

## Chief of staff asks force to fight against harmful behaviors

**Devon Suits**  
Army News Service

Army Chief of Staff Gen. James C. McConville asked all Army personnel Wednesday to unite as a cohesive team and step in to prevent suicide, racism and sexual harassment/assault among the ranks.

Negative behaviors continually harm the force by breaking the Army's trust with the American people, McConville said during the Virtual Maneuver Warfighter Conference.

As the embodiment of diversity in the U.S., Soldiers must continue to set the example and help others. Coalescing to combat against these harmful behaviors ties into the Army's core philosophy of "people first and winning matters," McConville said.

"If we have an Army that is a cohesive team, where everyone treats everyone with respect and takes care of each other ... everything else will follow," he said.

"And I would argue that if everyone treats others with respect," he added, it would eliminate sexual assault/harassment and racism throughout the force.

In addition to stopping malicious acts, Soldiers should also step in to support anyone harboring thoughts of suicide, he said.

"We have to connect with people. We have to connect squad leaders to their Soldiers ... [and] to their families, especially with COVID-19 and social distancing where we are seeing Soldiers become isolated," he said.

"We are seeing some Soldiers that don't have a

support system," he added. "I need [the Army's] help on that. We have to push this down to the lowest level."

The philosophy of winning matters connects to readiness and lethality, said Gen. Michael Garrett, commander of U.S. Army Forces Command.

The Army will need its "tanks to be able to acquire, engage, and move on to the next target faster than the adversary," Garrett said. "Our field artillery crews will need to be excellent in their actions to deliver accurate and timely fires."

The foundation of lethality starts with each Soldier, Garrett emphasized.

"Our investment in [each Soldier] and our care of him or her is what drives them to be everything that we need ... [and] be successful," said Garrett, as he re-



Army Chief of Staff Gen. James C. McConville speaks during the Virtual Maneuver Warfighter Conference Sept. 9, 2020. The general urged all Army personnel to unite as a cohesive team and step in to prevent suicide, racism and sexual harassment/assault among the ranks. (Screenshot image)

inforced the chief of staff's desire for a cohesive team.

It is up to every leader to set the example and provide proper training to ensure each Soldier feels empowered to intervene when necessary, Garrett added.

Equally, each Soldier should take the time to learn more about their coworkers and connect on a deeper level.

**See HARM on page 3**

## Emily's Way: Gold Star Mother shares daughter's inspiring story

**Brandy Cruz**  
Fort Hood Public Affairs

Daughter, sister, friend, leader, encourager, competitor, singer and giver of hugs. Those are all descriptions of 2nd Lt. Emily Perez, but above all those descriptions, her greatest joy was the love and faith she had in God ... and country.

Emily was the first African American cadet Brigade Command Sgt. Major of West Point. A feisty, 5-foot, 3-inch cadet, nicknamed Taz because her fellow cadets said she was like the Tasmanian Devil, she was both feared and revered for her leadership, conviction and heart. Although tough as nails in formation, she would spend her free time tutoring the cadets and writing letters of encouragement for those who felt like quitting West Point.

"In her diary, she wrote that people have taken care of her all her life and now she had the opportunity to take care of other people," Vicki Perez said of her daughter. "Her biggest concern was taking care of her Soldiers."

Emily's perpetuity to help others led her to become a Medical Service Corps officer.



Gold Star Mother Vicki Perez touches her daughter Emily's image emblazoned on a memorial at Woodward Park in Manteca, California, during a Memorial Day ceremony in 2014. (Courtesy photo)

The same heart that reassured Soldiers when they felt like giving up at West Point, was also the same heart who volunteered to go out on convoy Sept. 12, 2006, taking the place of an inexpe-

rienced leader while deployed with the 204th Support Battalion, 2nd Brigade, 4th Infantry Division in Iraq.

On that fateful day 14 years ago, Emily paid the ultimate

sacrifice when an improvised explosive device exploded under her Humvee. It was a day Daniel, father, and Vicki will never forget

**See STAR on page 3**

## Classroom excellence pays off with the You Made the Grade Program at Fort Wainwright

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

For military children at Fort Wainwright, good grades can earn great rewards and a chance at a \$2,000 prize thanks to the Army and Air Force Exchange Service's You Made the Grade program. The program, in its 20th year, celebrates the unique service and sacrifices of our Nation's youngest heroes.

With You Made the Grade, first- through 12th-graders, including homeschooled students, who have a B average or higher are eligible to receive a \$5 Exchange gift card each grading period during the 2020-21 school year.

Students who make the grade qualify to enter a worldwide sweepstakes to win a \$2,000, \$1,500 or \$500 Exchange gift card. Drawings are held in December and June. The most recent sweepstakes winners were from Fort Belvoir, Fort Bragg and Fort Meade.

Being a military child presents unique challenges. According to the Department of Defense Education Activity, military children switch schools an average of three times more often than civilian children. In addition, a military child will move six to nine times during their school years.

"Our Nation's youngest military family members remain committed to their education, despite frequent moves, changing schools or having parents deployed," said general manager Gloria Sylvia. "The Fort Wainwright Exchange celebrates these scholars, their resiliency and hard work in the classroom."

To receive the \$5 Exchange gift card, Fort Wainwright students must present a valid military ID in stores and proof of a B average or higher during any grading period at the Fort Wainwright Exchange customer service area. More information is available on the Exchange's community Hub page.

