

ALASKA POST FREE

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Fort Wainwright, Alaska

May 7, 2021

Alternate Gate Plan

Traffic Congestion Mitigation

- Traffic signal reprogramming for River Road
- Extended and adjusted gate hours
- Lazelle Gate will be inbound only and will process all Commercial Vehicle and visitor access 24/7
- Richardson South Gate access will help alleviate peak hour traffic flow through other gates

Alternate Gate Operation Hours: Late May – Early Oct 2021

Current operation hours:	Shifted operation hours:
Trainer Gate: • M-F 0530-2000 • Sat, Sun 0700-2000	Trainer Gate: • Everyday - Inbound/Outbound 0530-2000 • Everyday - Outbound only 2000-0530
Main Gate: • 24/7, 7 days a week	Main Gate: • Closed
Badger Gate: • 0500-2000, 7 days a week	Badger Gate: • Open 24 hours, 7 days a week
Richardson Gate: • Closed	Richardson Gate: • M-F - Outbound & right turn only, 1000-2000
Lazelle Gate: • Closed	Lazelle Gate: • Inbound only - open 24 hours, 7 days a week
Visitor's Center: • M-F 0530-2100 • Sat, Sun 0800-2100	Visitor's Center: • Access at Lazelle Gate • Open 24 hours, 7 days a week

Fort Wainwright to begin major main gate construction work in late May

Fort Wainwright is improving security features of the main gate according to Army standards.

The project will require closure of the main gate beginning in late May

and extending to early October. This project will improve access to the visitor center, improve traffic flow and aid in snow clearing operations.

During the project,

traffic congestion mitigation will include:

- Traffic signal reprogramming for River Road
- Extended and adjusted gate hours
- Lazelle Gate will be

inbound only and will process all commercial vehicle and visitor access 24/7

Richardson South Gate access will help alleviate peak hour traffic

flow through other gates

Project updates will be posted on Fort Wainwright's Facebook page and on our website as they happen throughout the summer.



Patricia Stalder, (left) a professor in the University of Alaska Fairbanks' Early Childhood Education Program, provided a short descriptive of the Memorandum of Understanding's positive aspects for Soldiers and their Families, the community and UAF with the help of Col. Christopher Ruga, U.S. Army Garrison Alaska, Fort Wainwright commander. (Photo by Brian W. Schlumbohm, U.S. Army Garrison Alaska, Fort Wainwright Public Affairs)

Fort Wainwright pens partnership supporting enhanced degree benefits

Brady Gross
U.S. Army Garrison Alaska, Fort Wainwright Public Affairs

Fort Wainwright and the University of Alaska Fairbanks signed a new agreement during a ceremony Friday, April 30, 2021, celebrating new coordination for Soldiers' spouses earning college credit for an Early Childhood Education degree. The agreement directly benefits military families in their journey toward obtaining this degree through their work in the child and youth services sector.

"It's part of our

continuing effort for us to improve the community education and employment opportunities for our employees," said garrison commander Col. Christopher Ruga, "as well as continue improve the quality of life for the soldiers, families and civilians here at U.S. Army Garrison, and throughout the Fairbanks North Star Borough area."

The partnership with UAF includes online class options so that students can continue their studies through distance learning, even after they may leave Fort Wainwright or Fort Greely.



A Memorandum of Understanding between the University of Alaska Fairbanks, Community and Technical College, and U.S. Army Garrison Alaska, Fort Wainwright was signed during a small gathering at Fort Wainwright's Educational Center, April 29. Col. Christopher Ruga, USAG Alaska, Fort Wainwright commander, and representatives from the University of Alaska Fairbanks; Michele Stalder, Dean of UAF Community and Technical College, and Patricia Merrit, professor of Early Childhood Education for CTC, were present for the signing of the Early Childhood Education Program MOU. (Photo by Brian W. Schlumbohm, U.S. Army Garrison Alaska, Fort Wainwright Public Affairs)

Pets and animals in emergency planning

When preparing for an emergency, be sure to include arrangements for your pets. Your emergency supply kit should contain provisions including food and water for your pets. Know in advance how you will handle your pets if you need to evacuate. If you must leave them behind, make sure they have access to food, water and shelter.

Preparing to Take Your Pets

When an emergency occurs, pets may become frightened. Allow extra time to secure your pet.

- Make a plan for your pet.
- Talk with your vet about any special considerations.
- Ask a neighbor to evacuate or care for your pet in case you are separated.
- Locate pet-friendly hotels or shelters in advance for use in an emergency.
- Make a pet emergency supply kit. Include food, water, medications, leash, carrier, toy and veterinary and insurance documents. Include a photograph of your pet in case you are separated.

See PETS on page 3

Regional director tours Fort Wainwright ski lodge construction



During a recent visit to Fort Wainwright, Alaska, U.S. Army Installation Management Command Pacific regional director, Craig Deatrick, and Command Sgt. Maj. Jason Copeland were on site of the new ski lodge currently being constructed at the Birch Hill Ski and Snowboard Area. Col. Christopher Ruga, U.S. Army Garrison Alaska, Fort Wainwright commander and the Directorate of Family and Morale, Welfare and Recreation, Support Division chief, Gene LaRocca, provided information on other improvements to the ski hill during the tour. (Photo by Brian W. Schlumbohm, U.S. Army Garrison Alaska, Fort Wainwright Public Affairs)

WEEKEND WEATHER

Friday



Scattered showers.
High: 59F.

Saturday



Scattered showers.
High: 62F.

Sunday



Mostly cloudy. High:
62F.

IN BRIEF

For Soldiers transitioning out of the military, finding success in the civilian workforce can be a daunting endeavor. Most people don't know that while still on active duty the Army allows Soldiers up to six months of hands-on training in their chosen fields by way of the Career Skills Program.

