this year, a pandemic of a highly contagious new strain of coronavirus, named COVID-19, fundamentally altered the day-to-day lives of individuals around the world. You are now required to wash or sanitize your hands prior to entering a building, wear a face mask and maintain a distance of a minimum of six feet from other individuals. The way we operate daily is part of a new norm, as we continue our war with this invisible enemy. With a recent increase in cases, it is imperative that we continue to follow the Centers for Disease Control and Prevention guidelines and support the global effort in finding

a Covid-19 vaccine to alleviate the rising number of coronavirus-related deaths.

Less prominently discussed, but nevertheless just as devastating, there is another invisible enemy the world has been combating with for centuries — suicide. This specific enemy delivers indescribable pain, heartache and incessant grief. According to the Merriam-Webster dictionary, suicide is defined as "the action of killing oneself intentionally," or "being or performing a deliberate act resulting in the voluntary death of the person." Approximately 800,000 people worldwide die by suicide per year, according to the

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WEEKEND WEATHER

Friday



Slight chance of rain in the morning then rain likely in evening. High: 54F.

Saturday



Rain likely. High: 51F.

Sunday



Chance of rain. High: 48F.

IN BRIEF

Chelsea Porterfield sang the ABCs softly as she rocked her 2 year old to sleep. In the quiet solitude of her son's bedroom, her mind drifted and fixated on her husband's .45 caliber pistol.

In November 2018, the sergeant first class thought about suicide for the first time.

Read more on page 5

Nutrition Corner: Breaking the Fast

Justine Duchon
Medical Department Activity
– Alaska Registered Dietician

‘Breakfast is the most important meal of the day’ is a common phrase, but one often ignored. Breaking a fast with the first meal of the day is an important part of having a healthy, balanced diet and life. What makes breakfast so important?

According to the American Heart Association, research has shown that people who skip breakfast tend to have a higher body mass index. Additionally, people who skip breakfast

may be at increased risk of developing chronic diseases such as cardiovascular disease, diabetes and hypertension. Fueling the body with a balanced meal within one to two hours of waking may help keep energy levels more balanced and prevent excess hunger, reducing overeating patterns throughout the day.

Starting the day with a balanced meal including protein, fiber rich carbohydrates and healthy fats provides energy and a feeling of being full until lunchtime.

There are many reasons people may skip breakfast in

the morning, such as lack of time, not feeling hungry and even feelings of frustration with not knowing what to eat.

One quick and easy meal with many variations that provides a nutritionally balanced meal is overnight oatmeal. The below recipe is quick, easy and of course, delicious. A good balance of protein from Greek yogurt and nuts, fiber rich carbohydrates provided through oatmeal and fruit, and healthy fats from nuts or nut butter may help keep energy levels up to tackle morning activities.

Serving size: 1 serving
Ingredients:
• ½ cup old fashioned rolled oats, uncooked
• ½ cup water
• 2/3 cup of plain Greek yogurt or one 5.3 ounces single serve Greek yogurt
• ½ banana or ½ cup fresh or frozen fruit
• 1 tablespoon nuts or nut butter
• ½ teaspoon cinnamon (optional per preference)

Directions:
• In a 1 pint mason jar, add oatmeal and water. Stir to combine. Add a dash of cinnamon or spice if desired.

• Next, layer with Greek yogurt, then fruit and/or nuts.
• Place lid back on Mason jar and put into the refrigerator overnight, at least five to six hours.
• The next morning, grab it out of the fridge. This can be eaten cold or may be heated for a warm breakfast. If warming in a microwave, remember to remove the metal lid. Heat for 30 seconds, stir. Heat for another 30 seconds, if desired.

Nutrition Facts (Per serving): 420 calories; 10.5 g fat; 53 g carbohydrates; 26.5 g protein

SUICIDE

Continued from page 1

World Health Organization. In the United States, one person completes a suicide every 16.2 minutes, according to the National Alliance on Mental Illness. There is no vaccine or ultimate cure to annihilate suicide; however, not all suicide thoughts have to end with death. Suicide is preventable, and with appropriate measures and actions, the world can prevent, reduce and combat suicide.

The act of suicide may be challenging for us to comprehend, as suicide is a complex problem. There is no one single explanation that triggers this behavior. The Centers for Disease Control and Prevention shared that 54 percent of people who died by suicide did not have a known mental health condition.

September is National Suicide Awareness Month, which highlights suicide prevention efforts by advocating for prevention strategies and networking to share resources and education. Connectedness, the theme for this year’s DoD Suicide Prevention Month, will be shared by the hashtag #BeThere. We can be a key participant in preventing suicide by connecting with the family, friends, community and resources that can play a vital role in preventing sui-

cide. The Army Substance Abuse Program has taken an innovative approach this year to further prevent suicide by collaborating with the Noncommissioned Officer Academy. With support from the 7th ATC and NCOA Command Teams, Suicide Prevention Awareness Training for Leaders was implemented in July 2020.

Follow the guidelines of the Army-approved suicide prevention and awareness training model: Ask, Care, Escort. It only takes a minute to:

- **ASK** – Ask the question directly: Are you thinking of killing yourself? Have the courage to ask the question.
- **CARE** – Actively listen with understanding. Remove any means that could be used for self-injury. Calmly control the situation. Do not use force. Be safe.
- **ESCORT** – Escort them to a Chaplain, behavioral health professional, primary care provider, Military Police and the Military Crisis Line at 1-800-273-8255 (00800-1273-8255 – or DSN 118). Never leave them alone.

Challenge yourself to think about what changes you will implement to prevent suicide starting today.

COURSE

Continued from page 1

in the Fires and Effect Coordination Cell.

“My entire military experience has prepared me significantly in my role at the university and continued work as a defense contractor with U.S. Northern Command,” Bouffard said.

Since retiring from the Army, Bouffard has worked with a variety

of organizations including the Arctic Council, North Atlantic Treaty Organization, DOD, the United States Coast Guard, the U.S. Department of State and the Alaska Army National Guard.

Find more details and enroll in Arctic Security Fundamentals at <https://www.edx.org/course/arctic-security-fundamentals>

MEDDAC Minute

Important Phone Numbers

Emergency: 911
MEDDAC-AK Website: www.bassett-wainwright.tricare.com
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

New Website

Finally, a one-stop-shop for all your Medical Department Activity – Alaska information needs. No more searching for phone numbers or hours of operation! Check out our new website at bassett-wainwright.tricare.mil.

