

ALASKA POST

FREE

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Fort Wainwright, Alaska

February 5, 2021

Fort Greely senior leaders set standard by receiving COVID-19 vaccine

Angela J. Glass

U.S. Army Garrison Alaska,
Fort Greely Public Affairs

U.S. Army Garrison Alaska, Fort Greely senior leaders received the initial dose of the Moderna COVID-19 vaccine provided by the Department of Defense and administered by Bassett Army Community Hospital personnel Jan. 14 and 28.

Garrison commander Lt. Col. Joel Johnson and deputy to the garrison commander Richard Fromm received the vaccine in an effort to protect Soldiers, Civilians, contractors and their families.

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. Drugs and vaccines have to be approved by the FDA to ensure that only safe and effective products are available to the American public.

The Fort Greely vaccination rollout effort, in accordance with the Department of Defense, contained a phased,

priority-based vaccine distribution plan initially focusing on those providing direct care, those maintaining mission essential functions and those at highest risk for developing severe illness due to COVID-19. The distribution plan began Jan. 14 and has been a resounding success.

“The COVID-19 vaccination is an essential tool in the fight against the virus,” said Johnson. “This isn’t just about me. Getting immunized not only helps protect myself, but it helps protect our force who protect our nation.”

Some individuals might not be in a rush to get immunized due to numerous reasons, however both Johnson and Fromm encourage all personnel on Fort Greely to receive the vaccine when it becomes available, or to at least fully research the facts before making a uniformed decision.

According to the Center for Disease Control, none of the factors that contributed to the accelerated development of a COVID-19 vaccine imply that safety, scientific or ethical

integrity was compromised, or that short-cuts were made. The DOD has full confidence in the safety, efficiency and transparency of vaccine information.

“Although getting vaccinated is completely voluntary, I encourage all of our garrison to get immunized,” said Fromm. “Even if you do not view yourself as high risk due to teleworking or quarantining, those measures will not remain in effect forever. We need to do our part in the effort to return to the normalcy we so deserve.”

For more information regarding the Moderna COVID-19 vaccine, please go to <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/different-vaccines/Moderna.html>.

Fort Greely serves as the home of the nation’s Ground Midcourse Defense anti-ballistic missile system and is located about 100 miles southeast of Fairbanks, Alaska. It is also the home of the Cold Regions Test Center. It is named in honor of Major General Adolphus Greely.



U.S. Army Garrison Alaska, Fort Greely deputy to the garrison commander, Richard Fromm receives the initial dose of the COVID-19 vaccine Jan. 28 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)

Stryker brigades targeted for the Army’s Integrated Tactical Network

Kathryn Bailey

PEO C3T Public Affairs

Following the successful integration of its new more flexible and expeditionary network capability into dismounted units, the Army is now focused on delivering the same capabilities to Stryker brigade combat teams.

To produce uniform equipment packages for these Integrated Tactical Network components across multiple Stryker variants, the Army has been conducting a Capability Set 21 ITN Stryker characterization effort with the 2nd Cavalry Regiment, since April 2020. The effort will support the iterative modification of integrated ITN component designs into these vehicle platforms.

On the current timeline, the characterization will conclude in fiscal year 2022, making 2/CR the first Stryker unit equipped partially with CS21 ITN.

The Army first fielded CS21 ITN to the 1st Infantry Brigade Combat Team, 82nd Airborne Division in October 2020, with the



U.S. Army Sgt. Eustorgio Muniz, Apache Troop, 1st Squadron, 2nd Cavalry Regiment ground guides a Stryker 30mm Infantry Carrier Vehicle – Dragoon during the squadron’s Stryker crew gunnery at the 7th Army Training Command’s Grafenwoehr Training Area, Germany, April 26, 2019. The 2/CR will be the first Stryker brigade combat team equipped with Capability Set 21 Integrated Tactical Network capabilities. (Photo by Gertrud Zach, Training Support Activity Europe)

next ITN fielding set for the 173rd Airborne Division this month.

“We are excited to move to this next phase of CS21, which will enhance mounted, on-the-move and at-the-quick-halt ITN capabili-

ties,” said Lt. Col. Brandon Baer, product manager for Helicopter and Multi Mission Radios, assigned to the Program Executive Office for Command, Control, Communications-Tactical. The ITN approach

injects new commercial components and network transport capabilities into the Army’s tactical network environment to provide maneuver brigades and below with smaller, lighter, faster and more flexible

communications systems. Adding mounted ITN capabilities allows commanders to maintain battalion-wide terrestrial voice and data network and enables Soldiers to operate over the Secure But Unclassified enclave while transitioning between dismounted and mounted operations.

“SBU continues to be the game-changing capability enabled by the ITN,” Baer said. “It allows data to be categorized according to its classification, which will be just as critical for our mounted units because data at battalion and below is often perishable and unclassified.”

To execute the CS21 ITN Stryker characterization, personnel from the HAMMR team are collaborating with engineers and technicians from the U.S. Army Combat Capabilities Development Command at the C5ISR Center Prototype Integration Facility, at APG. With Strykers at hand in the integration bay, the team will identify the most effective use of the

See STRYKER on page 2

Army’s official face mask to be issued to new Soldiers in 2021

Kinsey Kiriakos

The official Army-designed, -tested, and -refined face mask – the Combat Cloth Face Covering – will be provided to new Soldiers during the second quarter of FY2021. This was one of the updates provided to the Army Uniform Board during its 152nd meeting, which occurred on Nov. 18.

