

ALASKA POST FREE

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FAIRBANKS
DAILY NEWS - MINER

The Interior Military News Connection

Vol. 12, No. 3

Fort Wainwright, Alaska

January 29, 2021

Congress funds robust civil works program this year in Alaska

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

The U.S. Army Corps of Engineers – Alaska District received authorization and funding for an array of critical studies, projects and activities that will contribute to the development of the state's water resources and help boost the economy during fiscal year 2021.

Following the recent enactment of the fiscal year 2021 appropriation, USACE Headquarters provided Congress with its work plan for the Army Civil Works Program on Jan. 19. The Alaska District's planning efforts and commitment

to mission execution were rewarded with an impressive share of the available funding.

"Within our portfolio of civil works projects, a significant number are ready for design and some shovel-ready and simply awaiting funds to move forward," said Col. Damon Delarosa, commander of the Alaska District. "I'm proud of what we've accomplished to lay the necessary groundwork and pleased to have the appropriations to finish what we started. This important work will improve safety, security and commerce within Alaska and the nation."

The list of civil works projects in Alaska that

received funding allocations are as follows:

- **Moose Creek Dam Safety Modification Project** – The initial construction phase for the dam safety modification project at the Chena Flood Control Project's Moose Creek Dam near North Pole is funded at \$59.2 million. In 2017, a modification study recommended the construction of a mix-in-place barrier along the dam embankment. The project will strengthen the eight-mile-long berm to extend its life and provide the greater Fairbanks region with protection during high-water events for many years to come. The dam will continue to operate and

regulate the flow of the Chena River as needed while the project is underway. Construction is expected to start in the summer of 2021.

- **Port of Nome Modification Project** – The preconstruction, engineering and design phase for this port expansion effort in Nome has been fully funded with \$2.7 million. The Port of Nome resides about 545 miles northwest of Anchorage and is not connected to the state road system. Located along the Bering Sea coastline near the Arctic Circle, the community serves as a regional hub for surrounding villages to access fuel and consumer

goods. Limited marine infrastructure and insufficient draft depths at ports in Nome and the Arctic have led to operational inefficiencies, increased safety risks and vessel damage, greater costs for goods and services as well as a threat to the long-term viability of the region. This construction project would provide larger vessels access to Nome's existing harbor by enlarging the outer basin and creating a new deep-water basin with a depth of 40 feet. Dredging would be required to deepen and maintain both basins and associated navigation channels.

See ALASKA on page 7

Fort Greely commander receives COVID-19 vaccine



U.S. Army Garrison Alaska, Fort Greely commander, Lt. Col. Joel Johnson, receives the initial dose of the COVID-19 vaccine Jan. 14 at the Fort Greely Clinic. The Food and Drug Administration, under Emergency Use Authorization, has authorized the use of a COVID-19 vaccine after careful and rigorous testing and trials. The Department of Defense has full confidence in the safety and efficiency of the vaccine, and, although receiving it is completely voluntary, the command team at Fort Greely highly encourages becoming a recipient to protect your health, your family and our surrounding community. (Photo by Angela Glass, U.S. Army Garrison Alaska, Fort Greely Public Affairs)



Soldiers practice cross-country ski techniques during a cold weather leaders course at the Northern Warfare Training Center, Alaska, March 6, 2019. Army Chief of Staff Gen. James C. McConville spoke about the Army's new Arctic strategy during an Association of the U.S. Army Noon Report in Arlington, Virginia, Jan. 19, 2021. (Photo by John Pennell, U.S. Army Alaska Public Affairs)

Army chief of staff discusses Arctic strategy, Indo-Pacific presence

Sean Kimmons
Army News Service

The Army recently completed a new Arctic strategy that aims to protect assets in the region as it continues to recalibrate its forces around the world to deter near-peer adversaries.

Chief of Staff Gen. James C. McConville said Tuesday the strategy mainly focuses on Alaska and could upgrade its two-star headquarters into an operational headquarters. Other plans include establishing a Multi-Domain Task Force as well as an Arctic-capable brigade in the region.

"Optimizing the employment of our forces and being able to demonstrate our capabilities through combined exercises and power projection are critical," he said during an Association of the U.S. Army Noon Report.

In October, senior leaders announced the Army was developing a new framework to help integrate and synchronize the service to meet regional requirements, all while providing predictability during training and modernization efforts.

See ARCTIC on page 5

WEEKEND WEATHER

Friday



Slight chance of snow then cloudy. High: -2F

Saturday



Chance of snow. High: -8F.

Sunday



Slight chance of snow. High: -7F

IN BRIEF

Soldiers living in barracks and other non-privatized Army housing are now able to file and track maintenance orders from the convenience of their smartphones using one uniform system.

Read more on page 6.

Nutrition Corner: B12 – What is it, how much do we need, and is excess amount of B12 really beneficial and without risk?