COVID-19 Hotline

The scope of the COVID-19 Hotline has changed over the last several months. The hotline, (907) 361-3057, is now staffed to assist those who have tested positive or have had direct contact (within six feet for 15 minutes) with a known COVID-19 positive person. Please do not contact the hotline with questions regarding symptoms, travel or testing.

Delays In Access To Care

October 31, MEDDAC-AK will go live with MHS GENESIS, the military’s new electronic health record. This system will track your treatments, record your prescriptions, and allow your health care team to document every facet of your care. We are working closely with DHA to ease the transition. However, no software rollout is perfect. During October and November, patients will see a decrease in appointment availability and getting prescriptions filled.

Medication Education

Our pharmacies have launched a new way to learn about your prescriptions. Most medications will not come with a QR code on the bottle. When the code is scanned, a fact sheet and video can be viewed giving information regarding the medication.

Patient Praise

“Mrs. Brown in case management is very helpful and goes out of her way to make sure I am being taken care of. All of the nurse case managers go above and beyond to help soldiers with their needs, or point them in the right direction, and they have all helped me any time I’ve had questions. I think they make things at Kamish run smoothly. I appreciate the hard work they do, their insight and knowledge, and the care they put into their job.”



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SEPTEMBER 14-18, 2020

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a purchase of \$25 or more

For more information, contact:

www.affassstancefund.org





www.aerhq.org

Fort Wainwright Exchange shoppers can reap rewards for helping warfighters in need

Carina DeCino
Army and Air Force Exchange Service Public Affairs

The Army and Air Force Exchange Service is pumping up the savings for shoppers who support Warfighters in need. From Sept. 14 to 18, Exchange shoppers at Fort Wainwright and installations worldwide who make an in-person donation to Army Emergency Relief or the Air Force Assistance Fund will receive additional savings:

- One \$1 off coupon for every \$1 to \$4.99 donation
- One \$5 off coupon for every \$5 to \$9.99 donation

Shoppers who donate through ShopMyExchange.com, in increments of \$5, will receive a \$5 off coupon code (maximum two coupon codes per transaction). In-store coupons and online codes can be redeemed Sept. 19 to 25.

“As the COVID-19 pandemic continues, it’s more important than ever to support service members in need,” said Fort Wainwright Exchange general manager Gloria Sylvia. “We are honored to do our part to raise awareness of the important work AER and AFAF do for our Army and Air Force communities, including emergency assistance and community programs.”

While the coupons are offered only from Sept. 14 to 18, shoppers can donate at their local Exchange year-round: So far in 2020, Exchange shoppers have donated more than \$1.1 million to AER and AFAF.

Coupons may be combined at brick-and-mortar Exchanges only, where each \$5 coupon may be redeemed for every \$25 spent. Online coupon codes cannot be combined, and a maximum of one coupon code may be redeemed for each online purchase of \$25 or more.

ALASKA POST

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The Chaplain’s Corner Community and the Inupiat

Chaplain (Maj.) Daryl Densford
U.S. Army Garrison Alaska, Fort Wainwright Deputy Garrison Chaplain

My wife and I recently visited the Alaskan village of Utqiagvik (formerly Barrow) where the Inupiat Eskimos have lived for thousands of years in the harsh conditions over 300 miles north of the Arctic Circle. Being remote and not connected by land routes, everything in Utqiagvik is expensive necessitating the continued use of whale hunting by the Inupiat for sustenance. Highly regulated but still permitted, the Inupiat of Utqiagvik hunt the Bowhead whale, which this year they were limited to only eight for the community. On the day that we visited Utqiagvik, the Inupiat whalers had caught three whales, about 30% of their annual catch! Traveling outside of town to the fabricated metal runway of an old military airbase, we watched as “community” was demonstrated in the butchering of the three whales.

One of the whales was 41’ long, which means a lot of work to cut up and divide the usable portions. The whaler and crew alone



would not be able to complete this task before the meat began to spoil so dozens of the community came out to help the whaler harvest his catch...dozens working on each of the three whales caught that day. There were children as young as 12 or 13 working with their parents and grandparents to complete the herculean task of butchering the whales and preserving the meat.

One older woman stopped her work to talk to us and explain what they were doing. She pointed to several long slabs of meat and said it would be set aside for the community Thanksgiving and Christmas dinners. She pointed to the rear of the whale and said that from the bel-

ly button back, would be divided among the whaler’s family and crew. The rest, she said, would be divided among the community who came out to help the whaler harvest the meat. She formed a small circle with her hands and said that her portion may be just that much, but she didn’t care, that it was a “labor of love.”

It did not take much thought to see how the Inupiat of Utqiagvik understood community. First, they shared a common culture which was thousands of years old, one that perpetuated time-honored traditions, customs and skills that enabled them to thrive in harsh arctic conditions. Second, they realized that as a community, they needed

to work together for survival and success which compelled whole families to come out and help the whaler butcher his catch before it spoiled. Third, they saw the members of their community as their responsibility. The whalers could have easily just paid laborers to butcher their whales and save the meat for themselves, but they knew that their community needed the sustenance that the whales provided to live through the winter until other wildlife could be hunted to provide nourishment. As a community, the Inupiat worked together and shared with each other for the benefit of the entire community.

This seems like a great lesson for all of



us. Like the Inupiat, the military shares a common culture which few outside the military understand. We know what it’s like to deploy or to have our spouse deploy. We know many of the regulations and acronyms. We suffer when Soldiers deploy and rejoice when they redeploy. We are a unique community.

Most families in the military have also learned that we need to work together to survive. Since we understand what it takes to be a military family we are able to reach out to other families who may be struggling and help them through the hard times. Working and living together, we all become stronger and not only survive the tough times but thrive in the midst of them.

Finally, we also need to see the members of our unique community as our responsibility. They’re

not just neighbors with screaming kids that interrupt our peace and quiet, but members of our community who may need our help. When we see each other as sharing a common culture, with similar struggles, and accept the responsibility to care for each other, we create a community that is strong, resilient and thriving, able to survive whatever orders may come or tragedies that may befall us.

I encourage you to learn these lessons from the Inupiat: Celebrate our common culture which creates community, work together for the benefit and survival of our community, and accept your responsibility to care for each other. If we can all do these things, we will live happier and more satisfying lives, even in the remote interior of Alaska where we have found ourselves together.

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

Prepare for Disasters

Limit the impacts that disasters have on you and your family. Know the risk of disasters in your area and check your insurance coverage. Learn how to make your home stronger in the face of storms and other common hazards and act fast if you receive a local warning or alert.