In response to the current pandemic, the Army has

largely provided disposable or reusable, solid color masks to Soldiers who have also been permitted to use neck gaiters and other cloth items, such as bandanas and scarves, as face coverings. This past summer, the Army Uniform Board recommended and General James C. McConville, the U.S. Army Chief of Staff, approved issuing CCFCs to Soldiers at Initial Entry Training as part of their clothing bag. At the 152nd

AUB, Army officials said that the Defense Logistics Agency will begin issuing two CCFCs to each new Soldier during the second quarter of FY2021. The CCFCs will likely be available for purchase at the Army and Air Force Exchange Service uniform stores later in FY2021. (Note: Existing guidance on face coverings for current Soldiers remains unchanged

See MASK on page 3



The Army’s Combat Cloth Face Covering will be a two-ply cloth covering made of 57 percent cotton and 43 percent nylon. It will have a pliable nose bridge and drawstring with a barrel lock. (U.S. Army)

WEEKEND WEATHER

Friday



Mostly sunny, with a high near -14. Low near -26.

Saturday



A chance of snow. High near -6. Low near -24

Sunday



Mostly sunny, with a high near -13. Low around -27.

IN BRIEF

Super Bowl at the Warrior Zone: February 7

Doors open at Noon, Kickoff at 2:30 p.m. Watch the big game at the Warrior Zone and get the chance to win prizes! COVID parameters in place. Must be 18+ to enter. Must be 21+ to purchase & consume alcohol. Warrior Zone, Bldg 3205 Call 353-1087, reservations encouraged

Nutrition Corner: Stress and eating

Everyone has stressors in life, but how they are handled varies from person to person.

Some people go for a run to clear their mind while others may find themselves snacking. Believe it or not, the body has its own response driving the idea behind stress eating. There is a biological reason that people reach for a candy bar or bag of chips when feeling overwhelmed.

The body is full of hormones that send messages throughout the various systems. One hormone,

known as cortisol, is elevated in times of stress. While cortisol is responsible for a variety of functions, it can initially decrease the appetite.

When humans are exposed to a stressful situation over the long term, cortisol actually increases the appetite. Those who have a stressful work or home life may find that hunger is constantly bugging them no matter how much they eat.

Many studies have shown that people tend to reach for foods high in fat or sugar during episodes of stress.

Why is that? Well, sugary and fatty foods are usually more delicious and satisfying in the moment. They also help the brain release feel-good chemicals.

Some studies suggest that these foods block activity in parts of the brain that produce and process stress. There is a reason the category comfort food exists.

Stress can also cause poor sleep, which can then lead to increased hunger during the day. Hunger signals in the body change when a person is sleep-deprived.

Therefore, a constantly stressed person who isn't sleeping well may continuously feel hungry all day.

Some individuals also destress with alcohol. A combination of these factors can quickly lead to unwanted weight gain.

Exercise is usually the first thing to be set aside when life is busy and an individual is sleep deprived, but it is one of the best ways to de-stress the body.

Working out increases feel-good chemicals in the brain and can improve

mood and sleep. Not to mention, exercise helps prevent weight gain that may be a result of stress eating.

If you find yourself chronically stressed, talk with your doctor about ways to manage. Stress can lead to weight gain, which is related to many other health issues including heart disease and diabetes. Be mindful of food choices when stressed.

Remember, the body may be producing hormones to convince you to eat a certain way, but you still have a conscious choice.

Weekly Tips: Recovering from the holidays

Holiday debt affects almost all of us. While you may be shocked and even a little depressed to see your post-holiday credit card bills, don't let it keep you down. With a few steps you can begin recovery.

- Don't ignore the bills. As appealing as this may appear, it only makes things worse. Taking responsibility for your debt will give you a sense of control.

- Make a firm and specific plan to repay your debt. A specific goal with a deadline lets you see exactly what needs to be

done and helps you to be motivated to see things through. Without a deadline, it's easy to put things off and promise yourself that you'll do it next week or month.

- Create a budget. Figuring out a starting point that includes all your income and expenses. Review your bank statements, pay stubs and other income documents to ensure the budgets are accurate. Consider using one of the following FREE sites to help you: www.mint.com or www.budgetpulse.com.

- Don't add more debt. Seeing your credit card statements can

create anxiety, but prevent credit card therapy by putting your cards away. Charging more will only add more stress and take long to pay off.

- Return what you don't need or want. Rather than holding on to duplicate gifts or unwanted gifts, exchange these gifts for items you need now or in the near future. Or consider returning them for cash and pay down your credit card bills.

- Put a cap on entertainment expenses. Consider reducing eating out, movies, DVD rentals, and other entertainment to help

cut costs. Use these funds to pay down your debt.

- Focus your efforts. If your holiday purchases spanned multiple credit cards, prioritize to snowball your debt by putting any extra money towards your debt. The more you put towards your balances, the faster you'll pay them off and the less interest you will pay. This means making larger payments to one credit card while continuing to make minimum payments to the rest of your cards. Then once the first card is paid off, send the payment that you use to make

to this first card to the next smallest balance or interest rate card. This method is more effective at reducing your debt, then paying a little bit extra on all your credit cards.

- Look for ways to earn extra money. January is a great time to clear out clutter from our homes, so why not look for things that you can sell at the same time? Consider using Craigslist, eBay, Amazon and free ads in local papers/websites to make it easy to sell your stuff.

- Spend within your means. While it's good to give yourself a treat once in a while, it's

probably best to cut down on pleasure and entertainment until you can recover from your holiday spending. Pursue less expensive activities instead. It may take only a couple of months to get back on track, if you stick to your plan.

Open up a Christmas club savings account. This may sound old fashioned, but it's a simple way to save for next Christmas. You set up to have the bank take out an amount you specify, as often as you like. This will help you avoid overspending next year.

STRYKER: ITN

Continued from page 1

limited space inside the vehicles, and then design and build the streamlined hardware required to integrate the ITN kits into the vehicles.

To ensure realistic operational requirements the PIF Team is directly collaborating with 2/CR, currently via video conferences due to COVID-19 travel restrictions.

"We have been conducting user injuries remotely, which allowed the 2/CR Soldiers to show us their vehicle space restrictions, and in turn allows us to show them how much space our proposed designs will claim," said Jim Leary, C5ISR PIF project engineer.

The 2/CR conducts missions using multiple commander and infantry carrier Stryker variants, with infantry carrier configurations most prevalent.