You Made the Grade sweepstakes entry forms are on the back of the \$5 gift card sleeve. Students can send completed forms to: You Made the Grade  
PO Box 227398  
Dallas, TX 75222-7398

### WEEKEND WEATHER

**Friday**



Chance of rain. High: 46F.

**Saturday**



Mostly cloudy. High: 52F.

**Sunday**



Mostly cloudy then slight chance of rain. High: 50F.

### IN BRIEF

Talk to your kids about preparing for emergencies and what to do in case you are separated. Reassure them by providing information about how they can get involved.

Read more on page 5



# Nutrition Corner: Nutrition 101

The nutrition facts of food products contain information that allows you, as the consumer, to make informed and healthy choices. Frequently, the food label is overlooked but it contains all the information you need to ensure you are getting the most bang for your buck in the nutrition department.

Before you look at anything, always check out the serving size. Everything listed on that label is relative to the portion size. Even items that look like they are single serving items, some varieties

of chips for example, may have two to three servings.

Next, scope out the calories. This is of particular importance if you are trying to manage your weight. The daily values can be used as a guide but note that they are based on a 2,000 calorie diet, which may be more or less than you need. None the less, they are a good snapshot at what nutrients the product contains. If a product contains less than 5 percent of the daily value in a particular nutrient, it is considered “low” in that nutrient. Conversely, for something to be consid-

ered “high” in a nutrient, it must have more than 20 percent of the daily value in a nutrient.

As a general rule of thumb, aim for low in cholesterol, saturated fat, trans fat and sodium; and aim for high in vitamin, minerals and fiber. Diets high in saturated fat and trans fat can increase your risk for heart disease. High sodium diets can lead to high blood pressure. Don’t confuse “reduced sodium” with “low sodium.” Products that are low in sodium must have less than 140 milligrams of sodium per serving while

reduced sodium products only have 25 percent less than their original product. A good example of how this can be misleading is soy sauce. Next time you are in the grocery store, check it out. You will find that the reduced sodium variety is indeed reduced but is still very high in sodium.

**Featured Food**

Greek yogurt. Calorie content varies depending on the brand and ingredients. Aim for yogurts that are low in fat with no sugar added. A great option is to purchase paint, fat free

Greek yogurt and add your own fruit or use it as a sour cream alternative.

**Featured Recipe**

**Banana and Berry Smoothie**

Ingredients

- 1 1/2 frozen banana
- 1/4 cup orange juice
- 1 cup strawberries
- 1 cup blueberries
- 1 cup plain, fat free Greek Yogurt
- 1/2 cup skim milk

Instruction

Place all ingredients in a blender and blend until smooth. Enjoy!

## Gold Star Mother's and Family's Day

### Installation Management Command

**What is it?**

On June 23, 1936, the 74th United States Congress designated the last Sunday of September as “Gold Star Mother’s Day.” The national commemoration is an opportunity for the American public to remember and honor the continued service of the Gold Star Family members. Since the loss of a child affects the entire family, the Department of the Army observes this day as “Gold Star Mother’s and Family’s Day.”

The term “Gold Star” originated during World War I. Americans displayed flags in homes, businesses, schools and churches bearing a blue star for each Family member serving in the military. Families stitched a gold star over the blue star to honor those members who died during military service.

In 1947, Congress approved the design, manufacture and distribution of the official Gold Star Lapel Button, a symbol worn by Family of service members who lost their lives in combat operations. In 1973, the Lapel Button for Next of Kin of Deceased Personnel was intro-



duced to symbolize active-duty Soldiers who lost their lives in non-combat operations. The surviving Family members wear either a Gold Star Lapel Button or the Lapel Button for Next of Kin of Deceased Personnel in honor of their fallen Soldier. Family members typically receive these pins from the Army during the Soldier’s funeral service.

**What has the Army done?**

The Army, on behalf of a grateful nation, salutes America’s Gold Star Mothers and surviving Family members at all times. On Sunday, September 25, the Army will join the nation in observing Gold Star Mother’s and Family’s Day. Events will be held at military installations and national memorial sites such as Arlington National Cemetery, the Vietnam Veterans Memorial and the Tomb of the Unknown Soldier.

Army leaders en-

courage the military community to take time on this day to remember the service members who have given their lives in the service of the country and recognize the sacrifices of the loved ones who have been left behind.

**What continued efforts are planned for the future?**

The Army is dedicated to providing ongoing support to over 75,000 surviving Family members of fallen service members. Army Survivor Outreach Services offers resources including supportive counseling, financial education, benefits coordination and support groups to surviving Family members for as long as they need or request Army involvement.

The Army will remain thankful for all individuals, non-profit organizations, and nongovernmental organizations that complement the Army’s continuum of support.

## History Snapshot: Harding Lake, c. 1944



Harding Lake, originally known as Salchaket Lake, is located about 45 miles south of Fairbanks along the Richardson Highway. There is evidence that there were year-round cabins on the lake’s shores as early as 1909 when the U.S. Geological Survey went through Alaska’s Interior and first recorded the lake. Later, in the 1920s, the lake was given its current name, Harding Lake, in memory of President Warren Harding’s 1923 visit to Alaska.