Emergency Alerts

When emergencies strike, public safety officials use timely and reliable systems to alert you. This page describes different warning alerts you can get and how to get them.

Wireless Emergency Alerts

Wireless Emergency Alerts are just one of the ways public safety officials can quickly and effectively alert the public to serious emergencies. They are sent through the Integrated Public Alert and Warning System, which integrates the nation's alert and warning systems, technologies and infrastructure.

What you need to know about WEAs:

- WEAs can be sent by state and local public safety officials, the National Weather Service, the National Center for Missing and Exploited Children and the president of the United States.
- To provide comments or concerns about a WEA sent in your area contact local officials directly.
- WEAs can be issued for five alert categories: imminent threat, public safety, AMBER, Presidential, and test messages.
- WEAs look like text messages but are designed to get your attention with a unique sound and vibration repeated twice.

- WEAs are no more than 360 characters and include the type and time of the alert, any action you should take and the agency issuing the alert.
 - WEAs are not affected by network congestion and will not disrupt texts, calls or data sessions that are in progress.
 - Mobile users are not charged for receiving WEAs and there is no need to subscribe.
- If you are not are not receiving Wireless Emergency Alerts here are some tips to troubleshoot your mobile device:**
- Check the settings on your mobile phones and review your user manual (you may be able to find this online too)
 - Older phones may not be WEA capable, and some cell phone models require you to enable WEAs.
 - Most mobile service providers call these messages WEAs, but some manufacturers refer to them as “Government Alerts,” or “Emergency Alert Messages.”
 - Check with your wireless providers to see if they can resolve the issue
 - All major phone providers and some smaller providers participate in WEA
 - Federal Communications Commission registry of WEA providers
 - FEMA Integrated Public Alert Warning System
- Emergency Alert System**
- The Emergency Alert System is a national public warning system that allows the president to address

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**FORT WAINWRIGHT
SEXUAL HARASSMENT AND ASSAULT HOTLINE**

907-353-7272

DOD SAFE HELPLINE

877-995-5247

Army leaders share stories of the 9/11 Pentagon attack

Thomas Brading
Army News Service

It's been 19 years since Sept. 11, 2001, when four hijacked passenger jets were turned into makeshift missiles above American soil. But the tragic day is still fresh in the minds of some of the Army's top leaders who survived the attack at the Pentagon.

Positioned across the Potomac River from the nation's capital, the Pentagon is the nerve center for all things national defense. It's also one of the world's largest office buildings, made up of roughly 23,000 military and civilian employees, including the secretary of defense and chairman of the Joint Chiefs of Staff.

The five-sided structure is often seen as a universal symbol of America's strength and security, which made it a target that September morning.

As the sun rose over the nation's capital that day, the gridlocked morning traffic crept along the Beltway. Underground, train riders like Brig. Gen. Mark S. Bennett and Maj. Gen. Paul A. Chamberlain, who were younger officers at the time, crowded into railcars to beat the slow-moving jam.

All and all "it was just a morning like any other," Bennett recalled.

They were young officers navigating the city in 2001, but today Bennett is at the helm of the U.S. Army Financial Command, and Chamberlain is the director of the Army budget.

By the time the Metro train dropped them off, the Soldiers weren't the first to arrive at the Pentagon. Employees were already buzzing through each ring and corridor of the building.

Pentagon staffers were already immersed in numerous morning routines; briefings were planned, PowerPoints were being finalized,



An aerial view of the damage at the Pentagon following the terrorist attacks on Sept. 11, 2001. (Photo by Air Force Tech. Sgt. Cedric H. Rudisill)

coffee was brewing, and some, like Chamberlain, found time to squeeze in a morning run.

"The sky was crystal clear blue that early fall morning," Chamberlain said, looking back. "I went for a run, came back, and took a shower." That's when he first heard the news at the Pentagon Athletic Center. "Over the radio speakers in the shower, I heard a plane [may have] hit the World Trade Center in New York – which was very odd."

The news quickly spread around the building. Lt. Gen. Thomas Horlander, deputy to the assistant secretary of the Army, Financial Management and Comptroller, was then a 41-year-old lieutenant colonel on a mission from Fort Rucker, Alabama that morning.

The Pentagon has three times the floor space of the Empire State Building, and can be daunting to navigate for newcomers, like Horlander. The Colorado native was in an unfamiliar place during his work trip to the Defense Department epicenter.

When Horlander and his coworkers walked into the building, the security guards knew they were out-of-towners, he said, during a recent interview. "I said [to the guard] we're trying to locate a conference room. He gave us assistance and said when you get there to

turn on the television – an airplane just hit one of the Twin Towers."

After that, everything changed. Newscasts started reporting the incident at the World Trade Center in New York City. The news anchor on the confirmed "smoke was billowing out of one of the towers," Chamberlain said. "I thought, wow, it must have been a significant plane that hit it."

'Something is happening in New York'

At first, reporters speculated why the smoke poured from the North Tower. Many anchors, like on Chamberlain's radio, said it looked like an airplane accident. But others suggested maybe a kitchen fire from the Windows of the World restaurant, a popular tourist destination located on the 106th and 107th level of the tower. The truth was nobody knew for sure.

That's when many work routines stopped. All that people could do was watch in knots. At the Pentagon, workers, including Chamberlain, circled TVs like campfires and waited for new information like warmth. Another Army officer, Wes Miller, who was a colonel at the Pentagon in 2001, questioned if it was accident or not, he said.

Before anyone could clarify what happened to the North Tower, the news broadcasted a

commercial airliner fly full-force into the South Tower at 9:03 a.m., causing a massive fireball in its wake, while inadvertently confirming Miller's suspicions.

"It was too unusual to see a plane fly into the side of a skyscraper. There was no way that could have been a mistake," said Miller, who serves at the Pentagon today as the deputy assistant secretary of the Army for financial operations.

As Miller watched in horror, a coworker said, "This is not a day you want to be working at the Pentagon." The colleague planned to take leave, he said, but wasn't able to get out in time.

Attack on the Pentagon

Meanwhile, 64 people were onboard American Airlines Flight 77 flying from Dulles International Airport in Virginia across the country to Los Angeles. On that flight were five Saudi men, linked to al-Qaida, who hijacked the jet somewhere over eastern Kentucky.

The westbound plane deviated from its flight plan, turning south at 8:54 a.m. Air traffic controllers knew something was wrong, but pinpointing AA 77 was nearly impossible. There were hundreds of planes already in the sky, each one indicated by a speck on a radar board. Roughly 30 minutes after the Twin Towers were hit, AA 77 was back in the D.C. area.

