

# ALASKA POST FREE

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**DAILY NEWS - MINER**

The Interior Military News Connection

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Fort Wainwright, Alaska

July 23, 2021

## Army aims to assist Soldiers during turbulent moving season

**Joseph Lacdan**  
Army News Service

To aid Soldiers during a challenging permanent change of station season, which is seeing some delays with household goods shipments due to the current environment, the Army has widened the window for Soldiers to report to their next duty station.

Soldiers scheduled to report to a new assignment between July 6 and Sept. 30 can now check in up to 30 days before their scheduled report date and as much as 20 days after. Often a Soldier's report date can be dependent on when a government-arranged moving company can trans-

port their household goods, said Scott Kuhar, deputy chief of the Operations Management Division, or OMD, at Army Human Resources Command's Enlisted Personnel Management Directorate.

However, regardless of a Soldier's report date, they must complete the process and report to their new assignment no later than Nov. 10, when the service begins transitioning to its new Integrated Personnel and Pay System-Army. Kuhar said the service will shut down its personnel systems shortly after that date in order to make the transition.

If Soldiers find they cannot begin in-process-

ing within 20 days of their original report date, they can turn to their installation's military personnel division, or MPD, which can then authorize a deferment of up to 60 days from the original report date if necessary, provided that the extra time does not extend past Nov. 10.

"We know this year is more challenging than usual, and we are working to give our Soldiers and families options, resources, and flexibility to reduce as much stress as possible," said Gen. Edward Daly, commander of Army Materiel Command.



To assist Soldiers and families during a busier than expected moving season, the Army has enacted measures to make moves smoother. The service recently announced that it has extended the window for Soldiers scheduled to report to a new assignment between July 6 and Sept. 30. Soldiers can now check in up to 30 days before their scheduled report date and as much as 20 days after, provided that the final report date is before Nov. 10. (Photo by Eric Pilgrim)

See MOVE on page 5



Vincent Speranza, World War II Veteran and machine gunner from the 501st Infantry Regiment, takes a group photo with junior paratroopers of the 1st Battalion, 501st Infantry Regiment, during a visit to Joint Base Elmendorf-Richardson, July 15, 2021. Speranza traveled to JBER to meet and share stories about his World War II experiences with the paratroopers of the 1-501st PIR and the 4th Infantry Brigade Combat Team (Airborne), 25th Infantry Division, "Spartan Brigade." The Spartan Brigade is the only airborne infantry brigade combat team in the Arctic and Pacific theaters, providing the combatant commander with the unique capability to project an expeditionary force by air. (Photo by Maj. Jason Welch)

## World War II veteran visits Alaskan paratroopers

**Maj. Jason Welch**

World War II paratrooper, machine gunner, Bastogne legend, and storyteller, Vincent Speranza, visited the Spartan Brigade this week.

Speranza served with H Company, 501st Infantry Regiment of the 101st Airborne Division, and fought during the Battle of the Bulge in Bastogne and then in Germany before the war ended.

He traveled to JBER to meet with and share stories with the Paratroopers of the 1st Battalion, 501st Parachute Infantry Regiment, an infantry battalion that traces its roots to Speranza's unit and is currently part of the 4th Infantry Brigade Combat Team (Airborne), 25th Infantry Division, at JBER.

"It's hard for me, a private first class, to give leadership advice to soldiers that are already more senior," said Speranza. "But I can share my experiences and tell it like it was on the battlefield."

Speranza was drafted in 1943 as an infantryman and volunteered for para-

chute school after seeing an airborne training jump for the first time.

When German forces broke through Allied lines during the Battle of the Bulge in 1944, Speranza and his fellow Paratroopers were trucked to the front lines.

They faced extreme cold temperatures and frozen ground – something the Paratroopers of the Alaskan-based 1-501st PIR could relate to after months of training in the harsh Alaskan winter.

Like Speranza, Spc. Ryan Lindsley is also a machine gunner, currently assigned to Comanche Company, 1-501st PIR.

"I feel like I relate to him most about the camaraderie and always looking out for each other," said Lindsley. "No matter how tough things get, there's always something to look forward to; and in a terrible situation, there's always some way to find the bright side, to bring out the best in everything."

Speranza may be best known for bringing his wounded comrades a

helmet full of beer while besieged in Bastogne. That story led a local brewery in Belgium to create "Airborne Beer," served in ceramic mugs shaped like American GI helmets.

"It's hard to live up to expectations and fill shoes of that size, of a man who left such a big legacy," said Lindsley. "When your foxhole buddy wants a beer, you get him a damn beer."

Near the end of the war, Speranza and his fellow paratroopers discovered a Jewish concentration camp that included mass graves and ovens used to cremate the dead.

Speranza said the images and experiences from that day live forever in his mind.

When his unit reached Adolf Hitler's infamous "Eagle's Nest," Speranza saw a map depicting the Axis Powers' plans for post-war victory where the entire globe was divided amongst the German, Italian and Japanese governments.

"If anybody ever doubted why we had to fight that war, there it was on the wall," said Speranza.

## Army offers helpful PCS resources as COVID-19 creates household goods shipment delays

Fort Leonard Wood Public Affairs Office

The COVID-19 pandemic has put strains on many aspects of normalcy around the world, and the large numbers of service members completing a permanent-change-of-station, or PCS, move this summer are seeing delays in household goods shipments due to private-sector shortages in labor, equipment and supplies.