Throughout the 1930s and 40s, land around the lake was subdivided and slowly built upon. In the 1950s and 60s several recreation camps were built around the lake including an Army camp along the southern shore. In its heyday the Army camp had lodging, a café, an undeveloped beach, camping spots and boat rentals. It remained in use until sometime in the late 1990s-early 2000s, when the land was sold to a private developer.

This image comes from a World War II era Soldier’s service album. The album contains many images from around Fairbanks and the Interior of the Soldier (name unknown, but apparently stationed at Ladd Army Airfield) and his fellow servicemen hunting, fishing, canoeing and sight-seeing during their recreational time here.

# 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 Eduction

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.”

# ALASKA POST

## The Interior Military News Connection

### EDITORIAL STAFF

**Garrison Commander**

*Col. Christopher Ruga*

**Fort Wainwright PAO**

*Grant Sattler*

**Command Information/**

**New Media**

*Brady Gross*

**Community Relations/**

**Media Relations**

*Eve Baker*

**Staff Writer/Editor**

*Daniel Nelson*

**Staff Writer**

*Brian Schlumbohm*

The ALASKA POST is authorized by Army Regulation 360-1 and is published by the Fairbanks Daily News-Miner, a private firm in no way connected with the U.S. Army, and is under exclusive written contract. Contents of the ALASKA POST are not necessarily the official views of, or endorsed by, the Department of the Army. The editorial content of this publication is the responsibility of the U.S. Army Garrison Ft. Wainwright Public Affairs Office. The ALASKA POST welcomes responsible comments from its readers and will publish letters, articles or photos submitted at least one week prior to the next publication. The ALASKA POST reserves the right to edit or reject submissions. All submitted material will become official Army property unless otherwise indicated. To advertise call (907) 459-7548 Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, gender, national origin, age, marital status, physical handicap, political affiliation or any other non-merit factor of the purchaser, user or patron. The Editorial office is located on Ft. Wainwright in Building 1047 #1; Mailing address is Public Affairs Office, 1060 Gaffney Road, 5900, Ft. Wainwright, AK 99703. Call 353-6779 or 353-6760, or send emails to [usarmy.wainwright.imcom-pacific.list.pao@mail.mil](mailto:usarmy.wainwright.imcom-pacific.list.pao@mail.mil)



# The Chaplain’s Corner

## Behaving valiantly

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

In Old Testament Scripture, First Chronicles 19:13 says: “Be of good courage, and let us behave ourselves valiantly for our people, and for the cities of our God; and let the Lord do that which is good in his sight” (KJV).

This passage has much to say to us regarding how we live our lives in days like these whether as a Soldier, DOD civilian or Family member. Writing from a Christian perspective, Henry Crane, a Methodist Minister during the Second

World War explained it better than I could in a devotional book compiled for Service Members deploying to fight overseas:

“We behave valiantly whenever we make a situation worth something by being stronghearted; for through courageous, conscientious men [and women] God can do what is good in His sight. We are not truly [upright] till we behave valiantly. What is involved?”

“First. Receive whatever comes, good or bad, as a part of life; do not try to reject trouble as though it were an intruder. Happiness comes not from avoiding hard situations, but from overcoming them. A desperate opposition

and strength to win—that is real joy, the joy Christ promised: ‘My joy I give unto you!’

“Second. Respond to whatever comes; do not react. Whenever we merely react mechanically, we function on a subhuman level. As persons we can respond; that is, we can project into any situation something that is the unique contribution of a personality, something spiritual, creative. This is obviously what the Master had in mind when He spoke of returning good for evil. This is the redemptive power of the Cross.

“Third. Rejoice in whatever comes; do not rebel. In these dark hours—Rejoice (a) that we are

matched with such a supremely significant age as this. Rejoice (b) that we now have an unusual chance to test the validity of our... principles. Rejoice (c) that we will discover what we ourselves are actually made of. Rejoice (d) that we will be able to discover how tribulations bring patience, patience experience, experience hope—which means we will be living deeply, richly, greatly. Rejoice (e) that we will have revealed to us the necessity and availability of God.”

Our prayer in times like these should be: “infinite Father, we would open our hearts to You willingly, confidently, completely. Whatever comes to us, teach us how to



Crane

receive it, respond to it, and rejoice in it valiantly, and thus transform tragedy into triumph, as did Your Son. Amen.”<sup>1</sup>  
1 Quoted text from:

Henry H. Crane, “Strength for Service to God and Country,” Chaplain Norman E. Nygaard, ed. NY: Abingdon-Cokesbury Press, 1942.

## 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

## STAR

Continued from page 1

– the day they became a Gold Star Family, an “honor” no parent wants – but many have to face.

Over the next few weeks, her family would learn that Emily was the first African American female officer to die in combat in Iraq, she was the first female graduate of West Point to die in the Iraq War and she was the first West Point graduate of the “Class of 9/11” to die in combat.

“My first question to the casualty assistance officer was ‘Was it instant?’ because the thought of her being hurt,” Vicki said, holding back tears. “I know the first thing she would think is, she would want me (to comfort her).”

It was only after Vicki heard an interview in 2019 with former Spc. Travis Truesdell, Emily’s former door gunner, that her question was finally answered. Hearing Truesdell’s account of Emily’s final moments – that her death was instant and she didn’t suffer – was something Vicki’s heart needed to hear after 13 years of not knowing.

“It was a terrible thing to happen, but to think your child was suffering for any amount of time is heart wrenching,” Vicki explained. “To hear that (she didn’t suffer) helped me a lot, even after all these years.”

