

Alaska Guard members assisted lab with COVID-19 testing

Sgt. Seth LaCount
Alaska National Guard

From early June to mid-August, Alaska Air and Army National Guard members Capt. Roger Tran and Capt. Bowden both assigned to the 103rd Civil Support Team, augmented the Alaska State Public Health laboratory by processing COVID-19 samples for testing.

For approximately 21 days of testing, totaling more than 148-man hours, the two officers tested 11,426 samples.

"I feel honored for our unit to have been considered for this important task," said Bowden, who specializes in medical operations for the 103rd CST. "This mission is right in our wheelhouse. I'm grateful for the opportunity to work alongside and in support of the community."

According to the U.S. Center for Disease Control, lab testing is a specialized

Alaska Army National Guard Capt. Jamie Bowden, who specializes in medical operations for the 103rd Civil Support team, tests COVID-19 samples at the Alaska State Public Health Laboratory on June 8, 2020. Bowden augmented the Alaska State Public Health Laboratory, working closely with state microbiologists, processing COVID-19 samples for testing. Over the course of approximately 21 days of testing, totaling more than 148-man hours, the two officers tested 11,426 samples. (Photo by Capt. Roger Tran)

skill. To be done effectively, it requires people with extensive training and supervision, along with requisite knowledge and skills pertinent to the lab environment.

Guardsmen in CST units have a specialized capability of responding to a chemical, biological, radiological, or nuclear incident. Bowden and Tran come with a wealth of expertise they've acquired throughout their careers. Both service members have completed the U.S. Army's Analytical Lab Course, which re-enforces specific skill sets and techniques they've employed in the testing effort, like Polymerase Chain Reactions.

Tran and Bowden were both recognized by the Rasmuson Foundation as "Unsung Heroes" for their work during the pandemic.

The Commissioner and Adjutant General of the Alaska National Guard, Maj. Gen. Torrence Saxe gave high praise to both service members for their dedication to excellence.

"While we are proud of the whole team at Military and Veterans Affairs, these two individuals stand out for selfless service, innovative approaches, and going above and beyond," Saxe said.

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Army secretary announces people as top priority

Devon Suits
Army News Service

Secretary of the Army Ryan D. McCarthy announced Tuesday that "people" will now be the Army's top priority, as the force works to give junior leaders more time to build cohesive teams.

"As we took a closer look at ourselves over these past couple of months, we understand that the last 19 years of combat operations and global deterrence has come at a cost," McCarthy said during the opening ceremony of this year's Association of the U.S. Army Annual Meeting and Exposition.

"Just as we did with readiness, we must invest in people," followed by readiness and modernization, he added. "The time is now."

Army leadership will continue to put "people first" as they work to balance operational tempo requirements and make policy changes, said Army Chief of Staff Gen. James C. McConville.

Senior leaders released an action plan Tuesday that prioritizes people and teams, saying that people are the Army's greatest strength.



Secretary of the Army Ryan D. McCarthy announced that "people" will now be the Army's top priority during his opening remarks at the Association of the United States Army Annual Meeting and Exposition, Oct. 13, 2020. (Screenshot image)

One critical change is the new Regionally Aligned Readiness and Modernization Model, or ReARMM, slated to be released in the next few months, leaders said. It aims to help leaders balance op tempo requirements with dedicated periods for mission, training and modernization.

More details on ReARMM are set to be discussed during a contemporary military forum Thursday from 2-2:45 p.m. Eastern Time at the annual meeting.

Army leaders are also working to determine the level of total Army

readiness necessary to meet operational requirements, the plan read. They will then use this information to pursue options and hopefully reduce the Army's current cycle of heel-to-toe deployment rotations.

"We are taking a look at rotational deployments and working with the [combatant commanders] to see how we can accomplish the mission in innovative ways," McConville said.

The action plan will also include the re-evaluation of combat training center, or CTC, rotations, McConville

said. Army leaders look to further foundational readiness through training at the squad, platoon, and company levels.

"Our CTCs are the gold standard for preparing our organizations for large-scale ground combat operations, especially in this time of great power competition," McConville said, adding the Army must strive to balance its CTC rotations with other training opportunities.

Moving forward, the Army will consider a

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Exchange online community Hub continues to evolve

Carina DeCino
Army and Air Force Exchange Service Public Affairs

The Army and Air Force Exchange Service's Hub is continually evolving with valuable resources for both the military community and veterans.

Launched in 2018 at ShopMyExchange.com/Community, the Hub is a one-stop source of information for military communities with local installation events, celebrity interviews, military family resources and more.

In the last year, the Hub has seen significant additions to include:

COVID-19 updates from the Exchange's social media and public affairs channels on cleaning protocols, adjustments to hours as well as a FAQ section.

BE FIT Connect, where Soldiers, Airmen and military families can find information on healthy living to include exercise videos, health tips and links to content on the Exchange's Facebook page and merchandise on ShopMyExchange.com.

XKids interactive page includes activities, contests, Disney movies, games and more.