Read more on page 4.

Nutrition Corner: Coconut oil myth buster

Coconut oil is a healthy food and can help with weight loss – Myth.

A recent survey from the New York Times demonstrated that 72 percent of the public considers coconut oil healthy. Perhaps this is because virgin coconut oil is high in lauric acid, a medium-chain fatty acid that can raise good (HDL-Cholesterol) but also bad cholesterol levels (LDL-Cholesterol).

Coconut oil is made up of 82 percent saturated fat, which is about 11 grams of saturated fat per tablespoon, and raises LDL-cholesterol just as much as the commonly known culprits such as butter and beef fat.

Coconut oil, like all saturated fats, should be limited in a healthy diet. Fortunately, many other healthy oil alternatives will help lower LDL levels and increase HDL levels.

Canola oil contains monounsaturated and polyunsaturated fats and has a light flavor, which makes it good for baking, and sautéing. Olive oil is high in monounsaturated fatty acids, which can help reduce the risk of heart disease, and can be used in place of butter. Extra virgin olive oil has a fruitier flavor and stronger aroma than pure or virgin olive oil. Do not be fooled

by the label “light,” which means it has a lighter flavor; the calorie content is the same. Grapeseed oil has polyunsaturated fatty acids and can lower total cholesterol and LDL-cholesterol. It can be used for sautéing and in dressings and dips.

Overall, it is important to include fats in your diet that are heart healthy and limit the ones high in saturated and trans fat. Aim for oils such as canola oil, olive oil, flaxseed oil and grapeseed oil. Foods such as nuts/seeds/nut butters, avocados and fatty fish such as salmon also contain the heart healthy oils

that will help reduce the risk of heart disease. Avoid the saturated fats found in butter, high fat dairy foods, fatty meat cuts, and coconut oil and trans fats found in many margarines and pre-packaged baked goods.

Featured Recipe: Microwaved “Fried Rice”

Ingredients:

- ½ cup rice
- 1 cup chicken broth
- 1 tablespoon soy sauce
- 2 teaspoon sesame oil
- ½ cup frozen peas and carrots
- 2 eggs
- Salt to taste
- Fresh scallion, to garnish

garnish

- In a bowl, combine the rice, water, soy sauce, sesame oil and bacon. Stir, then microwave, covered, for about six to eight minutes until the rice is fully cooked.

- Mix the frozen peas and carrots into the rice

- In a microwaveable bowl or mug, beat the eggs with the salt.

- Microwave the eggs and the rice again for one to two minutes, until the eggs are fully cooked.

- Break the eggs into small bits and mix in with the rice.

- Garnish with scallions.

History Snapshot: May is Historic Preservation Month – 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 US 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.” (Photo courtesy of August Hiebert)

IMCOM-Pacific director visits Fort Greely



U.S. Army Garrison Alaska, Fort Greely hosted Installation Management Command - Pacific director, Craig Deatrick, and his senior enlisted advisor, Command Sgt. Maj. Jason Copeland, April 29 to provide progress updates on Quality of Life initiatives and to visit the Fort Greely workforce. (Photo by Angela J. Glass, U.S. Army Garrison Alaska, Fort Greely Public Affairs)

Angela J. Glass

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

District program manager, Brenda Barber.

U.S. Army Garrison Alaska, Fort Greely hosted a visit from U.S. Army Installation Management Command - Pacific director, Craig Deatrick, and his senior enlisted advisor, Command Sgt. Maj. Jason Copeland, April 29.

During the visit, they were provided progress report updates regarding Fort Greely Quality of Life initiatives such as upcoming additions to the Aurora Community Activity Center and also received a virtual SM-1A Nuclear Reactor brief from the U.S. Army Corps of Engineers Baltimore

Deatrick and Copeland coined multiple garrison employees and Soldiers who were deserving of recognition for their dedication and hard work to the Fort Greely mission, to include the renovation of the installation barracks in preparation of the arrival of the California State National Guard 330th Military Police Company.

IMCOM-Pacific is headquartered at Fort Shafter, Hawaii, and has garrisons in Alaska, Japan, Korea, Kwajalein Atoll and Hawaii. IMCOM’s mission is to integrate and deliver base support to enable readiness for a globally-responsive Army.

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

Patient advocate

The Medical Department Activity – Alaska 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.

Talk with a registered nurse

Think you should go the emergency room but aren’t sure? Wondering if you need an appointment? A registered nurse is standing by 24 hours a day, seven days a week to help. Call the Nurse Advice Line for your immediate health care needs. The nurse can even book you an appointment if necessary. Call 1-800-TRICARE (874-2273).

Clean out your medicine cabinet

The new year is a great time to check your medicine cabinets for expired prescrip-

tion and over the counter medications. A MedSafe box, located inside the main entrance of Bassett ACH across from the information desk, is in place to securely receive your expired or no longer needed medications.

Over the counter medications

Bassett Army Community Hospital Pharmacy offers beneficiaries the ability to receive free over the counter medications. Items such as fever/pain reducers, antibiotic cream, cold and allergy remedies, lice treatment and vitamin D are available. Medicines are subject to availability and families are restricted to a maximum of four items per week. A full list of medications is available at the pharmacy.

Specialist available

Did you know you

can see a specialist right here at Bassett urinary incontinence, overactive bladder, pelvic organ prolapse and fecal incontinence WITHOUT a referral from your PCM? Call 361-4000, option 4, option 1,

appointment with Dr. Christa Lewis.

Third party insurance

Do you have insurance other than TRICARE? Guaranteed no extra cost to the beneficiary, Bassett

ACH is required to obtain a copy of private health insurance coverage from all non-active duty beneficiaries. To provide us with this information, beneficiaries will be asked to complete a DD Form 2569 annually.