Daniel and Vicki remember their daughter as an affectionate child who always inspired the best in everyone. She was a track star, member of the 1st European Chapter of the Jack and Jill program, Girl Scouts and a volunteer with the Red Cross. She was one of the youngest members ever to be accepted into Model United Nations and advocated

to find a cure for HIV and AIDS. Although her words inspired the toughest of Soldiers, even as a teenager, Emily was a powerful speaker who inspired hope.

“You never went in Emily’s presence and left the same way,” Daniel said. “Her whole thing was making you better than what you were and making you want to do your best.”

Although Emily originally did not plan on joining the military or attending West Point, Vicki said after attending a summer program at the school, Emily made it her mission to be accepted. She enjoyed the competitiveness and camaraderie of the school and although she began her application later than other students, she was determined.

“After Emily was killed, I was very upset with God,” Vicki admitted. “We fought a lot – well, I fought him – he just listened.”

Vicki said she fought with God until he told her that although Emily is no longer physically on Earth, her spirit would continue to live on and she would continue to inspire people. True to his word, Emily’s story lives on throughout the world.

Following her death, the 4th Inf. Div. dedicated the Emily Perez Treatment Facility at Forward Operating Base Kalsu and named a street, Emily’s Way, in her memory. In Harriman, New York, a town near West Point, the American Legion Mulligan-Eden Post 1573 dedicated River Road as 2nd Lt. Emily J.T. Perez Memorial Way in 2011. Not long after, Daniel and Vicki were contacted by the Smithsonian Institution about having a permanent display honoring Emily.



## HARM

Continued from page 1

### Great power competition

In his remarks, McConville also mentioned the Army has shifted its focus from counter-insurgency operations to an era of great power competition against a near-peer threat like China and Russia.

Part of the Army’s refinement efforts are tied to the improvement of doctrine. The force is currently evaluating its Multi-Domain Operations construct, which envisions the way the Army will fight across the land, sea, air, cyber, and space domains.

“Great power competition does not mean great power conflict,” said McConville, adding that the Army continues to modernize the force to remain competitive in a multi-domain battlespace.

Along with MDO, the force is also providing input to the Joint All Domain Command and Control concept. The concept will allow the Army to group all

command and control information under a non-linear product to bolster sensor and shooter capabilities.

In addition to improved doctrine, the Army is reevaluating the way it engages with a near-peer competitor using a Multi-Domain Task Force capability.

“We’re in the process of experimenting and designing this organization,” he said. The MDTF will “operate below the level of armed conflict and be in a position to deter, or fight and win” if called upon to support.

The MDTF will be capable of providing long-range precision effects, support intelligence or information operations, and provide aid to Army cyber and space capabilities.

Long-range effects could penetrate a competitor’s air and missile defense systems or other critical systems to help degrade an adversary’s anti-access and area-denial capabilities, he said.



# Recruits save a life in first week of Basic Combat Training

Marie Pihulic  
Fort Sill Tribune

In week 1 of basic combat training, Pvts. Carlos Fontanez and Ari Till saved a fellow trainee’s life.

Fontanez, originally from Bethlehem, Pennsylvania, and Till, a native of Rochester, New York, had been in the military environment for one week.

Both had received their uniforms, immunizations, and an orientation into what the next nine weeks would hold.

When asked what happened the morning of Sept. 3, Fontanez and Till took several tries before they were able to put it into words.

“On Thursday morning I entered the latrines. I was doing some cleaning and I heard a commotion off to my side. I saw Fontanez helping his battle buddy who was in a mental health crisis, and we stepped in and got him the help that he needed,” said Till.

Although they had only been living together in the bays a few days, Fontanez caught on to the trainee’s intentions to hurt himself.

“He slept to the right of me ... With previous events that had happened, I kind of realized maybe I should talk to him,” said Fontanez. “In the latrine I saw what was going down and I was just telling him, ‘C’mon, think about what you’re about to do.’”

Fontanez saw the trainee use a PT belt as a noose and quickly grabbed him and got him down.

“I lifted him up so he could breathe, and Till unclipped the PT belt, and we just got him down and stayed by him until he got help,” said Fontanez.

With somber expressions,

they sat quietly as they contemplated that morning. Both Fontanez and Till have had friends or loved ones attempt or die by suicide.

When asked what signs to look for, Till said, “If they’re normally a social person and you see a distinct change in their mood, or the way they interact with the people around them,” that’s a sign.

Fontanez said noticing if an individual is not getting enough sleep, food, or other basic needs, that may be a sign they are in crisis.

“Really, just pay attention to everything that’s going on,” said Fontanez.

As soon as they got the trainee out of immediate danger, drill sergeants and cadre took over. The trainee is safe and receiving professional medical care.

Lt. Col. Mark Larson, 1st Battalion, 19th Field Artillery commander, presented both trainees with a unit coin, thanking them for their quick actions.

Till said he had mixed reactions to being awarded for what happened.

“On the first day, I didn’t know if I wanted to keep it here with me because of my personal relationship with people who have had prob-



Pvt. Ari Till, A Battery, 1st Battalion, 19th Field Artillery, was in his first week of basic combat training here when he stopped a fellow trainee’s suicide attempt. (Photo by Marie Pihulic, Fort Sill Tribune)

lems with that. I didn’t want a reminder.

