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The Interior Military News Connection

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Fort Wainwright, Alaska

January 11, 2019

2019 brings changes to military justice system

Gary Sheftick
Army News Service

A host of changes to the Uniform Code of Military Justice became effective Jan. 1, modernizing definitions for many offenses, adjusting maximum penalties, standardizing court-martial panels, creating new computer-crime laws and much more.

The changes strike a balance between protecting the rights of the accused and empowering commanders to effect good order and discipline, said Col. Sara Root, chief of the Army's Military Justice Legislation Training Team.

"We're pretty excited," Root said. "It's a healthy growth of our military justice system."

Root and three members of her team spent the last year traveling to 48 installations to train 6,000 legal personnel and law-enforcement agents about the changes. Her two-day classes included everyone from judges to law clerks, and privates to generals, she



The most sweeping changes to the Uniform Code of Military Justice since it was enacted in 1950 took effect Jan. 1. One of the changes standardizes panels for court-martial proceedings. (Photo illustration by U.S. Army)

said, and even 600 from other military services.

CODIFYING CHANGES

Many of the changes came about after a review by the Military Justice Review Group, consisting of military and criminal justice experts whose report made

recommendations to Congress.

"We've had a lot of changes to our system [over the years], but piecemeal," Root said. She explained that the Review Group convened to take a thorough and holistic look at the system to standardize military law and update the Manual for Courts Martial.

See UCMJ on page 3

2018 Overseas Cost of Living Allowance Overseas Living Patterns Survey

This survey is used to track the shopping patterns of uniformed service members stationed overseas. The data collected will assist in the determination of Overseas Cost of Living Allowance paid.

The 2018 COLALPS survey has been extended to Jan. 13, 2019, to ensure adequate participation. Participation in this survey is voluntary. However, maximum response is encouraged so that data will be representative of your location of assignment.

This data is instrumental in updating OCOLA indices. Incomplete surveys cannot be used as this might result in inaccurate analysis of shopping behavior. To ensure that this survey results in valid OCOLA, please answer questions for all applicable categories.

To prepare for the survey, determine where you purchase groceries, clothing, household furnishings, entertainment, communications and transportation. Estimated time to complete the survey is 40 to 50 minutes.

To complete the survey between the Dec. 1, 2018 to Jan. 13, 2019 open period, visit <https://www.defensetravel.dod.mil/site/colaSurvey.cfm?ID=alaska> or scan the QR code.



Army to survey Family housing residents by email starting Jan. 15

Lt. Gen. Gwen Bingham
U.S. Army Assistant Chief of Staff for Installation Management

Residents of Family housing owned and leased by the Army will have a chance again to rate the quality of housing and housing services in 2019.

The second online survey of about 10,000 residents living in Army-owned and Army-leased housing worldwide will be emailed Jan. 15. CEL & Associates Inc. will administer the survey for the Army. The email will be from ArmyHousingSurvey@celassociates.com.

The survey is open through Feb. 14. The survey's purpose is to receive firsthand accounts of what Soldiers and Families find important when living in Army-owned on-post and leased Family housing. Residents of privatized Residential Communities Initiative housing will be surveyed in March.

Survey proponents are the Army assistant chief of staff of Installation Management and the U.S. Army Installation Management Command.

The housing survey is used to identify areas in housing operations that are successful or need improvement, where funding could have the most effect and are identified as top priorities to residents, and ascertain areas of success for the garrison housing office, according to Lt. Gen. Gwen Bingham, Army assistant chief of staff for

Installation Management.

"Your feedback about your experiences while residing in Army-owned or leased housing is critical to shaping the future housing and services provided by the Army," Bingham said.

CEL & Associates emailed the first housing survey in 2018 to 9,957 residents living in Army Family housing, with 2,025 residents responding for a rate of 20.3 percent. Army housing officials want to increase participation in the 2019 resident satisfaction survey.

A higher response rate will give Army officials a more accurate depiction of Soldiers' and their Families' satisfaction with Army Family housing and the services offered by garrison housing offices, housing officials said.

"All surveys are confidential. Your frank feedback about your experiences in Army Family Housing may help to shape future housing programs and services and help guide future decisions that could impact generations of Soldiers and Families," said Lt. Gen. Bradley A. Becker, Installation Management Command commander.

The Army wants maximum outreach and participation to measure residents' satisfaction with housing accommodations, as well as the services they received from the Army Housing Office. Residents who have not received an email with the survey link by Jan. 18 should contact their local housing offices.