First, what is B12? B12 is a water-soluble vitamin which means that our human bodies can efficiently excrete it out with our urine. Other water-soluble vitamins are vitamin C (ascorbic acid), folate, thiamine, riboflavin, pantothenic acid, biotin, and vitamin B6 (pyridoxine). Although, B12 is the only water-soluble vitamin that can be stored in our body for a prolonged period of time in optimal conditions. It is primarily stored in the liver. Since it is stored, a B12 deficiency is rare but not unlikely. It takes approximately 3-5 years for a B12 deficiency to occur compared to other water-soluble vitamins which may take weeks to months. There are cases in which B12 needs are increased or need to be supplemented. These conditions may be determined by the following: genetics, medical status, surgical, lifestyle choice, and/or life cycle stage but this would

be determined by a medical provider.

The amount of B12 that we need in ideal physiological condition is minimal. Adults generally need only 2.4 micrograms per day which is the National Institutes and Food and Nutrition Board's "Recommended Daily Allowance." This can be easily achieved if someone is consuming a standard serving size of animal products such as milk, poultry, beef, pork, and fish or fortified cereals. For example, three ounces of Salmon provides about 4.8 micrograms of B12, and ½ to 1 cup of fortified cereals can provide a range of 2-6 micrograms depending on the brand. It is also widely found in over the counter supplements and a variety of energy drinks such as Monster, 5-Hour Energy shots, Red Bull, etc.... in amounts of 100 to 1000 percent at or above the RDA.

Why do supplements and energy products have so much B12?

That is because there is no established tolerable upper limit which means that there is insufficient evidence to determine a daily cut off for the amount of B12 that we should be consuming. B12 is determined to have low potential adverse effects when consumed in high amounts based on the overall number of research.

Although, the consumer should be aware that B12 is not all benign just because there is not an established tolerable upper-level intake. In some isolated research studies, B12 in excess daily amounts have been associated with elevated risk of stroke and inflammation in specific populations. In other studies, B12 in the form of daily oral supplementation or intramuscular injections of 1000 microgram have been found to contribute to cystic acne and/or rosacea. I can attest to this as in the past I bought into the claims of B12 being that energy producer. I

felt low on energy; thus I purchased an over the counter B12 supplement containing 1000 mcg tablets that I took daily. The result after a month -there was no change in my energy status, but I did develop cystic acne that wasn't there before taking B12. It is suspected that B12 in excess amount can promote the growth of an endogenous bacteria called Propionibacterium acnes in some individuals resulting in acne formation.

In the medical community, B12 has an established role in the production of red blood cell along with folate (another water-soluble vitamin found in green leafy vegetables and fortified cereals). The deficiency of either of these two vitamins results in a condition known as megaloblastic anemia, immature large red blood cells. Red blood cells that are immature cannot function properly to carry an adequate amount of oxygen to the body's tissues. The result – fatigue and

weakness amongst other symptoms. For this reason, B12 has been correlated with increasing energy with increased consumption of the vitamin.

But, it is unlikely if you are consuming either dairy, meat products, and/or fortified cereals that you would need excess amounts of B12 in the form of an over the counter supplement or energy drinks unless specified by one of the categories of condition stated previously. The best option is to choose foods from a variety of B12 sources as mentioned above. Even if you are vegan, there are many fortified B12 cereals to choose from that cater to this dietary lifestyle choice.

More information can be found, https://www.consumerlab.com/reviews/Review_Best_B_Vitamins_and_Complexes_Energy_B6_B12_Biotin_Niacin_Folic_Acid/bvitamins/. And <https://ods.od.nih.gov/factsheets/VitaminB12-Health-Professional/>.

History Snapshot: the Quonset Hut, 1944



The U.S. Navy first commissioned the Quonset hut in 1941 when it needed an easily shippable, multi-use structure that could provide durable shelter in a variety of climates. Based on the British Nissan hut, the Quonset hut came in a variety of prefabricated sizes and could be assembled with no specialized training or tools on virtually any level surface, including the bare ground. Quonset huts were also easy to move once assembled and could be readily hoisted onto trucks, or even carried in one piece by a troop of strong Soldiers. At Ladd Field, hundreds of Quonset huts were hastily put up to accommodate the arrival of new Soldiers after the onset of World War II. Quonset huts were also used extensively in the Aleutian Islands. After World War II, unneeded huts were sold to the public and repurposed into schools, offices, businesses, garages and even private homes. (Photo courtesy of Harold Wright and the 46th 72nd)

MEDDAC Minute

Important Phone Numbers

Emergency: 911
24 Hour Nurse Advice Line: 1-800-874-2273 Opt. 1
Appointment Line: 361-4000
Behavioral Health: 361-6059
Benefits Advisor: 361-5656
Immunizations: 361-5456
Information Desk: 361-5172
Patient Advocate: 361-5291
Pharmacy Refills: 361-5803
MEDDAC-AK Website: www.bassett-wainwright.tricare.mil
MHS Patient Portal: <https://myaccess.dmdc.osd.mil/>
Health Net: www.tricare-west.com, 1-844-8676-9378

COVID vaccination

Medical Department Activity-Alaska is following guidance from the Defense Health Agency for administering the COVID-19 vaccine. As of today, we continue to vaccinate healthcare personnel and first responders. As we open to different populations we will post information to our FB page, website and here in the MEDDAC Minute.