"Each vehicle within the 2/CR may require something unique to perform its mission, but our goal is to design a one-kit-fits-all variant approach," Leary said.

The characterization led to the production of two unique ITN equipment kits. Kit one will be populated in almost every Stryker variant and features the mobile broadband kit for 4G LTE network capabilities, 2nd Generation Manpack radio, a mounted two-channel leader radio and a unique power distribution box, Leary said.

Kit two, slated for only the Command Vehicle Stryker variant, includes a Tactical Server Infrastructure computer, a Silvus radio, a Tactical Radio Integration Kit box, tactical cross domain solution and a power distribution unit, Leary said.

"Both kits will include various

mounts, cabling, hardware and installation instructions, and will be adaptable to integrate into other 2CR tactical vehicles such as High Mobility Multipurpose Wheeled Vehicles, medium tactical vehicles and the MTV replacement, the Joint Light Tactical Vehicle, if available," he said.

The most recent video conference user jury with the 2CR featured the team's final proposed component designs and recommendations on where to place them in the vehicles' available space, Leary said.

"Our last review was mostly favorable," Leary said. "Next we will send PIF-produced 3D models of the kits to the 2/CR so that they can confirm the space we're claiming is accurate or provide an alternate location for unique vehicle configurations."

Following a verification and validation effort to systematically assess each component's performance, and provided COVID travel restrictions are lifted, PM TR and PIF personnel will travel to the 2/CR in Germany to integrate CS21 ITN into Strykers from May through August.

The entire characterization effort will culminate with a squadron-level exercise in September 2021, which will lead to the formal evaluation of the next capability set, CS23, in FY 2022.

"Our goal is always to build a design that repeats itself over and over again as opposed to making a unique design for every vehicle," Leary said. "In doing so we save money, reduce the logistics footprint across multiple vehicle types, but most importantly, we make it as easy as possible for integration efforts across the entire force."

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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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

 <p>NLC Northern Lights Chapel Luzon and Rhineland</p>	<p>0900-0930 – Southern Lights Chapel (SLC)</p> <p>1200-1230 – Northern Lights Chapel (NLC)</p> <p>1730-1800 – Northern Lights Chapel (NLC)</p>	 <p>SLC Southern Lights Chapel 8th Street and Neely</p>
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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

The Chaplain's Corner Break up and the giant ground squirrel

Chaplain (Maj.) Tony Cech
U.S. Army Garrison Alaska,
Fort Wainwright Community
Pastor



Chaplain (Maj.) Tony Cech

Every February in the lower 48 people look to the groundhog to predict if an early spring is coming or if they think we'll have a longer winter.

For those unfamiliar with the lore, if the groundhog comes out of its hole and doesn't see its shadow and so stays above ground it might mean an early spring. On the other hand if it sees its shadow and makes a quick retreat the expectation is six more weeks of winter. Essentially the little critter goes back to bed!

Well, how crazy when you think about it, to look at a rodent, something in the marmot family and something technically

classified as a giant ground squirrel, to predict "whether" we think it's almost spring or more months of winter wonderland.

Here in Alaska we don't put much stock in Groundhog Day even if we have lots of these giant ground

squirrels roaming around when it's warm. Here we expect, critters that hibernate, will stay that way for a couple more months.

We expect months more of snow and cold and winter before break-up and spring.

But my question for you is how many of us would love to just curl back up, crawl into a hole and hibernate for six more weeks or six more months because of the season of life we're in?

As human beings we go through different seasons of life. Sometimes it feels dark like winter: long, cold, and hard; but other times it feels like sunshine, spring and summer.

When we look at the pages of scripture we see people have good times and bad. Solomon said 'there is a time for everything, and a season for every activity under the heavens; a time to

be born and a time to die, a time to plant and a time to uproot, a time to kill and a time to heal. A time to tear down and a time to build, a time to weep and a time to laugh, a time to mourn and a time to dance... (Ecclesiastes 3:1-4).

Boiled down he is saying life has lots of change; days are good, some bad, some in the middle. Can you relate?

Truth told we experience different feelings with the different seasons: sometimes happiness and sometimes sadness? At some point the tears turn to laughter. And sometimes sickness into health and joy.

All these things are like seasons, they come and go and change. The Bible tells us the world we live in is broken. It says our world groans for and longs for a change to come (See Romans 3:23 and 8:19-25).

Sometimes life feels like it has come to a standstill. Sometimes we'd like to just crawl into a hole, burrow in, retreat and not have to stick out our heads for a long time. But remember, spring comes and so does summer; break up happens, and the critters come and stay out of their holes.

Life changes and so do our circumstances. What feels dark and hopeless now can and will blossom if you let it in time.

Whatever season in life you are in, remember it will change.

Remember the grace God has given and keep holding on to him. Run to him and let him cover over you because it might be time to come out of the hole. Spring will come, break up will come but so will the flowers and the sunshine and all the things that are green.

MASK: New design

Continued from page 1

and can be found at the end of this article.)

The CCFC was designed, developed, and produced along an expedited timeline. It normally takes 18 – 24 months for DLA to have the item available for order once the technical description, design, and components are approved and submitted. The CCFC, from inception to issuance, is slated to take less than one year.

The AUB also received updates on the implementation status of four other uniform changes from the 151st AUB, which took place in June 2020. A summary of these follow:

- Improved Hot Weather Combat Uniform-Female: Expected to be added to the clothing bag in the fourth quarter of FY2021 and available for purchase in the second quarter of FY2022.
- Hot Weather Army Combat Boot-Improved: Expected to transition to DLA Troop Support for new contracting action in the second quarter of FY2021 and be available for purchase by FY2024.
- Black Athletic Socks: DLA estimates the sock will be available in the clothing bag in second quarter of FY2022.
- Army Physical Fitness Uniform-Maternity: Prototypes are in development. The Army is working with the Air Force and Marines on their past maternity uniform efforts in order to expedite pattern development. Form, fit, and function evaluations are expected to occur in the third quarter of FY2021.