"The Hub continues to adapt to the ever-evolving needs of Soldiers, Airmen and military families," said Fort Wainwright Exchange general manager Gloria Sylvia "The Hub keeps everyone connected to their community while providing valuable resources to enhance their quality of life."

WEEKEND WEATHER

Friday



Sunny. High: 29F.

Saturday



Mostly sunny. High: 35F.

Sunday



Partly sunny. High: 32F.

IN BRIEF

Army Public Health Center experts continue to emphasize the importance of listening to experts and not sharing or promoting unproven treatments or rumors on how the virus spreads and to encourage adherence to all COVID-19 health and safety recommendations.

Read more on page 7

Nutrition Corner: Nutrition 101

Tea – This ancient beverage seems to be popping up everywhere lately - on restaurant menus, specialty health stores and in trendy cafes. With claims ranging in nature from improved cardiovascular health, to cancer prevention, and even periodontal benefits, it’s time to sort out the facts about tea. There is strong evidence to suggest that consumption of black tea

in particular has a positive effect on heart health, particularly with decreased frequency of heart attack. It is believed that this is mainly due to the anti-oxidant compounds that are naturally found in this type of tea. Likewise, research looking at green tea showed a positive correlation between green tea consumption and improved cholesterol levels (lower LDL and triglycerides with

higher HDL). That said, claims like ‘drinking tea can prevent cancer’, or ‘drinking tea will result in weight loss’, however exciting, are not backed by conclusive evidence. Certain studies are continuing to look at the antioxidants, known as catechins, and how these compounds may neutralize cancer causing free-radicals. Tea can be a source of

caffeine for the body that is slightly less potent than that of coffee, offering a pick-me-up but without excess that can correlate with headaches and jitters. If you are looking for a completely caffeine free option, most herbal teas will accommodate this while offering a variety of flavors and aromatics. Tea can also have a protective effect for teeth against decay, especially

when it is brewed with fluoridated water and without extra sugar or other sweeteners – so keep it simple. While we wait to see what happens with the research, we can rest assured on one of the most well-known and agreed upon characteristics of tea – it’s delicious! So on these cold winter days, try warming up with a nice, hot cup of your favorite tea.

History Snapshot: Memorializing the People of Our Past – Building 3707, 1st Lt. Lee Ross Hartell



Fort Wainwright recognizes the service of 1st Lt. Ross Hartell, who was killed in action Aug. 27, 1951, and received the Medal of Honor. His citation reads:

The President of the United States of America, in the name of Congress, takes pride in presenting the Medal of Honor (Posthumously) to First Lieutenant (Field Artillery) Lee Ross Hartell, United States Army, for conspicuous gallantry and intrepidity at the risk of his life above and beyond the call of duty while serving with Battery A, 15th Field Artillery Battalion, 2d Infantry Division, in action against enemy aggressor forces at Kobangsan-ni, Korea, on 27 August 1951. During the darkness of early morning, the enemy

launched a ruthless attack against friendly positions on a rugged mountainous ridge. First Lieutenant Hartell, attached to Company B, 9th Infantry Regiment, as forward observer, quickly moved his radio to an exposed vantage on the ridge line to adjust defensive fires. Realizing the tactical advantage of illuminating the area of approach, he called for flares and then directed crippling fire into the onrushing assailants. At this juncture a large force of hostile troops swarmed up the slope in banzai charge and came within ten yards of First Lieutenant Hartell's position. First Lieutenant Hartell sustained a severe hand wound in the ensuing encounter but grasped the microphone with his other hand and maintained his magnificent

stand until the front and left flank of the company were protected by a close-in wall of withering fire, causing the fanatical foe to disperse and fall back momentarily. After the numerically superior enemy overran an outpost and was closing on his position, First Lieutenant Hartell, in a final radio call, urged the friendly elements to fire both batteries continuously. Although mortally wounded, First Lieutenant Hartell's intrepid actions contributed significantly to stemming the onslaught and enabled his company to maintain the strategic strongpoint. His consummate valor and unwavering devotion to duty reflect lasting glory on himself and uphold the noble traditions of the military service.

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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In addition to supporting the Analytical Laboratory System operator request by the state, which was coordinated through the State Emergency Operation Center, Bowden and Tran recently participated in their unit’s Terminal Proficiency Evaluation, which served as a validation for the unit on August 4, 2020.

This type of validation is done once every 18 to 24 months. The training, evaluated by an outside civil support team, replicated a notional scenario where an unknown biological hazard was present, with a request for the FBI's assistance.

“Our team executed this validation with speed and precision, said Tran, who works as the Nuclear Medical Science Officer for the 103rd CST. “It’s a testament to the collective attitude and work ethic of our unit as a whole.”

ALASKA POST

The Interior Military News Connection

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The Chaplain’s Corner

What’s the price of freedom?