“But the longer time has passed I like having it because it is a reminder that (he) is OK, and there are people out there that will do the right thing,” said Till.

“I like having it. I see it every day, realize what Till and I did, and it kind of just brings me to the point where it’s like you know, he’s still here with us,” said Fontanez.

If you or someone you

know is in crisis, call the National Suicide Prevention Lifeline: 1-800-273-TALK

(8255). Press 1 for the Military Crisis Line. You can also text 838255.

**FORT WAINWRIGHT**  
**SEXUAL HARASSMENT AND ASSAULT HOTLINE**

907-353-7272

**DOD SAFE HELPLINE**

877-995-5247



**Ready**



**NATIONAL  
PREPAREDNESS  
MONTH**

**2020**

Disasters Don’t Wait.  
**MAKE YOUR PLAN TODAY.**



Approachable leaders vital to suicide prevention effort

Jacob Caldwell  
Fort Hood Public Affairs

“It doesn’t matter what I’m doing that day in my office, if Soldiers come and knock on my door, I say, ‘Yes. How can I help you?’”

This was the mindset of Moana Nelson, the first sergeant of Headquarters and Headquarters Company, 48th Chemical Brigade until she handed the guidon to her replacement last week after a successful tour leading chemical Soldiers at the Great Place. She believes approachable leaders in the ranks are a vital aspect of the overall suicide prevention effort.

“Having the first sergeant rank should not intimidate anybody from coming to you, because that is your job, to help Soldiers,” Master Sgt. Nelson said. “So whatever I’m doing, if I’m on the computer, I will divert my attention from the computer and turn my chair to where I’m looking at them. Then I’ll tell them to go ahead and have a seat ... whatever issue, whether it be family, leaders in their shop or whatever, I’m there to listen.”

Nelson, a former Applied Suicide Intervention Skills Training instructor, emphasized the need for leaders at every level to have an open door, listen, and providing Soldiers a place to vent. She said the time spent is rewarding both professionally and personally.

“It gives me much pleasure when they leave and they’ve got a smile on their face,” Nelson said. “I know I made an impact on that indi-

vidual. It just fulfills me.”

Kenya King, a Suicide Prevention Program manager for Fort Hood, said efforts like Nelson’s help reduce the stigma for asking for help when a Soldier is truly in a time of need.

“It’s very imperative that the military leaders make themselves available,” King said. “They make themselves approachable and then maybe show some openness there. Soldiers can feed off of that, and they can learn from that. And some of the things that you do could directly influence the way a Soldier does something when they become that leader.”

King and Nelson agree that openness and humility in military leaders can have a huge positive effect on their formations when it comes to creating an environment where asking for help is seen as a sign of strength rather than weakness.

“I think one of the biggest ways that (leaders) can help in that reduction is by admitting some of that themselves,” King said. “If they’re able to show that they went through something, their Soldiers can look at them in a different light. When you know that someone has went through some financial hardships, and they were able to get ahead of it and get their credit fixed, or something of that nature, it may give hope to someone else who is going through that same thing.”

Nelson agreed. She said she had a young sergeant in her company who was going through relationship problems. Nelson shared her own life experiences with the sergeant with the hopes of



Being approachable could mean the difference between life and death, as Army leaders look for ways to actively prevent suicide within the ranks. (Illustration by U.S. Army)

making a better connection with that Soldier.

“She would quickly come into my office to talk about her ex-husband,” Nelson shared. “He did this, and did that.’ She would just vent and vent. And then I would tell her about my experiences, as well, to let her know that it’s okay. I have gone through those problems in my life as well. And it’s about getting through it. And then, you know, making those situations make you stronger in the end.”

Nelson described her leadership style with one word: humility. She said there is a time to be “hooah and hardcore,” but leaders can’t be that way all day every day.

“Humility is number one,” Nelson said, “and to be fair across the board. We

have to provide that support the Soldiers need, because if you support them, they want to support you back.”

Soldiers also have some responsibility for themselves in the fight to eliminate suicide. They have to be there for themselves, and this is best described as ‘self-care,’ according to King.

“I think some Soldiers need to be taught how to be there for themselves,” King explained. “Oftentimes Soldiers get caught up in the whole ‘the army needs me this, the army needs me that.’ Well, you know, you’ve got family and friends and loved ones that need you as well.”

“You’re trying to be busy being there for everybody else, but we need to slow down sometimes and take

some time to ourselves ...

I think it’s very important that individuals realize the power of self-care and what it can do for you and being there for yourself.”

Examples of self-care are as diverse and different at the Soldiers that fill the ranks of the Army. It can be as simple as reading a book, picking up an old hobby that you used to have and enjoy, a long nature walk or a trip to a local spa.

Nelson has her own go-to activities for self-care and stress reduction: jogging. And she makes it a family activity.

“Did you know that jogging is a good stress reliever?” Nelson likes to ask her Soldiers. “And, believe it or not, a lot of people don’t realize that. So, when they’re stressed, I’ll say, ‘Hey, have you been working out? Are you eating healthy?’ Eating healthy is the cherry on top, because whatever you put in your body, that’s how you are going to perform. Also, spend time with your family when you’re off. I take my sons. I have two younger boys, and will load them up in the double stroller and go into the park and run with that stroller.”

Open, approachable leadership, and making self-care a priority are two steps in preventing suicide in the military, but a special point of emphasis in the Suicide Prevention Month campaign is staying connected the friends and family members who care about you, said King. He likens staying connected to an electronic device that needs to be plugged in and charged.