The AUB also discussed additional clothing articles, including items for new and expecting mothers. More information will be provided about these discussions in 2021 after Senior Leader decisions are made.

Existing face covering guidance:

Soldiers are authorized to wear the neck gaiter and other cloth items, such as bandanas and scarves, as face masks. To protect the facial area, the cloth item must cover the mouth and nose and extend to the chin or below as well as to the sides of the face. The item must also be secured or fastened to the face in a manner that allows the soldier to breathe while also preventing disease exposure or contamination.

Soldiers will not wear masks that have printed wording, profanity, racist, demeaning or derogatory logos, script or imagery. Soldiers must not attempt to cut up clothing materials such as army combat uniforms to use for face masks as these may have been treated with chemicals. If available, cloth colors should be subdued and conform to the uniform. Leaders should approach this as a force protection issue; they are asked to use their best judgment regarding the cloth color and design of face masks and must also check for the serviceability of face-shielding materials. Soldiers should replace items that become soiled, damaged, or difficult to breathe through.



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: 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.

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.

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

Temperatures are warming up in Alaska, so it's important to be prepared for when you exercise outside! Be cautious of the ice and snow that is still on the ground. Make sure you have the appropriate layers to stay warm while exercising outside.



Exercising in the Cold

Base Layer
•Wicks moisture from skin
•Synthetic fabric
•Snug fit without chafing

Mid Layer
•Insulation
•Wool/fleece/synthetic with air pockets to retain warmth
•Zippers for venting
•Not constricting

Outer Layer
•Protects from elements
•Allows air circulation/moisture escape
•Dry conditions: breathable shell
•Wet conditions: waterproof breathable shell
•Zippers for venting

Head/Hands/Feet
•Proper headgear for face/ear protection
•Use gloves designed to keep hands warm and dry
•Waterproof footwear prevents blisters from moist environment

American College of Sports Medicine

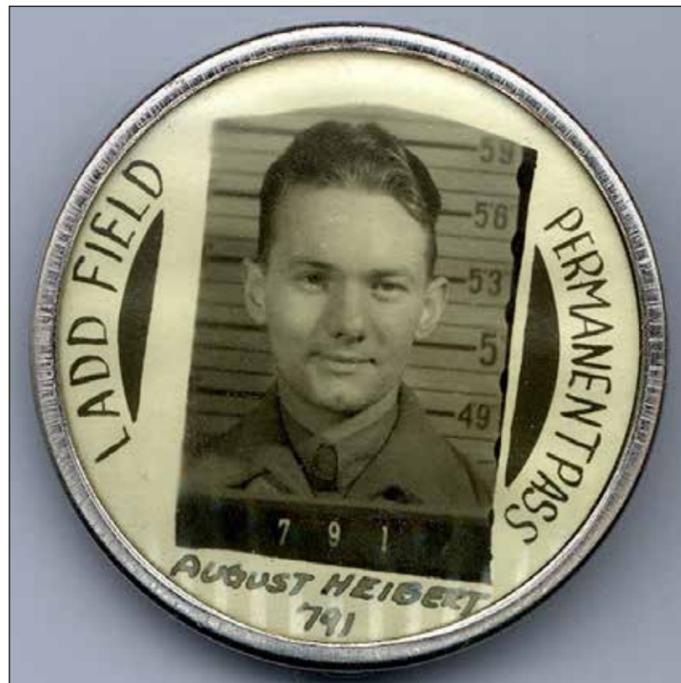
Interested in over-the-phone health coaching sessions?

Give the **Army Wellness Center** a call! 907-361-2234

History Snapshot

Ladd Field Permanent Pass, 1941

August 'Augie' Hiebert was a radio engineer who operated the broadcast facilities of KFAR, which was located about two miles from what is now the University of Alaska Fairbanks and on the grounds of the current Fairbanks Golf Course. Prior to the war, KFAR was a commercial radio station, but following the U.S. entering World War II, it became the Armed Forces Radio Service outlet. KFAR served Ladd Field and Alaska's distant stations and received national programming that was previously inaccessible to the Fairbanks audience. Augie Hiebert related how the programming was distributed: "We had these big 16-inch transcriptions that were flown up here with NBC's best programs – Red Skelton, Jack Benny, all that stuff, CBS stuff, Mutual stuff, ABC stuff. And we had a marvelous program service that, of course, the townspeople enjoyed too. Now, these programs didn't have any commercials in them. All the commercials were deleted because they didn't want to figure that the government was subsidizing advertising. But it was wonderful programming for both civilians and the military. We did that through the whole war."



Army to lead new DOD strategy against drone attacks

Joseph Lacdan
Army News Service

In the future, drones could threaten U.S. defense systems with a swarming capability that uses artificial intelligence while leveraging 5G connectivity, the director of an Army-led joint office said Friday.

To help combat against these increasing dangers presented by adversaries' small, unmanned aircraft systems, or sUAS, the Defense Department unveiled a counter strategy during a media event Friday. The strategy calls for risk-based assessments and viewing counter-sUAS defense from a joint perspective to rapidly track, defend and defeat drone attacks.

"We have to be able to keep pace with an ever-changing threat," said Maj. Gen. Sean Gainey, director of the Joint C-sUAS Office. "And to do that we have to leverage things like rapid prototyping and middle-tier acquisition to be able to bring these components into our open-architecture system as we're seeing changes on the battlefield."

Small UAS capabilities provide U.S. adversaries with maneuverable assets capable of intelligence, reconnaissance and lethal attacks at a low cost for the enemy.

The DOD plans to counter the threat with rapid innovation, synchronization with materiel and non-materiel solutions, and by leveraging relationships with allied nations and partners.