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

I always use my Permanent Change of Station as an opportunity to go through boxes and files that I have not looked in for a while. This week I came upon a file from several years ago when I performed a burial service for a Soldier whose remains had just been identified from the Korean Conflict. The preparation process and the ultimate burial service was a humbling experience for me. As I explored the service record and history of this Soldier, I learned that he went off to fight for his country at a young age, before he had a wife or children of his own. He went to fight for the freedom

of other families, both Korean and American, before he even had the opportunity to begin his own family. Remembering my experience in the lives of this Soldier’s family has caused me to look more intently at the Soldiers who are stationed at Fort Wainwright. They have voluntarily joined the Army at a time when our country continues to be engaged in combat in many places around the world. Many of these brave young men and women have just graduated from high school and, like the Solider whose burial service I performed, have not yet had an opportunity to begin their own families but have volunteered to fight for the freedom of my family and others around the world. I wonder what the parents of the Soldier

who died in Korea felt as he went off to war then didn’t return. I wonder what the parents of these Soldiers at Fort Wainwright felt when their children left to go into an Army that could be embroiled in war at any time, no doubt wondering if they would ever return home. I wonder how I will feel if my sons or daughters choose to go to other parts of the world to face people whose mission it is to see that they do not return. I’m reminded of another father who sent his son to die for the lives of others, in a time when the known world was at war and people were dying without freedom. This father saw that his son was needed to win this war and his son willingly accepted his duty and ultimately gave his life for the lives of many others.

The son’s name was Jesus, and he was sent by his father, God, into a world that was dying in sin and without hope. The world was at war with evil, and sin was shattering the hopes of the people of the world. But Jesus’ sacrifice brought life and freedom to humankind as he broke evil’s hold on the people of the world and allowed them to experience real life and true freedom. But this isn’t just an event in history. Jesus’ death makes it possible for us to experience abundant life and freedom from sin today. His death provides a hope of eternal life for us and our families. Because Jesus died, all humankind can experience his love and this freedom from sin along with this hope of eternal life. Many have died over the years to



provide freedom for people around the world. Many more are likely to die as they, too, fight for freedom. We should continue to honor those who serve and those who have died, but even more, we should honor the one who died to give us real freedom and eternal life. He is worthy of our honor since the death of Jesus on the cross makes it possible for all humankind to have freedom and life even in the midst of a world at war. We honor him best when we give him our life.

So as we fight for our freedom and the freedom of others, as we train Soldiers who will also go to war to fight for these freedoms and as we send our sons, daughters and spouses into harm’s way to better the lives of others, remember that God sent his son Jesus to war for us, and he ultimately died for our freedom. Remember, also, that Jesus now lives to be with you both today and forevermore. Let these facts bring you hope in a time of crisis and peace in a time of war.

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

Infantry School ends traditional 'shark attack,' adopts new way of instilling warrior ethos in recruits

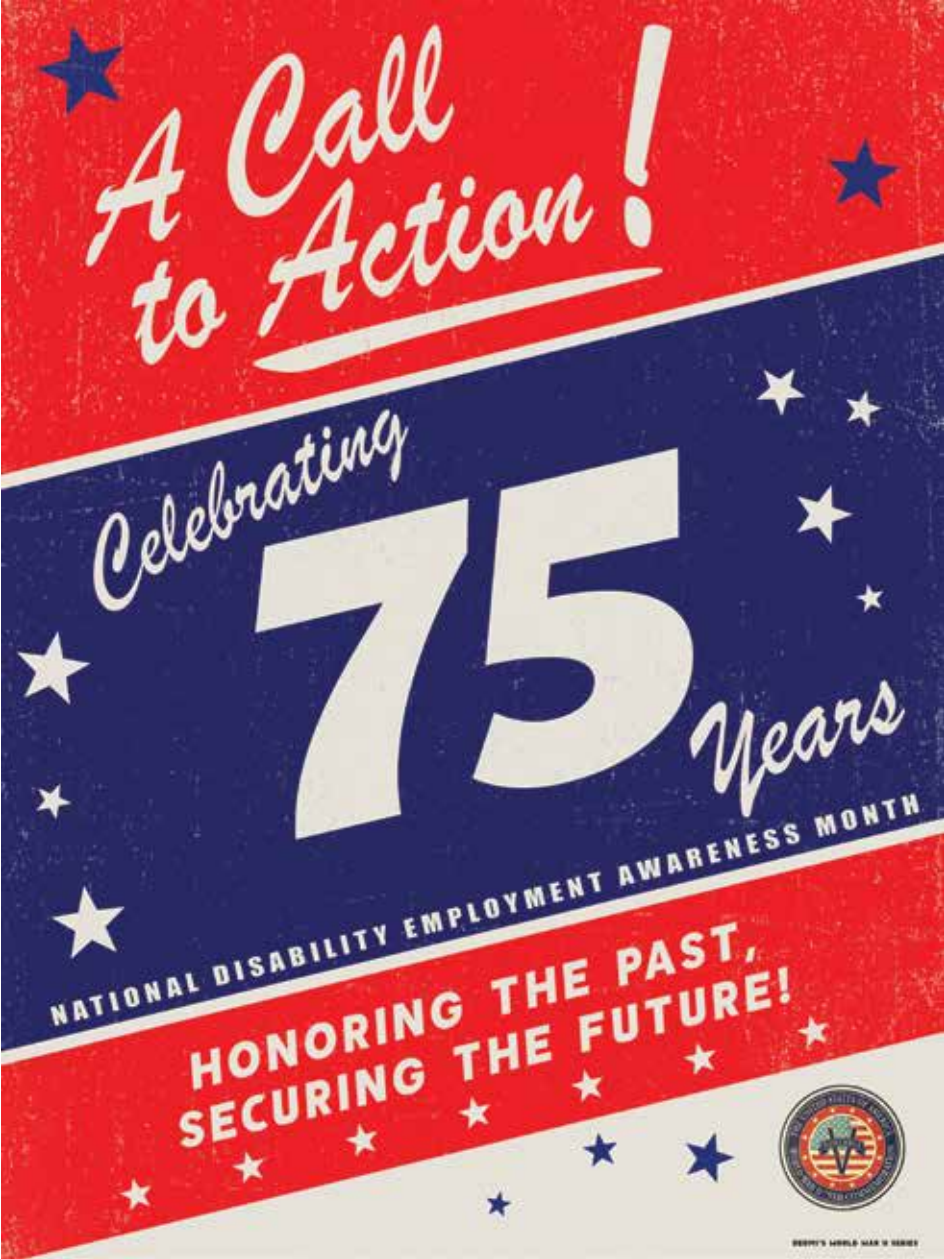
Franklin Fisher
Generations of Army veterans are familiar with what's known as the "shark attack," that shock-and-awe pile-on of shouting and in-your-face personalized commentary visited by bull-necked drill sergeants on new recruits fresh off the bus for basic training. But as far as the U.S. Army Infantry School here is concerned, the shark attack has had its day. The Infantry School trains Soldiers for service in the Infantry branch, and has come up with an entirely new approach to the first formative hours of turning civilians into proud members of the Infantry force. Called "The First 100 Yards," it's done on the