Yvonne Sullivan helps a Soldier with housing at U.S. Army Garrison Bavaria, Germany. Sullivan is with the Bavaria housing office. Soldiers and Family members can rate Family housing owned and leased by the Army through a survey that runs Jan. 15 through Feb. 14. The survey includes housing in the United States and overseas, such as the Army housing at U.S. Army Garrison Bavaria. (Photo by Andreas Kreuzer)

Alaska National Guard change of command recognizes new adjutant general

Lt. Col. Candis Olmstead
Alaska National Guard Public Affairs

The Alaska National Guard's commander-in-chief, Gov. Mike Dunleavy, recognized his newly appointed adjutant general, Col. Torrence Saxe, in a change of command ceremony at the Alaska National Guard armory Dec. 31. In Saxe's dual-hatted role, he also serves as commissioner for the Department of Military and Veterans Affairs.

As DMVA commissioner and adjutant general, Saxe is responsible for nearly 4,400 Guard members and

state personnel assigned to units in the Alaska Air and Army National Guard and four state divisions. In his new role, Saxe will ensure the DMVA team is equipped, trained and ready to respond to state and federal missions as required. As commissioner, he will develop and coordinate policies, plans and programs for the department, lead with vision and expertise, and focus on meeting the governor's priorities within the organization.

"You take care of the people, and they will take care of the mission," said Saxe. "It sounds simple, but that's what you do."

See GUARD on page 7



Gov. Michael J. Dunleavy participated in the change of command ceremony for Col. Torrence Saxe, the new commissioner of the Alaska Department of Military and Veterans Affairs and adjutant general for the Alaska National Guard and State of Alaska. As commissioner, Saxe is responsible for leading nearly 4,400 personnel in the National Guard and DMVA's divisions; Homeland Security and Emergency Management, Veterans Affairs, Alaska Military Youth Academy, Air and Army National Guard, Naval Militia, State Defense Force and Administrative Services. (Photo by Austin McDaniel, Office of the Governor)

The 24th Annual
Air Force vs Army Hockey Game
January 19, 2019
U.S. AIR FORCE Game Starts at 1:35 p.m. At The Carlson Center
Event is FREE and open to the public
Doors open at 7 p.m.

WEEKEND WEATHER

Friday



Partly cloudy, with a high of -29 and low of -38 degrees.

Saturday



Partly cloudy, with a high of -23 and a low of -24 degrees.

Sunday



Mostly sunny, with a high of 1 and a low of -1 degrees.

MARTIN LUTHER KING JR.

The Fort Wainwright Equal Opportunity Office welcomes all to the 2019 Martin Luther King Jr. Birthday Observance on Jan. 16, 2019, from 11 a.m. to 2 p.m. at the AAFES Food Court

View information boards, speeches of Martin Luther King Jr. and answer questions to qualify for the drawing of AAFES Gift Cards.

For more information, please contact Master Sgt. Skylar Holman at 907-854-4921 or skylar.a.holman.mil@mail.mil or Sgt. 1st Class Saibou Lare at 907-353-9234 or Saibou.n.lare.mil@mail.mil

Nutrition Corner: Did you know - Fermented foods

Brandy Ostanik

Medical Department Activity – Alaska, Public Affairs

There are two significantly different types of ‘pickling’ – that in which an acid is applied directly to the fresh vegetable for preservation, and that in which a brine solution is used to enable the process of fermentation.

The products of each of these processes are sometimes referred to interchangeably, although incorrectly, as ‘pickles’. Most store bought brands of pickled cucumbers, for example, use vinegar (an acid made from the fermentation of sugars or ethanol by acetic acid bacteria) to preserve vegetables, such as cucumbers, by creating a highly acidic environment that prevents bacterial growth and spoilage. Often times these pickled products are also heat treated and sealed in an airtight container allowing for a significantly longer shelf life until the seal is broken. This very safe and tasty method of food preservation is convenient, but it does not offer any probiotic benefits.

In contrast, fresh vegetable fermentation is a more time-consuming process, sometimes taking several weeks, which must be done through submersion of the vegetable in a salt

water mixture. While the high salt environment of the brine is not hospitable to many pathogenic bacteria, the lactic acid bacteria that are naturally present on the fresh produce are typically salt tolerant, and can grow and proliferate without competition. These bacteria break down the natural sugars in the vegetable for energy, creating lactic acid as a byproduct, which in turn provides a tangy flavor and further inhibits the growth of harmful bacteria.