TRICARE covers COVID vaccine

TRICARE will cover the cost of beneficiaries no matter where it is

received. While there may be a cost based on your plan for an office visit, the vaccine itself is free. To learn more, www.tricare.mil/COVIDVaccine.

Pharmacy hours

Please note the pharmacy is now open from 8:30 a.m. to 5 p.m. Monday through Friday and 10 a.m. to 2 p.m. Saturday.

Patient family partnership council

Are you interested in having input into the operations at MEDDAC-AK? We are looking for Soldiers, Family members and retirees who are interested in having a voice by sitting on the Patient Family Partnership Council. Applicants can call the patient advocate at 361-5291.

Patient advocate

The MEDDAC-AK Patient Advocate acts on behalf of all patients and the commander to resolve problems and implement necessary corrections. Beneficiaries needing assistance, or who have questions about the care received at MEDDAC-AK, can contact our Patient Advocate at 361-5291.

ALASKA POST

The Interior Military News Connection

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The Chaplain's Corner

Chaplain (Maj.) Robert Hearon
1st Stryker Brigade
Combat Team, Fort
Wainwright

In his book *Good Leaders Ask Great Questions*, John Maxwell states, "Good questions inform; great questions transform." This past week I celebrated my youngest daughter's birthday. After hours of playing, opening presents, eating pizza and cupcakes, watching a movie, playing with dolls, and making memories some questions began to surface. These were not audible questions, but they were nonetheless heard, silently and internally. Some of the questions I heard were, "how can I be blessed with such a great little

princess," and "how is she already seven years old" and the loudest question was "how have over three decades past since I was her age."

All of our lives are passing quickly and we must take time to stop and do an azimuth check from time to time in order to ensure we are on the correct path. Perhaps one of the greatest questions found in Scripture comes from James 4:14 where we read the words, "What is your life?" This is not only a good question; it is a great question. If answered correctly it will go far beyond informing; it will transform our lives. So, what is your life? What is my life? What are the lives of the people all around us really about?

Where do we find meaning? The answer to that question may vary greatly from person to person. For some, their identity is in their career, education, ability, or family. Others may not have an answer at all and may simply find hopelessness.

The purpose of this article is to show you that you can answer that one great question, "What is my life" with confidence. Jesus proclaimed in John 10:10, "I am come that they might have life, and that they might have it more abundantly." I can remember as a kid waiting in eager anticipation for Christmas morning every year. I would daydream about what presents I would be able to open and could envision myself play-

ing with my new toys for hours. Then the familiar story replayed itself over and over. I would experience the temporary excitement of getting something I thought I really wanted only to become quickly interested in something else.

This phenomenon is not unique to children. Adults may be far beyond children in age but still act out the same story in a different setting. This brings us back to that great question, "What is your life?" Take away the presents, the toys, the parties, our education, our careers and accomplishments and what do we have that is of real lasting value? Unlike the fleeting satisfaction on the day after Christmas, Jesus' promise in John 10:10 tells



us that we can have eternal life as well as an abundant life in the here and now. We are not helplessly waiting for some better day in the future in heaven where we can finally have a peace that is lasting. We can experience His peace now because Christ has offered it to all who place their faith in Him. The best days are not behind

us or still beyond our reach in the future. We are reminded in Proverbs 4:18 that on our path we see a light that shines brighter and brighter as we approach. As we keep our eyes fixed on the light of God's glory we will be able to confidently live with purpose moment by moment regardless of our ever changing circumstances.

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, 6 p.m., NLC
Cornerstone Youth, Sundays, 1 p.m., NLC

Congregación Protestante Piedra Angular

Servicio de adoración: Domingos, 1 p.m., SLC
Northern Lights Chapel Nov. 22, 2020

Fort Wainwright Religious Support Office, 353-6112 1051 Gaffney, Unit 10

Southern Lights Chapel (SLC), 8th St & Neely Rd.
Northern Lights Chapel (NLC), Luzon & Rhineland Avenues

Army announces new grooming, appearance standards

Devon Suits
Army News Service

New changes to grooming and appearance standards are slated to take effect next month, as part of the Army's commitment to improve the wellbeing of all Soldiers.