The Boeing 757 airliner went full-throttle across Washington Boulevard, the expressway that separates the Pentagon from Arlington National Cemetery. The plane was flying at nearly ground-level, slicing through streetlights in the parking lot along the way.

Inside the Pentagon, facing the courtyard on the first level, Horlander turned on the news from the conference room. "We were inside watching the

news when we felt the building rumble," he said. "When we looked out across the courtyard and saw a black plume of smoke, which we later understood to be from JP-8 [jet fuel]," he said.

That's when the plane's nose pierced the first-floor façade of the Pentagon's outermost ring, between corridors four and five, at 9:37 a.m. The deafening explosion rocked the western side of the 28-acre complex as if it were completely lifted from its foundation.

"You could feel the building shake when it hit," Miller said. "We immediately got up and started to go through our evacuation procedures. It wasn't very long before they started making announcements for anyone that had medical training. They needed individuals to come back into the building [after evacuating] and assist."

The shaking Miller felt was an 182,000-pound aircraft, still carrying thousands of gallons of fuel, colliding at full-speed into the structure. The impact punched a hole through layers of limestone, brick, concrete, blast-resistant geotextiles, and reinforced steel columns. Flames burst through the roof and reached twice the size of the five-story target.

Survival and accountability

Inside the Pentagon, "they had been doing some construction above us at the time," Bennett said, who was in the sixth corridor of the innermost ring, near the blast. Initially, Bennett's teammates thought construction workers may have accidentally dropped something above them. But the jarring shockwave from the blast was almost too loud to rationalize.

When Bennett walked into the hallway, he said, "We saw the smoke coming toward us. Smoke covered the windows. It's not the

kind of thing where a [minor construction] accident just occurred."

The impact caused the roof to partially crumble; walls collapsed, doors were blown off, and a fire burned that took firefighters days to fully extinguish. For many, it was time to evacuate. For others, it was time to contact their families.

"The first thing I did was bang out a quick email to my wife [and family]," Chamberlain said. "I told them I'm fine. I'm good, but I don't know when I'll be able to communicate again. I love you [and] hit send."

Many communication systems were overwhelmed by greater volume than they could carry.

"I tried to reach my wife, who was a federal employee at the National Institutes of Health," Bennett said, after evacuating to the south parking lot. "The cell phones weren't working because the system collapsed. I didn't reach her for several hours later that day when things were restored."

From the parking lot, Bennett and another coworker spotted people they knew and jotted their names down for accountability. Keeping tabs on everyone was a demanding task, but felt instinctual, he said, especially during a catastrophic event during a time before smartphones and social media.

"Believe it or not at that time, we were still using pagers," Chamberlain said. "I sent out a quick note on the paging system and told everybody they needed to report in, and over the course of probably the next three to six hours or so, folks eventually started responding."

Like Bennett, Horlander, the out-of-towner, also evacuated to the south parking lot. But, the only thing he was looking for was his rental car. On his way, however, he helped

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Servicio Hispano
Protestante
PIEDRA ANGULAR

TE INVITA

SERVICIO DE Adoración

TODOS LOS DOMINGOS
A LAS 13:00 (1:00pm)



Servicio dirigido por
Capellán Jaffet Duquela

IFWARSO  LIVE

SOUTHERN LIGHTS CHAPEL
Ubicados en 8th Street Neely Road

Por favor siga las medidas de seguridad para COVID-19

September 18, 2020

The survivor: Soldier overcomes battle with suicide

Joseph Lacdan
Army News Service

Chelsea Porterfield sang the ABCs softly as she rocked her 2 year old to sleep. In the quiet solitude of her son’s bedroom, her mind drifted and fixated on her husband’s .45 caliber pistol.

In November 2018, the sergeant first class thought about suicide for the first time.

Since she had accepted an assignment to serve as a platoon sergeant in the 3rd U.S. Infantry Regiment (The Old Guard), Chelsea struggled to strike a balance of time for duty and family.

“I was good enough at work,” she said. “I wasn’t good enough at home. I was failing somewhere. ... Nothing was good enough.”

She tried to envision how her life would be different if she ended her life.

Porterfield paused and cast the thoughts aside, kissing her son as he slept peacefully and pulled the covers over him. She wiped her tears and tried to go to bed.

But the ideas crept back into her mind again the following evening. At 3 a.m. on Nov. 30, no longer able to rest, she drove from her house in Alexandria, Virginia, out into the cool fall air toward Joint Base Myer-Henderson Hall.

When she arrived at her office, dread overwhelmed her as she plunked into her desk staring at the black computer screen.

She wanted to kill herself and the idea would not go away. “It scared me. I knew I wanted to die,” Porterfield said. “But I didn’t know what I was going to be capable of doing.”

The outpour of tears came uncontrollably.

Her coworker, an older NCO, asked if she needed help. Porterfield waved him away, indicating that she was OK.

Embarrassed that she had been seen in such a state, she rushed to her car and drove to Joint Base Myer’s Andrew Rader Health Clinic only to learn it had closed for the day.

She took a drag from a cigarette as she sat inside her car. The nearby DC rush hour traffic had begun to simmer as she began the 20-mile drive south from Joint Base Myer to Fort Belvoir.

After checking into Belvoir’s inpatient behavioral health center an hour later, Porterfield sat in the

waiting room next to two Marines and another Soldier waiting to be treated. Chelsea tried to suppress the tears but she could no longer contain them. Doctors would later tell her that she had suffered a panic attack.

“I thought I might kill myself today,” Porterfield whispered. One of the Marines, an older gunnery sergeant, turned toward her.

“Well,” he said to her, “it happens to the best of us.”

According to the most recent Defense Department study, Suicides claimed the lives of 305 Soldiers or 30.9 suicides per 100,000 in 2018, up from 29.7 in 2017. Curbing rising suicide numbers continues to be one of the Army’s top priorities. Last year the service launched a yearlong pilot program to assist suicide prevention at three installations, examining factors that lead to suicides. In July 2019 the National Guard also established the Suicide Prevention and Readiness Initiative to identify risk factors that lead to suicide. The Guard, which has the Army’s highest suicide rates, announced that it would renew all 11 of its pilot programs implemented last year, designed to identify and evaluate the best suicide prevention methods.

Soldiers with suicidal thoughts can turn to behavioral treatment facilities at any Army post. They can also contact their first sergeant, supervisor or unit chaplain, and even get help anonymously by calling the Military Crisis Line at 1-800-273-8255.