first day the recruits report to the units they've been assigned to for Infantry One-Station Unit Training, also known as Infantry OSUT. It was developed earlier this year by the Infantry School and senior NCOs at the 198th Infantry Brigade. The brigade is one of the Infantry School's units that conduct Infantry OSUT at Fort Benning.

The First 100 Yards uses a series of training activities to instill – on the first impressionable day of a recruit's training – the Infantry's core warrior values and attitudes, and to foster pride in the Infantry, partly by drawing on its battlefield history. Details of The First 100 Yards are outlined in a video narrated by the Infantry School's

senior enlisted leader, Command Sgt. Maj. Robert K. Fortenberry, himself a veteran Infantry Soldier. "We've taken a close look at how we instill the 'spirit of the bayonet,' and the spirit of the Infantry, from the first moment our Soldiers arrive here as their initial

See SHARK on page 4





Bill is careful in the kitchen.
Bill is alert and keeps a lid nearby when cooking.

Be like Bill!



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SHARK

Continued from page 3

training event on day one," Fortenberry says in the video.

"It is critical," he says, "that our newest generation of Soldiers have the experience at the beginning of their journey to becoming an Infantry Soldier. This lays the foundation for the next 22 weeks of Infantry training ...

"Today with an all-volunteer force, and a large cohort of seasoned combat leaders, we have implemented a training event that captures the essence of our Army Values and ethics," he says.

The new method does that partly by "highlighting the

culture of our Infantry, dating back to the Doughboys of World War I in trench warfare," he tells the viewer.

The First 100 Yards puts the new arrivals through a series of activities that include introducing them to the Infantry's history and its "spirit of the bayonet" offensive ethos, as well as series of mentally and physically demanding activities.

At one point Fortenberry quotes a section of the Army's World War II-era Basic Field Manual 23-25, titled "Bayonet M-1905," which "really speaks to the essence of the

Infantry," he says.

"The will to meet and destroy the enemy in hand-to-hand combat," Fortenberry reads, "'is the spirit of the bayonet. It springs from the fighter's confidence, courage, and grim determination, and is the result of vigorous training. Through training, the fighting instinct of the individual Soldier is developed to the highest point.'"

That spirit of the bayonet, he says, "comes down to will. The will to meet and destroy the enemy in hand-to-hand combat."

Fortenberry also makes reference to the motto that appears on

the Infantry School's shoulder patch: "Follow Me."

"The motto of the Infantry – 'Follow Me' – two simple words embroidered on our patch, embody both 'the Spirit of the Bayonet' and the spirit of our Infantry."

The activities include, among others, a mock battlefield re-supply mission, physical fitness tasks, and a demonstration of the weapons, equipment and methods Infantry Soldiers use in combat.

The Infantry School is part of the U.S. Army Maneuver Center of Excellence, which trains Soldiers for service in the Infantry and Armor branches. Those two branches comprise the Army's maneuver force. MCoE also trains those who hope to become paratroopers, Rangers, snipers, or to be trained in certain other military specialties.

"While always being true to our core values of the Infantry profession," says Fortenberry of the Infantry School, "we are constantly assessing, developing, implementing, and evaluating training and training methodology to provide the best possible training for our Infantry formations throughout the Army."

That meant, among other things, a hard look at the traditional shark attack, he tells the audience.