To alleviate as much of the uncertainty as possible, the Army has tools available and advice to make a PCS more convenient, predictable and user friendly.

The Army PCS Move App — available for download from the Google Play and Apple app stores — offers information on financial management, entitlements, types of moves, planning, scheduling and the claims process. In addition, it provides practical advice, links and interactive functions such as live chat to make the PCS move a low-hassle experience. Additionally, local transportation offices are ready to help. Contact information for the closest transportation office can be found at the official Department of Defense Customer Moving Portal, or by calling the Army PCS Help Desk at 1.800.521.9959.

Upon receipt of orders, Soldiers should immediately create an

See PCS on page 5

### WEEKEND WEATHER

Friday



Saturday



Sunday



Rain showers likely. High: 76F.

Chance of rain showers. High: 70F.

Partly sunny. High: 74F.

### IN BRIEF

Spc. Benard Keter crossed the finish line of the men's 3,000-meter steeplechase with a time of 8:21.81 at the U.S. Track and Field Olympic Trials June 25, earning his spot to compete at the Summer Olympic games in Tokyo, Japan.

Read more on page 7.

# Nutrition Corner: Nutrition 101

Taste is at the top of the list that drives what food Americans choose. Making the choice to eat healthy does not have to be a sentence to have a bland diet. Make healthy eating taste good to help you keep up with your healthy lifestyle. Enhance the flavor of your meat, poultry, and fish with high heat/lower fat techniques such as pan searing, grilling, and broiling. These will help to brown meat and enhance flavor. Try this even with your slow cooked

roasts and you will see the difference in taste! Brush your vegetables with some herbs and heart healthy olive oil and roast them at a high temperature (450oF). Use different colors of peppers with different flavors to spice things up a bit. Even small amounts of hot pepper sauce can enhance recipes. Acidic ingredients like lemon and orange peel help to balance flavor. Don't forget the low calorie condiments like wasabi, salsas and mustards to add a delicious pop

to your recipes. When you use onions in your recipes, try caramelizing them in a small amount of oil to bring out their flavor. Remember that, most of the time, you can cut some sugar, salt, and/or fat from recipes without altering the flavor and quality. Don't blindly follow recipes – make alterations to make them both delicious and nutritious.

#### Featured Food:

Figs. Figs are a great snack on their own or as

part of a recipe. Figs are naturally low in fat and sodium but contain almost 1g of fiber per fig.

#### Recipe Spotlight: Chocolate Covered

**Figs:**  
 3/4 cup dark chocolate  
 12 fresh black figs  
 1/4 -1/2 cup finely chopped walnuts or pecans

- Melt chocolate in double boiler or microwave
- Dip figs into melted chocolate

- Sprinkle with nuts and place on parchment paper
- Refrigerate for 30 minutes

#### References:

Cunningham, Eleese. Seven ways to enhance the flavor of your meals. The Academy of Nutrition and Dietetics website. <http://www.eatright.org/resource/food/planning-and-prep/cooking-tips-and-trends/enhancing-the-flavor-of-your-meals>. April 7, 2016.. Accessed April 11, 2016.

## History Snapshot: F-89D Scorpion of the 449th Fighter Interceptor Squadron, Ladd Field 1957



After 1954, the F-89 Scorpion was the primary air defense aircraft at Ladd Field, replacing the F-94. The F-89 carried two types of weapons. In each of two large wing tip pods, there were 102 2.75-inch folding fin aircraft rockets, or FFARs, used as close-in weapons. Additionally, the F-89s carried AIR2A Genie un-guided atomic rockets, which would be used at long-range to attack enemy bomber formations. Both required pilot to use the on-board computerized radar system to calculate trajectories before firing.

## 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:** 361-6829  
**Immunizations:** 361-5456  
**Information Desk:** 361-5172  
**Patient Advocate:** 361-5291  
**Pharmacy Refills:** 361-5803  
**MEDDAC-AK Website:** [www.bassett-wainwright.tricare.mil](http://www.bassett-wainwright.tricare.mil)  
**MHS Patient Portal:**

<https://myaccess.dmdc.osd.mil/>  
**Health Net:** [www.tricare-west.com](http://www.tricare-west.com), 1-844-8676-9378

### Doctor on demand

Virtual appointments are even easier now with the addition of dr+ on demand! Family members and retirees enrolled in TRICARE may use the 24/7 virtual urgent care without a referral. Register at [www.doctorondemand.com/hnfs](http://www.doctorondemand.com/hnfs) and then download the app for instant access to board-certified doctors throughout the country.

### Health coaching

The Fort Wainwright Army Wellness Center offers health coaching sessions for TRICARE beneficiaries and DOD civilians. Work on health and wellness goals during over the phone appointments by calling 907-361-2234.

### Appointments from home

In partnership with TRICARE, PM Pediatrics is offering virtual appointments for TRICARE beneficiaries from birth

through 26 years old. Visit with a pediatrician using your smart phone, table or computer from anywhere. Common illnesses that can be treated are sprains and strains, respiratory infections, coughs, skin rashes, sinus infections and pink eye. Get started by downloading the

PMP Anywhere app or by visiting [pmpediatricsanywhere.com](http://pmpediatricsanywhere.com).

### Over the counter medications

Bassett Army Community Hospital Pharmacy offers beneficiaries the ability to receive free over the counter medica-

tions. 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.