The burden of duty
It has been more than two years since Porterfield left the mental health treatment facility at Fort Belvoir.

In her crisp, spotless dress blues, Chelsea hits her cadence hard during ceremonial walks, the way she had painstakingly rehearsed dozens of times.

Visitors lock on her during each ceremonial changing of the guard, as she marches along Arlington National Cemetery’s solemn grounds. And when they see her, they see more than a solitary Soldier. They see a representative of the U.S. armed forces.

In September 2019, Porterfield became the first woman to lead a marching element onto Arlington, and in

the spring became the 38th Sergeant of the Guard.

Porterfield knows the pressure of representing her service weighs heavily upon her with each turn of her heel and each unlocking of her M-14 rifle. As a member of The Old Guard, she must be at her sharpest at all times.

Among Arlington’s fallen lie the Soldiers who gave more than the average troops. Soldiers with Purple Hearts, Silver Stars and meritorious service medals. Medal of Honor recipients.

And for 83 years, The Old Guard has watched over the Tomb of the Unknown Soldier 24 hours a day, 365 days a year.

She has virtually grown up in the Army. Since her high school graduation, she has never known anything else but military life.

She had spent most of her 20s overseas or on a deployment. Then-Pvt. Chelsea Mason had barely settled into serving at an Army post in Germany when she learned she would be deploying to Iraq for the first time. She later traveled with a unit that helped rebuild Iraq on her second deployment.

“I didn’t know how to be me,” she said. “I had spent all of my youth in Iraq. Part of me is still always going to be in Iraq.”

“I watched Iraq burn and I watched it get built back up. There’s no ambiguity there ... You know, you wear a uniform every day, all day, every day. You don’t have to worry about looking cute or being a woman, or wearing your hair a certain way or putting makeup on or dressing up.”

She spent two years as a drill sergeant before working around the clock on police investigations at Schofield Barracks in Hawaii. The workload became so burdensome, some days she’d sleep in her office so she would not have to beat the Oahu rush-hour traffic.

Early in her career, she felt the pressure to not only meet the same standards as her male counterparts; she wanted to exceed them.

To see Porterfield now, it would be difficult to understand why she considered suicide. She holds a respected leadership position in one of the Army’s most renowned infantry units. And younger Soldiers turn to her for counsel and advice.

But those who knew



Sgt. 1st Class Chelsea Porterfield, an Amarillo, Texas native, joined the Army at 18. She deployed four times, including two tours in Iraq. (Courtesy photo)

her understood the immense burden she placed on herself. No longer is she the care-free girl who grew up playing on the Texas prairie. The Army had changed her in ways she had not imagined. Years of being the only female in military police units had taken its toll.

And when she returned to the family home she shared with her husband of six years in Alexandria, the stress didn’t subside. Her husband, a fellow military police Soldier, didn’t like living in the D.C. metro region – the heavy traffic, and lines of cars that could make a 5-mile drive a 40-minute slog.

She spent eight months toiling at work trying to earn the respect of her peers by posting high marks on her ceremonial tests. By November of that 2018, unknown to her coworkers her problems at home had reached a boiling point.

Her husband asked her to apply for another assignment so the family could leave D.C. During that same month, Porterfield began brainstorming on the cleanest method to take her own life.

Unshakeable bond
“I could sense that she wasn’t at peace,” Capt. Tessa Knight said of Porterfield on a fall afternoon in 2019. “I didn’t know how to do anything about it.”

When Knight, a staff officer in The Old Guard learned that her friend, Chelsea, had considered suicide and had been admitted for treatment, it rattled her. Four months passed since the pair had worked together – Knight as the platoon leader and Porterfield as her platoon sergeant. But the two remained in touch through messages on Facebook, or occasionally stopping by her office at Joint

Base Myer.

Knight and Porterfield instantly clicked after meeting in January 2018. Knight, then a first lieutenant, joined The Old Guard three years removed from her graduation from the U.S. Military Academy. Porterfield, a seasoned NCO, had applied for the position after serving as an instructor at the Army’s Military Police School in Fort Leonard Wood, Missouri.

On the surface they had many similarities. Both women possessed an intense work ethic, holding themselves to sometimes impossibly high standards. Both had light blond hair and the way they joked with each other could easily be mistaken for sisters or lifelong friends, Knight said.

In other aspects they could not have been more different.

Porterfield, in her mid ‘30s, already had 16 years in the Army under her belt. Porterfield had already been on four deployments and spent three years molding Soldiers as a drill instructor. She also had a family.

Knight, then a 25-year-old single woman and a devout Christian, leaned on her faith to weather difficult circumstances. Instead of turning to a higher power while in distress, Porterfield relied on herself.

Despite their differ-

ences, they possessed a mutual respect for one another, and had a similar leadership style and both pushed for giving Soldiers cross training opportunities such as shadowing other Soldiers in other units.

“We came from different backgrounds but I think we spoke the same language,” Knight said. “We have the same drive.”

Each Soldier joining The Old Guard must complete ceremonial certification. Soldiers endure a rigorous process where they must learn the finer points of drill and ceremony. “There is a lot of pressure, either imposed or self-imposed,” Porterfield said. “You don’t want to be the one that consistently fails.”

By completing ceremonial training, members of The Old Guard earn their distinguished “buff strap,” an honorary Regimental Distinctive Insignia made from rawhide, woven into the black shoulder strap of their knapsacks, a tradition that was adopted since 1792. This distinguished the 3rd Infantry from other units in the Army.

Porterfield decided she wanted to complete the Regimental Sword and Saber certification in less than three months. In the competitive environment of The Old Guard, NCOs must often jostle against each other for coveted positions.

“She took that burden on herself to be like, ‘I must do these things to prove myself somehow in this regiment,’” Knight said. “I’m not sure most people would do that.”

Porterfield hid her depression while masking her feelings behind a smile. She’d be the first Soldier to report for duty, arriving before the sun rose. And she often would stay late to mentor other Soldiers, instead of spending

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PREPARE

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the American people within 10 minutes during a national emergency. The alerts are sent through broadcasters, satellite digital audio services, direct broadcast satellite providers, cable television systems and wireless cable systems.

•The EAS may also be used by state and local authorities to deliver important

emergency information such as weather information, imminent threats, AMBER alerts and local incident information targeted to specific areas.

•The president has sole responsibility for determining when the national-level EAS will be activated. FEMA is responsible for national-level EAS tests and exercises.

•The EAS is also used when all other means of alerting the public are unavailable.