Army senior leaders approved several upcoming grooming and appearance modifications, said Sgt. Maj. Brian Sanders, senior enlisted leader of Army G-1's uniform policy branch.

The announcement will be followed by an all-Army activities message that will take effect late February and will supersede the standards outlined in the grooming and appearance chapter of Army Regulation 670-1 until the next scheduled revision.

"This is one of the many facets of putting our people first and recognizing who they are as human beings,"

he said. "Their identity and diverse backgrounds are what makes the Army an ultimate fighting force."

The changes originated from a panel of 17 Soldiers – 15 women and two men – who assessed a list of proposed grooming and appearance modifications connected to the professional appearance, health and wellness, diversity, and inclusion of Soldiers.

The panel included Soldiers from all components, representing a cross-section of ranks, units, ages, cultural backgrounds, career fields and races. The process also included two Army dermatologists, an Army psychologist, and an Army equal opportunity advisor as subject-matter experts, who provided medical or EO knowledge to back the panel's findings.

See GROOM on page 6

+ Ash Wednesday Services +

You are Invited to Observe the Opening of the Lenten Journey with the imposition of ashes

17 February 2021 -- Fort Wainwright, AK

NLC



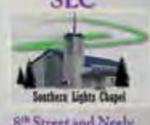
Northern Lights Chapel
Luzon and Rhineland

0900-0930 – Southern Lights Chapel (SLC)

1200-1230 – Northern Lights Chapel (NLC)

1730-1800 – Northern Lights Chapel (NLC)

SLC



Southern Lights Chapel
8th Street and Neely

For more info: Contact the Religious Support Office:
907-361-4261, 907-353-6112, 907-353-9880

Find us on Facebook: FWARSO (Fort Wainwright Religious Support Office)
*participants required to wear face covering & observe physical distancing



Above: North Pole Veterans of Foreign Wars Post 10029 commander, Mike Ingraham (left), presents Delta Junction Jr. High student, Eamon Barnard, with \$100 in gift certificates and a VFW coin for earning first place in the North Pole Patriot's Pen writing competition. Barnard's speech focused on 'What is Patriotism to Me?' "To defend our country, we must have Patriotism," said Barnard. "Patriotism is what keeps this nation from falling apart." (Photo by Chris Maestas, VFW Post 10450)

Left: Delta Junction Jr. High student Alexis Rocha was recognized by the Delta Junction Veterans of Foreign Wars Post 10450 for her first place achievement in the local Patriot's Pen Youth Essay competition Jan. 19. Rocha received \$100 in gift certificates for her achievement. Each year, more than 125,000 students in grades 6-8 enter the VFW's Patriot's Pen youth essay contest. The first-place winner from each state competes for national awards totaling \$55,000, with each first-place state winner receiving a minimum of \$500 at the national level. (Photo by Chris Maestas, VFW Post 10450)

Delta Junction VFW honors Patriot's Pen contest winners

Delta Junction Veterans of Foreign Wars Post 10450 adjutant, Mike Cassidy, honored Delta Junction Jr. High student, Alexis Rocha, for her first place achievement in the local Patriot's Pen Youth Essay competition Jan. 19. Rocha was unable to attend the ceremony in

person. Also recognized was North Pole VFW Post 10029 winner Eamon Barnard, a Delta Junction Jr. High student, who placed first in the North Pole competition.

Both Rocha's and Barnard's speeches focused on 'What is Patriotism to Me?'

"To defend our country, we must have Patriotism," said Barnard. "Patriotism is what keeps this nation from falling apart."

Both winners received \$100 in gift certificates and encouraged all eligible students to compete in the annual competition.

"The VFW's Patriot's

Pen essay competition instills patriotism and Americanism in young children," said Cassidy.

Each year, more than 125,000 students in grades 6-8 enter the VFW's Patriot's Pen youth essay contest. The first-place winner from each state competes for national awards totaling \$55,000, with each first-place state winner receiving a minimum of \$500 at the national level.

For more information, go to <https://www.vfw.org/community/youth-and-education/youth-scholarships>, or contact Mike Cassidy at (907) 803-3425.

Delta Junction VFW honors Voice of Democracy contest winner

Delta Junction Veterans of Foreign Wars Post 10450 adjutant, Mike Cassidy, honored Delta Senior High student Abigail Howell for her first-place achievement in the local Voice of Democracy Youth Essay Audio Competition on Jan. 19.

Howell's speech focused on "Is This the Country the Founders Envisioned?"

"The founding fathers built this country in order to give people freedom of religion and speech," said Howell.

Howell received \$100 in gift certificates and encouraged all eligible students to compete in the annual competition.

"The VFW's Voice of Democracy Scholarship Competition is an annual national audio essay contest that is designed to foster patriotism by giving high school students the opportunity to voice their opinions about their personal obligations as Americans, and address their responsibilities to our country," said Cassidy.