## ALASKA POST

The Interior Military News Connection

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# The Chaplain's Corner

## The power of serving others

**Chaplain (Capt.) Michael Hale**  
1st Battalion, 5th Infantry Regiment Chaplain

Serving in the military is a daily reminder that we are being trained to face a physical enemy, foreign or domestic. We subject ourselves to countless field exercises, rifle ranges and qualifications; skill development in land navigation and weapon proficiency. Oh, and don't forget the basic skills to survive in an austere environment. Recently I have started using the military's warfighting principles to apply to how we approach our spiritual lives. I am fully convinced that much like the physical battles we face regularly in our society and in the military, we also are facing a

spiritual enemy that seeks to kill, steal, and destroy everyone it comes in contact with.

I have provided pastoral counseling now for over 25 years serving the military, the church, and those I meet on life's journey. Recently I have noticed that there are many who find themselves feeling lost, discouraged and unfulfilled, which may correlate to the fact I have performed several Soldier memorials over the last year. This is a complete 180-degree difference from our most recent deployment (2019-2020), where we never once lost a Soldier. So what is the difference? During deployment we had less distractions and our sole purpose was to serve. Now that we have returned

home, we have more of everything, which can be overwhelming, and we have been isolated through most of the year through social distancing and COVID restrictions. It is through this past year's difficulties that I see a spiritual enemy exploiting and manipulating our circumstances, and the spiritual entropy in isolation keeping us feeling unfulfilled. This isolation has taken a huge toll on how we view ourselves and kept us from a created purpose to selflessly serve others. However, we need to overcome the limitations of this last year spiritually, physically and mentally in order to obtain a sense of our God given purpose.

I like how Mata Amritanandamayi, an Indian Hindu spiri-

tual leader, addresses the mental process of humans through her simple quote suggesting that we "purify the mind through selfless service."

Mahatma Gandhi, political ethicist, suggests that we can find purpose and our true self by "losing yourself in the service to others." Steven Covey, American educator and businessman, addresses how we can experience intrinsic worth and self-respect through our anonymous service to others.

Some practical examples of serving others can involve small acts of kindness by doing things to bless others without being asked or told, helping a neighbor move in or watching their kids when they need to run a quick



errand. One can volunteer at a local school, church, sports league, food bank, or rescue mission.

There are many road blocks that the spiritual enemy has attempted to throw at us over this last year to hinder us from purpose. This attack has cut us off from our supply lines of selfless service and clouded us emotional-

ly, physically, mentally and spiritually. Now, it seems that people are beginning to get out more and engage with each other again. My encouragement to all of us is to look outside ourselves, to serve others as we move forward into a new norm, and to enjoy the benefits of a renewed mind, reenergized purpose, and intrinsic worth.

## New material could mean lightweight armor, protective coatings

U.S. Army DEVCOM Army Research Laboratory Public Affairs

Army-funded research identified a new material that may lead to lightweight armor, protective coatings, blast shields and other impact-resistant structures.

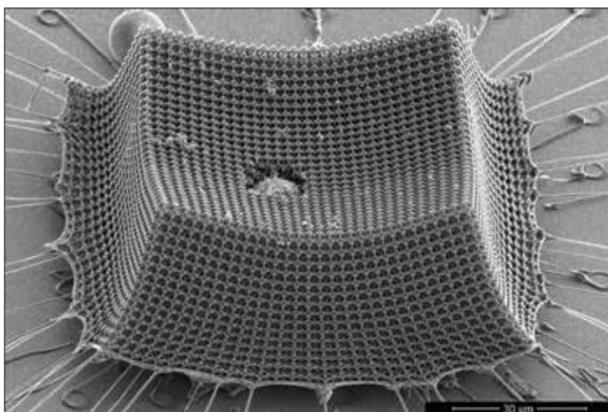
Researchers at the U.S. Army's Institute for Soldier Nanotechnologies at the Massachusetts Institute of Technology, Caltech and ETH Zürich found that materials formed from precisely patterned nanoscale trusses are tougher than Kevlar and steel.

In experiments, the ultralight structures, called nanoarchitected materials, absorbed the impact of microscopic projectiles accelerated to supersonic speeds.

"Increasing protection while simultaneously decreasing the weight that soldiers carry is an overreaching theme in our research," said Dr. James Burgess, ISN program manager for the U.S. Army Combat Capabilities Development Command, known as DEVCOM, Army Research Laboratory. "This project is a really good example of such efforts where projectile energy absorption is nanostructured mechanism based."

The research, published in Nature Materials, found that the material prevented the projectiles from tearing through it.

"The same amount of mass of our material would be much more efficient at stopping a projectile than the same amount of mass of Kevlar," said Dr. Carlos



Army-funded research identifies a new material that may lead to lightweight armor, protective coatings, blast shields, and other impact-resistant structures. (Courtesy)

Portela, assistant professor of mechanical engineering at MIT, the study's lead author.

The researchers calculate that the new material absorbs impacts more efficiently than steel, Kevlar, aluminum and other impact-resistant materials of comparable weight.

"The knowledge from this work...could provide design principles for ultra-lightweight impact resistant materials [for use in] efficient armor materials, protective coatings, and blast-resistant shields desirable in defense and space applications," said co-author Dr. Julia R. Greer, a professor of materials science, mechanics, and medical engineering at Caltech, whose lab fabricated the material.