NOAA Weather Radio
NOAA Weather Radio All Hazards is a nationwide network of radio stations that broadcast continuous weather information from the nearest National Weather Service

office.

•NWR broadcasts official warnings, watches, forecasts and other hazard information 24 hours a day, seven days a week.

•NWR also broadcasts alerts of non-weather emergencies such as national security or public safety threats through the Emergency Alert System.

United States Army Garrison Fort Wainwright, Alaska

Public Notice: Fifth Five-Year Review for Fort Wainwright

The United States (U.S.) Department of the Army is initiating the Fifth Five-Year Review of the environmental remedies implemented at Operable Units (OUs) 1 through 6 at Fort Wainwright, Alaska. For this Five-Year Review, the U.S. Environmental Protection Agency and Alaska Department of Environmental Conservation provide regulatory oversight support concerning environmental cleanup measures.

Five-Year Reviews are required by the Comprehensive Environmental Response, Compensation, and Liability Act (CERCLA), commonly known as Superfund, and the National Contingency Plan. Five-Year Reviews determine if the selected remedies in the OUs continue to be protective of human health and the environment. The Five-Year Review Report documents the methods used for the review, and the findings and conclusions based on a records review and a site inspection.

OU1 consists of the 801 Drum Burial Site. The 1997 Record of Decision (ROD) applied the following remedial actions to OU1: removal and disposal of drums and contaminated soil, institutional controls, natural attenuation with long-term monitoring, and in-situ treatment of groundwater and soil via an air sparging/soil vapor extraction (AS/SVE) treatment system.

OU2 consists of the Defense Reutilization and Marketing Office Salvage Yard and Oil Water Separator at Building 1169. The 1997 ROD applied the following remedial actions at OU2: institutional controls, in-situ treatment of groundwater and soil via an AS/SVE treatment system, and natural attenuation with long-term monitoring.

OU3 consists of Remedial Area (RA) 1B, RA 2, and RA 3. The 1996 ROD applied the following remedial actions at OU3: natural attenuation with long-term monitoring and in-situ treatment of groundwater and soil via an AS/SVE treatment system. The 2002 Explanation of Significant Differences applied the following additional remedial actions at OU3: installation of additional monitoring wells and probes, installation of a Thaw Channel treatment system at RA 1B, excavation and treatment of contaminated soils at RA 3, and expansion of the RA 1B and RA 2 AS/SVE systems including, but not limited to, thermal/catalytic oxidizers for SVE off-gas treatment.

OU4 consists of the Landfill Plume and Power Plant Coal Storage Yard. The 1996 ROD applied the following remedial actions at the Landfill Plume: a landfill cap, institutional controls, and natural attenuation with long-term monitoring. The 1996 ROD applied the following remedial actions at the Power Plant Coal Storage Yard: institutional controls, in-situ treatment of groundwater and soil via an AS/SVE treatment system, and natural attenuation with long-term monitoring.

OU5 consists of the Open Burning/Open Detonation Area, Former Quartermaster’s Fueling System – West, Former Quartermaster’s Fueling System – East, and RA 1A. The 1999 ROD requires institutional controls at the Open Burning/Open Detonation Area and RA 1A. The 1999 ROD applied the following remedial actions to the West and East Former Quartermaster’s Fueling Systems: institutional controls, in-situ treatment of groundwater and soil via an AS/SVE treatment system, and natural attenuation with long-term monitoring.

OU6 consists of the Former Communication Site/Tanana Trails. The 1999 ROD applied the following remedial actions at OU6: institutional controls and natural attenuation with long-term monitoring.

The Fort Wainwright Five-Year Review Report will be completed September 29, 2021. The Final Five-Year Review Report will be available for public review at:

Noel Wien Public Library
1215 Cowles Street
Fairbanks, Alaska 99701
(907) 459-1020

Fort Wainwright CERCLA Library
Building 4320
Fort Wainwright, Alaska 99703
(907) 361-9687

Should members of the community have any questions or comments about this Fort Wainwright Five-Year Review, please contact Brian Adams, Remedial Project Manager at (907) 361-3001, brian.m.adams18.civ@mail.mil, Brianne Clark, Alternate Remedial Project Manager at (907) 361-3001, brianne.c.clark.civ@mail.mil, or Seth Reedy, Alternate Remedial Project Manager at (907) 361-6489, seth.a.reedy.civ@mail.mil.

Publish 9-13-2020 Daily News-Miner & 9-18-20 Alaska Post

COMMUNITY CALENDAR

Fort Wainwright Family & MWR

Weekly Events

September 19 - 26

19

National Library Card Sign-Up Month

September 19 - 30
During Normal Operating Hours

Celebrate National Library Card Sign-Up Month with Wonder Woman this September! All new library accounts created in the month of September will be put into a drawing for an e-reader.

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

19

Clearwater Silvers

Registration deadline: September 19
Meet at the Boat Launch: 10 a.m.

Ages 7 and up are welcome to join Outdoor Recreation at one of the clearest streams in the interior! Fishing Clearwater River for Coho is something you'll want to cross off your Alaskan Bucket List! *Alaska state fishing license is required.

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

21

Resume Writing Workshop

September 21
Noon - 1:30 p.m.

This training course is for Soldiers, Family Members, Retirees, Veterans and Civilians. Gain the opportunity to create a new or update an old resume, training will also cover what should and should not go on your resume.

Army Community Services, Bldg 3401
Call 353-4332, registration required

23

Workout Wednesday

September 23
Varies

Every Wednesday join the Youth Sports & Fitness Team for Workout Wednesday videos! These videos can be found on the Wainwright MWR Facebook page.

Youth Sports & Fitness, Bldg 1045
Call 353-7482

24

Spouse to Spouse

September 24
9:30 - 11:30 a.m.

Join us on the Spouse to Spouse Facebook Event to get connected with resources in our Fort Wainwright Community. Have the chance to win prizes and it's all FREE!

Army Community Services, Bldg 3401
Call 353-4332, registration required

Virtual SFRG SUPER SATURDAY

live via Facebook

ALL SFRG, ALL DAY!

- Training Opportunities:
 - SFRG Volunteer Roles
 - Social Media Best Practices
 - Food Handlers Certification
 - Fundraising 101

SHOUTOUTS • TRIVIA • PRIZES!

September 26, 9 a.m. - 5 p.m.
@FtWainwrightACS

Registration required:
(907) 353-7908
victoria.lraquepaw.civ@mail.mil

Army Community Service
3401 Santiago Avenue (907) 353-4227
wainwright.armymwr.com
#WainwrightMWR #WainwrightACS

USAG Alaska Fort Wainwright BlueStar community

Check out the latest #WainwrightBlueStar promotions by going to wainwright.armymwr.com.