Because of the delicious flavors and health promoting probiotics it produces, a renewed interest in the ancient technique of fermenting is emerging, and inspiring high end restaurants, trendy cafes and food journalism outlets to feature ferments. Nevertheless true fermented vegetables can be hard to find in commercial grocery stores.

As the summer approaches, consider fermenting some vegetables at home; it can be a simple, fun and nutritious hobby!

For more information about fermenting, and the revival of this very old tradition, along with step by step instructions and tips to keep you safe, check out this article from Food Safety News: <http://www.foodsafetynews.com/2014/03/fermenting-veggies-at-home-follow-food-safety-abcs/#.WL283HnymUI>

Featured Recipe: Fermented carrot sticks

Ingredients:

- 2 cups water
- 1 tablespoon sea salt
- 1 pounds carrots, cut into sticks

Preparation:

- Dissolve salt in water.
- Place the carrot sticks in the jar (use a half-gallon mason jar) and pour the liquid over the carrots, leaving one to two inches headspace.
- Weigh the carrots down under the brine using a glass weight to keep them COMPLETELY submerged.
- Cover the jar with a tight lid, airlock lid or coffee filter secured with a rubber band.
- Culture at room temperature (60 to 70°F is preferred) until desired flavor and texture are achieved. If using a tight lid, burp daily to release excess pressure.
- Once the carrots are finished, put a tight lid on the jar and move to cold storage. The flavor will continue to develop as the carrots age.

MEDDAC Minute

Brandy Ostanik

Medical Department Activity – Alaska, Public Affairs

LIMITED SERVICES

In order to provide our beneficiaries with the highest quality of care, Medical Department Activity – Alaska will be adding one day a month to our training calendar to ensure staff are up to date on all training requirements. Limited services will be available from 7:30 to 10 a.m. on the second and fourth Thursdays of the month.

PRENATAL BREASTFEEDING CLASS

Are you pregnant and looking for information on breastfeeding? Join our lactation consultant and other moms-to-be the third Wednesday of each month from 1 to 2:30 p.m. or the fourth Tuesday of each month from 6:30 to 8 p.m. to answer questions such as the benefits of skin-to-skin, how to recognize when your baby is hungry and how to ensure you have a good milk supply. Classes are held at Bassett Army Community Hospital in the third floor conference room, and are open to all beneficiaries without a referral. Call 361-5958 for more information.

TALK WITH A REGISTERED NURSE

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

THIRD PARTY INSURANCE

Do you have insurance other than TRICARE? Guaranteed no extra cost to the beneficiary, Bassett ACH is required to obtain a copy of private health insurance coverage from all non-active duty beneficiaries. To provide us with this information, beneficiaries will be asked to complete a DD Form 2569 annually.

CLEAN OUT YOUR MEDICINE CABINET

The New Year is a great time to check your medicine cabinets for expired prescription and over the counter medications. A MedSafe box, located inside the main entrance of Bassett ACH across from the information desk, is in place to securely receive your expired or no longer needed medications.

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



NURSE ADVICE LINE

Call the Nurse Advice Line:

- **Toll-free phone number:**
1-800-TRICARE
(1-800-874-2273), option 1
- **Hours:** 24 hours a day,
7 days a week
- **Areas served:** Continental
United States, Alaska,
and Hawaii

RSV: Mild for most; serious for some

Capt. Aaron D. Sanborn
 Chief, Army Public Health
 Nursing, Medical Department
 Activity – Alaska

Respiratory Syncytial Virus is a very common illness that typically causes mild, cold-like symptoms that resolve within a week or two in most individuals. Mayo Clinic and the Center for Disease Control and Prevention report that almost all children will have RSV by the time they are two years old.

Though typically mild in older children and middle-aged adults, RSV can lead to serious illness for infants and older adults. For children younger than 1 year of age in the United States, RSV is the most common cause of bronchiolitis, an inflammation of the small airways in the lung, and pneumonia, infection of the lungs.

In the United States, RSV causes more than 2.1 million outpatient visits and around 57,000 hospitalizations in children younger than 5 years old each year. For older adults in the United States, RSV leads to around 177,000 hospitalizations and about 14,000 deaths each year. For Alaska, specifically, the CDC's Arctic Investigations Program has shown that Alaska Native children in Southwest Alaska have three times the rate of hospitalization for RSV when compared with the total rate for U.S. children. Overall, Alaska Native infants have one of the highest hospitalization rates for RSV among U.S. children according to the CDC.