ALASKA POST

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The Chaplain's Corner

Failure to success

Chaplain (Capt.) Eun-jun Jeong
1st Battalion, 24th Infantry Regiment

Although there was snow a few days ago, spring has finally arrived in Fairbanks, Alaska. Children are released from the homes to play outside. The streets are filled with giggling and laughing children, sometimes yelling and crying, but it is okay because it means the Alaskan winter is over, and it is finally spring-time!

With this spring-time, units are also busy preparing for Expert Infantry Badge/Expert Soldier Badge/Expert Field Medical Badge training events in May 2021. It is such a big training event for the Soldiers, especially

for infantry Soldiers.

It is great to watch the E3B (EIB, ESB and EFMB) candidates enthusiastically preparing for the events. They spend hours learning and practicing the different lanes: weapons, medical treatment, land navigation and rucking 12-miles. Also, many Soldiers are trying to be qualified for all E3B events by working on their PT score, weapon qualification, etc.

On the other hand, some Soldiers have already finished evaluating themselves and gave up on the E3B opportunities. They have limited themselves, their abilities and their possibilities. They are afraid to try and hold on to excuses and negative thoughts. I am not talking about

the Soldiers who are physically and situationally unable, but those who lack the motivation.

In this article, I want to encourage those Soldiers who are already giving up. I want to say to them, "it is okay to fail" and "you're just in the process to success, but it just takes a longer time than others." Yes, Soldiers are supposed to be eager to achieve great goals in their mission and duty. However, the process to the outstanding achievement is long, and we have to be patient. It takes time and energy to get there. We need to learn how to handle that process.

This is reminiscent of a basketball player's career. He once said, "I've missed more

than 9,000 shots in my career. I've lost almost 300 games. 26 times, I've been trusted to take the game-winning shot and missed. I've failed over and over and over again in my life. And that is why I succeed." This basketball player is Michael Jordan, one of the greatest basketball players in the world and history.

Often, people only remember his successful career. However, the greatest basketball player in history still experienced numerous losses and failures in his career. But he understood his failures were a big part of the process leading to his success.

Therefore, Michael Jordan's reminiscence is a strong encouragement to the Soldiers who are giving up or failing at some of their tasks and E3B



training events. It is okay to fail because it is not a permanent failure, but it is part of the process of success. Do not be discouraged because you are going to the EIB field as a detail. You can utilize this opportunity to learn about some EIB skills, and it will help you understand what EIB looks like in the future.

Finally, spring has come to Fort Wainwright. We're ready to jump into the E3B training field and learn and practice our skills. If some Soldiers are depressed and discouraged around you, encourage them, please let your chaplains know and give the Soldier the chaplain's phone number. We chaplains are here for you, and it is time to experience some failure that leads to success!

Annual Consumer Confidence Report

Doyon Utilities produces an annual Consumer Confidence Report. The production of this report is a requirement by the U.S. Environmental Protection Agency that began in 1999. The rationale for CCRs is that consumers have the right to know what is in their drinking water and where the water comes from.

Find this year's report at <https://home.army.mil/alaska/index.php/fort-wainwright/garrison/public-works> as well as previous years on Doyon's website at <https://www.doyonutilities.com/publications>.

DOD, Coast Guard Civilians can shop in store at the Fort Wainwright Exchange starting May 1

Carina DeCino
Army and Air Force Exchange Service Public Affairs

After a change in Department of Defense policy, the Army & Air Force Exchange Service is opening its doors to DOD and Coast Guard civilian employees at Fort Wainwright, starting May 1. The DOD announced the policy change April 29. Access to ShopMyExchange.com will start later this year.

Opening exchange access to DOD and Coast

Guard Civilian employees working on installations will improve dividends to Quality-of-Life programs, leverage the military exchanges' buying power and strengthen the Exchange benefit for Soldiers, Airmen and Guardians—past, present and future.

"Shopping the Exchange brings convenience to civilians working on installations," said Exchange Director/CEO Tom Shull. "They can stop by the Exchange for essentials on breaks or to and from work instead of shopping outside of the gate—and

100 percent of Exchange earnings go right back to the military community."

Tax-free shopping is authorized for active DOD and Coast Guard appropriated fund and non-appropriated civilian employees in the United States and the U.S. territories and possessions. Retired DOD and Coast Guard civilian employees will have access to online exchange shopping later this year. Roughly 575,000 civilian stateside employees will

See SHOP on page 5

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

PETS

Continued from page 1

- Make sure your pets' identification tags are up to date and secured on their collars. Consider microchipping your pets. If you have advance warning of an emergency, add a tag with your evacuation information.

What to Do With Your Pets During an Emergency

- Bring pets inside immediately and place them in a contained room. Many times pets run away or hide when they sense danger. Never leave them tied up outside, and remember that pets may experience behavioral changes due to stress.

- If you are told to evacuate and you can bring your pets:

- Take enough supplies and food for at least three days and a small toy for your pet.

- Make sure the carrier is secure and tagged with your pet's

name, description and contact details.

- Be responsible for your pets by cleaning up after them and making sure they are not causing problems.

- Many shelters do not allow pets. You may have to board your pets or place them in a shelter prepared for evacuated pets.

- If you are told to evacuate and are ordered not to bring your pets:

- Bring your pets inside. Never leave

your pets outside during an emergency.

- Leave plenty of food and water.

- Take the toilet seat off and brace the bathroom door open so they can drink.

- Place a notice on your door that your pets are inside. List the type and number of animals on your property, your name, phone number and the name and phone number of your veterinarian.

- Make arrangements for someone to visit your pet until

you can return.

What to Do with Your Pets After an Emergency

- Keep close contact with your pets to make them feel safer.