Since 1947, the Voice of Democracy has been the VFW's premier scholarship program. Each year, nearly 57,000 high school students compete for more than \$2 million in scholarships and incentives.

For more information, go to <https://www.vfw.org/community/youth-and-education/youth-scholarships>, or contact Mike Cassidy at (907) 803-3425.



Delta Junction Veterans of Foreign Wars Post 10450 adjutant, Mike Cassidy (right), presents Delta Junction Senior High student, Abigail Howell, with \$100 in gift certificates for earning first place in the Delta Junction's Voice of Democracy audio essay competition. Howell's speech focused on 'Is This the Country the Founders Envisioned?' "The founding fathers built this country in order to give people freedom of religion and speech," said Howell. (Photo by Chris Maestas, VFW Post 10450)

ARCTIC

Continued from page 1

Called the Regionally Aligned Readiness and Modernization Model, or ReARMM, the framework also looks to enable the Army to transform into a multi-domain capable force by 2035, which can be ready for competition, crisis and conflict. The model is slated to be in place by next fiscal year.

"This is our method to maintain focus on current and future readiness while reducing the [operational tempo] challenges that strain our organizations and people," McConville said.

A forward presence and strong partnerships in the Indo-Pacific region will also be crucial in the era of great competition, he said.

In the past 18 months as the chief, McConville said he has

visited several countries during four separate trips to the Indo-Pacific to meet with partners. He plans to conduct two more trips to the region in the near future.

"We are focused on maintaining and enhancing those relationships," he said.

This year, the Army is slated to conduct another Defender Pacific exercise that will center on southwest Pacific. In it, Army units will plan to draw prepositioned stock in the region, exercise Army watercraft, as well as employ a Multi-Domain Task Force, he said.

The task forces have become the organizational centerpiece for the Army's ongoing transformation, he added. The agile units, tailored to a theater's operational require-

ments, have the capability to provide long-range precision effects and fires to penetrate an enemy's anti-access/area denial capabilities.

"We are enhancing our ability to set the theater to ensure we have access, basing and infrastructure in place to rapidly deploy forces when required," he said.

Besides the task forces, he said aligning units through forward positioning, rotations and dynamic force employment can help the Army get the right calibrated force posture.

As part of that, security force assistance brigades have played a role in improving foreign partnerships. Last year, nearly 60 Soldiers from the 5th SFAB trained alongside the Royal Thai

Army to mark the first SFAB tour in the Indo-Pacific. SFAB units have now also been to Indonesia as well as Afghanistan, Colombia, and Senegal.

McConville also noted the importance of allowing foreign troops to attend the U.S. Army's schools, adding that "iron-clad relationships" with strong partners help deter adversaries.

"They get to see

our values. They get to see what we're all about," he said. "They understand our doctrine and then we go out and meet with them. There's a shared vision of the peace that we want."

America's goal remains winning without fighting. To deter aggression, the joint force must have an irrefutable demonstrated ability to fight and win, he said.

"This inflection

point that we have today requires us to apply innovation, creativity and information processes toward the application of combat power," he added. "Our nation's adversaries have closed the joint force's qualitative and quantitative advantages."

"If the Army does not transform, it risks losing the ability to deter and preserve the nation's most sacred interests."



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

Comment Period is December 23, 2020 through February 22, 2021

The Department of the Army is issuing this Amended Notice of Availability of the continuing 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.

The comment period originally scheduled to end on December 8, 2020 is being reopened for an additional 60 days ending on February 22, 2021. 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>

Mail:
Ms. Laura Sample, National Environmental Policy Act (NEPA) Program Manager Attn: IMFV-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.

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.

COMMUNITY CALENDAR

Fort Wainwright Family & MWR

Weekly Events

January 30 - February 6

30

Birch Lake Ice Fishing

Registration Deadline: January 30
Event date: February 6, 8 a.m. - 5 p.m.

Go ice fishing with ODR! Instruction and equipment are included. *Alaska State Fishing License required.

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

1

Lunch at Chena Bend Clubhouse

February 1 - 5
10:30 a.m. - 3 p.m.

Grab a delicious lunch at Chena Bend Clubhouse. Try some of our most popular meals like 'Greensman' or 'Albatross' and pair them with a side of Signature Truffle Parmesan Fries. *Dine-in and takeout options available.

Chena Bend Clubhouse, Bldg 2092
Call 353-6223

2

B.O.S.S. Tuesday: Fat Tire Biking

Registration Deadline: February 2
Event date: February 9, 6 - 8 p.m.

Tackle the trails while fat tire biking at Creamer's Field with B.O.S.S. and Outdoor Recreation! Cost: FREE

B.O.S.S., Bldg 1045
Call 353-7648 or 353-4145, registration required

2

Breakup Survival Series

February 2 - 4
Varies

Learn what it takes to overcome the emotional and physical pains involved in a breakup and how to support those that you care about during their breakups. All materials can be found on the Ft. Wainwright - Army Community Service Facebook page Tuesday - Thursday.

