

ALASKA POST

FREE

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Daily News - Miner

The Interior Military News Connection

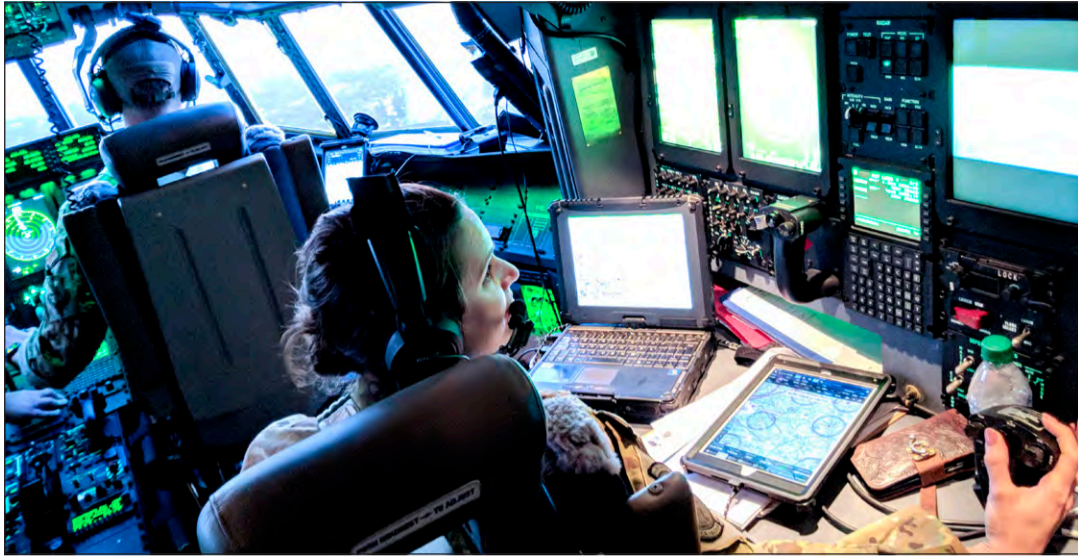
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Vol. 9, No. 40

Fort Wainwright, Alaska

September 28, 2018

Air Guardsmen unite to save 19 during hurricane relief operations



Staff Sgt. Balinda Dresel
Alaska National Guard Public Affairs

Air National Guardsmen from across the nation united to provide assistance and rescue isolated flood survivors in North Carolina, Sept. 17, in response to extreme flooding from the wake of Hurricane Florence battering North and South Carolina.

The task force of 181 Guardsmen from Alaska, California, Kentucky, New York, Oregon and Pennsylvania banded together to provide highly experienced logistics, intelligence, weather, communications, air transport and pararescue personnel in coordination with local authorities in Sampson and Clinton Counties, North Carolina.

"We were prepositioned here from Alaska in support of the personnel recovery task force," said Master Sgt. Cody Inman, a pararescue team lead with the 176th Wing's 212th Rescue Squadron, who said teams were launched at the request of the North Carolina Emergency Operations Center.

Two HH-60G Pave Hawk helicopters from the California ANG's 129th Rescue Wing and New York ANG's 106th RQW along with C-130 Hercules' from the 106th RQW and 176th Wing were launched for missions throughout the day.

See RELIEF on page 6

New G-8 embraces streamlining tech acquisition

Devon L. Suits

Under the fiscal year 2019 National Defense Authorization Act, the Army received a \$23 billion increase in its budget to support readiness and modernization, including a \$5.6 billion addition to research, development and acquisition, said Lt. Gen. James F. Pasquarette, the Army's new deputy chief of staff, G-8.

With just seven days in his current position, Pasquarette spoke during an

Association of the U.S. Army Institute of Land Warfare breakfast. The recent commander of U.S. Army Japan shared his views on the current state of the Army and how the force will meet its readiness and modernization goals by 2028.

The G-8 is the Army's staff lead for force development and matching resources to acquisition programs, including science and technology initiatives. The G-8 works to balance current force needs with the development of future force capabilities.

See G-8 on page 4



An Abrams tank participates in a U.S. Army training exercise, Sept. 5, 2018. Development of a Next Generation Combat Vehicle is one of the six modernization priorities for the new Army Futures Command. (U.S. Army photo)

Foam-Free Trailer Helps Firemen Train, Protects Environment



Representatives from the Directorate of Emergency Services and the Directorate of Public Works gather to welcome the foam-free test trailer on Ladd Army Airfield at Fort Wainwright, Alaska. From left to right: chief Alex Temporado, Ida Petersen, chief Chuck Tucker, Morgan Boatman, Lt. Col. Ryan Gillogly and chief David Halbrooks. (Photo by Brian Schlumbohm, USAG Alaska Fort Wainwright Public Affairs)

Ida Petersen
Water Program Manager

U.S. Army Garrison Alaska has a new trick up its sleeve in protecting public safety, health and the environment. A specialized foam-free test trailer has arrived here at Fort Wainwright.

The trailer is designed to eliminate the discharge of chemical fire retardant containing per- and polyfluoroalkyl substances, or PFASs, during testing and training exercises.

See FOAM-FREE on page 4



Staff Sergeant Ronald J. Shurer II

Staff Sgt. Ronald Shurer II graphic. (U.S. Army graphic)

Shok Valley medic to receive Medal of Honor

Devon L. Suits

A former medic with the 3rd Special Forces Group (Airborne) that heroically fought his way up a mountain to render aid to his Special Forces teammates and their Afghan commando counterparts will receive the Medal of Honor.

The White House announced Sept. 21 that former Staff Sgt. Ronald J. Shurer II went above and beyond the call of duty April 6, 2008, while assigned to Special Operations Task Force -- 33 in Afghanistan during Operation Enduring Freedom. He will receive the highest military award for valor at a White House ceremony, Oct. 1.

See MOH on page 4

WEEKEND WEATHER

Friday



Mostly sunny, with a high of 54 degrees and a low of 36.

Saturday



Sunny, with a high of 59 degrees and a low of 32.

Sunday



Sunny, with a high of 57 degrees and a low of 35.

ICE RINK OPENING DAY CELEBRATION

Join us and celebrate opening day at the Physical Fitness Center Ice Rink! Sept. 29, 2018 from 1 to 4 p.m. at the Fort Wainwright PFC There will be an opening ceremony and knocker hockey demo from 1 to 1:30 p.m. The Ice Rink then will open for open skate from 1:30 to 4 p.m. Cost to join in the celebration will be free. Skate rentals will be \$2. For more information, please contact the PFC at 907-353-7223.

Nutrition Corner: Nutrition 101

Brandy Ostanik
Medical Department Activity –
Alaska, Public Affairs

Contrary to popular belief, eating healthy does not have to break your budget. Believe it or not, it is possible for your family to stay within your grocery budget and eat healthy at the same time. Just like anything, healthy eating has to be a priority for your family. If other priorities get in the way, it may seem as though healthy eating is out of reach financially. Look at where you are spending your money both in the grocery store and outside the grocery store. How much of your monthly budget do alcoholic beverages, snacks, restaurants (including fast food) and end cap purchases take up? Have you ever separated it out to see? I bet you would be surprised how much money

you do indeed have available to purchase healthy foods.