- Keep your pets on a leash when possible so they stay with you.

- Understand that your pets may have some behavioral changes because of trauma.

- Be responsible for your pets at all times by cleaning up after them and keeping them away from others.

Where to Find Additional Information

- Federal Emergency Management Agency (FEMA)

- <https://www.ready.gov/animals>

- <https://www.ready.gov/document/ready-campaign-pets-toolkit>

- https://www.ready.gov/sites/default/files/documents/files/PrinterFriendly_Pets.pdf

- American Red Cross

- <http://www.redcross.org/prepare/location/home-family/pets>

- American Society for the Prevention of Cruelty to Animals

- <http://www.aspca.org/pet-care/general-pet-care/disaster-preparedness>

- The Humane Society of the United States

- http://www.humanesociety.org/issues/animal_rescue/tips/pets-disaster.html

- Ready Army—www.ready.army.mil



G.I. Joe turns coffee shop CEO: A CSP success story

By Angie Poole
Fort Wainwright Career Skills Program

For Soldiers transitioning out of the military, finding success in the civilian workforce can be a daunting endeavor. Most people don't know that while still on active duty the Army allows Soldiers up to six months of hands-on training in their chosen fields by way of the Career Skills Program.

With over 550,000 unemployed veterans nationwide, it is more important than ever to highlight America's warriors and to encourage and inspire others to take advantage of this remarkable resource. Warriors like 1st Lt. William Hotop, platoon leader of the Arctic Wolves' 1st Battalion, 24th Infantry Regiment, who just wrapped up a CSP internship with local coffee powerhouse, North Pole Coffee Roasting Co., with dreams of one day owning his own café with his wife, Leah.

Thanks to the great leadership and support from battalion commander, Col. Richard Eaton, and company commander, Capt. Joshua May, Hotop was able to learn from some of the very best in the industry via North Pole Coffee Roasting Company CEO, Tom Bartels; master roaster, Sean Farris; and warehouse manager, Shane Kiester. Because of their tutelage, Hotop is confident he will be successful in this new venture, as he and Leah are now the proud new owners of Dynamo Coffee in Colorado Springs, Colorado: just down the street from the coffee shop where they first met, worked at through College, and where he eventually proposed! A true American love story come full circle.



His hands-on CSP experience taught him the ins-and-outs of owning his own business, from managing inventory to logistics, operations, distribution, admin, roasting and machine maintenance – all invaluable lessons that have helped build upon the Army's eight-step training model and action-oriented leadership ingrained in Soldiers throughout their service.

Fortunately for Hotop, Bartels has a long history



of supporting our men and women in uniform. During this last long deployment that took Fort Wainwright's

beloved 1st Battalion, 52nd Aviation Regiment "Sugar Bears" to the fight, Bartels would ship their favorite

flavored coffee to the front lines – only to find out later that the pilots and crew were eating the beans directly out of the bag, their coffee is that good! A giant American flag sent home as a thank you from the unit hangs in the North Pole Coffee Co. entrance. The owner displays it with pride, saying "it is because of what they do that we are able to do what we do." A fine reminder to those of us making a living under the peace they provide.

When asked for comment, Hotop's advice to fellow battle buddies transitioning out of the Army was short and sweet, "Make things happen" – communicate what you want and go after it. A mentality he took with him on deployments to Iraq where he led Soldiers the same way: asking them what they wanted to do when they got back, figuring out a path to get there and doing his part to make it a reality.

We thank Hotop for his service to this country, and congratulate him on a job well done. Please check him out the next time you're in Colorado Springs, and get your next cup-of-joe from a real G.I. Joe.

As with most milestones in life, despite all the personal hard work and sacrifice, we know we didn't get there entirely on our own. Companies like Lockheed Martin, Microsoft, Boeing and local partners like North Pole Coffee Roasting Co. right here in Fairbanks, Alaska, are making all the difference in the lives of America's best and bravest. If your business would like to be a part of this incredible program, supporting the Troops while adding extraordinary talent to your team, please contact your local CSP Office.

Army Strong.

Army hoping to field new oxygen generator

Jerome Mapp

The Army is currently testing an oxygen generator that has a longer shelf life than the one currently in use and will meet the requirement of supplemental oxygen that medics provide to combat casualties.

The Field Oxygen Generator Resource is being considered as a replacement for the

Oxygen Generator, Field Portable that is currently used to supply supplemental oxygen to sick and wounded Soldiers in the field. In February, the U.S. Army Medical Department Board conducted an operational test using Soldiers from the 44th Medical Brigade during a field training exercise to test the effectiveness and suitability of the

set up and operation of the FOGR to provide critical care.

According to Archie C. Kinnebrew Jr., lead test officer with USAMEDDBD, the success of the February test event will inform decisions that determine if and when the FOGR is fielded to Army units.

"There is truth in operational testing. Army leadership uses the results from test events to facilitate risk-reduction for product fielding," Kinnebrew said. "The test articles under consideration will not only be evaluated by the testing community, but will also include input from the intended end-users on the battlefield. These test



Soldiers with the 36th Medical Care Area Support, 44th Medical Brigade at Fort Bragg, perform realistic medical scenarios during a Field Oxygen Generator Resource test. (Photo by USAMEDDBD)

events ensure that Soldiers have a voice in the acquisition and de-

ployment of new and improved systems." Kinnebrew had

words of praise for the 44th Medical Brigade Soldiers who put the FOGR to the test through a series of exercises.

"The Soldiers of the 44th Medical Brigade - 36th Medical Company Area Support and the 240th Forward Resuscitative Surgical Team - were enthusiastic while putting the FOGR to use during the test," Kinnebrew said. "They provided honest feedback, which greatly assisted the test team in capturing the data needed. Their participation was key to the success of this test event and is greatly appreciated. The professionalism and dedication displayed by these Soldiers really made me feel proud."