Teach Youth About Preparedness

Talk to your kids about preparing for emergencies and what to do in case you are separated. Reassure them by providing information about how they can get involved.

Prepare Your Family

Being prepared for disasters starts at home. Everyone can be part of helping to prepare for emergencies. Young children and teens alike can be a part of the process. As a parent, guardian or other family member, you have an important role to play when it comes to protecting the children in your life and helping them be prepared in case disaster strikes.

On the [www.ready.gov](http://www.ready.gov) page, you’ll find

materials to build your family emergency plan, information for how you can help children cope if they’ve experienced a disaster, and tips to help your children be ready when disaster strikes. With these tools, both kids and their families can be prepared whether they’re at home, school, or anywhere else.

Everybody Has a Role—including Teens

Teenagers and other young people help their families, schools, and communities prepare for disasters. They can be leaders before, during, and after disasters. Whether you’re just starting to learn about pre-

paredness, want to join or start a youth preparedness program, or are looking for materials to teach the next generation of preparedness leaders, you’ll find lots of options on this page to help you learn how to prepare for a disaster.

We all have a role to play in ensuring the safety of our communities. You, too, can make a difference!

Educators and Organizations

Emergency managers, teachers and others who work with children understand that children and youth are an important part of our communities and can be vulnerable during disasters. It’s important to ensure their pro-

tection and to include their needs in your planning, response, and recovery efforts. This also includes knowing how you will reestablish your facilities and services if impacted by disaster. This page features preparedness, planning, response, and recovery resources to help emergency managers and practi-

tioners integrate the needs of children and youth into their disaster planning efforts.

But children and youth also have unique abilities to prepare themselves as well as their families, schools, and communities. Children and youth are empowered through understanding risks and knowing how to

protect themselves. Empowered youth can help involve their families, peers, and communities in disaster preparedness. On this page, you’ll also find activities for the classroom and other tools for those who work with children and youth. Today’s prepared children are tomorrow’s prepared adults!

# NATIONAL HISPANIC AMERICAN HERITAGE MONTH

September 15 – October 15



## MACIAS

Macias and Orosz married on Dec. 15, 1945. When she became pregnant, she left the service in August of 1946, at the rank of staff sergeant.

She was awarded the American Campaign and World War II victory medals, as well as recognition for her honorable service.




# PAINT THE TOWN PURPLE



Domestic Violence Awareness Month

Wear purple every Friday in October

Snap a photo

Share it with us on  Ft. Wainwright Army Community Service-ACS or Fort Greely Army Community Service

Fort Wainwright Family Advocacy Program  
3414 Rhineland Ave  
(907) 353-7317  
[wainwright.armymwr.com](http://wainwright.armymwr.com)





# COMMUNITY CALENDAR

## Fort Wainwright Family & MWR

### Weekly Events

September 26 - October 3

26

#### B.O.S.S. Hatchet Throwing

Registration deadline: September 26  
1 - 3 p.m.

Learn the art of Hatchet Throwing taught by Outdoor Recreation on October 3. Once you have a feel for the throw, we will complete with a fun hatchet throwing competition!

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

26

#### SFRG Super Saturday

September 26  
9 a.m. - 5 p.m.

ACS has planned a mega-sized Saturday of virtual training, pop up events, awesome giveaways, and so much more! If you need training for Key Contact, Leader, and/or Informal Funds Training, we've got you covered. Call ACS to register for training and complete it all in one day!

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

27

#### Banned Book Week

September 27 - October 3  
During Normal Business Hours

Did you know "Walter the Farting Dog" was challenged because it uses the word "fart" too many times? Discover what other classics have been challenged or banned in honor of Banned Book Week with the Post Library!

Post Library, Bldg 3700  
Call 353-2642

2

#### Paint the Town Purple

October 2  
All Day

Help spread awareness for Domestic Violence by wearing purple every Friday in October! Take a Selfie and submit it to the Ft. Wainwright Army Community Service Facebook Page to show your support.

Family Advocacy Program, Bldg 3414  
Call 353-7317

3

#### Get Moving to End Domestic Violence

October 3  
Noon - 1 p.m.

Join us on the Ft. Wainwright Army Community Service Facebook Page for FREE Zumba to help us spread awareness of Domestic Violence Month!

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



**BlueStar**  
community

**LIMITED TIME OFFER**

**Limited Time Offer for Soldiers & Family Members**  
Receive a Subway Discount Card!

**Eligibility:** Soldier deployed for 90 or more days between September 3, 2019 - November 15, 2020  
**How to get a Subway Discount Card:** Bring your Blue Star Community Card to Murphy Hall to claim your Subway Discount Card or register during pick up.

Visit [wainwright.armymwr.com](http://wainwright.armymwr.com) for a complete list of current discounts, pick up instructions, and registration details




USAG Alaska Family and MWR  
[wainwright.armymwr.com](http://wainwright.armymwr.com)  
@WainwrightMWR  
#WainwrightMWR #WainwrightBlueStar



B.O.S.S. Vehicle Winterization has been added to the calendar due to popular demand! Register for this FREE October 2 event by calling (907) 353-7648. For more information, go to [wainwright.armymwr.com](http://wainwright.armymwr.com).  
@WainwrightMWR #WainwrightMWR

## Weekly Tips – Furnishing your home

### Courtesy

This task can be a major expense, especially for newly established households. Furniture reflects on who you are and your tastes, as well as making your home livable. Here are some ideas to furnish your home within your budget.