Try making a menu for the week on an index card. Then, flip it over and make your list based off your menu and whatever else you need for lunches and healthy snacks that week. Stick to it! Much of the money we waste at the grocery store is spent on food we never use, only for it to go bad. Leave the extras like chips, soda, cookies and snack cakes off. These are the extras that make paying your grocery bill unbearable. Not to mention, these items can contribute toward excessive calorie consumption and weight gain. Instead, get the most bang for your buck by buying nutrient dense items. Aim for lower calorie foods that pack in fiber, protein, vitamins and minerals such as fruits, vegetables, low fat dairy and lean proteins. Buying frozen and canned fruits and vegetables are more cost effective, and are just as

nutritious! You have heard it before... don't go shopping hungry. This can lead to impulse purchasing, and maybe even lead to indulging on a few unhealthy snacks while you shop. Try going earlier in the day when you will have time to come home and cook your meal for the evening. What sense does it make to buy nutritious food only to order pizza when you get home because you don't feel like cooking? Be sure to load up on low-cost, nutritious and versatile foods such as eggs, beans, peanut butter and canned tuna. It is also wise to stretch costly meals (crock pot meals for example) by adding a bag of frozen vegetables, beans, peppers and/or onions. You can actually add another day or two worth of meals just by adding a couple dollars' worth of frozen vegetables or beans!

Featured Food:

Beans. These small morsels are inexpensive and versatile. They can

be added to several recipes even if the original does not call for beans. They offer many nutritional benefits such as protein, fiber and iron.

Recipe Spotlight:
Simple Black Bean and Corn Salsa

INGREDIENTS:

16 ounce bag of frozen corn
16 ounce jar of salsa or Pico de Gallo
1 can of black beans
Fresh cilantro, chopped for garnish
Tortilla Chips

PREPARATION:

Step 1: Combine corn, salsa/Pico de Gallo and beans. Top with fresh chopped cilantro.

Step 2: Serve with tortilla chips or on top of your favorite taco salad recipe

MEDDAC Minute

Brandy Ostanik
Medical Department Activity –
Alaska, Public Affairs

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
Referral Center: 361-1810
Tricare On-Line:
www.tricareonline.com
Health Net Federal Services:
www.tricare-west.com
1-844-866-9378

PERFORMANCE TRIAD TIP

Go to the grocery store together as a family, and plan the meals for next week. Get the kids involved, and they will benefit from learning how to make their own healthy food when they are grown.



WALK-IN CLINIC

Beneficiaries can utilize the Walk-in Clinic Nurse option when needing to be seen for strep throat screening, urinary tract infection screening, pregnancy testing, blood pressure monitoring, suture removal, wart removal and sexually transmitted disease checks. The clinic is open from 7:30 to 11:30 a.m. and 1 to 3:30 p.m., Monday through Friday. For more information call 361-5833.

SAVE TIME AND TRAVEL WITH TRICARE ONLINE PORTAL

Want instant access to your healthcare team? Request an appointment, check labs, ask questions, get forms filled out and more. This online patient portal is an online patient-focused portal providing access to online health care information and services to any TRICARE patient who is at least 18 years old, and receives care at a military hospital or clinic. Go to www.TRICAREonline.com to visit the Patient Portal.

INDOOR TRICK-OR-TREAT

Join us as at Bassett ACH Oct. 31 4:30 to 6 p.m. as we partner with DFMWR and the USO to bring you the 6th Annual Boo the Flu event. Indoor Trick-or-Treating and a haunted house will once again be offered free of charge. The VA doors will open from 4:30 and close at 6 p.m.

BILLING QUESTIONS

The Uniform Business Office located at Bassett ACH is here to assist you with any billing questions you may have. UBO bills patients and insurance accompanies for medical and dental services provided. To ensure your private sector insurance is properly billed, please ensure your information is correct in DEERS and submit your insurance information at your next appointment. For questions regarding billing call 361-5343.

IMMUNIZATIONS

The immunizations clinic at Bassett ACH is open on a walk-in basis Monday through Friday 7:30 a.m. to 3:45 p.m. for all beneficiaries.



Army plans large October exercise

U.S. Army Alaska Public Affairs

Arctic Anvil 19-01 will take place in the training areas surrounding Delta Junction and Fort Greely and will involve approximately 6,000 Soldiers and military support personnel. The movement of Soldiers will be heaviest Oct. 1 to 6, as the 1st Stryker Brigade and supporting units convoy from Fort Wainwright to the Donnelly Training Area. High traffic should be expected on the Richardson Highway during this timeframe.

U.S. Army Alaska is working closely with the Alaska Department of Transportation and the interior Alaska communities to minimize the impact of this large movement to local and tourist traffic along Richardson Highway between Fort Wainwright and Fort Greely.



Weekly Financial Tips: Bank Fees

Ryki Carlson
Survivor Outreach Services Support Coordinator

If you've ever felt like your banking institution charged you a fee for something you didn't anticipate, this list is for you. Here is a list of the most common fees financial institutions charge and tips to avoid them.

1. Minimum balance fee – Some accounts have minimum balance fees, especially “rewards” accounts. TIP: Banks often waive their fee if you keep a minimum amount in your account or meet other requirements such as linking checking and savings accounts.

2. Insufficient funds fee – When making a purchase or other transaction that is more than the amount in your checking or savings account, and you haven't opted into an overdraft program, the bank may decline the charge or return it unpaid. TIP: Setup low-balance alerts to notify you when your account is low.

3. Overdraft transfer fee – Overdraft coverage or protection allows purchases to go through, for a fee, even if you don't have enough funds in your checking account. You can set up an automatic transfer from another account to your checking account, but there is usually a transfer fee. TIP: Set up a low-balance alert for your checking account, and do a free transfer before an overdraft occurs.

4. ATM non-network usage fee – This fee is charged when you stray outside your financial institution's ATM network. TIP: Stay in the network, or get cash when you pay with your debit card at the grocery store; often there is no fee. Also, you can find an ATM that is surcharge-free by visiting Allpointnetwork.com or Moneypass.com for banks and Co-opcreditunions.org or Alliantcreditunion.org for credit unions.

5. Excessive activity fee – Federal rules limit certain withdrawals and transfers from savings or money market accounts to six per month, and most

banks charge a fee if you exceed this. TIP: Make savings account transactions in person at your bank or at an ATM; these do not count against the six per month limit.

6. Early closure fee – Banks charge you for closing an account sooner than they would like, especially if they offered an incentive to open it. TIP: When opening an account, ask how long you need to keep it open to avoid a closing fee; typically it's three to six months. Then ensure you keep the minimum balance for that duration. Set up a reminder on your calendar for the minimum time to help avoid closing it early.