Austin S. Langdon, assistant product manager with Warfighter Deployable Medical Systems, U.S. Army Medical Materiel Development Activity at Fort Detrick, Maryland, said the Army is replacing the OGFP because of sustainability issues.

"The old device was designed to operate 10-12 hours a day and 7 days a week. This is the case for most portable Oxygen Concentrators on the market. However, when the device sits on a shelf, maintenance issues arise from lack of use, which are very costly," Langdon said.

Friday Funday! Exchange weekly online giveaways celebrate military community

Carina DeCino
Army and Air Force Exchange Service Public Affairs

The best day of the week is even better with the Army and Air Force Exchange Service's Free Friday giveaways.

Each Friday at Facebook.com/ShopMyExchange, the Department of Defense retailer gives away a popular product. Last year, authorized Exchange shoppers won more than \$29,000 in prizes including patio sets, tool chests, robotic vacuums and mattresses.

Giveaways so far in 2021 amount to more than \$9,000 and include a Husqvarna riding lawn mower,

air fryers, gardening packages, cookware, bedding and more.

"Free Fridays are a fun way to connect with our shoppers and contribute to the value the Exchange is so honored to provide," said Fort Wainwright Exchange general manager Gloria Sylvia. "The military community makes so many sacrifices, and it's always a pleasure for the Exchange to salute our heroes with special prizes."

To enter, authorized Exchange shoppers 18 years and older can comment on the Free Friday posts at Facebook.com/ShopMyExchange. Comments made by 11:59 p.m. Central on the same day will be entered



into the weekly drawing. Honorably discharged veterans who have verified

their eligibility to shop the Exchange online can also enter the Free Friday give-

aways. Veterans can find more information at ShopMyExchange.com/Vets.

New MILITARY STAR accounts receive 15% off first-day purchases May 21 to June 3

Carina DeCino
Army and Air Force Exchange Service Public Affairs

Army and Air Force Exchange Service shoppers can celebrate summer with special savings from MILITARY STAR®. Fort Wainwright Exchange shoppers who open and use a new MILITARY STAR® account from May 21 to June 3 will receive 15 percent off on all first-day purchases instead of the regular 10 percent. The discount will appear as a credit on the first monthly billing statement.

Cardholders earn two percent in rewards points on their MILITARY STAR purchases—including at the commissary—and receive a \$20 rewards card every 2,000 points. Rewards exclude Military Clothing.

Other benefits of the MILITARY STAR card include:

- Five cents off every gallon of fuel at Exchange fuel locations.
- 10 percent off all Exchange restaurant purchases.
- The lowest flat-rate APR (10.24 percent) among store cards—rate is offered to all cardholders upon account approval.
- Free shipping on all ShopMyExchange.com and MyNavyExchange.com orders.
- No annual, late or over-limit fees.



• Reduced-interest deployment plan with no payments required for eligible customers.

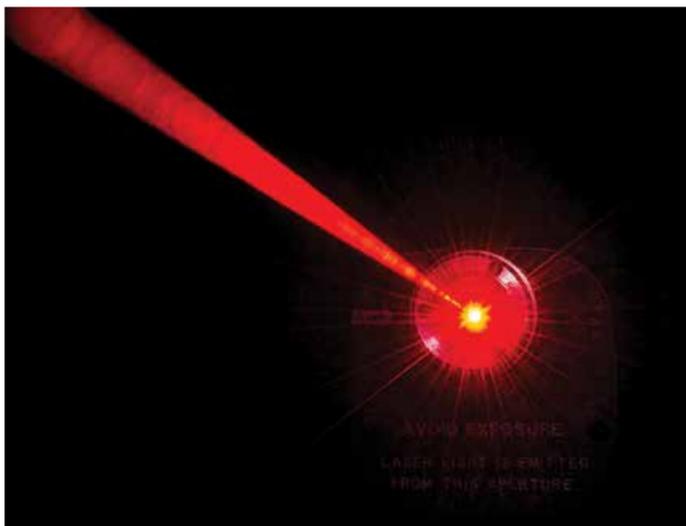
"MILITARY STAR's fair and flexible terms help service members and their families build credit responsibly—all while earning rewards," said Fort Wainwright Exchange general manager Gloria Sylvia. "This cardholder discount is one more way the card helps the military community save."

100 percent of Exchange earnings are reinvested in the military community, including funding for critical on-installation quality-of-life programs. When shoppers use the MILITARY STAR card, the Exchange also saves on transaction fees—savings that add up to millions of dollars a year—which allows the Exchange to better support Soldiers and their

families.

New account holders will receive the 15 percent discount on all first-day purchases at military exchanges and commissaries, as well as online at ShopMyExchange.com, myNavyExchange.com and ShopCGX.com. All honorably discharged veterans who have confirmed their eligibility to shop at ShopMyExchange.com can use their MILITARY STAR card shopping the Exchange online. Veterans with a service-connected disability are eligible to shop in stores. For more information, veterans can visit ShopMyExchange.com/Vets.

The MILITARY STAR card is administered by the Army and Air Force Exchange Service and is accepted at all military exchanges and commissaries. For more information, visit MyECP.com.



Using light's speed and the way information can be layered in its various physical properties researchers increase the speed of communication while reducing wasted energy. (Shutterstock)

Army-funded research paves way for improved lasers, communications

U.S. Army DEVCOM Army Research Laboratory Public Affairs

New photonics research paves the way for improved lasers, high-speed computing and optical communications for the Army.

Photonics has the potential to transform all manners of electronic devices by storing and transmitting information in the form of light, rather than electricity. Using light's speed and the way information can be layered in its various physical properties can increase the speed of communication while reducing wasted energy; however, light sources such as lasers need to be smaller, stronger and more stable to achieve that, researchers said.