@WainwrightMWR #WainwrightMWR

STORY

Continued from page 4

corral individuals and calm others down, as many began to feel frantic. After leaving the Pentagon, the Fort Rucker Soldier pulled over at a bookstore and asked to use their phones.

At the bookstore “we set up a makeshift [crisis response station] and contacted everyone we knew from Fort Rucker, Alabama, in the D.C. area,” Horlander said. All flights were grounded, and it was a “sobering” 15-hour drive back to Alabama in a rental van with other Fort Rucker Soldiers.

The drive “left a lot of questions in our minds,” he said. “What was the future of America was going to be now that we had had an attack on the homeland?”

Time answered his questions. The landscape of American culture was changed forever; increased airport security, years of war, the creation of the Department of Homeland Security, and countless other changes were ahead.

Monuments were

erected at ground zero in New York City; Shanksville, Pennsylvania, where the fourth aircraft crashed; and the Pentagon, where Miller, Bennett, Horlander, and Chamberlain, who continue serving today, at the Pentagon, as some of the Army’s top finance officers.

Following the Pentagon attack, Miller immediately started working on finding funds in the Army’s budget to help rebuild the iconic building.

The attack on the Pentagon killed all 64 people on board the aircraft and 125 people inside the Pentagon. In all, more than 2,977 people died during the Sept. 11 attacks, and more than 6,000 others were injured.

“I think there’s a special bond with the individuals that were here,” Miller said. “There were many others, so many I can’t go on and name them. It’s just we don’t talk about it that much, but we know that [the bond] is there.”

Suicide prevention month: Reach out to help others or seek help

Verdie Bowen
Director of State Office of Veterans Affairs

September is Suicide Prevention Month. With suicide being the 10th leading cause of death in America, it is a good time for each of us to take pause and think about what we can do to reduce and eliminate this National Tragedy.

We all can play a role in preventing suicide. Calling someone that is struggling is not a complicated task, it is simple and in turn tells the person called they have value and you care. Best of all, this simple act of kindness can help someone feel they are not alone.

The U.S. Department of Veterans Affairs and the Department of Defense is teaching people today that preventing suicide can start with the very simple act of reaching out to people who are in crisis. They are asking all to “be there” and this is something we all can do. Most members of our community who end their lives by suicide are alone. If each person had just one person who would “be there,” this pandemic could soon lose its place as the 10th leading cause of death.

Making yourself available

for someone in crisis doesn’t need specialized training. If you know someone in crisis, calling often and checking in with them will allow that person the opportunity to open up about problems and issues. The most important thing we can do is to show genuine, heartfelt support for someone going through a rough period in their life. You might worry about what to say, but just calling and saying “Hello, how are you doing?” is enough to open the door to a good conversation.

Here are a few tips when talking to someone who is in a possible suicide risk or having a life crisis:

- Remain calm
- Listen more than you speak
- Maintain eye contact in person or listen intently on the phone
- Speak and act in confidence
- Don’t argue, and speak with assurance
- Limit your questions in a casual talk format and gather information casually
- Always use supportive and encouraging comments
- Be honest an upfront as possible

When talking keep in mind

the following signs of crisis:

- Is the individual thinking about hurting or killing oneself?
- Is the individual looking for ways to kill oneself?
- Is the direction of the discussion moving towards talking about death, dying and suicide?
- Are there any destructive behaviors and excessive use of drugs and alcohol involved?

If you notice or witness the signs in either yourself or a friend/neighbor who is a veteran or a service member, please call the Veterans Crisis Line at 1-800-273-8255 and press 1, or go to theCaution-https://www.veteranscrisisline.net, or send a text to 838255 and receive confidential support 24 hours a day.

Each one of us can be there for a friend or neighbor. If you just want to stop by my office for a cup of coffee that’s ok, its free, and my staff or I will be more than pleased to speak with you. For directions to the office or if you just want to talk, give us a call our phone number is 907-334-0874 or toll-free 888-248-3682. I believe together we “be there” for one another to change this National Tragedy of Suicide that is affecting our Veterans, military members and their families.

September 11th Remembrance

Chaplain (Lt. Col.) Loren B. Hutsell
Installation Management Command

Nineteen years ago, our Nation suffered terrorist attacks on an unprecedented scale. Perhaps like me, you still vividly recall the events of that day. I had returned home from a run and turned on the television to watch the news. Instead of seeing regular programming, I watched in horror the footage of a plane striking one of the World Trade Center Towers. Then breaking footage showed the attack on the second Tower. Later in the morning I learned about the attack on the Penta-

gon and the plane crash in Pennsylvania. It was a terrible and heartbreaking day that I will never forget. My wife and I earnestly prayed for the victims, their families, our first responders, and our Nation. Instead of being frightened into chaos and retreat, our country responded by overthrowing the Taliban regime in Afghanistan. Then the Global War on Terrorism expanded and our Nation overthrew Saddam Hussein and liberated Iraq. Our Nation continues to relentlessly bring the fight against terrorist organizations throughout the world. Today we honor and remember our fallen fellow

Americans. They include the victims of the September 11th attacks, the heroic first responders, and the brave warriors who gave their lives defending our country and bringing evil men to justice. The following is a roll call of Americans who have died as a result of the events of September 11, 2001. The numbers are staggering, even more so when we remember that every person lost represents a story, a family, a community bereaved. Each life lost has conveyed an immeasurable impact on those they left behind: On the four airplanes used in the attacks: 246 Americans were killed.

In the World Trade Center: 2,606 Americans were killed. In the Pentagon: 125 Americans were killed. Operation Iraqi Freedom & New Dawn: 4,505 Americans were killed. Operation Enduring Freedom & Sentinel (Afghanistan): 2,448 Americans were killed. Operation Inherent Resolve (ongoing): 99 Americans have been killed. In total: 10,029 Americans have been killed. Prayer and Remembrance: Lord, today we remember those whose lives were lost due to the September 11th terrorist attacks. Comfort those

who still suffer from the loss of their loved ones, from personal injury, and from other sacrifices. Protect and preserve our Service-members and DA Civilians who today are serving in harm's way. We pray for the future of our Nation, the President, and all of our leaders who will guide us forward as we continue to pursue peace and the defeat of the causes, acts, and perpetrators of terrorism. We pray in remembrance and we pray in hope, not in ourselves, but in You. Yesterday, today, and forever, Your love and peace endures. Amen. Prayerfully yours, IMCOM Chaplain (LTC) Loren B. Hutsell

BATTLE

Continued from page 5

time with her infant son. Knight would come to the office to find Porterfield at her desk already at work. Porterfield would fret over how leadership looked upon her. She understood the burden Old Guard Soldiers must weather in a priority assignment. Porterfield felt the weight of taking this duty, feeling alone, and didn't want to let her mentors down, she said.