The shark attack was seen as way to launch trainees into a whole new way of life in which they'd have to obey the Army's rules and listen

closely to and follow instructions. The aim was to first establish psychological dominance – impress upon them at the outset that now that they're in the Army, the Army's the boss.

This was deemed especially necessary during the Vietnam War period, when vast numbers of those in uniform were draftees. After the Vietnam War, authorities ended the draft and the Army has been all-volunteer since.

The shark attack, Fortenberry says, "was developed during our draft Army years, where the cornerstones of the event were to establish dominance and authority using intimidation and fear to weed out the weak of heart."

"It created," he says, "a chaotic environment that centered around applying physical exertion under stress ... Drill Sergeants were charged with assessing the trainee's ability to handle stress, singling out the perceived undesirables by enveloping them in a manner that emulated a shark attack, thus the name of the event."

"This activity, however, does not instill the spirit of the Infantry," he says. "It betrays the innate trust between teammates and worse, betrays the crucial bond of trust with our leaders."

The First 100 Yards is designed, says Fortenberry, around the following tenets:

- An understanding and appreciation of the

"Spirit of the Infantry," by exposing trainees to physical hardship while also developing "a belief in oneself, belief in your teammates and a belief in the leaders with whom they serve," he says.

- "Intuitively knowing that when an Infantry leader says, 'Follow me,' that they, the Infantry, will accomplish all missions and defeat any enemy, under any conditions."

The Infantry School's new approach "is in stark contrast to what most Soldiers across our Army have experienced over multiple generations during the first day of basic training" involving the shark attack, he says.

During the video, Fortenberry explains the First 100 Yards events in detail.

They include a mock battlefield re-supply mission in which trainees must pull together on the fly and figure out how to most efficiently move a load of supplies from one place to another, just as they might have to in an actual combat zone.

There are also physical training events based on the new Army Combat Fitness Test, or ACFT, which next month becomes the official fitness test of record for Soldiers Army-wide. For the trainees, AFCT events in The First 100 Yards will include, among others, as many repetitions as possible of the test's leg tuck, hand-release push-up and standing power throw.



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October 16, 2020

PEOPLE

Continued from page 1

mix of multi-echelon training exercises such as command post exercises, tactical exercises without troops, and fire support coordination exercises, to train Soldiers at the battalion and brigade levels, leaders announced in the plan.

"We will pursue options for the brigade combat training centers that are a mix of 'in the box' organic battalions, command post exercises, and heavy and light rotations," McCarthy said. "These efforts will buy back time at home for our units to invest in their Soldiers and families."

Additionally, leaders might waive a CTC rotation requirement for units scheduled to conduct a non-combat rotational deployment, but only if they can engage in similar collective training while deployed, the plan read. "There is no intent to reduce the number of CTC rotations,"

McConville said. "We are discussing the prerequisites required to go to a CTC and how they fit into" the rotational-deployment model.

Wide range of missions

So far in 2020, the Army has responded to a wide range of missions, starting with a no-notice deployment of elements from the 82nd Airborne Division to the Middle East on New Year's Eve, McCarthy said.

Months later, the Army "faced a global pandemic on a scale that the world has not seen since the Spanish Influenza in 1918," he added.

The Army called up 45,000 active-duty, National Guard, and Reserve Soldiers to support a government-led response to COVID-19, while close to 180,000 Soldiers were deployed to operations around the world. Simultaneously, the Army

worked with industry partners to ensure its modernization timeline continued to be on track.

"As one crisis tapered, another one began. Following the murder of George Floyd, massive civil unrest that had been simmering across the country for decades reached a tipping point," McCarthy said.

In response, the Guard was activated to work with local, state, and federal officials to ensure the safety of citizens and those who exercised their constitutional rights to protest. As civil unrest grew, Soldiers watched as peaceful protests turned violent, hijacked by outside actors, McCarthy said.

"Then, we were shocked to our conscience by the murder of our own, Spc. Vanessa Guillen," he added. "Her loss has been felt in our formations and across the nation at large.

"But through this sort of reckoning, we realized that some of the same barriers and threats still exist within our formation. We must be accountable, and we must act."

To reinforce a "people first" mentality, the Army is slated to publish new guidance on absent Soldiers to clarify actions when an individual fails to report for duty, leaders announced in the plan. Under it, the Army will consider them missing and take immediate action.

"This year, and its series of events, has hardened our resolve to create enduring change," McCarthy said. "The Army is taking rapid, positive, and meaningful steps towards reducing systemic and symbolic

inequities, while safeguarding every person in our formation."

The Army's Project Inclusion initiative will ensure "that we have an organization that is truly inclusive and makes everyone feel like a valued member of the team," McConville said.

Further, the Army will continue to focus on counseling, sponsorship, and reinforcing the "Army as a team of teams," through the "This is My Squad" initiative led by Sgt. Maj. of the Army Michael A. Grinston.

Army museum

The National Museum of the United States Army also announced it would open on Veterans Day. "I'm excited about the opening of the National Museum

of the United States Army," McConville said. "It's an amazing facility that shares the history of our Army through the artifacts and stories of the Soldiers that have served. I hope you all get a chance to see it."