Army Community Services, Bldg 3401
Call 353-4227

4

B.O.S.S. Installation Meeting

February 4
1:30 - 2:30 p.m.

B.O.S.S. meetings are an incredible resource to find out what is going on in the live's of Single Soldiers. The Installation B.O.S.S. Meeting will take place every first and third Thursday of the month.

B.O.S.S., Bldg 1045
Call 353-7648 or 353-4145



SUPER BOWL LV
AT THE
WARRIOR ZONE

FEBRUARY 7

DOORS OPEN AT NOON
KICKOFF AT 2:30 P.M.

DUE TO CURRENT HEALTH PROTECTION MEASURES, CAPACITY IS LIMITED & RESERVATIONS ARE STRONGLY ENCOURAGED *COVID PARAMETERS ARE IN PLACE.

WARRIOR ZONE
BLDG 3205 SANTIAGO AVE
(907) 353-1087 / (907) 353-8529

MWR



MY ALASKAN BUCKET LIST

1 SNAP IT
2 TAG US
3 & WIN

ZOOM DOWN BIRCH HILL SKI AREA ON SKIS, A SNOWBOARD, OR A SLEDDING TUBE

Find out more at
WAINWRIGHTARMYMWR.COM

MWR

January 31 is the last day to submit photos for our next round of giveaways! For more information, go to wainwright.armymwr.com.

@WainwrightMWR #WainwrightMWR

GROOM

Continued from page 3

The push to change the Army's grooming standards proves that the force is evolving and making a concerted effort to make everyone feel included, said Master Sgt. Quintana Mitchell, the uniform policy NCO for G-1.

"I use the analogy, 'If you look good, you feel good - and if you feel good, you perform [well]," Sanders said. "If I am in the Army long enough, it would be nice to see how these changes have improved productivity ... and make Soldiers perform better."

Minimum hair length

One of the updates will authorize no minimum hair length for all personnel, to include making it an optional style for female Soldiers. Under the current policy, a Soldier's hair length can be no shorter than 1/4 inch from the scalp unless otherwise exempt due to a medical condition or injury.

Panel findings de-

termined that females attending Ranger, Special Forces, or Sapper training were often encouraged to cut their hair to abide by health and hygiene recommendations while training in an austere environment, Sanders said.

If the Soldier were to washout or graduate from training, their hair was often below the 1/4 inch minimum length requirement and outside Army regulations.

Multiple hairstyles

Soldiers will also be authorized to wear multiple hairstyles as long as it maintains a neat and professional appearance, and if the hairstyle doesn't impede the use of headgear or other equipment, Sanders said.

Under the current standard, Soldiers are allowed to braid, twist, lock, or cornrow their hair if they are uniform and no greater than 1/2 inch in width. Individuals must also have appropriate size

and spacing between each braid, cornrow, twist, or lock, and are authorized one distinct type of hairstyle at one time. The updated standard removes the constraints of dimension requirements.

By eliminating some of the restrictions, Soldiers will now have more flexibility, all while keeping it within the confines of professionalism, Mitchell said. Further, having a choice to wear multiple hairstyles will allow female Soldiers more ways to secure their hair so that it can fit appropriately under their headgear.

Ponytails

Female Soldiers with medium-length hair will have the option to wear a ponytail if the individual's hair length or texture prevents them from securing it into a tight bun, Sanders said. A medium-length hairstyle must extend more than 1 inch from the scalp and cannot exceed the lower edge of the collar in all uniforms.

New app simplifies housing repair requests

Joseph Lacdan
Army News Service

Soldiers living in barracks and other non-privatized Army housing are now able to file and track maintenance orders from the convenience of their smartphones using one uniform system.

The Army Maintenance Application, or ArMA, allows Soldiers and their Families to instantly interact with public works clerks instead of making walk-in appointments or phone calls. The app will not apply to residents of privatized installation housing.

The app will eventually become the primary tool for maintenance inquiries for residents at service-operated housing across the Army, said Luis Miranda, a housing management specialist at U.S. Army Installation Management Command.

Residents currently file requests differently at various installations with some sending email requests and others inquiring through their post's website. Doug Enfield, a management and program analyst at IMCOM, said ArMA will simplify the filing process.

"Wherever they live, they're going to have one single place for them to go," Enfield said. "When they move, they'll just change their registration and what building they're in, but they'll still use their same account and the same app.

"[ArMA] is absolutely going to create ease of use as opposed to having to talk to somebody [and] find

out their phone number. They're going to be able to do this all from their fingertips."