Those who have the highest risk for severe illness caused by RSV include premature babies, adults 65 and older, those with chronic lung disease or certain heart problems, and people with weakened immune systems (examples include HIV, organ transplants or specific medical treatments like chemotherapy). Anyone with cold-like symptoms, should take measures to avoid contact with these

high-risk groups to prevent illness in these groups.

RSV is typically spread through coughing and sneezing but can also be spread by touching surfaces that have RSV on them and then touching your eyes, nose or mouth. RSV symptoms for young children can include fever, decreased appetite, runny nose, cough and wheezing. The CDC recommends to call a doctor if you or your child are having difficulty breathing, not drinking enough fluids or experiencing worsening symptoms.

Ways to prevent RSV spread include frequent hand-washing, not touching your face with unwashed hands, avoiding close contact with those who have cold-like symptoms, covering your coughs and sneezes, cleaning and disinfecting surfaces, and staying home when sick. More specifically, hands should be washed with soap and water for 20 seconds. If soap and water are not available, an alcohol-based hand sanitizer with at least 60 percent alcohol should be used. Close-contact includes shaking hands, kissing and sharing cups or eating utensils with people who have cold-like symptoms. Techniques to cover coughs and sneezes include using a tissue or upper shirt sleeve. The tissue should be thrown away and hands washed following coughing or sneezing. For cleaning and disinfection, high-traffic items and areas should be targeted, including toys, doorknobs, counters and faucets. As a final consideration, it may be necessary to limit the time high-risk children spend in schools and childcare centers during the typical RSV season (fall, winter and spring).

For additional information, please visit the CDC website at <https://www.cdc.gov/rsv/index.html>, Mayo Clinic website at <https://www.mayoclinic.org/diseases-conditions/respiratory-syncytial-virus/symptoms-causes/syc-20353098>, speak to your primary care manager, or call Fort Wainwright Army Public Health Nursing at 907-361-3057.

ENTER FOR A CHANCE TO WIN ONE (1) of TEN (10) \$100 Exchange Gift Cards

Scan to enter

Enter between 1/18/2019 - 2/18/2019 at shopmyexchange.com/sweepstakes

ALASKA POST

The Interior Military News Connection

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The Chaplain's Corner

Chaplain (Lt. Col.) Paul Fritts
Fort Greely

As a young seminarian in 1988, one of the first (and most profound) books I read was *With Open Hands* by Henri Nouwen. This brief devotional text, which is easily read by anyone, is still available and I highly recommend it. In short, Nouwen teaches the reader the value of living one's life "with open hands." The idea is that living with open hands is a spiritual posture, an attitude toward life, although I frequently pray with my physical hands open as a reminder to myself. I need regular reminders because I'm daily bombarded with messages that encourage me to hang on to everything I've got. So if I simply buy this product or use that service, I will have even more success, more money, more health, more likes, more followers and more of everything this world has to offer!

Regarding earthly treasures, Jesus says, "Do not store up for yourselves

treasures on earth, where moths and vermin destroy, and where thieves break in and steal. But store up for yourselves treasures in heaven, where moths and vermin do not destroy, and where thieves do not break in and steal. For where your treasure is, there your heart will be also," (Matthew 6:19-21). In the same way our closed hands neither release what they are holding nor receive what is given, our closed spirits either cling tightly to what moths destroy and thieves steal or refuse what God provides. But open hands and spirits willingly receive in humble acknowledgement that we do not flourish on our own.

Although we each travel our own spiritual path, one trait that is common to all who would live a life with open hands is humility. According to the Cambridge dictionary, humility is "the feeling or attitude that you have no special importance that makes you better than others." I can think of no outlook more fundamentally contrary to what the world promotes than possessing this understanding of

humility. The Apostle Paul sums it up this way: "I have been crucified with Christ and I no longer live, but Christ lives in me. The life I now live in the body, I live by faith in the Son of God, who loved me and gave himself for me," (Galatians 2:20). To be crucified with Christ in this sense means to subordinate oneself (it is no longer "I who lives) to Christ.

In those moments when we humbly release what our sinful pride demands we cling to, we have an opportunity to live without fear. If the worst thing we have to fear is death, having been crucified with Christ we have no cause to be afraid because we're already "dead." If we have already released things or attitudes we are tempted to hold on to, we have nothing to lose because we have already chosen to give them up. This, then, is the fearless, liberating, humble life of living with open hands.