The new facility is located in a publicly accessible area on Fort Belvoir, Virginia. It is the first and only museum to tell the entire history of the U.S. Army since its establishment in 1775, museum officials said.

Enhanced health and safety measures will be taken to ensure the safety of visitors, official said. Free, timed-entry tickets will also be required to manage visitor capacity and provide an optimal experience for all.

ENERGY ACTION MONTH
OCTOBER 2020

U.S. ARMY

RESILIENCE

EFFICIENCY

AFFORDABILITY

ADAPTIVE SQUAD ARCHITECTURE
Adaptive Squad Architecture (ASA) is a new approach to organizing and operating units. It is designed to be more flexible and adaptable than traditional units. ASA is based on the concept of a "squad" which is a small, self-sufficient unit that can operate independently or as part of a larger unit. ASA is designed to be more resilient than traditional units, as it can adapt to changing circumstances and maintain its effectiveness in the face of adversity.

HYBRID ELECTRIC DRIVE (HED)
The Army is developing a new hybrid electric drive (HED) system for its next generation of vehicles. This system will combine the best of both worlds: the power and torque of a diesel engine with the efficiency and low emissions of an electric motor. This will result in a vehicle that is more efficient, more powerful, and more environmentally friendly than current vehicles.

PRIVATELY FUNDED ENERGY PROJECT
The Army is working with private industry to develop a new energy project at Fort Sill, OK. This project will involve the construction of a new power plant that will generate electricity for the fort and the surrounding area. This project is being funded by private industry, which will provide the capital and expertise needed to develop and operate the plant. The Army will provide the land and other resources needed for the project.

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Office of the Assistant Secretary of the Army for Installations, Energy and Environment

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COMMUNITY CALENDAR

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Weekly Events

October 17 - 24

20

Garrison Post Supervision Policy of Children & Adolescents
October 20 & 22
Varies

Join us on the Ft. Wainwright Army Community Service Facebook Page for Garrison Post Supervision Policy of Children & Adolescents covering various topics.

Family Advocacy Program, Bldg 3414
Call 353-7317

21

Frontier Fitness
October 21
5:30 - 6:30 p.m.

Stay active with the activity of the month with Youth Sports & Fitness! *Physical and Microsoft Teams app are required.

Youth Sports & Fitness, Bldg 3414
Call 353-7713, registration required

22

Play with the Pros
October 22
Normal Business Hours

Play alongside the golf pros in our Golf Simulators. Your shot could win you a pack of Titleist Pro V1 golf balls!

Chena Bend Clubhouse, Bldg 2092
Call 353-6223

23

Paint the Town Purple
October 23
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

23

Virtual Adventurers
October 23
Varies

Join Youth Sports & Fitness for this week's Friday Virtual Adventure! Every Wednesday & Friday, catch them on the WainwrightMWR Facebook Page.

Youth Sports & Fitness, Bldg 3414
Call 353-7713, registration required



Head to Nugget Lanes Bowling Center for a Spooktacular time!
For more information, go to wainwright.armymwr.com.
@WainwrightMWR #WainwrightMWR

Army tests aluminum foam for protection against blasts

Argie Sarantinos
CCDC Public Affairs

Forward Operating Bases are typically surrounded by barbed wire, concrete barriers, gates, watchtowers and other infrastructures. A new material – aluminum foam – may be a possible solution for additional force protection, due to its ability to absorb energy from blasts.

The aluminum foam is added to panels clad with steel that are part of existing structures or bolted together to create larger structures. The panels are also used in jersey style barriers to protect against truck bombs.

Aluminum foam was recently tested in a lab and at an explosives testing range at Picatinny Arsenal, New Jersey, with funding from the Office of the Under Secretary of Defense- Global Capability Programs Foreign Comparative Testing program. The FCT program provides funding to acquire, test and evaluate mature products from foreign industry that may fill a capability gap or satisfy an urgent need. The aluminum foam is manufactured in South Korea and Canada.

“In products where you

need a good amount of strength and stiffness that aluminum provides but not all the weight, using the foam opens up a lot of engineering design space without increasing cost,” said Calvin Lim, engineer at Picatinny Arsenal.

Aluminum foam is inexpensive to produce, and it can be made into various sizes and shapes, including panels. While it is currently manufactured and shipped from South Korea and Canada, several companies in the United States are interested in expanding production to make aluminum foam. Creating an affordable supply chain in the U.S. will eliminate difficulties with shipping the product outside the country and create additional jobs in the U.S.

Testing to verify and confirm the manufacturers’ claims was conducted at Picatinny Arsenal. Explosives were initiated next to the aluminum foam panels, which were held in place with I-beams.

“These tests showed how the aluminum foam prevents energy from being transmitted to the other side. To fully replicate previous test data, a higher amount of explo-

sives is needed,” Lim said.