As part of those efforts, the Joint C-sUAS Office, or JCO, with service support, is slated to host a low-collateral



To help counter against threats by enemy drones, the Department of Defense released its Counter-Small Unmanned Aircraft Systems Strategy on Jan. 8, 2021. (Photo by Staff Sgt. Rachel Simones)

damage interceptor demonstration focused on technologies and systems during the first week of April.

Strategic pillars

The Army, which oversees the JCO, aims to use three lines of effort to guide the strategy.

The first, "Ready the Force," centers on the development of innovative solutions using a risk-based approach in the creation of counter capabilities. The strategy focuses on utilizing systems with a common architecture.

Risk assessments will be performed at each DOD location to evaluate the impact of potential sUAS threats. The assessments will cover a wide range of threats, from violent extremist organizations to near-peer adversaries.

"We can't put every defensive measure at every DOD location," said Nicole Thomas, the joint office's division chief for strategy and policy. "So we have to

look at the different locations to see what is the risk, where is the vulnerability and then get the appropriate countermeasures for that particular location."

In the second focus area, "Defend the Force," the JCO looks to create mission-ready forces capable of defending against and defeating sUAS threats. The office will achieve this through development of doctrine, operational concepts and the establishment of joint training standards and refinement of existing training. The JCO will then deliver joint capabilities that are synchronized across the force.

Finally, the last pillar, "Build the Team," the JCO will strengthen itself by stressing partnership in national security innovation with federal and non-federal organizations while prioritizing interoperability. The leveraging of partner relationships will help the joint force maximize its C-sUAS effectiveness domestically

and in ally nations, Thomas said.

Gainey said each of the military branches have embarked on individual efforts to defend against the threat since 2016. But the approach may not have been the most efficient, as it led to redundancy in the proposed system. Gainey said the new enterprise, joint approach will help the JCO achieve its goals more efficiently.

"You had different efforts moving out and it wasn't a synchronized effort," Gainey said. "So essentially you created this scene where you had the acquisition community just rapidly developing stuff, but with no framework around that."

Interoperability is key

Gainey added that interoperability will be critical toward carrying out the C-sUAS strategy.

Last year, the Army selected 10 interim systems

as C-sUAS solutions to guide the strategy, each with interoperable components, including the Army's fixed site-low, slow, small UAS integrated defeat system, or FS-LIDS, and the Air Force's negation of improvised non-state joint aerial system, or NINJA.

"What you want to start with first is to have a common interoperability with the services so we can integrate the command and control system through an open architecture to where we then integrate systems components into that," Gainey said. "So you have a changing, improving, componentized architecture to keep up with technology."

FS-LIDS is equipped with air surveillance radar and can detect and defeat low flying, smaller UAS targets, while NINJA can take control or disable a small UAS. The Navy's CORIAN, or counter-remote control model aircraft integrated air defense network, can be used to disrupt drone signals.

Gainey added that by having the Army lead the effort, the DOD has taken a holistic approach that can identify potential individual service problems and strengthen interoperability across the joint force.

"How do we create something that's going to meet our future architecture and common operating picture? That's what we focus on," Gainey said. "That's where we all want to go as a department in the future: any sensor, any shooter has that common operating picture to be able to make rapid decisions based off of the growth that we're seeing."

World War II veteran recalls fighting in Battle of the Bulge

Staff Sgt. David Lietz
416th Theater Engineer
Command

A poster hangs on the wall of Richard Idstein's home on this quiet street in a northwest Chicago suburb. It says Bataille Des Ardennes in bold black letters with the years 1944 and 1994 below it. In the hallway, near the front door, is a picture frame holding a Purple Heart, bullet and Army medals. It's the home of a World War II Soldier who remembers the day the Battle of the Bulge started.

As he shared, the Soldiers of the 106th Infantry Division, Company C ate breakfast quickly. They fall out with full packs and overcoats. But they are given the order to change into light packs and jackets on this early December morning.

Their mission: move to the front lines to assist "B" Company and provide reinforcements for Cannon companies already positioned in front line bunkers.