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

**Veterans
Crisis Line**
1-800-273-8255 PRESS 1

Fort Wainwright Police: 353-7535

ESTATE NOTICE

Sgt. Jorden T. Williams passed away at his North Pole residence Jan. 2, 2019. Anyone having claims against or who is indebted to the estate of Sgt. Jorden T. Williams, of the 549th Military Working Dog Detachment, 17th Combat Sustainment Support Battalion, Arctic Support Command (Provisional), may contact 1st Lt. Evan Oncay, 539th Composite Truck Company (Light), 17th CSSB, ASC (P), Fort Wainwright, Alaska 99703, by phone at (907) 361-9551 or by email at evan.l.oncay@mail.mil.

UCMJ

Continued from page 1

Many of the MJRG's changes were incorporated into the Military Justice Act of 2016, the 2017 National Defense Authorization Act and then Executive Order 13825 signed by the president March 8. Additionally, Secretary of the Army Mark Esper signed a directive Dec. 20 that clarifies definitions for dozens of offenses taking effect.

"We've really needed that much time," Root said, from 2017 to now, in order to train all members of the Army Judge Advocate General's Corps. Those attending her classes then needed time to train commanders and others on the installations, she added.

ADULTERY CHANGED

One of the changes replaces the offense of adultery with "extra-marital sexual conduct." The new offense broadens the definition of sexual intercourse, which now includes same-sex affairs. The amendments also now provide legal separation as a defense.

In the past, service members could be charged with adultery even if they had been legally separated for years but were not divorced. Now legal separation from a court of competent jurisdiction can be used as an affirmative defense, Root said.

Also in the past, prosecutors had to prove traditional intercourse to obtain a conviction for adultery, Root said. Now oral sex and other types of sexual intercourse are included.

PROTECTING JUNIOR SOLDIERS

UCMJ Article 93a provides stiffer penalties for recruiters, drill sergeants and others in "positions of special trust" convicted of abusing their authority over recruits or trainees.

The maximum sentence was increased from two years to five years of confinement for those in authority engaging in prohibited sexual activities with junior Soldiers. And it doesn't matter if the sex is consensual or not, Root said, it's still a crime.

Article 132 also protects victims and those reporting crimes from retaliation. An adverse personnel action – such as a bad NCO Evaluation Report, if determined to be solely for reprisal – can get the person in authority up to three years confinement without pay and a dishonorable discharge.

COMPUTER CRIMES

Article 123 provides stiff penalties for Soldiers who wrongfully access unauthorized information on government computers. Distributing classified information can earn a maximum sentence of 10 years confinement, but even wrongfully accessing it can get up to five years in jail. Unauthorized access of personally identifiable information, or PII, is also a crime. Intentionally damaging government computers or installing a virus can also bring five years in the clinker.

Article 121a updates offenses involving the fraudulent use of credit cards, debit cards or other access devices to acquire anything of value. The penalty for such crimes has been increased to a max of 15 years confinement if the theft is over \$1,000.

If the theft is under \$1,000 the maximum penalty was increased from five to 10 years confinement, and this crime also includes exceeding one's authorization to use the access device, for example, misusing a Government Travel Card.

Cyberstalking is also now included as a stalking offense under Article 130 of the UCMJ.

COURTS-MARTIAL

A "bench trial" by a judge alone can now determine guilt or innocence for many offenses. Almost any charge can be referred to such a forum, except for rape and sexual assault, which requires referral to a general court-martial. However, if the offense has a sentence of more than two years, the accused has a right to object to such charges being referred to a bench trial and could request a special or general court-martial.

If found guilty at a bench trial, Root said a Soldier cannot be given a punitive discharge and the max sentence would be limited to no more than six months forfeiture of pay and no more than six months confinement. The judge can still adjudge a reduction in rank.

"It's a great tool that we're really excited to see how commanders use it out in the formations," Root said.

More than half of the cases in the Army actually are settled by plea agreements in lieu of a contested trial, Root said. Commanders have always had the authority to limit the max sentence with a plea agreement, but she said now they can agree to a minimum sentence as well. This might result in a range for the judge to sentence within, for example, no less than one year confinement, but no more than five years confinement.

If a case goes to a non-capital general court-martial, the panel has now been standardized to eight members. In the past the size of the panel could vary from five to an unlimited number, but often around 10 to 12 members. Now each general court-martial must begin with eight panel members, she said, but could continue if one panel member must leave due to an emergency during trial.

Special courts-martial will now be set at four panel members. A court-martial convening authority can also authorize alternate members to be on a special or a general court-martial, she said.

Capital offenses such as murder require a 12-member panel.