Testing was initially conducted in South Korea; during testing, the panels absorbed the energy from the blast, collapsing its cellular structure and preventing any damage from transmitting to the other side. The tests at Picatinny Arsenal, as well as upcoming tests, will determine if aluminum foam will be beneficial for the Army overall, as well as other services.

The FCT program provided funding to purchase additional aluminum foam for Insensitive Munitions testing with XM1128 artillery. This was proposed as a low cost, easy to implement packaging solution to reduce the sensitivity and collateral damage in sympathetic reaction and fragment impact scenarios. This testing has been slated but delayed due to the coronavirus pandemic.

In addition to military uses, aluminum foam is used in a variety of applications including sound mitigation, highway barriers, and storm debris mitigation because of its unique properties.

Because of its versatility, aluminum foam has sparked interest and possible use for military ground vehicles,



The Foreign Comparative Testing program purchased aluminum foam to ship and/or store 155mm XM1128 artillery for an Insensitive Munitions Testing. The tests were slated but have been delayed due to the coronavirus pandemic. (U.S. Army photo)

aircraft and watercraft due to its low weight, stiffness and buoyancy. Lighter vessels and vehicles will not only move faster and use less fuel, they will require fewer refueling trips and enable Soldiers to maneuver more easily.

The Army is working

with several companies on additional energy and resource savings, including an energy conscious solution that melts raw scrap aluminum to create aluminum foam. This will reduce steps in the recycling supply chain, which will lead to cost savings.

Weekly Tips – Winter home efficiency

Winter is here, but it doesn't have to bring shocking heating or electric bills with it. Take time to tour your home and check out these problem areas; fixing them could dramatically reduce how much you need to spend to keep your home warm.

- Use LED holiday lighting. Light emitting diodes are at least 75 percent more efficient and last up to 25 times longer than traditional incandescent lights. By using LED holiday lights you can be at ease knowing that you won't be spending a bundle to keep those lights on.
- Use lighting controls. You can save additional money on your electricity bill by using motion sensor and timer controls.
- Lower the water heat-

er. One significant way to reduce energy consumption if you are away on vacation is to lower the water heater. If you're going to be gone for three or more days, set the water heater on the lowest temperature.

- Wrap older water heaters with insulating jacket or blanket to minimize excess heat loss. Remember to leave the air intake vent uncovered.
- Use a power strip. If the idea of running around the home to unplug everything is a bit too much, use power strips to plug in multiple appliances, and then turn it all off with a flip of the switch. Phantom power drain occurs when appliances use electricity while not in use. About 10 percent of your home's energy use is from phantom power drain. This is not only costing you money, but it's

also increasing your home's carbon footprint.

- Replace worn weather stripping. Worn or torn weather stripping around doors and windows creates drafts and lets cold air in. Some weather stripping needs to be replaced every few years because of wear. Replacing it is typically as simple as pulling off the old and tacking on the new.
- Adjust door thresholds. If you can see daylight under your front door, then you're losing heat. Some thresholds have numerous screws that let you adjust the height to eliminate a gap. Turn the screws counterclockwise to lift the threshold until daylight is mostly gone. A little light at the corners is fine, but don't raise the threshold so high that it interferes with opening and closing the door.

- Plug holes in exterior walls. Pipes, gas lines and electric cables that enter your house often have gaps around them and have been haphazardly filled with some type of caulk. But that caulk eventually cracks, peels, and falls off. These gaps let outside air in, plus they are ideal entry points for mice and insects. Seal the gaps with expanding foam. For water pipes under the sink, unscrew and pull back the escutcheon ring, then caulk around the pipe.
- Tune up the furnace and gas fireplace. There's some upfront costs, but you will make it up in the long-term with more efficient heating that lowers your bills while preserving the life of your furnace. A tune-up includes an inspection, preventative maintenance (like changing filters) and

identifying parts that may need to be repaired or replaced. The professional can also find any gas or carbon monoxide leaks to keep your family safe. Some furnace warranties actually require this annual or regular maintenance.

- Keep your registers clear. The warm air blowing out of your registers needs a clear path into the room to provide even heating. To reduce your heating bills, arrange your rooms so that the register is as unobstructed as possible.
- Lock doors and windows. It makes a difference in your heating bill. Even when doors and windows are closed, they may not be pressed tightly against the weather stripping if they aren't locked. Lock your windows early, especially if you live in the north.

Army health expert encourages people to follow COVID-19 science, not myths

Douglas Holl
Army Public Health
Center Public Affairs

Sometimes it can be challenging to remain vigilant in following all of the recommended public health guidance for reducing the risk of catching or transmitting SARS-CoV-2, the virus that causes Coronavirus Disease, also known as COVID-19. Army Public Health Center experts continue to emphasize the importance of listening to experts and not sharing or promoting unproven treatments or rumors on how the virus spreads and to encourage adherence to all COVID-19 health and safety recommendations. For example, very few people enjoy wearing face masks. Still, public health experts encourage universal mask-wearing as an essential

tool in fighting against COVID-19 that can reduce the disease's spread.