Nanoarchitected materials are known to feature impressive properties like exceptional lightness and resilience; however, until now, the potential for additional applications has largely been untested.

"We only know about its

response in a slow-deformation regime, whereas a lot of their practical use is hypothesized to be in real-world applications where nothing deforms slowly," Portela said.

To help fill this vital knowledge gap, the research team set out to study nanoarchitected materials undergoing fast deformation, such as that caused by high-velocity impacts. At Caltech, researchers first fabricated a repeating pattern known as a tetrakaidecahedron—a lattice configuration composed of microscopic struts—using two-photo lithography, a technique that uses a high-powered laser to solidify microscopic structures in photosensitive resin.

To test the tetrakaidecahedron's resilience to extreme, rapid deformation, the team performed experiments at MIT using the ISN-developed laser-induced particle impact array. This device aims an ultrafast laser through a glass slide. As the laser passes through the slide,

it generates a plasma, an immediate expansion of gas that launches the particles toward the target.

By adjusting the laser's power to control the speed of the microparticle projectiles, the researchers tested microparticle velocities within the supersonic range.

"Some experiments achieved twice the speed of sound, easily," Portela said.

Using a high-speed camera, the researchers captured videos of the microparticles impacting the nanoarchitected material. They had fabricated material of two different densities. A comparison of the two materials' impact response, found the denser one to be more resilient, and microparticles tended to embed in the material rather than tear through it.

To get a closer look, the researchers carefully sliced through the embedded microparticles and nanoarchitected target. They found that the struts below the embedded particle had crumpled and compacted in response to the impact, but the surrounding struts remained intact.

"We show the material can absorb a lot of energy because of this shock compaction mechanism of struts at the nanoscale, versus something that's fully dense and monolithic, not nanoarchitected," Portela said.

Going forward, Portela plans to explore various nanostructured configurations other than carbon, and ways to scale up the production of these nanostructures, all with the goal of designing tougher, lighter materials.

## 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

**Need advice for your PCS move**

Local transportation offices are ready to help. Find the telephone number for the closest transportation office at the Official DOD Customer Moving Portal: <https://move.mil/customer-service>, or call the Army PCS Help Desk at 1-800-521-9959.

# Recent test highlights energy resilience on Army posts

**Devon L. Suits**  
Army News Service

A recent energy resilience evaluation at U.S. Army Garrison Hawaii demonstrated that Schofield Barracks, Wheeler Army Airfield and Field Station Kunia could be isolated and powered during a significant outage to ensure mission continuity, according to Army installation and energy leaders.

The joint Army and Hawaiian Electric Company evaluation held in May was just one example of how the Army has collaborated with industry partners to develop best practices in the event of a physical or kinetic attack, natural disaster, or cyber-enabled event, said Jack Surash, the senior official performing the duties of the assistant secretary of the Army for installations, energy and environment.

"The Army's ability to accomplish its mission of

protecting U.S. national security interests at home and abroad depends on resilient, uninterrupted access to energy," Surash told reporters Wednesday. "Energy and water resilience, or uninterrupted access to energy and water, is absolutely essential for Army readiness."

During the evaluation, Hawaiian Electric disconnected the three installations from the primary power grid in the early hours of May 22, according to Army Office of Energy Initiatives officials.

In less than an hour, the company established a microgrid powered by the utility-owned Schofield Generating Station, or SGS, and restored power across the Army service area.

"In the event of an emergency where power is lost, Schofield Barracks and U.S. Army



A recent energy resilience evaluation from May 22-23, 2021, across Schofield Barracks, Wheeler Army Airfield, and Field Station Kunia in Hawaii demonstrated that the locations could be isolated and powered during a significant outage to ensure mission continuity. (Courtesy photo)

See ENERGY on page 7

## CONTACT INFORMATION

North Haven Communities Maintenance  
(907) 356-7000  
<https://www.nhcalaska.com>

U.S. Army Garrison Alaska Directorate of Public Works (DPW), Environmental Division

Front Desk  
(907) 361-9686

Water Program  
(907) 361-6220

Pest Management  
(907) 361-4539

24-Hour Spill Reporting Hotline  
*(for spills outside of housing areas)*  
(907) 482-7267

Household Hazardous Waste Program  
(907) 356-2023

Learn more about lawn care, gardening, composting, and invasive species in the Fairbanks area from the UAF Cooperative Extension:  
<https://uaf.edu/ces/garden/>

For more information, visit the Fort Wainwright Storm Water website:  
<https://home.army.mil/Alaska/index.php/Fort-Wainwright/Storm-Water>

From the U.S. Army Garrison Alaska Storm Water Program

# HEALTHY YARDS & GARDENS

on Fort Wainwright



### WATER

Wait to water your lawn until the grass begins to wilt. Apply about ½ to 1 inch of water so it soaks down into the ground, which helps the roots grow deeper.

### MOWING

**Mow high** - longer grass keeps the roots stronger, keeps moisture in the soil, and discourages weeds. Make sure your lawnmower is adjusted to 2 ½ to 3 ½ inches.

**Mow often** - Try to mow before the blades reach 4 to 5 inches. Leave grass clippings in place to recycle nitrogen. Avoid piling or clumping clippings in one area to prevent a rush of nutrients into storm water, which can lead to dead plants, algae growth, or unhappy fish.