Double tragedy

Nine months later Knight assumed a new role as a member of the military police staff of The Old Guard. Knight returned to her home state of New York to visit family for the holidays in December 2018. On Dec. 23, she received a call from her old supervisor and mentor, Maj. Chris Nogle, who had been stationed in Hawaii. Two months before, Nogle had visited Knight during a training session and the two had lunch in Washington. Knight noticed Nogle's listless expression and became concerned.

That winter morning, he texted her what he thought was a funny picture of someone who resembled Knight. He wished her a Merry Christmas and asked how Knight's family was doing. She told him her family was doing well and Knight wished him the same. Later that day, the major died by suicide.

When Knight heard the news from a fellow Soldier in her old unit, she sat shocked. "What more could I have done?" Knight asked herself. She tried to compose herself for what would be a bitter-sweet holiday. Knight texted Porterfield "Merry Christmas" and had not heard back. Three days later, Knight's first sergeant told her that her Chelsea had been contemplating suicide and had checked into the behavioral health clinic at Fort Belvoir Community Hospital.

Internal struggle

Porterfield spent three weeks in the inpatient center and had to recite what had happened in November. She also recalled her internal battles during deployments and her recent problems at home. Doctors continually monitored her mental state and she had to be kept away from sharp objects. "I wondered 'how did I get here?'" Porterfield said. "I couldn't even shave my legs without being supervised." Porterfield followed that treatment with a 12-week outpatient program where she learned to cope with her internal struggle. A psychiatrist later told her that her feelings likely came from a combination of ailments: depression, adjustment disorder and post-traumatic stress disorder. He added that she had repressed feelings that finally manifested that

November. She hadn't dealt with the trauma she experienced from years of going to war. Porterfield has forgotten most of her first tour in Iraq. But treatment helped her deal with the memory loss. She remembers entering Iraqi villages during raids. She recalls the endless night patrols across the desert. When she dealt with adversity or stress, she admittedly buried any trauma within. "It was like running a marathon without water," Porterfield said. Her husband removed all firearms from the family's house. Porterfield promised to alert him or her commander if her harmful feelings resurfaced. Porterfield told Knight what had happened in November. They talked about her suicidal feelings and the pressures she felt at home. Knight assured her friend that she could turn to her. "I just was able to express to her what I hadn't been able to express to my mentor, which is like you're alive and you're cared for, and I'm here, and I will always be here if you need me," Knight said.

Rising from despair

The day after the clinic discharged her from inpatient care, Porterfield called a meeting with her platoon. For the first time in her career, she decided to open up about her struggles to her Soldiers. She told them that she had been hurting for a long time and did not completely understand why. She said she sought treatment, and that they could still talk to her the same way as before. "I didn't want to walk on egg shells," she said. "I didn't want the atmosphere to be thick - I didn't want any of that." Porterfield credited her unit for treating her with the same respect. When they had questions about her struggles, she willingly answered. To her surprise, other Soldiers shared that family members and friends had similar thoughts to harm themselves and asked where to seek help. The conversation set the foundation for her transition back to work three months later. Her therapy sessions taught her about self-awareness; how to identify feelings that could lead to suicidal thoughts. She also received training on cognitive

behavioral therapy and how to cope with harmful feelings. Today Porterfield remains open about her bout with suicide. She has become a spokesperson for a veteran suicide survivor group, letting other veterans know there are places to seek help. Veterans battling suicide can contact the Veterans Crisis Line, available 24/7, by calling 1-800-273-8255 and pressing 1; texting to 838255, or chatting online. "The bravest thing I ever did," Porterfield would later say, "was choosing to live when I wanted to die." Once Porterfield completes sentinel training, she will be the sixth female to earn the Guard, Tomb of the Unknown Soldier Identification Badge. Her husband retired last November after 20 years in the Army. In her hardest days that fall and winter, she remembered how her platoon and her commanders at The Old Guard accepted her without malice or judgement. "I was worried about being treated differently or judged by my command team and my Soldiers," Porterfield said. "Luckily, neither of that happened." Porterfield's greatest weapon against suicide lies at home. Her son, now nearly 4 years old, already has an expansive vocabulary for his age and enjoys running around outdoors like his mother did as a child. She shudders when she thinks that she could have ever left him.

Porterfield looks at her son, and his curly blond locks whenever she needs to remind herself why she must go on. And she has finally found even ground between duty and family, assuring that she spends time with her son and her husband. "He's just really, really smart," Porterfield said of her son. "What did he say? Yesterday, I was FaceTiming with him. He's like, 'Mommy, do you have balance?'" "I was like, 'yes, I do have balance.'"

Stand for Life connects suicide prevention skills in a virtual world

Anthony L Taylor

"If there is any time where we need suicide prevention training, it is now," said Army Reserve Capt. Devin Richter, assigned to the 85th U.S. Army Reserve Support Command's 3rd battalion, 383rd Regiment, based in St. Louis, Missouri. "It's during COVID that people are not able to interact with their friends and loved ones like they used to. We are not a people of isolation. We are a people of interaction. We thrive off of others. We get energy from others. Others lift us up." Richter, who was preparing to depart on a mobilization with First Army's 120th Infantry Brigade the following week, led the operation cell to help create the 85th USARSC's second annual Stand for Life suicide prevention training but this time in a virtual setting. "We attempted to try to make this work in March but because of COVID, everything spiraled into a shut down and we were not able to launch the

(live) training a week before it was supposed to take place," said Carmella Navarro, Suicide Prevention Program Manager, 85th USARSC. Navarro came together with command SPPMs from the 4th Sustainment Command (Expeditionary), the 451st Sustainment Command, (Expeditionary), the 76th U.S. Army Reserve Operational Response Command and received support from the Office of the Chief, Army Reserve to take their previously established three-day live training event and examine how they could effectively conduct it virtually. "Thanks to Mister (Jose) Mojica (SPPM for the U.S. Army Reserve), we were given the green light to step outside of the box and train the way we feel our Soldiers can be trained," said Navarro. "As a program manager, you have to get to know your units. You need to know your battalion commanders, the brigades and the Soldiers that are your liaisons."