"Single-mode, high power lasing is used in a wide range of applications that are important to the Army and help support the warfighter including optical communications, optical

sensing and LIDAR ranging," said Dr. James Joseph, program manager, U.S. Army Combat Capabilities Development Command, known as DEVCOM, Army Research Laboratory. "The research results out of UPenn mark a significant step towards creating more efficient and fieldable laser sources."

The way information can be layered with this technology could also have important implications for photonic computers and communication systems.

In order to preserve the information manipulated by a photonic device, its lasers must be exceptionally stable and coherent. So-called single-mode lasers eliminate noisy variations within their beams and improve their coherence, but as a result, are dimmer and less powerful than lasers that contain multiple simultaneous modes.

Researchers from the Uni-

See LASER on page 7

SHOP

Continued from page 3

gain the benefit.

"Exchange stores have the capacity and merchandise quantities to handle the expanded shopping base," Shull said. "The Exchange is honored to welcome civilians while strengthening the hard-earned benefit for Soldiers, Airmen and Guardians."

The Exchange, the DOD's largest retailer and the 61st largest retailer in the United States, has served Warfighters since 1895. The Exchange of-

fers tax-free shopping and military-exclusive pricing. Exchange earnings support Soldiers, Airmen, Guardians and their families. Roughly 60 percent of earnings support Quality-of-Life programs on military installations worldwide. In the last 10 years, the Exchange has contributed \$2.2 billion to Child, Youth and School Services; Armed Forces Recreation Centers; and other programs to support troops and their families. All remaining

earnings are reinvested in enhancing the customer shopping experience.

The privilege expansion marks the third time since 2017 that the Exchange's shopping base has grown. In January 2020, all veterans with service-connected disabilities were welcomed back to the installation to shop in person. On Veterans Day 2017, all honorably discharged veterans were welcomed home to shop tax free at ShopMyExchange.com.



For more information on the new benefit, please

visit the Exchange's online community Hub.

COMMUNITY CALENDAR

Fort Wainwright Family & MWR

Weekly Events

May 8 - 15

8

ATV Safety Course

Registration Deadline: May 8
Event: May 15, 1 - 4 p.m.

Are you wanting to tackle the trails via ATV this Summer? Get certified with Outdoor Rec so you can check out the equipment or join us for a guided ATV Trip. Certification is valid for 3 years. Spots fill quickly, register soon!

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

8

Strong B.A.N.D.S: Fitness Bingo

May 8 - 31
During Normal Business Hours

All May long, participate in the Fitness Bingo Challenge! Pick up your Bingo Card, workout, and get your chance to win a Fitbit or TRX Kit.

Physical Fitness Center, Bldg 3709
Call 353-2223

10

Intramural Coaches Meeting

May 10
2 p.m.

Calling all Softball Coaches! The Softball Season is coming, make sure to attend the coaches meeting to participate this season.

PFC Ice Rink Warm Up Area, Bldg 13709
Call 353-7223, registration required

15

UFC 262

May 15
Doors open at 3 p.m.

Come out to the Zone for all ticket UFC fights! Main Event: Oliveira vs Chandler. Must be 18+ DoD ID Card holder to enter the Warrior Zone.

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

15

Boater Safety Course

Registration Deadline: May 15
Event: May 22, 8 a.m. - Noon & 1 - 4 p.m.

Are you wanting to checkout a motorized boat this Summer? Get certified with Outdoor Rec! Certification is valid for 3 years. Spots fill quickly, register soon.

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

USAG ALASKA FAMILY AND MWR

HIRING FAIR

WEDNESDAY, MAY 19, 12 - 4 P.M.
AT LAST FRONTIER COMMUNITY ACTIVITY CENTER
BLDG. 1044 APPLE ST.

Are you a Military Spouse looking for a career that will follow you from installation to installation?
Are you interested in gaining employment with the Federal Government?
We have employment opportunities available, contact the NAF HR Office today for more information!

JOB OPPORTUNITIES IN THE FIELD OF:
Child and Youth Program Assistant // Cook // Recreation Assistant
Cook (CYS) // Custodial Worker // Laborer
Food Service Worker // Recreation Assistant (Physical Fitness)
Recreation Assistant (Lifeguard/Pool Operator) // Tractor Operator

DRESS FOR SUCCESS!
Please bring: Resume, High School Diploma and/or Transcripts,
Also can bring PCS Orders, DD-214, or other supporting documents, if available.
*Allow ample time to complete additional paperwork following the interview.
Non-DoD ID cardholders needing post access must contact the NAF HR Office via e-mail
at usarmy.wainwright.chra-west.mbx.naf@mail.mil by May 7.

COVID parameters are in place but those who would like to attend virtually can
do so by contacting the NAF HR Office

FOR INFORMATION VISIT: WAINWRIGHT.ARMYMWR.COM

U.S. ARMY MWR

U.S. Army Human Resources Office
Murphy Hall, 1044 Apple Street, Ft. Wainwright, AK 99703
www.wainwright.armymwr.com
#WainwrightMWR



Join Youth Sports and Fitness for Baseball, T-ball, and Track and Field this Summer Season! Register by calling (907) 353-7713. Find more info at wainwright.armymwr.com.

@WainwrightMWR #WainwrightMWR

Please Join Us!

Airport Way/Steese Expressway Reconstruction Project

The Alaska Department of Transportation and Public Facilities (DOT&PF), under the Highway Safety Improvement Program, is pursuing safety improvements at the intersection of Gaffney Road, Airport Way, Richardson Highway, and the Steese Expressway (GARS) in Fairbanks, Alaska. This project is located at the front gate of Ft. Wainwright at the cross streets of Gaffney Road and the Richardson Highway.