### AERATE

Aerate your lawn once a month by using a lawn mower attachment or spiky shoes. Aeration helps the grass's roots grow stronger and helps water soak in. Rake or remove thatch buildup that exceeds ½ inch.

Fertilizer can also be a source of excess nutrients. Don't apply fertilizer, pesticides, or other chemicals in the rain or when heavy rain is forecasted.

### FERTILIZER

Fertilize grass only when needed and use **slow-release fertilizers**. Granular fertilizers should be applied to moist soil and watered after application. Alaska typically has acidic soil, so agricultural lime is sometimes used to balance the chemistry.

With a few modifications for the short growing season, composting is a great way to turn food waste into nutrient-rich soil.

### SEED

Re-seed areas where grass has eroded or died and use seeds approved for Alaska. **Do not plant invasive species** such as European bird cherry, common tansy, and others. Remove invasive species like bird vetch and foxtail barley.

## PET WASTE

Pick up pet waste regularly. Dog and cat feces can be harmful to the environment. It "burns" grass with excess nutrients, spread bacteria and diseases, and is smelly and unsightly.

Cat and dog feces increase the risk of harmful parasites when they remain on the ground. Some parasites, like roundworm eggs, may not be infectious in the first 24 hours, but if left out can make the soil infectious for years.

No more than 3 piles should be in the yard at a time, and pet waste in common areas must be cleaned up immediately. **Scoop it up!**

### PEST & WEED MANAGEMENT

USAG Alaska's Integrated Pest Management Plan uses a holistic approach to control pesticides and herbicides across the installation. All pesticides are a type of poison, and storm water can wash them into streams and rivers where they don't belong. For information, contact the DPW Environmental Division Pest Manager.

North Haven Communities (NHC) does all control for ants, wasps, hornets, and other pests in family housing areas. For help, contact NHC Maintenance.

Pests may be a symptom of an underlying problem. Use non-chemical methods, like **weeding, mulching or wide-row planting**. Certified pest controllers must use the minimum amount of chemicals needed. Herbicides must **never** be used in areas where children play.

Misuse of pesticides, and use inconsistent with the label, is a violation of Federal Law, so it is best to leave it to the professionals.

**Bees** and other pollinators are vital helpers. Planting native species, providing shallow water, and avoiding insecticides helps them and the whole ecosystem.

### SPILLS

**Clean up spills** of pesticides, petroleum, and other pollutants and report to NHC Maintenance in housing areas at (907) 356-7000.

Outside of housing areas, report spills to the Garrison's 24-hour Spill Reporting Line at (907) 482-7267.

### HHW

Bring leftover or unneeded products to the **Household Hazardous Waste (HHW) Program** at Building 3489. You can also pick up reusable products for free!

# PCS

Continued from page 1

account or log on to the Defense Personal Property System, upload their orders and complete all shipment applications for the move. The next step is to visit the local transportation office for counseling, which will assist Soldiers, civilians and families with state-side and overseas moves. By contacting the transportation office quickly, customers will have a better chance of scheduling a convenient move, receive confirmation of booking a moving company in advance, and receive approval to conduct what's called a personally procured move. A PPM, as they're commonly called, is designed to provide service members with an alternative to move their household goods on their own. Members may move their personal property themselves, using rental equipment, their own vehicle or by hiring their own commercial carrier. For more information on PPMs, visit <https://move.mil/tutorials/create-a-ppm-shipment>.

Since each move has unique needs and requirements, Military One Source offers strategies for

smooth moves, relocation assistance and personalized support that can be found on their website. Their 24/7 hotline — 1.833.645.6683 — provides customer-support representatives who can offer assistance and answer questions. The Army also released three household goods claims videos, located on the Army PCS Move App, to provide answers to frequently asked questions.

Army officials also offered the following tips to make a PCS run as smoothly as possible:

- Soldiers may request their government travel charge card limit be raised to the maximum of \$25,000, to be used for authorized moving expenses.
- Soldiers and families PCSing without a GTCC may request a pay advance through their Organizational Defense Travel Administrator if they're planning to conduct a PPM.
- Soldiers should reach out to their gaining installation housing office as soon as they get their PCS orders.
- Beware of scammers. Use only an approved moving



(U.S. Army photo)

company registered with the federal government. More information can be found at the Federal Motor Carrier Safety Administration website..

Soldiers PCSing outside the continental United States are authorized an overseas housing allowance, dislocation allowance and temporary lodging allowance for no more than 60 days. However, extensions may be authorized when certain reasons exist, such as non-arrival of household goods or a delay in the availability of government quarters due to service requirements.

Soldiers PCSing

inside the continental United States are authorized a basic allowance for housing, dislocation allowance and temporary lodging expense up to 10 days, depending on the location. TLE reimbursement must not exceed \$290 per day.

Options exist for Soldiers and families with no DOD moving company assigned who have a 30-day or less home sale or expiring lease, or a short-notice report date that cannot be extended; or a short-notice DOD moving company cancellation or missed pack and pick up.

• Option one: The government picks up

the household goods and places them into an origin storage facility until a DOD moving company can move it forward to the destination with some delays expected.

• Option two: The Soldier conducts a PPM from the residence to a local self-storage facility and receives actual cost reimbursement until the government can schedule a DOD moving company to move it to the destination. An ACR allows reimbursement, which could be significantly higher than normal government contracted rates.

• Option three: The Soldier conducts

a full PPM at 100 percent of what the government would pay a moving company to move all of the household goods from the origin to the destination duty station. This option is not recommended for OCONUS moves.