"Cloth face coverings or masks are a necessary barrier to reduce the spread of respiratory droplets into the immediate environment when the wearer coughs, sneezes, raises their voice, or talks," said Dr. Raúl Mirza, APHC Clinical Public Health and Epidemiology acting director. "The scientific evidence makes it clear that people may be contagious with the SARS-CoV-2 virus days before they develop symptoms and test positive for COVID-19."

Personnel are discouraged from wearing masks with exhalation valves or vents to help prevent the wearer from potentially spreading COVID-19 to others.

The Wall Street Journal looked at the common consensus among scientists and reported that the major culprit for spreading Coronavirus is not fleeting encounters with people outdoors or contaminated surfaces; instead, it is close-up, person-to-person interactions for extended periods.

"The virus spreads from person-to-person, particularly among people who are in close contact with one another (within about 6 feet)," said Mirza. "Infected persons transmit the virus through respiratory droplets produced while coughing, sneezing, or talking."

Mirza said it could be possible for a person to get COVID-19 by touching their mouth, nose, or possibly their eyes after touching a

surface or object contaminated with SARS-CoV-2. However, this is not the primary way the virus spreads.

People who enjoy and practice intense cardio activities such as running, may not tolerate wearing a mask if it causes them difficulty breathing, said Mirza. People should consider conducting high-intensity activities outdoors or in areas with adequate air exchange and ventilation, and as always, they should maximize their physical distance from others.

"To practice good physical distancing, people should stay at least 6 feet apart from one another in indoor and outdoor spaces," said Mirza.

Some people have expressed concern that wearing a mask can cause CO2 intoxication or oxygen deficiency.

Mirza said there is no scientific evidence to support any danger with prolonged mask use.

"Carbon dioxide can flow freely through cloth face coverings and masks specifically used by healthcare professionals such as N95 filtering facepiece respirators," said Mirza.

According to the Center for Disease Control and Prevention, masks should not be worn by children younger than two years old, anyone who has trouble breathing, and anyone who is unconscious, incapacitated, or otherwise unable to remove the mask without assistance. Information about the proper selection of a face mask is located on APHC's COVID-19 campaign website.

Although there have been some recent reports of Chinese food inspectors detecting Coronavirus on meat being shipped from Brazil, Mirza says this is not a likely source for virus transmission.

"There is no current evidence that people

can catch COVID-19 from food, including fruits and vegetables or after touching food containers and food packaging," said Mirza.

Mirza recommends people continue to follow general food safety guidelines such as thoroughly washing hands with plenty of soap and water for at least 20 seconds after handling takeout containers and grocery store packaging, and before eating.

"Always wash fruits and vegetables before consuming them and transfer take-out or delivered food to a clean dish using clean utensils before eating," said Mirza. "Maintain clean and disinfected surfaces in your home or office for any area that comes into contact with food."

Mirza explained researchers are still learning more about how the virus spreads, but there is no scientific evidence of spread from insects like mosquitos or house flies and a low risk of spread from animals to people.



Notice of Availability for a Draft Environmental Impact Statement Addressing Heat and Electrical Upgrades at Fort Wainwright, Alaska

Comment Period is October 9, 2020, through December 8, 2020

The Department of the Army announces the availability of the Draft Environmental Impact Statement (EIS) as part of the environmental planning process to address heat and electrical upgrades at Fort Wainwright, Alaska. The Draft EIS evaluates reasonable alternatives, potential environmental impacts, and key issues of concern.

An electronic copy of the Draft EIS is available online at <https://home.army.mil/alaska/index.php/fort-wainwright/NEPA/HEU-EIS>. Copies of the Draft EIS will be available for review at the Noel Wien Library, Fairbanks, AK; Post Library, Fort Wainwright, AK; and Tri-Valley Community Library, Healy, AK if these facilities are open; and upon request.

Comments received during the 60-day comment period on the Draft EIS will be fully considered prior to the identification of the Army's preferred alternative. This preference will be identified when the Final EIS is published.

There are several ways to provide comments during the comment period.



Email: usarmy.wainwright.id-pacific.mbx.heu-eis@mail.mil



Online Open House: <https://home.army.mil/alaska/index.php/fort-wainwright/NEPA/HEU-EIS>



Telephone Public Meeting: Monday, November 9, from 5:00 p.m. to 7:00 p.m. Dial toll-free 855-756-7520 and use access code 65742



Mail:
Ms. Laura Sample, National Environmental Policy Act (NEPA) Program Manager
Attn: IMFW-PWE (Sample)
1046 Marks Road #4500
Fort Wainwright, AK 99703-4500

If you have questions or require additional information, please contact Grant Sattler, Public Affairs Office IMPC-FWA-PAO (Sattler), 1060 Gaffney Road #5900, Fort Wainwright, AK 99703-5900; telephone: (907) 353-6701; [email: alan.g.sattler.civ@mail.mil](mailto:alan.g.sattler.civ@mail.mil).

The U.S. Army complies with Title II of the Americans with Disabilities Act of 1990. Individuals with disabilities who may need auxiliary aids, services, and/or special accommodations should contact Grant Sattler or TDD number 711. Requests should be made at least 5 days before the accommodation is needed to make any necessary arrangements.