7. Wire transfer fee – A wire transfer fee can be the best way to send money fast, however, most financial institutions charge for this service. TIP: For some official transactions, like a loan payoff or an escrow transaction, a wire may be your best option. If not, try other methods for transfers, using online banking or a person-to-person transfer via your financial institution's app.

8. Paper statement fee – Some banks now charge you to mail your monthly statement to your home. TIP: You can avoid the charge by opting out of getting a mailed version and view statements online for free or upgrade

to an account that waives this fee.

9. Check image service fee – If you need a copy of your cashed checks with each month's statement, it going to cost you. TIP: View checks through online banking for free. You can print them if necessary. Better yet, you can use bill pay and send checks for bills through your bank or credit union and avoid the cost of postage.

ALASKA POST

The Interior Military News Connection

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The ALASKA POST – The Interior Military News Connection

The Chaplain's Corner

Chaplain (Lt. Col.) Paul Fritts
Fort Greely

For two weeks recently, my wife and I traveled extensively to meet a combination of important family and Army responsibilities. Our airport connections included Fairbanks, Seattle, Dulles, Burlington (Vermont), Atlanta, Tulsa, Dallas/Fort Worth, Anchorage and Honolulu. Whew! After clearing security numerous times, being delayed eight hours at Dulles due to weather and making a mad dash through Atlanta's airport to barely catch a connecting flight, we are really glad to be home.

Which got me thinking about home. As an active duty Army chaplain, my family and I move frequently. Consequently, "home" tends to be wherever I hang my hat at the moment. In my Army personnel file, though, my "home of record" is identified as Tulsa, Oklahoma. More specifically, I grew up in a little suburb of Tulsa

called Sand Springs. Although I rarely visit anymore, it's my "home of record" and also what you might call my "heart-home."

Hopefully you have something similar in your life - a time and place where you felt happy and secure with people who love you. For me, I associate many of my strongest memories of home with pleasant aromas. My mom baked homemade bread every week for years. On baking days, I'd come home from school, walk in the front door and oh... the smell of freshly made bread! In the winter, that smell would mingle with the smoky wood fire dad had burning in the fireplace.

There are many more happy smells and memories, but more to the point - where is your spiritual home of record? St. Paul understood body and spirit as a duality, where our physical body is earthly, and our spiritual body is with God. In 2 Corinthians 5:6, he writes: "Therefore we are always confident and know that as long as we

are at home in the body we are away from the Lord." This is a complex text and subject to multiple layers of careful interpretation. However, one way to understand Paul's meaning is that followers of Jesus locate our "home of record" differently than those who are not Christian. Paul's point is that we shouldn't cling too tightly to our earthly home - the physical body - because our true, spiritual, heart-home of record is with our Lord.

Perhaps the place where you are now - physically, emotionally or spiritually - is not your home. It's easy to get lost, miss your connection or get hung up in security on this journey we call life. Maybe it's time for a change. Why not follow your nose and visit a local place of worship soon? You will find fellow travelers to love and support you on your way as together we all make our way home.



Chaplain (Lt. Col.) Paul Fritts

The Fort Greely Chapel community is open and accessible to everyone in the Delta Junction/Fort Greely community -- even non-military. We are a traditional, protestant Army chapel service meeting on Sundays at 10 a.m. with a weekly Communion observance. Interested? Please call 907-873-4397 to arrange for gate access. "Like" our chapel Facebook page by searching "Fort Greely Chapel," or use your web browser to go to <https://www.facebook.com/FGAChapel>.

For God and Country,
Chaplain Fritts

Exchange Senior Enlisted Advisor Focuses on Serving Soldiers and Airmen at Eielson AFB and Fort Wainwright

Shopping in-store or online makes Eielson AFB and Fort Wainwright better places to work, live

Marisa Wolfe
Army and Air Force Exchange Service Public Affairs

The Army and Air Force Exchange Service's senior enlisted advisor is making it his mission to ensure Soldiers, Airmen and families at Eielson Air Force Base and Fort Wainwright have the products they need, whether shopping in-store or online.

During his visit to the installations Sept. 26 through 27, Air Force Chief Master Sgt. Luis Reyes toured Exchange facilities and met with 354th Fighter Wing Command Chief Master Sgt. Joshua Hurt to address how the 123-year-old Department of Defense retailer can better serve the Fairbanks military community.

"The Exchange is all in when it comes to readiness and resiliency," said Reyes, one of about 30 active-duty service members assigned to the Exchange. "We are committed to providing exceptional service to the Eielson and Fort Wainwright communities."

The Exchange's online shopping site, ShopMyExchange.com, features 2 million items tax-free and with military-exclusive pricing. The site focuses on name brands such as Apple, Under Armour, bareMinerals and more—everything from clothing to fitness trackers to big-screen TVs. The Exchange was recently named electronics retailer of the year by New Age Electronics, and ShopMyExchange.com was ranked No. 2 for electronics by Consumer Reports—

ahead of Best Buy, Walmart and Target.

"Competitive pricing and tax-free shopping make the Exchange a tremendous value for those who have earned the right to shop their Exchange," Reyes said. "If shoppers can't find what they need in-store, ShopMyExchange.com puts an expanded product assortment at their fingertips."

In November, all honorably discharged veterans were welcomed home to their military family with a lifelong online military exchange shopping benefit. All who served honorably can now shop online, tax-free, for life. Allowing honorably discharged veterans to shop online strengthens the online experience to better serve the entire military community.

Authorized ShopMyExchange.com shoppers receive free shipping on orders of \$49 or more—but shipping is always free when paying with a MILITARY STAR card. The MILITARY STAR card also rewards Airmen and their families each time they use the card online and in-store.

"Cardholders earn two points for every \$1 spent," Reyes said, noting that all commissaries also accept the MILITARY STAR card.

Shoppers receive a \$20 Exchange rewards card for every 2,000 points earned, and the rewards card can be redeemed anywhere Exchange gift cards are accepted.

100 percent of Exchange earnings support Quality-of-Life programs including military uniforms at cost; school lunches below cost for warfighters' children overseas; Child Development Centers; Youth

Programs; Fitness Centers; and career opportunities for spouses, veterans and wounded warriors (the Exchange has hired 1,200 wounded warriors since 2010).

"Last year, the Eielson Exchange generated more than \$346,000 on behalf of Quality-of-Life programs, and the Fort Wainwright Exchange generated more than \$395,000," Reyes said. "Every time Soldiers and Airmen shop their Exchange—including ShopMyExchange.com—they make their installation a better place to live and work."

During his visit Reyes also thanked Exchange associates for their dedicated service.

"Since 1895, the Exchange has provided a lifeline to America's service members and their families," Reyes said, noting that 85 percent the Exchange 35,000-strong workforce has a military connection. "The Exchange is family serving family. Whether supporting troops downrange or here at Eielson and Fort Wainwright, the Exchange is there to serve them."