• Option four: The Soldiers receive an ACR memorandum from the transportation office to hire a commercial moving company with a minimum of two commercial invoice estimates.

After a shipment is delivered, Soldiers should complete the customer satisfaction survey on the Defense Personal Property System website. The survey results will help keep moving companies accountable by assessing their performance.

The deadline for claim notification is now 180 days after delivery — up from 120 days — which gives Soldiers, civilians and families ample time to identify and report lost or damaged goods.

Though the summer PCS season may feel different this year, the Army is doing what it can to take care of its most valuable asset — its people.

# MOVE

Continued from page 1

The added flexibility may help ease some of the stress Soldiers face when moving this summer as well as contribute to readiness. Jon Finke, chief of HRC's OMD, said that Soldiers will often request a shipment date, only to learn they will have to wait an extra month for an available moving company.

"You're kind of at the mercy of the moving system," Finke said. "And the Army is realizing that and trying to work with Soldiers and families so that they can move, but we have to honor what the transportation companies can do and how they can support us at the same time."

Last month, Derrick Candler, head of the Transportation Policy Division in the Office of the Deputy Chief of Staff for Army Logistics, said the Army had experienced the ripple effect of labor shortages across the country. High demand on the shipping industry has impacted Soldier movement, exacerbated by shortages of drivers and laborers.

In extreme cases, Soldiers have had to report to their next duty assignments without their household goods, temporarily leaving their spouses and family behind during an ongoing moving process.

Finke hopes that providing additional time will eliminate that possibility.

"We are doing our best within our control here to keep family units together during the movement process," Finke said. "By saying 'Soldier, go ahead, report' that leaves a spouse and possibly the children stuck to do the moving process, which would very much be a strain on a family."

Chris Fursman, OMD human resource specialist, said that the HRC receives about 40-60 requests per day to either extend or re-schedule report dates.

Previously, Soldiers had to file a request through their chain of command to HRC, a process that took

up to 60 days for approval. Now, Soldiers can receive an extension authorization locally through their chain of command within a few days.

"What we've done now is we've taken that long process ... and we're crunching it down," Fursman said, "so we can assist the Soldiers and take some of that burden off of them."

Soldiers will still need to make sure their scheduled leave matches their adjusted report date.

## Unpredictable obstacles

Soldiers, Army civilians and families preparing for a PCS move in the summer months should anticipate the unexpected, Candler said.

Some other options to assist Soldiers include extended storage for household goods at the location of origin, and allowing Soldiers to apply for cost reimbursements higher than government rates to hire a commercial moving company.

Candler said Soldiers scheduled to change duty stations may experience delays due to labor shortages and a booming housing market throughout the country.

In addition to reduced travel restrictions, moves across the country have significantly increased, Candler said. Soldiers have reported waiting for up to six weeks before moving companies could transport their household goods to their next residence.

The surge in home sales have presented challenges for military families looking to extend their temporary rentals. Soldiers have reported that some landlords have asked them to vacate rental homes earlier than expected in order to sell the home, find another renter, or move in themselves, Candler said.

"Right now homes are selling very quickly, which is putting extra strain on the moving industry during the busiest time of year," he said.

Combined with the extra demand, labor shortages have exacerbated the challenges. In April, the Wall Street Journal reported that the country posted a record 9.3 million job openings. Candler said because of pandemic restrictions, moving companies trained fewer truck drivers, packers and loaders.

"The biggest [factor] we face is the labor shortage," Candler said. "There is a nationwide labor shortage in numerous industries ... the moving industry is having problems finding enough employees to provide the required services."

Candler said moving companies used by the Defense Department accept moves based on available resources and labor.

If Soldiers find themselves in a situation where they must wait for an extended period before movers can deliver their household goods to their next duty station, they can contact their chain of command, turn to their installation's transportation office, or use the new chat function in the Army's PCS Move app to speak with a live transportation specialist for more information on how to successfully plan a move or address unique challenges that come up during the move process.

Soldiers can download the app, which has information on entitlements, types of moves, planning, scheduling and claims, in the Google Play and Apple App stores. Soldiers can also call a 24-hour hotline for questions on PCS moves at 833-MIL-MOVE.

Candler said that his office has been monitoring moves across the Army and has worked with installation transportation offices to help prepare Soldiers and their families.

Transportation offices are the first line of support for PCS moves, and can help Soldiers and families through each stage of the moving process. Soldiers should first learn about

their available entitlements before deciding whether to make a personally-procured move, or PPM, or use a government arranged moving company. For the latter, Soldiers should work with transportation offices to begin planning the packing and shipping of their household goods immediately after receiving their PCS orders.

The Army changed its policy on PCS orders requiring that orders be sent at least 120 days prior to a Soldier's report date to allow for longer planning timelines.

"Soldiers should make their household goods pick up the first priority on their planning checklist, scheduling their move months in advance," said Gene Thomas, the transportation division's personal property policy lead.

If Soldiers face problems when moving companies fail to pick up or deliver household items by the scheduled dates, they can receive an inconvenience claim paid by the transportation service provider. Soldiers now also have up to 180 days to notify moving companies of damages incurred during the move.

Another issue that Soldiers may face during their PCS is that moving truck rental services and non-DOD approved moving companies might inflate the cost of a move, Candler said. He added that Soldiers should be aware of scammers and use only a government-approved moving company.