You are invited to attend an online public meeting to learn about project updates. Upon completion of the online public meeting, head over to the online open house to learn more about the project! We've selected our preferred design and now we want to hear what you think about it!

Arctic Community Information Exchange

- **Time and Date:** 6:00 pm Tuesday, May 11, 2021
- **Location:** Tune in to the livestream on Fort Wainwright's Facebook page

Online Public Meeting

- **Tuesday, April 27, 2021** from 4:00 pm–6:00 pm
- **Project Presentation:** 4:30 pm–5:00 pm
- **WebEx Event Link:**
<https://meethdr.webex.com/meethdr/onstage/g.php?MTID=e896bc1148d0f4631773c7172565db0ea>
- **Access Code:** 187 803 9575

Scan me with
your smartphone
camera



Online Open House

- **April 20–May 25, 2021**
- www.GARSreconstructiononline.com

Visit www.GARSreconstruction.com for project information. If you require additional information or have questions about the virtual public meeting or online open house, please contact Josie Wilson, Public Involvement Lead, at (907) 644-2000 or info@garsreconstruction.com.

Project Number: 000213851/NHFW00245 Airport Way/Steese Expressway Reconstruction Project

The environmental review, consultation, and other actions required by applicable Federal environmental laws for this project are being, or have been, carried out by DOT&PF pursuant to 23 U.S.C. 327 and a Memorandum of Understanding dated November 3, 2017, and executed by FHWA and DOT&PF.

The DOT&PF operates Federal Programs without regard to race, color, national origin, sex, age, or disability. Full Title VI Nondiscrimination Policy: dot.alaska.gov/tvl_statement.shtml. To file a complaint go to: dot.alaska.gov/tvlrts/tlvtv.shtml.

The DOT&PF complies with Title II of the Americans with Disabilities Act of 1990. Individuals with disabilities who may need auxiliary aids, services, and/or special modifications to participate in this Online Open House and Online Public Meeting should contact Josie Wilson, (907) 644-2000 or TDD number 711. Requests should be made at least 5 days before the accommodation is needed to make any necessary arrangements.

FORT WAINWRIGHT FIRE & EMERGENCY SERVICES

FIRE PIT SAFETY



Did you know you can request your fire pit permit at the Fire Prevention office on Post? References and standards for the use of fire pits/open flames on Post comes from AR 420-1 and NFPA 1



Contact the Fort Wainwright Fire Prevention Office for further guidance, 907-353-9134 or 9133, 9140, 9141

Fire Inspectors: Vockert, Smith, Jones

Assistant Chief of Fire Prevention
John E. Serrato

907-353-9164

john.e.serrato.civ@mail.mil

Fire Prevention Office
1049 Chena Road Apt. 9

Fort Wainwright AK, 99703



****Self-contained Fire Pits Only**** -- Typically purchased from retail store.
a) Must have solid bottom & completely contained sides (all mesh or metal, no openings). b) Must be located 15 ft from all structures, including decks, sheds, fences, and house. c) Must have mesh cover when in use. Open flames are not allowed at any time.

The Following Safeguards are Mandatory on Post:

- ◆ Permit must be clearly posted on the front of the home/barracks/building.
- ◆ The requester and his/her designated representative must be present & physically at the fire pit at all times. Children need supervision around the fire pit.
- ◆ Adequate extinguishing agent(s) must be present and immediately available. (Bucket(s) of water, sand or as a minimum an ABC fire extinguisher).
- ◆ Before using, call Fire Dispatch Office at 353-9170 to activate/deactivate permit.
- ◆ Area must be clear of all leaves, branches or other combustibles for at 36" from fire pit.
- ◆ Fire Pit must be 15 ft from a building & will not be on any decks.
- ◆ Ensure that the fire pit is completely out and hot ashes disposed of properly.
- ◆ The burning of trash in the fire pit is strictly prohibited.
- ◆ Highly flammable/combustible liquids will not be used to start a fire.
- ◆ Dial 9-1-1 for an emergency.

LASER

Continued from page 5

University of Pennsylvania and Duke University, with Army funding, designed and built two-dimensional arrays of closely packed micro-lasers that have the stability of a single micro-laser but can collectively achieve power density orders of magnitude higher. They published a study in the peer-reviewed journal Science demonstrating the super-symmetric micro-laser array.

Robots and autonomous vehicles that use LiDAR for optical sensing and ranging, manufacturing and material processing techniques that use lasers, are some of many other potential applications of this research.

“One seemingly straightforward method to achieve a high-power, single-mode laser is to couple multiple identical single-mode lasers together to form a laser array,” said Dr. Liang Feng, associate professor in the

departments of Materials Science and Engineering and Electrical and Systems Engineering at University of Pennsylvania. “Intuitively, this laser array would have an enhanced emission power, but because of the nature of complexity associated with a coupled system, it will also have multiple super-modes. Unfortunately, the competition between modes makes the laser array less coherent.”

Coupling two lasers produces two super-modes, but that number increases quadratically as lasers are arrayed in the two-dimensional grids eyed for photonic sensing and LiDAR applications.

“Single mode operation is critical because the radiance and brightness of the laser array increase with number of lasers only if they are all phase-locked into a single super-mode,” said Xingdu Qiao, doctoral candidate

at University of Pennsylvania. “Inspired by the concept of supersymmetry from physics, we can achieve this kind of phase-locked single-mode lasing in a laser array by adding a dissipative super-partner.”

In particle physics, super-symmetry is the theory that all elementary particles of the two main classes, bosons and fermions, have a yet undiscovered super-partner in the other class. The mathematical tools that predict the properties of each particle’s hypothetical super-partner can also be applied to the properties of lasers.