Facebook-Friendly Version: The Army & Air Force Exchange Service's senior enlisted advisor, Chief Master Sgt. Luis Reyes, visits Eielson Air Force Base and Fort Wainwright Sept. 26 and 27. Reyes toured Exchange facilities and met with 354th Fighter Wing Command Chief Master Sgt. Joshua Hurt to discuss how the Exchange can best serve the Eielson and Fort Wainwright communities. "The Exchange is family serving family," said Reyes. "Whether supporting troops downrange or here at Eielson and Fort Wainwright, the Exchange is there to serve them."

Major financial changes could affect your security clearance

Tammy Fink and Saunci Barrett
Fort Leonard Wood Army Community Service personal financial specialists

As of July 27, the Department of Defense will continuously monitor individuals' security eligibility through the new Continuous Evaluation Program. This new policy mandates that individuals who hold a security clearance will be continuously evaluated to determine if they meet the requirements to maintain that clearance. The security clearance renewal due every six to 10 years is still in effect.

Since the start of this new policy, 1.1 million clearances have been enrolled and over 38,000 cases have been flagged. Most individuals who are associated with the armed forces, whether they are military, civilian or contractors, know the process for acquiring a security clearance involves a vigorous background investigation.

One aspect of the Continuous Evaluation, or CE, process is monitoring credit reports, financial records and public documents. No longer can you wait out the years in between renewals, making a few mistakes here or there with your finances. You must stay on top of your game 24/7, and keeping your finances in check is key.

At Financial Readiness, part of the Army's Family and Morale, Welfare and Recreation, we assist service members and civilian employees in working through any financial issue that may cause their security clearances to be denied. All too often we see a roller coaster of financial instability and hardship. Generally, the financial well-being appears around the time a security clearance renewal is due, but then takes a downward turn to instability during the off years. This could be due to complacency -- letting down your guard and not monitoring your finances like you should.

The best way to ensure your financial well-being is to have a healthy debt-to-income ratio, or DTI. To calculate your debt to income ratio, visit www.calculator.net/debt-ratio-calculator.html. Having a higher DTI ratio is one of the causes of financial instability.

Another cause of financial instability is due to individuals not checking their credit reports to ensure they are not victims of identity theft or to simply check for inaccurate information. With all of the data breaches in the past few years, now is the time to be concerned about protecting your identity from thieves. Here are a few things you can do to protect your credit.

Start by pulling your credit reports from www.annualcreditreport.com. Each credit bureau allows you to pull your credit report for free once a year. Do not pull all three reports at one time, but scatter them throughout the year. Once the report has been pulled, review it for inaccuracies and initiate disputes on any inaccurate information. If you need assistance, do not hesitate to contact Financial Readiness at Fort Leonard Wood at (573) 596-0212 for assistance with pulling, analyzing, filing disputes and cases of fraud.

Lastly, to help keep thieves out of your credit file, there are two things you can do to protect yourself. First, stop all prescreened offers from coming to you via mail. These are the many balance transfers or life insurance offers you receive in the mail, also known as junk mail.

Simply go to www.optoutprescreen.com to either opt out via internet for 5 years or in writing for a lifetime. This will stop unwanted mail and unwanted individuals from looking into your credit profile so they can offer you something you can easily research online.

Second, consider putting a freeze on your credit file. You may lift the freeze for short periods of time to extend credit for things like a home or automobile.

If you are an active-duty service member, you may place an "Active Duty"

alert on your profile that requires a creditor to contact you first before following through with opening lines of credit in your name. The credit freeze is permanent until you lift it and an Active Duty alert is only good for one year; however, you can renew it every year.

Keep in mind, when it comes time to renewing your security clearance, you will want to unfreeze your credit file for a minimum of 30 days. If you forget, your security manager may contact you to remind you to lift it.



As of July 27, the Department of Defense will continuously monitor individuals' security eligibility through the new Continuous Evaluation Program. This new policy mandates that individuals who hold a security clearance will be continuously evaluated to determine if they meet the requirements to maintain that clearance. The security clearance renewal due every six to 10 years is still in effect. (Photo courtesy graphic)

FOAM-FREE

Continued from page 1

Currently, several fire trucks and pumpers on USAG Alaska use aqueous film forming foam as a fire retardant because it is incredibly effective for putting out fuel and aviation fires. Doing so saves lives and protects mission-critical assets.

However, AFFF contains high concentrations of two compounds in the PFAS family that are classified as emerging contaminants: perfluorooctanoic acid and perfluorooctanesulfonic acid, known commonly as PFOA and PFOS. These chemicals have been used in a variety of industrial and consumer products for resistance to heat, water and other substances, notably in firefighting foams, and are linked to multiple ill health effects.

The historical use of AFFF in firefighting and training activities has led to several PFAS-contaminated groundwater plumes in the Fairbanks area. Drinking water on USAG Alaska does not contain elevated levels of PFOA or PFOS, and the water source is routinely tested to ensure it is safe for the most sensitive populations, including nursing mothers and infants.

In order to prevent health and environmental impacts, no AFFF has been discharged outside of emergency firefighting since 2016 per Headquarters Department of the Army policy.

"For quite a few years, we haven't been able to do our annual testing that we do for the [aircraft rescue and firefighting] trucks, and mostly, we haven't been able to do the AFFF aspect on that, finding out if the



The foam-free test trailer will be used to ensure that fire trucks and pumpers designed to respond to aviation fuel fires are functioning at their peak, while being protective of the environment. (Photo by Brian Schlumbohm, USAG Alaska Fort Wainwright Public Affairs)

metering system is working correctly," said Chuck Tucker, fire chief at the USAG Alaska Fire Department. "So now having the foam trailer, we'll be able to meet that annual requirement."

The new foam-free test trailer, manufactured by NoFoam System in La Jolla, California, works by connecting to a fire truck's mixing system and measuring flow rates to determine if the correct proportion of chemical fire retardant is released.

Instead of mixing with water, the PFAS-containing solution is diverted into the trailer's tank and can be reused. This test ensures that all systems are working

correctly, and the mix is optimized to quickly put out fires while preventing any exposure to the environment.

Phasing out production of AFFF began in 2000, and it is no longer available for purchase in the United States. In the near term, USAG Alaska will continue to keep AFFF in stock for petroleum-based fires because of its superior fire-fighting capability, long shelf-life and lack of a comparable product that is completely PFAS-free.

Eventually though, it will need to be replaced by an alternative product.

Current alternative products, such as Phos-Chek, currently used at Fairbanks International Airport, still contain PFASs besides PFOS and PFOA. This product is generally considered safer, but health effects of the other PFASs in it are still being studied.

The Department of Defense is investing in research and development of a PFAS-free foam that can rival the effectiveness of AFFF.

The initiative for the foam-free test trailer was the result of a collaborative effort between the USAG Alaska Fire Department and the Directorate of Public Works Environmental Division.