"For example, one year ago, it may have cost \$3,000 to rent that truck to go from coast to coast. Today, it may now cost as much as \$9,000 to go from coast to coast" Candler said. "In addition, what we're finding out is when people are going out [and] hiring their own moving companies, in some cases, that cost could be three times as much when compared to previous years due to supply and demand."

Thomas warns Soldiers to remain wary of "fly-by-night companies" that look to profit from the moving Soldier's or family's desperation. He said that non-DOD approved moving companies may quote a Soldier one price and then raise the cost exponentially in the middle of the moving process.

If Soldiers choose to hire a commercial mover, they should consider a mover registered with the federal government at [www.fmcsa.dot.gov/protect-your-move](http://www.fmcsa.dot.gov/protect-your-move). Soldiers can avoid potential dilemmas by moving with a DOD-arranged moving company that establishes fixed, government-regulated rates for moves.

The goal is always a smooth move scheduled in advance, but Soldiers have a few options if they have leave or move-in dates looming.

"Each case will be different but Soldiers may choose to speak to their leadership about extending their tour of duty, or they may choose to perform a PPM," Candler said. "Whatever a Soldier decides, they should still coordinate work with their installation's transportation office, especially if they run into delays."

The ongoing COVID-19 pandemic remains an obstacle for some Soldiers and families as restrictions on movement at either their departure or arrival location can slow their transition, especially for overseas moves.

Finally, Army leaders remain committed to supporting Soldiers and their families throughout the PCS process and this summer's unpredictable challenges, Candler said. Army leaders have worked to provide transportation officers with tools to address moving emergencies and dilemmas.

"We are in this together; patience and flexibility will be essential in making it through this peak PCS season" Candler said.

# COMMUNITY CALENDAR

## Fort Wainwright Family & MWR

### Weekly Events

July 24 - 31

24

Summer Reading Program  
July 24 - August 31  
During Normal Business Hours

Excitement and fun await those who journey to the Fort Wainwright Post Library and participate in the Summer Reading Program.

Post Library, Bldg 3700  
Call 353-2642

25

**ATV Safety Course**  
Registration deadline: July 25  
Event Details: August 1, 8 a.m. - Noon & 1 - 4 p.m.

If you are thinking about participating in an Outdoor Recreation ATV trip this summer, or are interested in learning how to ride your own ATV safely, you'll want to attend the ATV Safety Course.

Warrior Zone, Bldg 3705  
Call 353-1087, reservations strongly encouraged

27

**VMIS Training**  
July 27  
9:30 - 11:30 a.m.

The Volunteer Management System can be a bit daunting, but don't let that stop you from being the best volunteer you can be! VMIS helps you track your volunteer hours.

Army Community Service, Bldg 1044  
Call 353-4227, registration required

27

**Resume Writing Class**  
July 27  
7 - 8 p.m.

Needing a resume update or learn how to create one? ACS has you covered! This class was created for Soldiers, Family Members, Retirees and Veterans for the purpose to assist in resume writing.

Army Community Service, Bldg 1044  
Call 353-4227, registration required

30

**Youth Sports FlingGolf Camp**  
Registration deadline: July 30  
Event details: August 2 - 4, 10 - 11:30 a.m.

Youth aged 10 - 18 years old have the opportunity to up their game with YSF! Cost: \$45.

Youth Sports and Fitness, Bldg 1045 Basement  
Call 353-7713, registration required

AFE BRINGS THE WONDER

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**SATURDAY, AUGUST 7**  
AT THE LAST FRONTIER COMMUNITY ACTIVITY CENTER  
2 Showtimes: 5 & 7 p.m.  
FREE Entry with pass  
Passes available starting Saturday, July 24 at 10 a.m.  
Go in-person to Last Frontier Community Activity Center or call (907) 353-7755  
Limited Passes available.

GOOD TIMES, FRONT AND CENTER

ARMED FORCES ENTERTAINMENT

ARMEDFORCESENTERTAINMENT.COM



Pirates of the Chena is an exciting day with Youth Sports on Saturday, July 24! This camp is open to Youth ages 10 - 18 years old. Find more information at [wainwright.armymwr.com](http://wainwright.armymwr.com).

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**ARCTIC LIGHTNING AIRSHOW**  
EIELSON AIR FORCE BASE  
JULY 31 - AUGUST 1

# Soldier qualifies for first Olympic Games during record heatwave

Brittany Nelson

Spc. Benard Keter crossed the finish line of the men's 3,000-meter steeplechase with a time of 8:21.81 at the U.S. Track and Field Olympic Trials June 25, earning his spot to compete at the Summer Olympic games in Tokyo, Japan.

Keter is a Soldier-athlete in the U.S. Army World Class Athlete Program and qualified for his first Olympic games at the trials in Eugene, Oregon, despite the record heat wave the area was undergoing.

"This is a dream come true," said Keter, the 2019 Army 10-miler runner-up. "Everyone dreams of going to the Olympics, but getting to go as a Soldier-athlete means everything to me."

The Pacific Northwest experienced abnormally hot weather during the trials with Oregon reaching a high of 116 degrees Fahrenheit June 27. The trials were even delayed a day due to the intense track surface temperature.

Keter placed in the top three alongside friend and former Soldier-athlete, Hillary Bor.