Do not try to furnish your home all at once, since furniture is a major investment. If you rush to furnish your home, it almost always leads to less than ideal furnishings and higher costs. Take the time to write two lists, one of items that you need and one of items you want.

Avoid impulse buying. Visit various stores to find out what is available and the cost of each item on your list. Take a deep breath to overcome the sticker shock and decide what is necessary and within your budget.

Consider purchasing used furniture. Although this may not be your first choice, it provides you a viable option until your budget permits your ideal furniture. You can find great deals with second-hand furniture as long as you inspect it carefully. Look for rips, stains, tears, water marks, and scratches, but lift up cushions and check for stains on the inside of couches and chairs. Sit on it for as

long as time allows to check for sturdiness and comfort.

Try the free section of Craigslist or Freecycle.org. These are online forum where people can offer things instead of throwing them away. Also, check with family and friends.

Visit garage sales, especially towards the end of the day. Chances are the organizers will be eager to get rid of larger items, and may be willing to sell you any furniture that's left for a reduced price.

Visit your local thrift store. Often you can get a great piece of furniture for a low price that only takes a little bit of effort to clean up or refinish. You can look for ideas on how to spruce it up on Pinterest or the internet.

Evaluate the quality to ensure you are buying furniture that lasts.

Know your wood types. Wood furniture falls into three categories: solid wood, veneers, and particle board or composite wood.

Check drawers and cabinets. Open the drawers and cabinets all the way, ensure latches work, and handles are secure.

Avoid nails and glue. Look for wood joined at the ends and corners, not nailed or glued.

Choose fabrics carefully. Let your lifestyle determine what

colors and fabrics you choose. Be realistic about colors and ensure to inspect the legs of the furniture. They should be heavy, wood, and jointed to the frame of the sofa not nailed.

Check the springs. The coils should push down and spring back immediately.

Test cushions. Look for firm cushions with a removable cover matching on both sides that are washable. Firm cushions hold up better over time.

Buy furniture for less.

Furniture prices fluctuate throughout the year, so watch for good deals especially around Memorial Day, Veterans Day, Fourth of July and Christmas. Remember that furniture has large markups, so the stores have lots of wiggle room. Negotiating for the lowest price especially if you are purchasing several pieces at once. Ask for a military discount which usually ranges from 10 to 15 percent. If that doesn't work, go for an extra: free pillows or free delivery and setup.

Wholesale options include your local Costco or Sam's Club and even online sites such as Overstock, Wayfair, and Joss & Main to name a few. Search the internet wholesale furniture options just ensure you compare prices with shipping included.



# Army SASH Tab helps create a conversation to end sexual harassment and assault

David Overson

Soldiers Against Sexual Assault/Harassment, or SASH - is making its way throughout the Army, one teal tab at a time.

Staff Sgt. Saquawia Pennington, an Army victim advocate assigned to 111th Military Intelligence Brigade, Fort Huachuca, Arizona, takes a great deal of pride in wearing the teal tab on her Army combat uniform to ensure Soldiers know who their representatives are at a glance, and providing the sexual harassment/assault response and prevention training required to trainees in order to wear one too.

"If you can give a Soldier purpose, with an emphasis on focusing outwardly, instead of just thinking of themselves, that's huge," Pennington said.

Making it "cool to care" is one of Pennington's mottos.

The SASH program teaches young Soldiers how to intervene or stand up for themselves against sexual harassment or assault. It also educates them on the Sexual Harassment/Assault Response and Prevention Program sanctioned by the SHARP Academy, along with team building events focused on unit cohesion. Additionally, trainees are provided resiliency training, equal opportunity training, and suicide prevention tools and strategies.

During SASH meetings Soldiers generally discuss suicide, suicide prevention strategies, resiliency tech-

niques, bystander intervention strategies, and diversity inclusion. The meetings are all informal to create a relaxed environment where Soldiers can have candid discussions regarding the trends they are witnessing, and how they can best address those issues.

"We believe that in order to promote change, we have to motivate Soldiers to do so from within and cultivate a message of "family, unity, respect and dignity," Pennington said. "We look out for one another. We are all about promoting "This is my Squad!"

Brig. Gen. Anthony R. Hale, commanding general, U.S. Army Intelligence Center of Excellence and Fort Huachuca, is in full support of the program.

"The SASH program is an irreplaceable facet of our SHARP program because it is a force multiplier, creating a culture of respect and safety from the bottom up by utilizing the innovation, creativity, and energy of our youngest Soldiers," Hale said.

Prior to Pennington's arrival at Fort Huachuca, it was only offered to Advanced Individual Training students. Now it's open to all permanent party personnel too, and many are enthusiastically donning the teal tab.

Since the tab has yet to become authorized Army wide, each garrison commander can approve its use at local levels.

To achieve and wear the SASH tab, one must be of good academic standing,

meet all height and weight requirements in accordance with Army Regulation 600-9, pass an annual Army Combat Fitness Test, must not be facing disciplinary actions, or have had more than one negative counseling, be interviewed and receive approval from their battalion chain of command prior to program enrollment, be interviewed by the sexual assault response coordinator prior to enrollment, and cannot have any founded cases of EO, SHARP, or Inspector General related issues pending.