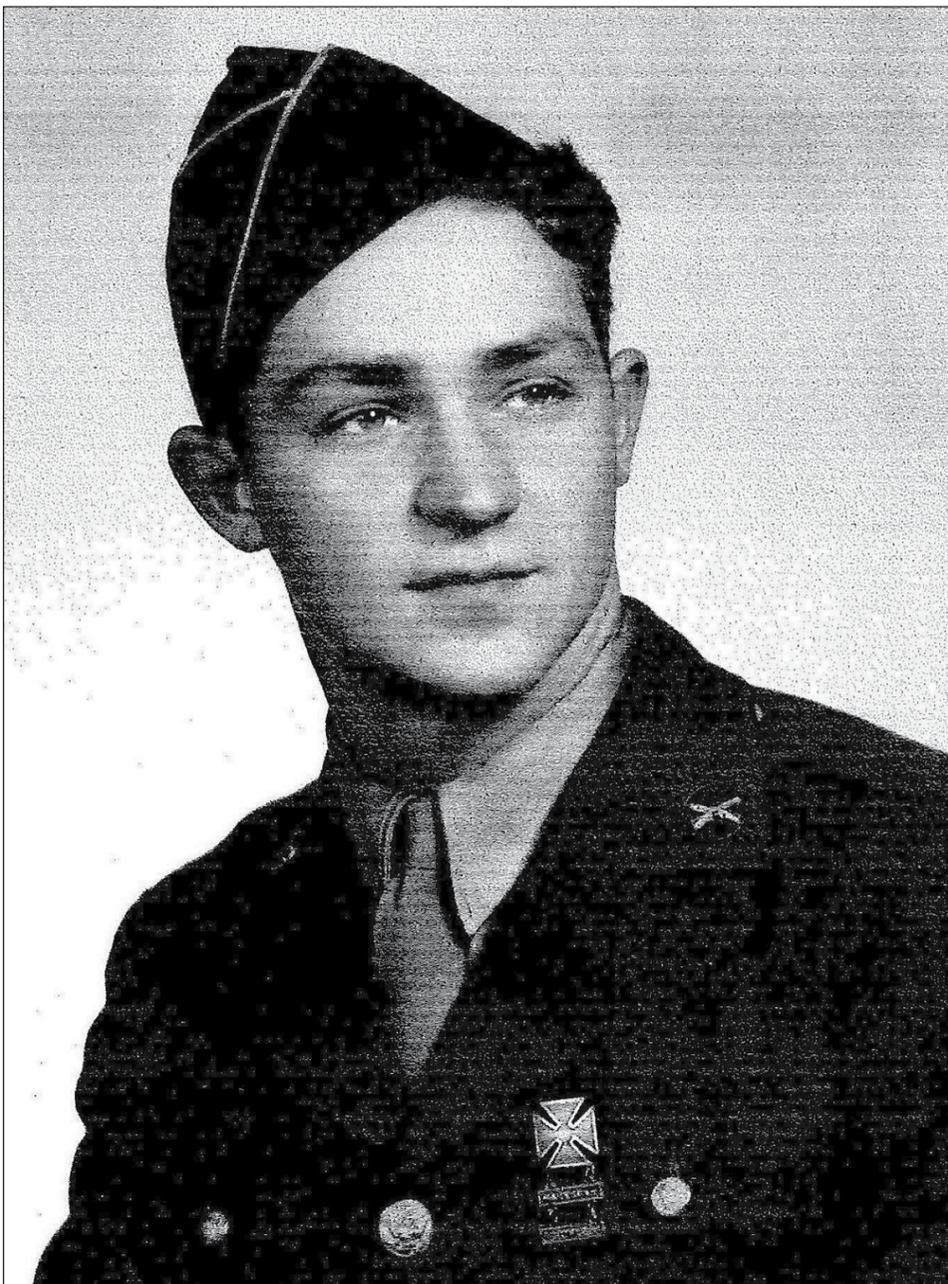
19-year-old Pfc. Richard Idstein is assigned to an intelligence and reconnaissance squad. He leaves behind the candy he received in a Christmas package from home. But keeps his overcoat. Only a few Soldiers have one. The battle took place in one of the coldest winters ever recorded in Europe. His platoon moves by truck and on foot through the thick woods of the Ardennes region of Belgium. Then the German Army attacked.

"We ran into the German infantry. They had machine guns, pistols and rifles," explained the 95-year-old retired elementary school teacher, recalling his first day of fighting at the Battle of the Bulge during World War Two.

German war planners called it 'Operation Watch on the Rhine'. Adolph Hitler's final Counteroffensive to divide the American and British forces and capture the allied port in Antwerp, Belgium. The six week battle began December 16th, 1944 and ended January 25th, 1945.

A wire service reporter described the initial attack.

"The attack against the 106th started in the foggy dawn of December 16th with a tremendous artillery barrage against their line that curved northward from the center of the Schnee Eifel, a rocky wooded ridge ten miles long and two miles wide against the Sieg-



Pfc. Richard Idstein in his U.S. Army uniform during World War Two. The Chicago native served in an intelligence and reconnaissance squad with the 106th Infantry Division at the Battle of the Bulge. The battle started December 16th, 1944 and ended January 25th, 1945. Soldiers endured record-breaking cold weather and suffered from cold weather injuries including frostbite and trench foot. According to the Department of Defense approximately 19,000 Soldiers were killed, 47,500 wounded and over 23,000 listed as missing in action. (Photo by Staff Sgt. David Lietz, 416th Theater Engineer Command)

fried line," reported Associated Press Correspondent E.D. Ball who traveled with the 106th Infantry Division.

"The cannons were firing at us. I was in the first squad of the 1st platoon. When the Germans heard us coming they formed an upside down U formation. Machine gun and rifle bullets came from in front and mortar shells were exploding among the trees to the rear," said Idstein. "When the mortar shells hit the trees they caused the trees to burst and the shrapnel rained down on us. Two of the men in my squad were badly hurt."

Idstein's platoon leader, 2nd Lt. McKay, ordered the Soldiers to attack. They pushed forward to front line bunkers originally held by German Soldiers and captured ten of them. But it came with a cost. Seven

Soldiers in his platoon were killed.

Idstein was part of an action to rescue an entire company of fellow 106th Infantry Division Soldiers that were captured by German forces.

"The Germans caught those Soldiers completely unprepared and captured them," said Idstein. "They were not expecting the Germans to attack."

But help was on the way. "My first platoon went forward and shot our way through the Germans and rescued about 35 Soldiers from Cannon Company. It took three days to get back to our headquarters at St. Vith," said Idstein. "After we rescued the Soldiers from Cannon Company we were even more careful. That's why it took three days to get back to the American lines. We didn't

know where the Germans were. We had no idea where they would pop up."

The platoon increased from 50 to 55 Soldiers but now they were behind enemy lines.

On the morning of December 21st, Idstein and another Soldier were doing a reconnaissance mission on a bridge.

"In order to move we had to see if we could cross a creek. We had to see if the bridge was being held by the Germans. The bullets came flying. That's when they shot me," said Idstein. "The Germans were guarding the bridge."

He was hit in the left shoulder by a bullet fired from a German machine pistol and crawled back to his foxhole. An officer provided basic medical care to his wound.

"2nd Lt. McKay sat on

the edge of the foxhole and bandaged me up," said Idstein. "After I was shot I gave away my overcoat to a Soldier I shared the foxhole with."

Idstein was driven in a Jeep to a first aid station in Verviers, Belgium and then to Liege, Belgium.

"The bullet was taken out of my back. I still have the bullet. It's hanging up with my purple heart," he said.

Idstein would be moved to Paris, France where he spent New Year's Eve in a hospital recovering from trench foot. He went to a hospital in Sutton, England to complete his recovery before rejoining Company C in late March, 1945, for "mopping up" operations in France.

"You find the other towns the Germans have captured. We attacked them and nine times out of ten they surrendered because they were cut off," said Idstein.