"At the last 400 meters, when I saw we were making the team together, I used the same mentality we have in practice, 'my teammate is right here and we will finish it together'," said Keter.

Bor, a 2016 Olympian, still trains with Keter and is excited to compete with him in Tokyo.

"This means a lot," said Bor. "It is always a great feeling when you make the cut with your teammate, the person you train with every day. I am happy for Keter."

WCAP's commander, Capt. Robert Cheseret, and Keter's former coach, said that when Keter first joined



Spc. Benard Keter, second from left, crossed the finish line of the men's 3,000-meter steeplechase with a time of 8:21.81 at the U.S. Track and Field Olympic Trials June 25, earning his spot to compete at the Summer Olympic Games in Tokyo, Japan. The World Class Athlete Program Soldier-athlete qualified with former teammate Hillary Bor, left. (Photo by Chris Pietsch, The Register-Guard)

WCAP in 2018, he worked to run a USA Track and Field nationals qualifying time in just six months.

"He is always motivated and his work ethic is phenomenal," said Cheseret. "He was ranked 4th overall going into the trials so I knew his chances of making the Olympic team were very good."

Keter comes from a family of Olympians. His brother, Tareq Mubarak Taher, competed in steeplechase at 2008 Beijing Summer Olym-

pics representing Bahrain.

"When I told my mom I made the team, she was so excited she almost passed out," Keter said.

Keter began his running career to help his family. He ran at Texas Tech University and after graduation he joined the Army to represent the country while still being able to compete in the sport he loved.

Keter is on his way to the 2020 Summer Games along with 11 other WCAP Soldier-athletes:

- 1st Lt. Amber English, shooting
- Sgt. 1st Class Elizabeth Marks, para swimming
- Staff Sgt. Sandra Uptagrafft, shooting
- Staff Sgt. Nickolaus Mowrer, shooting
- Staff Sgt. Naomi Graham, boxing
- Staff Sgt. Kevin Nguyen, para shooting
- Sgt. John Wayne Joss, para shooting
- Sgt. Amro Elgeziry, modern pentathlon
- Sgt. Samantha Schultz,

modern pentathlon

- Sgt. Ildar Hafizov, wrestling
- Spc. Alejandro Sancho, wrestling

WCAP also has three coaches on Team USA: Sgt. Terrence Jennings, taekwondo; Sgt. 1st Class. Dennis Bowsher, modern pentathlon; and Staff Sgt. Spenser Mango, wrestling.

The 2020 Summer Olympic Games in Tokyo, Japan are July 23-Aug. 8 and the Paralympic Games are Aug. 23-Sept. 5.

# ENERGY

Continued from page 4

Hawaii can be back up and running in just a matter of hours," said Maj. Gen. James B. Jarrard, commander of the 25th Infantry Division.

"This enables us to support the state of Hawaii if requested," Jarrard said, adding that Wheeler Army Airfield can be utilized as an active field or staging area for the National Guard, Civil Air Patrol, or Federal Emergency Management Agency during an emergency.

The next day, Hawaiian Electric introduced solar-generated power sources to the microgrid and later restored main power to the three installations that evening, officials added.

During normal operations, the SGS

provides power to the Oahu grid throughout peak demand periods and also mitigates variations caused by wind or solar power generation. The station is also the only baseload power generation facility on Oahu located above the tsunami inundation zone.

"It gave us a great sense of confidence in our systems," Jarrard said. "No matter what emergency hits the island, we are going to be able to continue our operations ... whether that is in support of civil authorities or preparing to deploy [forces] throughout the Indo-Pacific region."

### Resilient power, water

The Army is aware of the increased threat to its energy and

water infrastructure, as the majority of the service's installations rely on commercial utilities to maintain its mission. The recent Colonial Pipeline ransomware attack and the persistent and uncontrolled danger triggered by natural disasters have created a wide-ranging impact across the country, Surash said.

The Army Installations Strategy, or AIS, is a foundational document driving the service's goal to ensure power projection through resilient installations, Surash added. The strategy, released last year, will also target quality of life initiatives for Soldiers and families and combat climate change, as leaders look to modernize its

installations by 2035.

Along with the AIS, the Army Installation Energy and Water Strategic Plan establishes a vision for the Army's utility infrastructure to sustain critical missions and sets strategic objectives and targets, he said.

One goal includes sustaining water and power on installations for up to two weeks without commercial support, said Gregory S. Kuhr, the G-4 facilities and logistics director at Army Installation Management Command.

A series of studies on previous power outages and water shortage patterns led to the Army's 14-day requirement, Surash said in a previous interview.

Senior commanders

or a higher headquarters can change the duration to match mission-critical operational requirements, Surash said. When a time has not been stipulated, the Army will default to a 14-day benchmark for sustained utilities.

The entire process will take some time to complete, as leaders are currently analyzing the unique needs of their installation, determining necessary

resources, and developing plans of action, Kuhr said.

"The need to be resilient is now," Surash said. "The Army will continue to collaborate with Congress, the [Department of Defense], and other services, along with private industry, utilities, and local communities to enhance installation resilience, efficiency and affordability in support of Army readiness."

★ ARMY PCS MOVE

U.S. ARMY Here are some tips for the 2021 Permanent Change of Station (PCS) season

The Army PCS Move App, now available for iOS and Android.

The Army PCS Move App provides access to an organized central hub of information. Download the app today and / or call the Army PCS Help Desk at 1-800-521-9959.