The app, developed by IMCOM and a private contractor, was released Tuesday. Instead of launching ArMA in app stores, IMCOM will make it immediately available through a website - www.army-maintenance.com - where users must register to access the application.

"The app is actually the website," Enfield said. "It makes us available on all platforms without having to update the app. It allows us to literally be available on any device in the world at any time, as long as they're connected to the internet."

ArMA, part of the Army's wider effort to improve quality of life for Soldiers and their Families, will also be accessible through the service's Digital Garrison app. Digital Garrison connects residents with installation services including their post exchange and morale, welfare and recreation programs.

IMCOM currently has two pilot programs underway, one for family housing at U.S. Army Garrison Bavaria in Grafenwoehr, Germany, and another at the Fort Campbell, Kentucky, for barracks.

ArMA uses a simple interface where residents can submit requests and provide a description of their case. Residents can take photos of the maintenance problem using the app's camera feature and they can also access a maintenance catalog and list of services.

January 29, 2021

Weekly Tips: Cleaning

As much as everyone dreads household chores, it is a necessity. Going green can be budget friendly; here are some simple cleaning tips with inexpensive cleaners.

- Windows and walls
- Sparkling windows – window cleaner with vinegar will make your windows sparkling without leaving streaks on the glass. Mix equal parts of white distilled vinegar with warm water. Dry with soft cloth or newspaper.
- Washing woodwork – Simplifying the job of washing painted walls, woodwork and Venetian blinds by using one cup ammonia, half a cup white distilled vinegar, one-quarter cup baking soda and one gallon of warm water. Wipe this solution over walls or blinds

with a cloth and rinse with clear water. Dirt and grime will come off easily, and the solution will not dull the painted finish or leave streaks.

- Polishing furniture – An effective wood polish is easy to make. Just mix two parts olive oil to one part lemon juice and apply it to your wood furniture using a soft cloth. This combination gives your wood furniture a nice smell and a sparkling shine.

Water or alcohol marks on wood – Stubborn rings resulting from wet glasses being placed on wood furniture may be removed by rubbing with a mixture of equal parts of white distilled vinegar and olive oil. Rub with the grain and polish for the best results.

- Kitchen
- Garbage disposal clean-

er – cut a lemon in half and drop it in the disposal with a half cup of baking soda. Turn on the cold water and then the disposal. This will keep your disposal clean and odor free.

- Sink drains – Once a week, dump one-quarter cup of baking soda down the drain followed by half a cup of white vinegar. Let this mixture sit for 20 minutes or more without running water down the drain. Flush the drain with a pan of boiling water.
- Coffee maker – White distilled vinegar can help dissolve mineral deposits that collect in the automatic drip coffee makers from hard water. Fill the reservoir with white distilled vinegar and run it through a brewing cycle. Rinse thoroughly with water when the cycle is finished.

• Clean the microwave – Boil a solution of one-quarter cup of white vinegar and one cup of water in the microwave. This will loosen splatter on food and deodorized. Wipe down afterward with a damp cloth.

- Cutting boards and counters – Wipe with full strength white vinegar on a wash cloth and then air dry. The vinegar smell will dissipate after a few minutes.

• Removing refrigerator smells – Place one cup of apple cider vinegar in a glass and set in your refrigerator, within two days all the smells will be gone.

- Sink – To rid of those stubborn stains in a stainless steel or porcelain sink, make a paste of one cup borax and one-quarter cup lemon juice. Put some of the paste on a cloth and

rub into the stain, then rinse with warm water. The stain should wash away with the paste.

- Oven cleaning – To give your oven an amazing cleaning, mix half a cup of white vinegar, half a cup baking soda, and three cups of water. Apply this mixture to the inside of your oven with a cloth or sponge. Let it sit for a few minutes and then wipe with a wet cloth. For those stubborn stains, just scrub a bit harder.

• Glass stovetop – To clean the burned on mess on your glass stovetop, mix baking soda, table salt and water in equal amounts to form a paste. Rub over the stovetop; to remove stubborn stains, just scrub a bit harder. This mixture will not scratch the glass, and is also good for shower doors.

Army approves \$1.1 billion for housing improvements on six installations

Army Spokesperson

The Army took a major step forward on Jan. 5, 2021 to improve privatized housing by approving terms negotiated by Lendlease, a company that has partnered with the Army to own and operate housing on multiple Army installations, for \$1.1 billion in capital investment from public financial institutions.

This investment of private-sector funding will allow Lendlease to accelerate their previously planned sustainment program at Army installations by more than 10 years. Lendlease owns and operates

military housing across a national portfolio, including over 26,000 Army homes, and is one of the U.S. Army's seven major private housing partners. Obtaining this additional private-sector investment will accelerate significant improvements to 12,000 existing homes on Fort Hood, Fort Campbell, Fort Knox, Fort Wainwright, Fort Drum and Army housing on Oahu. The additional investment will also enable the construction of over 1,200 new homes on Fort Hood, Fort Campbell, Fort Knox and Fort Wainwright. A significant portion of the total investment will be given to

Fort Hood, one of the Army's largest installations.