A few months later in August, 1945, Idstein boarded a liberty ship with other Soldiers heading to the United States. They would go on furlough and then train for the invasion of Japan.

"We were coming back and were two days out of New York when the first atomic bomb was dropped. When the first bomb was dropped none of the Soldiers believed a bomb could do that much damage. When they dropped the second atomic bomb we became believers," said Idstein.

There would be no invasion of Japan.

Fireboats welcomed the Soldiers on the liberty ship when it entered the New York harbor.

Idstein traveled from New York back to Fort Sheridan in Illinois in the fall. He was discharged January 6, 1946.

The retired teacher reflected on his service in what British Prime Minister Winston Churchill called "the greatest American battle of the war".

"It was the German's last big attack" said Idstein. "They had to be stopped or they would have gone all the way to the English Channel. The Germans wanted to get there and they never made it. It was quite a battle."

(Special thanks to Greg Padovani and Andrew Woods, a Research Historian with First Division Museum at Cantigny Park, for their time and assistance with this story.)

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GREEN TO GOLD

COMMUNITY CALENDAR

Fort Wainwright Family & MWR

Weekly Events

February 6 - 13

6 **Snowmachine Safety Course**
 Registration Deadline: February 6
 Event: February 13, 9 a.m. - Noon & 1 - 4 p.m.
 Take a Snowmachine Safety Course to gain the opportunity to checkout Snowmachines and/or join ODR on guided snowmachine trips. Certification is valid for 3 years.

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

7 **Super Bowl at the Warrior Zone**
 February 7
 Doors open at Noon, Kickoff at 2:30 p.m.
 Watch the big game at the Warrior Zone and get the chance to win prizes! COVID parameters in place. Must be 18+ to enter. Must be 21+ to purchase & consume alcohol.

Warrior Zone, Bldg 3205
Call 353-1087, reservations strongly encouraged

9 **Breakup Survival Series**
 February 9 - 11
 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

11 **Play with the Pros**
 February 11 - 14
 Varies
 Buy a thing and take a swing! Purchase lunch or an item in the Pro Shop for your chance to win a pack of Titleist Pro V1 golf balls! *Present your receipt to the Pro Shop cashier.

Chena Bend Clubhouse, Bldg 2092
Call 353-6223, purchase required

13 **UFC - 258**
 February 13
 Doors open at 3 p.m.
 Watch the UFC Main Event at the Warrior Zone! COVID parameters in place. Must be 18+ to enter. Must be 21+ to purchase & consume alcohol.

Warrior Zone, Bldg 3205
Call 353-1087, reservations strongly encouraged

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Army-funded smart fabric collects space dust on International Space Station

U.S. Army DEVCOM Army Research Laboratory Public Affairs

An Army-funded smart fiber being tested on the International Space Station could be used to develop space dust telescopes and allow astronauts to feel through their pressurized suits.

Researchers at the Army's Institute for Soldier Nanotechnologies at the Massachusetts Institute of Technology developed an acoustic fabric so sensitive to vibrations that it can detect impacts from microscopic high velocity space particles. A more earthly application of these fabrics could be for blast detection and in the future act as sensitive microphones for directional gunshot detection.

The fabric system contains thermally drawn vibration-sensitive fibers that are capable of converting mechanical vibration energy into electric energy. When micrometeoroids or space debris hit the fabric, the fabric vibrates, and the acoustic fiber generates an electrical signal.

"This is an exquisite example of harnessing nanoscience for technology development that bridges the physical and digital domains," said James Burgess, ISN program manager for the Army Research Office, an element of the U.S. Army Combat Capabilities Development Command, now known as DEVCOM, Army Research Laboratory. "Delivering revolutionary methodologies that result



Researchers at the Army's Institute for Soldier Nanotechnologies at the Massachusetts Institute of Technology develop an acoustic fabric being tested on the International Space Station could be used to develop space dust telescopes and allow astronauts to feel through their pressurized suits. (Space BD / JAXA - image composite by Juliana Cherston, MIT)

from foundational science is always one of our main priorities, and the opportunity to collect data from space dust using a fiber sensor as a key building block of the system is truly exciting."

The U.S. Army established the ISN in 2002 as an interdisciplinary research center devoted to dramatically improving the protection, survivability, and mission capabilities of the Soldier and Soldier-supporting platforms and systems.

The acoustic fiber was developed through ISN projects aimed at building next-generation fibers and fabrics for Soldier uniforms and battle gear that could detect a variety of physiological parameters such as heart rate and respiration as well as external sounds like gunshots and explosions.

"Traditional telescopes use light to learn about distant objects; this fabric uses space dust analysis to learn about space," said Dr. Yoel Fink, professor of Materials Science and Elec-

trical Engineering at MIT.

"This is a great example of how ISN projects allow us to be highly responsive to opportunities and meet challenges far beyond what we initially imagined."

MIT graduate student Juliana Cherston, the project's leader, applied another piece of ISN technology — the Laser-induced Particle Impact Test array, which uses lasers to accelerate tiny particles to supersonic or even hypersonic speeds, and allows researchers to image and analyze their impact on target materials—to demonstrate that the fabric system could accurately measure the impulse of small particles travelling at hundreds of meters per second.

Scientists are now using ISN facilities to test the sensitivity of the acoustic fabric for impacts from micro-particles with similar kinematics as certain types of high velocity space dust. Simultaneously, researchers are baselining the fiber sensor's resiliency to the harsh

environment of Low Earth Orbit on the International Space Station.

For this initial launch, the research team worked with the Japan Aerospace Exploration Agency and Japanese company Space BD to send a 10 cm by 10 cm sample of the high-tech fabric to the International Space Station, where it was installed on an exterior wall, exposed to the rigors of space. The fabric sample, unpowered for now, will remain on the orbiting laboratory for one year, in order to determine how well these materials survive the harsh environment of low Earth orbit.