"It's always good - the collaboration of all the agencies on the garrison working together, helping out for the greater cause," said Tucker.

The DPW Environmental Division procured the trailer as their FY18 Pollution Prevention Project with the intent that the trailer will be made available not only to the garrison fire departments, but all of the surrounding community fire departments that have PFAS-containing trucks requiring annual testing.

This technology is transferrable to all Installation Management Command installations.

G-8

Continued from page 1

KEEPING PACE WITH TECHNOLOGY

Adversaries are now challenging the U.S. military's global competitive advantage in all domains, Pasquarette said.

"The pace of technological innovation is putting the military and disruptive technologies in the hands of state and non-state actors at relatively cheap, affordable costs," Pasquarette said. "Gone are the days when only first-world nations had difference-making technologies."

Technological advancement over the next couple of decades will "drive a change in the character of war," he said. In response, the Army developed six modernization priorities and aligned them under the newly formed Army Futures Command.

"The rapid pace of technological change, coupled with the speed of innovation ...

demands that the Army makes changes to the way we develop and deliver capabilities for our Soldiers," he explained.

The establishment of Futures Command is the "most significant change" the Army has made since the creation of Army Forces Command and Army Training and Doctrine Command in 1973, he said.

"This realignment is not about creating new Army structure ... but rather streamlining of work to overcome the bureaucratic inertia and stove-piping," he said. He added that the goal is to continue to shrink the requirements process, from three to five years to less than a year, and move requirement writers closer to those who execute acquisition.

With these changes, the Army now has the opportunity to embrace new technologies, like quantum computing, high-energy lasers, directed-energy weapons, hypersonic systems and artificial intelligence, Pasquarette said. Moreover, the Army's modernization efforts will revolutionize the multi-domain operations

concept, and eventually become Army doctrine.

SUSTAINING CURRENT SYSTEMS

In addition to the Army's modernization priorities, the force must continue to support and improve current "legacy" systems.

Secretary of the Defense James Mattis "has made a clear statement that we must focus our efforts on developing capabilities in response to near-peer competitors by fiscal year 2022 ... while continuing to manage our effort in CENTCOM," Pasquarette said.

The Army's fiscal year 2020 budget proposal, recently submitted to the Office of the Secretary of Defense, will continue to support priorities set by the 2018 National Defense Strategy, Pasquarette said.

"The Army is not walking away from our legacy systems," he said. "In fact, parts of our Army will fight longer on legacy systems under the current strategy."

"Let's not forget that our legacy systems

-- (which is) kind of a pejorative term to me -- are excellent," he added. "The problem is our peer competitors have built good stuff. While we have been making incremental changes, they've been making fundamental changes, and they're much closer to where we are today."

Additionally, under the proposed European Defense Initiative, or EDI, budget request, the Army will continue to accelerate and modernize the current Abrams and Bradley fleet.

"We are going to fill out the (2nd Armored Brigade Combat Team) and prepositioned stocks in Europe with the most modern tanks and fighting vehicles," Pasquarette said. "The EDI has also allowed us to begin to set the theater with regard to preferred munitions."

"Additional resources have also allowed us to make a significant investment in our global stockpile of preferred munitions -- an area of underinvestment over the last few years," he added.



Spc. Austin Mooney
Better Opportunity for Single Soldiers

Soldiers Against Drunk Driving has provided rides to more than 162 Soldiers, Airman and dependents for fiscal year 2018's fourth quarter. Preliminary numbers show this was accomplished with 26 volunteers who put in a combined 480 volunteer hours.

This fiscal year, preliminary numbers show SADD has provided rides to more than 893 service members and dependents, using 179 volunteers and 2,864 volunteer hours. In FY18, SADD has operated for 130 nights with an average of five volunteers, three calls and seven pick-ups per night.

SADD accomplished its mission only because of the volunteers that dedicated so many hours of their sleep to helping others. The only expense that SADD had was around \$2,000 in fuel for the year and \$853.67 in vehicle maintenance.



The White House announced that Staff Sgt. Ronald J. Shurer II will receive the Medal of Honor for going above and beyond the call of duty April 6, 2008, while assigned to Special Operations Task Force - 33 in Afghanistan during Operation Enduring Freedom. (Courtesy photo from Ronald J. Shurer II)

MOH

Continued from page 1

In April 2008, Shurer was assigned to support Special Forces operators working to take out high-value targets of the Hezbe Islami al Gulbadin in Shok Valley.

As the team navigated through the valley, a firefight quickly erupted, and a series of insurgent sniper fire, rocket-propelled grenades, and small arms and machine gun fire forced the unit into a defensive fighting position.

Around that time, Shurer received word that their forward assault element was also pinned down at another location, and the forward team had sustained multiple casualties.

With disregard for his safety, Shurer moved quickly through a hail of bullets toward the base of the mountain to reach the pinned-down forward element. While on the move, Shurer stopped to treat a wounded teammate's neck injury caused by shrapnel from a recent RPG blast.

After providing aid, Shurer spent the next hour fighting across several hundred meters and killing multiple insurgents. Eventually, Shurer arrived to support the pinned down element and immediately rendered aid to four critically wounded

U.S. units and 10 injured commandos until teammates arrived.

Soon after their arrival, Shurer and his team sergeant were shot at the same time. The medic ran 15 meters through a barrage of gunfire to help his sergeant. Despite a bullet hitting his helmet and a gunshot wound to his arm, Shurer pulled his teammate to cover and rendered care.

Moments later, Shurer moved back through heavy gunfire to help sustain another teammate that suffered a traumatic amputation to his right leg.

For the next several hours, Shurer helped keep the large insurgent force at bay while simultaneously providing care to his wounded teammates. Shurer's actions helped save the lives of all wounded casualties under his care.

Shurer also helped evacuate three critically wounded, non-ambulatory, teammates down a near-vertical 60-foot cliff, all while avoiding rounds of enemy gunfire and falling debris caused by numerous air strikes.

Further, Shurer found a run of nylon webbing and used it to lower casualties while he physically shielded them from falling debris.

Shurer's Medal of Honor was upgraded from a Silver Star upon review.

Fort Wainwright Family & MWR

Weekly Events September 28 – October 5

29 **Ice Rink Opening Day**
September 29
1 to 4 p.m.

Celebrate the opening day of the Ice Rink with us! Check out the all-new Knocker Hockey game at 1, then open skate from 1:30 to 4 p.m. This free event is open to all ages!
PFC Ice Rink, building 3709. Call 353-7223

30 **Women in the Wilderness: Angel Rocks Hike and Soak**
September 30
9 a.m. to 6 p.m.

Ever wanted to hike from Angel Rocks to Chena Hot Springs Resort but were afraid that the 8.7-mile hike was a bit out of your comfort zone? Maybe you're looking to meet new friends who share common interests? Join Women in the Wilderness and tackle the trail.
Outdoor Recreation Center, building 4050. Call 361-6349, reservation required

2 **Tuesday Night Trivia**
October 2
7 to 8 p.m.