Even when "tabbed," bearers do not carry the same responsibilities as official victim advocates. They do not have official reporting authority. They will not ask questions, conduct investigations, and they are not authorized to discuss any reports of sexual harassment or assault with anyone outside of SHARP channels.

SASH members must continuously meet the requirements listed above in order to remain in the SASH program. They must also attend monthly meetings held by the brigade SHARP team, and they are required to display the teal tab on their left sleeve at all times while wearing the Army Combat Uniform.

"A lot of people have asked me what policies or regulations govern when and how we operate as a SASH Program," Pennington said. "I didn't need any marching orders to tell me how to be a good person or how to motivate and cul-



Lt. Gen. Ted Martin, Deputy Commanding General of the U.S. Army Training and Doctrine Command, poses with his SASH (Soldiers Against Sexual Assault / Harassment) tab, along with his yellow ribbon to bring awareness to the SASH program and Worldwide Suicide Awareness Day, at TRADOC Headquarters, Fort Eustis, Virginia, Sept. 10, 2020. (Photo by David Overson)

tivate young leaders to do the same. Love is love, and it's infectious. Being there for others is in my heart and I believe that there are a lot of other Soldiers who feel the same way. Those Soldiers just need the space and an opportunity to do that. I want to open up doors via the SASH Program so Soldiers can get the information that they need

in order to take better care of themselves and others.

"More than anything, I believe that the SASH program is about community, family, friendship, and unity."

For more information about initiating a SASH program at your installation, email: [usarmy.huachuca.icee.list.111th-sharp@mail.mil](mailto:usarmy.huachuca.icee.list.111th-sharp@mail.mil)

# VA joins Army in major DOD research effort to prevent suicides

Thomas Brading  
Army News Service

An ongoing Defense Department-directed epidemiological study recently got a helping hand that could help generate actionable recommendations to reduce military suicides.

A new memorandum of agreement on the

Study to Assess Risk & Resilience in service members, or STARRS, was inked July 27 to help produce actionable information for senior military leaders, said Col. Sheila Seitz, the STARRS deputy director and Army Reserve advisor.

"This is something the Army cares about,"

she said.

The VA is the newest member of the group that includes the Army, Office of the Assistant Secretary of Defense for Health Affairs, and the National Institute of Mental Health, or NIMH. The Army serves as the operational and management support arm of

STARRS, the largest mental health study ever conducted on military personnel.

"We're excited to partner with the Department of Defense and the National Institute on Mental Health on this major research effort aimed at preventing suicides," said Richard A. Stone, M.D., Veterans Health Administration executive in charge. "Many Veterans experience a difficult transition from the military. This research will promote data-sharing between DOD and VA and thereby provide us with critical information to help these veterans."

"It also promises to inform our outreach to veterans who have not yet used VA health care," he said.

STARRS is meant to

"increase the resiliency of our Soldiers, so that they are mission ready as much as possible. But it's also important to help our Soldiers for Life," she said. "That is why partnering with the VA is so important, because of our commitment to all Soldiers – not just ones currently serving."

As part of that commitment, the Army and NIMH established STARRS in 2009. Since then, a coalition of researchers from the Uniformed Services University of the Health Sciences, or USU; Harvard University; University of Michigan; and the University of California-San Diego have compiled data to form relevant and actionable research to help address current and

future needs of the military and published more than 100 articles in scientific journals and publications, said Kenneth Cox, the Army's science liaison for the STARRS research team.

"[NIMH] is pleased to continue our collaboration with the Army, DOD, and now VA in contributing to suicide prevention efforts for service members and veterans," NIMH officials said of the announcement. "We are proud that the work of STARRS has already substantially changed the national and even international dialogue about understanding and addressing suicide risk."

"The STARRS study is leading us to new approaches to sustain the health and readiness of our service members," said Richard W. Thomas, president of USU. "Its findings have contributed to new approaches for prevention, treatment, and health care policies for the entire Military Health System and for the nation."

"STARRS represents yet another way that military medicine contributes to the health and wellbeing of our troops and their families," he added.

Funded by the DOD, the research partnership helps pinpoint risk factors linked to troops' emotional and mental health, while also creating actionable steps toward suicide prevention, Cox said, along with other mental and behavioral health issues still faced in the military.

## GET MOVING TO END DOMESTIC VIOLENCE

**FREE Virtual Zumba Class**  
**October 3 at Noon**

Help us raise awareness of the 12 million men and women who experience Intimate Partner Violence every year.

Follow Ft. Wainwright Army Community Service-ACS or Fort Greely Army Community Service on Facebook for directions to join the class.

Fort Wainwright Family Advocacy Program  
3414 Rhineland Ave  
(907) 353-7317  
[wainwright.armymwr.com](http://wainwright.armymwr.com)

MWR  
ARMY COMMUNITY SERVICE  
ACS  
Real Life Solutions for Successful Army Living

Servicio Hispano Protestante  
PIEDRA ANGULAR

TE INVITA

## SERVICIO DE Adoración

TODOS LOS DOMINGOS  
A LAS 10:00 (100pm)

Servicio dirigido por  
Capellán Jaffet Duquela

FEWASO

SOUTHERN LIGHTS CHAPEL  
UBICADOS EN 5th STREET NEARBY ROAD

Por favor siga las medidas de seguridad para COVID-19