The team is also scheduled for an electrically powered deployment of the fabric through sponsorship of the International Space Station U.S. National Laboratory in late 2021 or early 2022. The International Space Station U.S. National Laboratory works in cooperative agreement with NASA to fully utilize the orbiting platform to bring value to our nation through space-based research and enable a low Earth orbit economy.

"Thermally drawn multi-material fibers have been developed by our research group at MIT for more than 20 years," said Dr. Wei Yan, postdoc in MIT's Research Laboratory of Electronics and the Department of Materials Science and Engineering. "What makes these acoustic fibers special is their exquisite sensitivity to mechanical vibrations. The fabric has been shown in

ground facilities to detect and measure impact regardless of where the space dust impacted the surface of the fabric."

The white surface of the International Space Station is actually a protective fabric material called Beta cloth, a Teflon-impregnated fiberglass designed to shield spacecraft and spacesuits from the severity of the elements more than 250 miles above the Earth's surface.

The research team believes the acoustic fabric could lead to large-area fabrics that accurately measure the impulse on spacecraft of micrometeoroids and space debris travelling at kilometers per second. The smart fabrics may also help provide astronauts with a sense of touch through their pressurized suits by providing sensory data from the exterior of the suit and then mapping that data to haptic actuators on the wearer's skin.

In one year, these samples will return to Earth for post-flight analysis. The researchers will measure any erosion from atomic oxygen, discoloration from ultraviolet radiation, and changes to fiber sensor performance after one year of thermal cycling.

"It's easy to assume that since we're already sending these materials to space, the technology must be very mature," Cherston said. "In reality, we are leveraging the space environment to complement our important ground-testing efforts. Our focus is on baselining their resiliency to the space environment."

Army installations set to modernize through 2035

Thomas Brading
Army News Service

The Army plans to modernize its 156 installations through 2035, as part of a strategy that aims to improve the quality of life for Soldiers and families, combat climate change, and deter would-be attacks by adversaries.

The Army Installations Strategy, or AIS, will be a blueprint for how the service will adopt modernized platform capabilities to all its installations with technologies found in data-driven "smart cities," said Richard G. Kidd IV, deputy assistant secretary of the Army for strategic integration.

Over the next 15 years, AIS will connect Army installations to an enterprise-level of information needed in multi-domain operations, Kidd said, while also taking advantage of the latest capabilities found in modern cities around the world where new infrastructure has improved the social, economic, and environmental wellbeing of their communities.

Current and emerging trends forced Army leaders to examine infrastructure and installations "through a new lens," the strategy said, and "will revise doctrine, training, and investments accordingly" based on those shifts.

"The fence line is now the frontline and emerging trends require the Army to examine installations through a new lens,"

said Alex A. Beehler, assistant secretary of the Army for installations, energy and environment, or ASA (IE&E). "Installations are the platforms from which the Army builds culture, trains and projects power.

"The AIS addresses a range of emerging requirements related to multi-domain operations and the Army people and modernization strategies," he added. This "will harness the full capabilities of installations to help the Army compete, deter and win in an increasingly complex security environment."

'No longer a sanctuary'

One of those emerging trends is cybersecurity, said Kidd, whose role falls under ASA (IE&E). As installations become more connected to the digital world, it has come with a price.

Army personnel, including families, are increasingly more vulnerable to emerging threat vectors like social media, cyberattacks, and disinformation campaigns.

"These new threats have changed the dynamic of how installations can and should be viewed," Kidd said.

The overwhelming assumption is many believe Army installations are off-limits to adversaries. "The biggest challenge we face, in terms of the risks against our country is a cultural one — both within the Army and as a nation," he said.

This cultural change is evident in how the supply-chain integrity of communications networks from other countries has impacted the United States. Even things as simple as cell phone apps have become potentially dangerous.

"U.S. adversaries are deploying products that spy on our communications in a way I never imagined possible," he said. "We must assume that commercial technologies can be a vector of attack."

In other words, "we need to treat Army installations as war-fighting assets, and look at them in terms of the capabilities they provide," he added. "Our homeland is no longer a sanctuary and our installations are increasingly vulnerable."

Putting people first

In addition to safety, Kidd believes future Soldiers and their families should receive the amenities they deserve.

"We must meet the changing needs of our Soldiers and their families," he said. "Whether it's [modernizing] local gymnasiums, community centers, or housing," improving their quality of life is the most pressing matter.

To do this, officials plan to use data to quickly deliver public goods and services, he said. For example, if a Soldier notices a pothole in the road, the repair could be as easy as taking a photograph and sending it to pub-

lic works.

After submitting the photo, georeferenced data embedded in it would help workers pinpoint where the repair is required.

Community partnerships

But change is only possible with the support of local communities, he said.

The majority of Army installations were built decades ago, some dating back to the 1800s, and communities have grown around them. Back then, Kidd said, "bases were on the frontier with no settlements for hundreds of miles, but now installations are part of a broader network."

How communities upgrade their towns will directly impact how quickly the Army marches into the 21st century. For example, things like 5G Wi-Fi and autonomous transportation, are more attainable where nearby cities have them.

In the future, Soldiers could one day commute to work on electric, autonomous buses equipped with facial recognition technology that checks a rider's ID and clears them onto post without stopping, Kidd said.

Battling climate change

The quality of life benefits are only part of the bigger picture, he stressed. The strategy also "touches on readiness and resilience, in context to warfighters, but also

in combatting natural disasters."

In addition to deliberate and directed attacks from near-peer competitors and mirroring "smart cities," military installations also exist within a natural environment increasingly characterized by the effects of climate change, extreme weather, pandemics, and environmental degradation, he said.

"The unifying theme that connects climate change response and mission as-

urance is resilience," he added. "We need resilient installations. The great thing is the same features that you need to protect installations from adversary actions, also provide benefits against climate change."

For instance, if an adversary cuts off an installation from the broader power grid that installation would still be able to do its mission if it had on-site power generation and storage as well as a secure micro-grid.