Are you ready for mind-blowing, mind-stumping questions? Bring your A-game and get ready for a challenge! Don't forget about Trivia Prep Mondays on the @WainwrightMWR Instagram stories, where we'll get you ready for the main event!
Warrior Zone, building 3205. Call 353-1087

3 **LEVY/OCONUS Briefing**
October 3
9 to 11:30 a.m.

If you are moving overseas or back to the Lower 48, this briefing is essential. Learn about the moving process, including pre-move counseling, the PCS process, finance entitlements, family travel, legal assistance, and more.
Army Community Service, building 3401. Call 353-7908

4 **Family Fun Game Night**
October 4
4:30 to 6:30 p.m.

Build memories at Family Fun Game Night! Play life-size board games, jump in the bounce houses, and enjoy craft time, all while bonding your family even closer together.
Last Frontier Community Activity Center, building 1044. Call 353-7755

26-31 OCT

26TH: 3 - 8 P.M.
27TH: 1 - 8 P.M.
28TH: 1 - 5 P.M.
29TH: 3 - 6 P.M.
30TH: 3 - 6 P.M. HAUNTED
31ST: 4 - 8 P.M. HAUNTED

HALLOWEEN & HAUNTED LASER TAG

@THE LAST FRONTIER COMMUNITY ACTIVITY CENTER
\$4 PER GAME

Last Frontier Community Activity Center
bldg 1044 Apple Street (907) 353-7755
www.wainwright.armymwr.com
@WainwrightMWR #WainwrightLFCAC

MWR MAC FEDERAL CREDIT UNION



Wilderness and REMOTE SURVIVAL COURSE

OCTOBER 18 - 19, 8 A.M. - 5 P.M.

MAKE IT OUT ALIVE
This two-day event will teach Soldiers the knowledge necessary to render medical first aid for emergencies that occur in the wilderness.

UPON COMPLETION OF THIS TRAINING, SOLDIERS WILL RECEIVE AN AMERICAN RED CROSS CERTIFICATION THAT IS GOOD FOR 2 YEARS.

In order to attend this event each Soldier must have a valid CPR/First Aid certification, which can be obtained through the free B.O.S.S. CPR and AED class.

FREE, 2-DAY CLASS LOCKED AT THE OUTDOOR RECREATION CENTER. \$10 REFUNDABLE DEPOSIT REQUIRED. SPACE IS LIMITED. REGISTRATION IS REQUIRED BY OCTOBER 11.

For more information, contact B.O.S.S. at (907) 353-7648
www.wainwright.armymwr.com
@WainwrightMWR #WainwrightBOSS

HAUNTED HALLOWEEN COSTUME & KARAOKE PARTY

PRIZES FOR THE BEST COSTUMES

FRIDAY OCT 26
WARRIOR ZONE | DOORS OPEN AT 4 P.M.
COSTUME CONTEST | KARAOKE

For more information, contact B.O.S.S. at (907) 353-7648
www.wainwright.armymwr.com
@WainwrightMWR #WainwrightBOSS



HELP HER BE A FLU FIGHTER!

Bassett ACH Walk-In Family Flu Vaccination Clinic

Planning ahead is your **SUPERPOWER**: get vaccinated **TODAY!**

MEDDAC-AK beneficiaries over 6 months of age, retirees and DoD Employees. Active Duty receive with their units.
Please wear short sleeved shirt for receiving shot on upper arm.

September 29: 9 a.m. to 2 p.m.
October 1 - 4: 7 a.m. to 5 p.m.

Education Center, Bldg. 4391 Neely Rd.
please use back parking lot and entrance

For questions, call 361-3057

REIEF

Continued from page 1

“For every pararescueman or combat rescue officer that goes down the hoist, and for every pilot or special mission aviator that’s flying that aircraft, there’s probably seven to 10 support personnel behind them – making sure that happens,” said Inman, who doesn’t believe they get enough credit.

New York ANG Tech. Sgt. Ryan Dush, a pararescueman from the 106th RQW’s 103rd RQS, agreed with Inman.

“When someone comes up and gives you a hug or says thank you out there and they [only] see you – they don’t see the whole story behind the scenes,”

said Dush. “I wish there was a way to convey that to everybody here.”

From maintainers making sure the aircraft are up and running to Host Aviation Resource Management personnel making sure the flight records are taken care of, and logistics specialists providing information on local area hospitals, Inman recognized and thanked these individuals on behalf of the AKNG team.

The National Guard works as part of an integrated federal, state and local network, supporting civil authorities during emergency response efforts.

“Seeing all these Americans coming from across the country to help the people of North Carolina was amazing,” said Inman, who was especially proud of the humble and grateful nature of the people experiencing the natural disaster.

Sights and sounds of Hispanic Heritage

Brandy Ostanik
MEDDAC-AK PAO

Members of the Fort Wainwright and Fairbanks community gathered together for the 2018 Hispanic Heritage Month Observance at the Fort Wainwright Northern Lights Chapel Sept. 20.

Medical Department Activity – Alaska, along with the Fort Wainwright Equal Opportunity Office sponsored, this year’s observance, “Hispanics: One endless voice to enhance our traditions.”

Guest speaker, Command Sgt. Maj. Jesus Rios, a proud Puerto Rican Soldier, began by explaining to the audience why Hispanic Heritage Month is celebrated from Sept. 15 to Oct. 15 rather than starting at the beginning of the month.

“September 15th is significant because it is the anniversary of independence for Latin American countries; Costa Rica, El Salvador, Guatemala, Honduras and Nicaragua,” said Rios. “In addition, Mexico and Chile celebrate their independence days on September 16th and September 18th, respectively.”

In his remarks, Rios spoke of the long tradition his family has in serving in the military.

I sometimes joke that I have served for 45 years when I add in my dad’s service,” said Rios. “He served as an aircraft mechanic, crew chief and first sergeant. Moving was a way of life as a child. Service to the nation is what I know, as I am a third successive generation in my family serving.”

Rios feels the long history of Hispanic service members, civilians and contractors serving the military are an important part of diversification and sharing the culture.

“Even in the most remote locations, you will find Latin Dance Night; even down range,” said Rios. “To this specific point, Hispanic culture is undeniably throughout the world.”

Rios chose to limit his remarks during the event in order to highlight and share some pieces of his Hispanic heritage.