"Under the guidance of Army senior leaders to ensure readiness of our force and quality of life for Soldiers and their Families, we have reached an extraordinary milestone with Lendlease," said Gen. Ed Daly, commander of Army Materiel Command. "This additional investment will go a long way in improving the quality of homes for Soldiers and their Families."

Each Army installation has long-term sustainment plans that include capital repair, replacement and reinvestment. These plans

provide details on the future development and investment required to maintain and improve housing over the long term.

Investments like this will allow the Army and its private-sector partners to continue to improve on-post housing and to maintain the availability of housing necessary at each installation. The Army has previously approved the efforts of other privatized housing companies to attract sufficient additional private-sector investments to fund the development and renovation of over 3,500 homes and total replacement of more than 800 additional homes.

ALASKA

Continued from page 1

• Craig Harbor Navigation Improvements – The preconstruction, engineering and design phase for improvements to Craig Harbor is funded to completion with \$200,000. Located in the Southeast Alaska town, this project will construct a 10.1-acre mooring basin that can accommodate 145 vessels. Features of the harbor will include about 1,933 feet of breakwaters with fish passages. Other major construction actions include the removal of the existing pilings and dock, development of rubble-mound breakwaters and establishment of a moorage float system. No dredging would be required to construct the project. Navigation-related problems at Craig stem from excessive surplus demand for moorage. Craig has multiple existing moorage facilities. However, due to the area's rich marine resources and natural beauty, mooring is in high demand for both commercial and recreational vessels causing overcrowding, increased damage to vessels and facilities and delays.

• Elim Subsistence Harbor – This project for proposed navigation improvements at Elim is funded with \$110,000 to complete the feasibility study and to initiate the preconstruction, engineering and design phase. The project would dredge an access channel to a barge landing and dock as well as a mooring area and boat launch to be constructed as well. The access channel will be outside of wave protection, but the barge landing, dock, mooring area and boat launch will be inside constructed

breakwaters to provide about 6.2 acres of interior basin. This effort would remove about 160,000 cubic yards of material. The purpose of this study is to identify a feasible solution that provides safe, reliable, and efficient navigation, access and moorage for the subsistence and commercial fleet as well as fuel and freight barges service the community of Elim.

• Operations and Maintenance – Continued funding will support annual dredging activities at the Port of Alaska in Anchorage, Dillingham Harbor, Homer Harbor, Ninilchik Harbor, Nome Harbor and Wrangell Harbor. Additional funds will support various project condition surveys and levee inspections as well as groin repairs along the Tanana River.

While the infusion

of more dollars will help these activities reach new milestones, the district's Civil Works Branch continues the task of completing other important work such as the feasibility report for the Lowell Creek Diversion Tunnel in Seward and the planning and design phases for erosion projects in Utqiavik and Kenai.

"These funds are a continuation of the hard work that the Corps and our partners are undertaking," said Bruce Sexauer, chief of the Alaska District's Civil Works Branch. "We will continue to work alongside our community stakeholders to deliver critical infrastructure for the state."

The Army Civil Works Program was provided with about \$7.3 billion in congressional funding this year. Of those appropriations, USACE is

responsible for allocating about \$2.3 billion.

The Army Civil Works Program manages the distribution of funds for the planning, design and construction as well as operation and maintenance of water resource projects. It places a focus on the highest performing work within the three main civil works mission areas: commercial navigation, flood and storm damage reduction, and aquatic ecosystem restoration. It also funds programs that contribute to the protection of the nation's waters and wetlands; generation of low-cost renewable hydropower; restoration of certain sites contaminated as a result of the nation's early atomic weapons development program; and emergency preparedness and training to respond to natural disasters.

Ongoing work eligible for consideration

for the additional funding generally includes programs, projects and activities that can attain a significant milestone, complete a discrete element of work or produce significant outputs during the fiscal year.

The work plan identifies the programs, projects and activities that will receive funding and how much. This fiscal year, the work plan funds to completion 10 feasibility studies, 17 projects in the preconstruction, engineering and design phase, and 17 construction projects or elements of projects.

"I'm impressed that so much of our work was given pri-

orization this year," Delarosa said. "It's a testament to strong partnerships that we've built and the value of what we are doing in this state. Looking ahead, our focus is on delivering engineering solutions that are on-time, within budget and built to last."

To learn more about the Army Civil Works projects funded nationwide, please visit <https://www.usace.army.mil/Media/News-Releases/News-Release-Article-View/Article/2476138/us-army-corps-of-engineers-releases-work-plan-for-fiscal-2021-civil-works-appro/>.