Compared to elementary particles, fabricating a single micro-laser’s super-partner is relatively simple. The complexity lies in adapting super-symmetry’s mathematical transformations to produce an entire super-partner array that has the correct energy

levels to cancel out all but the desired single mode of the original.

Prior to this research, super-partner laser arrays could only have been one-dimensional, with each of the laser elements aligned in a row. By solving the mathematical relationships that govern the directions in which the individual elements couple to one another, this new study demonstrates an array with five rows and five columns of micro-lasers.

“When the lossy super-symmetric partner array and the original laser array are coupled together, all the super-modes except for the fundamental mode are dissipated, resulting in single-mode lasing with 25 times the power and more than 100 times the power density of the original array,” said Dr. Ziheng Gao, a post-doctoral fellow in Feng’s program, “We envision a much more dramatic

power scaling by applying our generic scheme for a much larger array even in three dimensions. The engineering behind it is the same.”

The study also shows that the technique is compatible with the team’s earlier research on vortex lasers, which can precisely control orbital angular momentum, or how a laser beam spirals around its axis of travel. The ability to manipulate this property of light could enable photonic systems encoded at even higher densities than previously imagined.

“Bringing super-symmetry to two-dimensional laser arrays constitutes a powerful toolbox for potential large-scale integrated photonic systems,” Feng said.

In addition to the Army, the National Science Foundation and the Sloan Research Fellowship supported this research.

OXYGEN

Continued from page 4

Langdon said that USAMMDA is currently testing two commercial off-the-shelf products. One of the devices being tested has the ability to be placed on the shelf for up to three years without any need for maintenance, a bigger advantage over the current model in use.

“Since this is a COTS item, the devices being tested are already in production and can currently be purchased. However, the Army still needs to test it for airworthi-

ness and also MIL-STD-810H testing,” Langdon said.

MIL-STD-810 is a United States Military Standard that emphasizes tailoring an equipment’s environmental design and test limits to the conditions that it will experience throughout its service life, and establishing chamber test methods that replicate the effects of environments on the equipment rather than imitating the environments themselves. Although prepared

specifically for military applications, the standard is often used for commercial products as well.

The OGFP weighs 12 pounds and was an advanced development item that was specifically designed for the Army’s use. FOGR outweighs the current device by a few pounds, but has less maintenance issues.

Langdon said that the Army is looking to get quantitative data from the testing that will allow for informed decisions on these

variants and if they will fit the end user’s needs.

When asked when

FOGR will be available to the Army, he added, “These devices are both already in

production. If one is selected, it will be fielded to the force later this year.”

MAY 2021

Disaster Preparedness for Your Pet... If a disaster strikes, what will happen to your pet? Follow these tips to make an emergency plan for your pets:

- 1. Microchip your pets:** Microchip identification is one of the best ways to ensure you and your pet are reunited if separated. Keep the microchip registration updated; include at least one emergency number of a friend or relative who resides out of your immediate area.
- 2. Keep a collar and tag on all cats and dogs:** Keep several current phone numbers on your animal’s identification tag. Identification on indoor-only cats is very important. If your home is damaged during a disaster, they could easily escape.
- 3. Plan a pet-friendly place to stay:** Search in advance for out-of-area pet-friendly hotels or boarding facilities, or make a housing exchange agreement with an out-of-area friend or relative. Never leave your pet behind if you evacuate!
- 4. Use the buddy system:** Exchange pet information, evacuation plans, and house keys with a trusted neighbor or nearby friends. If you’re caught outside evacuation lines when an evacuation order is issued, they can evacuate your pets for you.
- 5. Prepare an emergency kit for each animal:** Stock up on the items you may need during a disaster now so you do not get caught unprepared. These are basic items you should include in your pet’s disaster kits. Store your disaster kit supplies in an easy-to-grab container.
 - ☐ One-week supply of food. Store it in a water-tight container and rotate it every three months to keep it fresh. If you use canned food, include a spare can opener.
 - ☐ One-week supply of fresh water. If your household water is unfit to drink, it’s also unsafe for your pets. Follow American Red Cross guidelines for storing emergency water for your family and your pets.
 - ☐ Medication. A replacement supply for your pet may not be easily available following a disaster.
 - ☐ Copies of vaccination records.
 - ☐ Photographs of you with your pets to prove ownership and photographs of your pets in case you need to make “lost pet” fliers.
 - ☐ Pet first aid kit.
 - ☐ Carrier or leash for each animal.
 - ☐ Temporary ID tags. If evacuated, use tags to record your temporary contact information and/or number of an unaffected friend or relative.
- 6. Identify emergency veterinary facilities outside of your immediate area:** If a disaster has affected your community, emergency veterinary facilities may be closed. Pets may become injured or ill during the disaster, so make sure you know how to access other emergency facilities. You can also check with your veterinarian to find out if they have an emergency plan that includes setting up in an alternate, emergency facility.
- 7. Plan for temporary confinement:** Physical structures, like walls, fences and barns may be destroyed during a disaster. Have a plan for keeping your animal safely confined. Often, when animals are evacuated to unfamiliar locations, their stress and fear can lead to illness injury.
- 8. Comfort your animals:** Your animals will appreciate your calm presence and comforting voice if they are stressed following a disaster or while evacuated. You may find it comforting to spend time with them, too. Some animals may be too scared to be comforted. Interact with them on their terms. Some animals may find toys, especially long-lasting chew toys, comforting.
- 9. Know where to search for lost animals:** When animals become lost during a disaster, they often end up at a local shelter. Keep handy the locations and phone numbers of the shelters in your area.
- 10. Get children involved in disaster preparedness plans:** Discuss how to prepare for disasters and how to safeguard animals in their care.

For more information visit www.ready.gov/animals