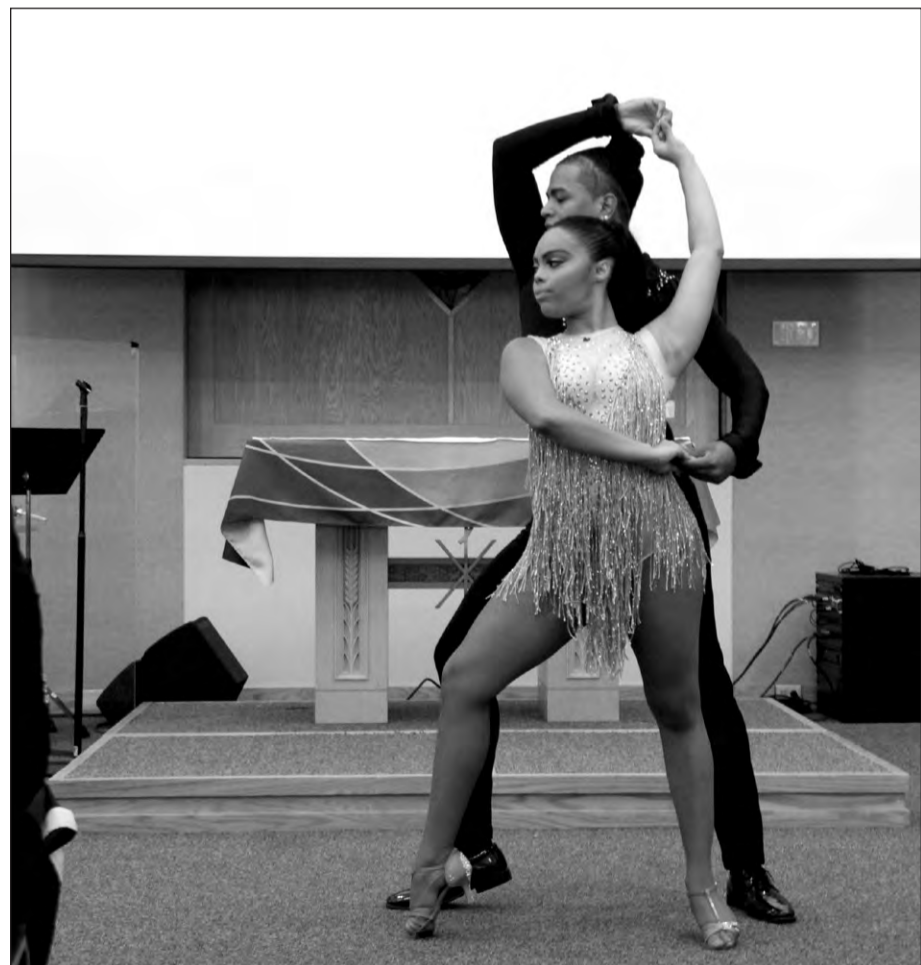
“What I hope to achieve today is to provide you, the audience, a better understanding of Hispanic heritage by engaging you through the sights and sounds that represent my culture,” said Rios.

One such highlight was the playing of the *quarto*, a small guitar heard in many Hispanic songs. Mr. Elvin Cartagenavazquez, property book officer for MEDDAC-AK, has been playing the *quarto* for over 30 years and welcomed guests as they entered the event with traditional songs from Venezuela, Peru and Puerto Rico.

In addition to hearing the sounds of the *quarto*, guests were also able to enjoy dancers representing Semeneya Dance Studio out of San Antonio, which is owned by Rios’ brother. The two dancers, Barbara Aquino and Brayan Llamaza, put on an exhibition of traditional salsa and merengue dances while narrator, Dianna Luz Feliciano, gave explanations of the dance origins and history.

Rios concluded by thanking Hispanic Americans for their service.

“All of us are our own unique warrior as we go through this life negotiating the opportunities and challenges thrown at us,” said Rios. “For the Hispanic Americans that have served, are serving, and for the future generations that will serve, a sincere thank you for your commitment, sacrifice and contributions.”



The White House announced that Staff Sgt. Ronald J. Shurer II will receive the Medal of Honor for going above and beyond the call of duty April 6, 2008, while assigned to Special Operations Task Force - 33 in Afghanistan during Operation Enduring Freedom. (Courtesy photo from Ronald J. Shurer II)

ASYMCA Courtesy Lounge



Armed Services YMCA and supporting sponsor representatives celebrate the opening of the ASYMCA Military Courtesy Lounge at Fairbanks International Airport on Sept. 21, 2018. A ribbon cutting, refreshments and tour of the newly renovated space was on display for all to see. The Rotary Club of Fairbanks, Conoco Phillips, Petro Star, Home Depot, Mac Federal Credit Union, Design Alaska, Usibelli Coal Mine, First National Bank of Alaska, Doyon Utilities and JD Construction all contributed in various ways to help ASYMCA get the lounge renovated and reestablished. The ASYMCA Military Courtesy Lounge adds another resource for incoming Soldiers who are reporting to Fort Wainwright for the first time. (Photo by Brady Gross, USAG Alask Fort Wainwright Public Affairs)

Family, child and youth services

Staff Report Child & Youth Services

Army Child & Youth Services recognizes the challenges of our Soldiers and their Families, and helps Army Families meet their parental challenges and maintain their mission readiness through Department of Defense certified and nationally accredited programs and services.

Children must be registered to receive services on the installation. Registration is free, and childcare costs are based on Total Family Income. Registration is completed at:

PARENT CENTRAL SERVICES

Building 1049 Chena Road #2, (907) 353- 7713
Email: usarmy.wainwright.imcom.list.dfmwr-cyss-pcs@mail.mil
Serves children ages 4 weeks to 18 years

One-stop location to register for hourly care, part/ full day care, preschool programs (age 4 by Sep 1), records transfer, parent education classes, babysitter training, and referral services for Families. Includes CYS Parent Advisory Board, non-traditional outreach services, and Kids on Site program.

Visit MilitaryChildCare.com for care options, services, and to waitlist for full-day or part-day programs.

FAMILY CHILD CARE

Building 1049 Chena Road #1, (907) 353- 6266
Serves children ages 4 weeks to 8 years
Certified providers

provide child care in their homes, which meet safety, fire and health standards. Providers undergo professional training in infant/child CPR, first aid, child guidance techniques and developmentally appropriate activities, and follow USDA food program nutritional guidelines.

CHILD DEVELOPMENT CENTER 1

Building 4024 600th Street, (907) 361- 4190

CHILD DEVELOPMENT CENTER 2

Building 4176 600th Street, (907) 361- 9056

Both Child Development Center locations serve children ages 6 weeks through 5 years; fees based on Total Family Income. Developmentally appropriate learning center for children to learn through play and exploration. Full-day, part-day, and hourly care options available. Follows USDA food program nutritional guidelines. Accredited by the National Association for the Education of Young Children (NAEYC).

SCHOOL AGE CENTER

Building 4166 Neely Road, (907) 361- 7394

Serves children in grades pre-kindergarten through 6; fees based on Total Family Income. Services include before and after school care; full, part-day and hourly care. Programming activities inspire curiosity, promote collaboration and encourage critical thinking through Five Service Areas: Education Support & Career Exploration;

Character and Leadership Development; Health, Wellness and Life Skills; Sports, Fitness and Recreation; and The Arts. 4H, Boys & Girls Clubs of America, and CHARACTER COUNTS!, affiliates, and follows USDA food program nutritional guidelines. Accredited by the Council on Accreditation.

YOUTH CENTER

Building 4109 Neely Road, (907) 361- 5437

Serves Youth in grades 6 through 12. Accessible, affordable, quality program options include technology, and the Five Service Areas: Character and Leadership Development; Education Support and Career Development; Health, Wellness, and Life Skills; Sports, Fitness, and Recreation; and The Arts. 4H, Boys & Girls Clubs of America, and CHARACTER COUNTS!, affiliates, and follows USDA food program nutritional guidelines.

YOUTH SPORTS & FITNESS

Building 1045 Gaffney Road, (907) 353- 7482

Serves children ages 3 to 18 years. Developmentally appropriate team and individual physical sports, competitions, skill building clinics, and nutrition and health classes to develop life-long healthy habits; provided by trained CYS employees and volunteer coaches. 4-H, Boys & Girls Clubs of America, and CHARACTER COUNTS!, affiliates. Accredited by the National Alliance of Youth Sports.

Current Fort Wainwright photography studio information

Head and Shoulders:

Friday's by appointment through the online Visual Information Ordering Site (VIOS) starting at 8:20 a.m.

Passport Photo:

Monday thru Wednesday's by appointment through VIOS Starting at 1 p.m. A civilian shirt is required for all Passport Photo's.

Department of the Army Photos:

Monday thru Thursday mornings by appointment through VIOS starting 9 a.m.

Visual Information Ordering Site website:

Visit the <https://www.vios-west.army.mil> website to schedule an appointment.

Once in VIOS select Fort Wainwright, then fill out a 3903 work order form to connect to the DA photo calendar in order to reserve an appointment. Cancellations must notify the photo studio, 48 hours prior to an appointment or be considered a "NO SHOW".

DA Photo Tips:

The Soldier should have their uniform inspected by their unit before the appointment and be in uniform ready to be photographed at the appointment time.

Army Regulation 670-1 should be used to check correct placement of ribbons, insignia, etc. Dressing rooms are available if you would like to bring your uniform and change at the studio.

Photos are taken vertically, at ¾ length from top of head, which means you need your pants or skirt but not your shoes.

Soldiers must wear shoulder crests as per AR 640-30, 29 MAR 2017.

Leadership tabs, blue disks and infantry ropes are not allowed for DA photos.

Unit citations are authorized only if you were in the unit when it was awarded.

The photographer is not responsible for the Soldier's uniform. Para 5-g of AR 640-30 "prohibits photographers, soldiers, or anyone providing assistance to the Soldier while taking the official photograph from stuffing, clipping, or otherwise changing or altering the appearance of the uniform to make it fit properly."

Check AR 640-30 Photographs for Military Personnel Files, at https://armypubs.army.mil/epubs/DR_pubs/DR_a/pdf/web/ARN3976_AR_640_30_Final.pdf

Placement of badges

"Combat and special skill badges are worn... 1/4 inch above the ribbons or the top of the pocket, one above the other, with ½ inch between badges, or they are worn on the pocket flap as described in paragraph 29-16" (pg. 298 of AR 670-1).

If you have an Iraqi or Afghani ribbon

It should have at least one star on it (one star per campaign, not tour of duty).

Pointers

Starch your shirt heavily under the tie and don't wear a T-shirt to lessen extra wrinkles.

If you don't need a belt, don't wear it –buckles sometimes stick out.

A long sleeve shirt causes less problems with getting the sleeves to look nice.

Take a picture of yourself with a cell phone – check to see how your ribbons look.

Write your name somewhere inside your uniform before you take it for cleaning or alterations. Check to make sure you're getting the correct jacket back.

If you took it to be cleaned or pressed, check to make sure you have all your buttons – or better yet, take them off yourself before you take it for cleaning.

For more information on Department of the Army official photo support, contact Søren Melchior, Studio photographer, at 361-6268, or email, at erik.s.melchior.ctr@mail.mil.

Family Flu Vaccination Clinic

Protect
TWO
Against
the
Flu



A flu vaccination will protect you and your baby.

MEDDAC-AK beneficiaries over 6 months of age, retirees and DoD Employees. Active Duty receive with their units.

Please wear short sleeved shirt for receiving shot on upper arm.

September 29: 9 a.m. to 2 p.m.

October 1 - 4: 7 a.m. to 5 p.m.

Education Center, Bldg. 4391 Neely Rd.
please use back parking lot and entrance

For questions, call 361-3057



The Iliad

A Discussion Panel for all veterans
8 sessions starting October 2nd

The Discussion Panel will start
October 2nd, @ 6pm

at ARCSP, 816 28th Ave
#500, Fairbanks

Led by a team of four individuals with
classical, clinical, and military
expertise.

8 sessions, each covering 3 of
the 24 chapters of *The Iliad*

"...to teach you all these
things, to make you a
man of words and a man
of action too." ~Iliad 9:537

Copies of the Iliad will be provided.

For more information please contact:
907.987.6829 or 907.361.7776
or info@arcsp.org





Veterans Crisis Line

1-800-273-8255 PRESS 1

PURPLE HEART CAMPUS CELEBRATION

UAF Department of Military & Veteran Services
Open House

October 4, 2018
4-6 p.m.

Presentation begins: 4:30 p.m.
Signers' Hall lobby
RSVP: uaf-veterans@alaska.edu

The Military Order of the Purple Heart has designated the University of Alaska Fairbanks as Alaska's only Purple Heart Campus. The designation was based on UAF's longstanding tradition of commissioning more officers than any other Alaska university, graduating members serving all major American conflicts, and its honoring of the sacrifices made by Purple Heart Medal recipients, as they defended our Nation in conflicts around the globe.

The newly formed Department of Military and Veteran Services serves UAF's military students and their families to ensure they have coordinated support throughout their time at UAF. The department will be open for tours.




GET THE INFO YOU NEED, WHEN YOU NEED IT!

When a State of Emergency is issued, TRICARE may authorize early prescription refills and blanket waivers for referrals or other emergency benefits.

NOT SURE IF YOU NEED CARE?

The Nurse Advice Line is available to you 24/7.

Contact them to:

+ Ask urgent care questions	+ Learn how to get care
+ Talk to a Nurse	+ Schedule appointments
+ Get health care advice anywhere and while traveling	+ Access a secure summary of your care
+ Find a doctor	+ Get an online "sick slip"

URGENT CARE

Urgent Care is also available during a disaster. Urgent care is care you need for a non-emergency illness or injury.

+ Treat a condition that doesn't threaten life, limb, or eyesight

+ Needs attention before it becomes a serious risk to health

If you're not sure if you need urgent care, call the Nurse Advice Line. They can schedule appointments at a military hospital or clinic or direct you to a network provider.

Are you on active duty? You need a referral for urgent care in most cases. Please contact your primary care manager or regional contractor before you seek care: www.tricare.mil/CallUs.