For a non-capital court-martial, three-fourths of the panel members must agree with the prosecution to convict the accused, she said. For instance, if only five members of an eight-member panel vote guilty, then the accused is acquitted. A conviction for a capital offense still requires a unanimous verdict.

EXPANDED AUTHORITY

Congress expanded judges' authorities to issue investigative subpoenas earlier in the process,

for example, to obtain a surveillance video from a store. One of the most significant changes is that now military judges can issue warrants and orders to service providers to obtain electronic communications such as email correspondence.

In the past, trial counsel had to wait until preferring charges to issue investigative subpoenas. Now, with the approval of the general court-martial convening authority, trial counsel can issue subpoenas earlier to help determine whether charges are necessary. For electronic communications, the government previously had to rely on federal counterparts to assist with obtaining electronic communications.

"Being able to have these tools available earlier in the process is going to be helpful for overall justice," Root said.

The changes also call for more robust Article 32 hearings to help the commander determine if an accused should go to trial, she said. For instance, a preliminary hearing officer must now issue a more detailed report immediately after an Article 32 hearing's conclusion. In addition, both the accused and the victim now have the right to submit anything they deem relevant to the preliminary hearing officer within 24 hours after the hearing specifically for the court-martial convening authority to consider.

Aimed at speeding up the post-trial process, immediately following a court-martial, audio can now be provided to the accused, the victim and the convening authority in lieu of a verbatim transcript which will be typed and provided later, but prior to appeal.

A number of other procedural changes are aimed at making the military justice system even more efficient, Root said.

MORE CHANGES

More changes to punitive offenses also take effect. For instance, the definition of burglary has changed to include breaking and entering any building or structure of another, anytime, with the intent to commit any offense under the UCMJ. In the past, burglary was limited to breaking and entering the dwelling house of another in the nighttime.

The penalty for wearing unauthorized medals of valor has increased from six months to a max of one-year confinement along with forfeiture of pay and a bad-conduct discharge. This includes wearing an unauthorized Medal of Honor, Distinguished Service Cross, Silver Star, Purple Heart or valor device. The maximum penalty for wearing any other unauthorized medal is still only six months.

Regarding misconduct that occurred prior to Jan. 1, the changes to the punitive articles are not retroactive, Root said. However, some of the procedural changes will apply to cases that were not referred to trial before Jan. 1.

All members of the JAG Corps are trained in the changes and ready to go, Root said.

"We're pretty proud that our commanders are really at the center of this," she said, "and it just gives them some more tools for good order and discipline."



**Spouse
OF THE Year**

"Not everyone that serves this nation raises their right hand to take an oath; military spouses begin military service when they extend their left hand to take a vow."
—Cindy Wilsbach


SALUTE TO THE MILITARY
During our 42nd Annual Salute to the Military, the ASYMCA of Alaska will honor one military spouse whose dedication to support of their service member, family, and community exemplify the ideal of "Service Before Self."

To nominate an active duty spouse stationed in Alaska, please visit our website at:
www.asymca.org/alaska-salute
Nominations close on Friday, January 25th.

Alaska District commander visits interior Corps offices



Col. Phillip Borders (center), commander of the Alaska District, made a special holiday visit to Corps offices in the Fairbanks area Dec. 20. Stops included Fort Wainwright, Eielson Air Force Base and the Regulatory Division's North-Central Section. Along with receiving first-hand updates on current projects, the engagement provided an opportunity for some face time with the organization's field personnel and to wish everyone a safe and enjoyable holiday season. (Photos by Brian W. Schlumbohm, U.S. Army Corps of Engineers, Alaska District)



**USAG Alaska
Storm Water
Steering
Committee**

Meeting #2
Tuesday, January 15, 2019
10:00 am to 11:00 am
Building 3023 DPW Environmental Conference Room
Conference call-in number (907) 384-5372

The Storm Water Steering Committee is a requirement of Fort Wainwright's Municipal Separate Storm Sewer System permit. Public Involvement and Outreach is a key component of the effort to keep USAG Alaska's water systems clean and healthy!

Future Meetings:

- 10 April 2019
- 10 July 2019

Goals:

- Minimize pollution to the storm water system and Chena River
- Provide input on storm water program
- Cooperate in storm water management activities

We want to hear from YOU!

For more information, visit:
<https://www.wainwright.army.mil/index.php/about/environmental/compliance/storm-water>
Or contact the DPW Environmental Water Program at 907-361-6220.

Soldier Center tests new Army combat boot prototypes

U.S. Army Research, Development and Engineering Command Soldier Center Public Affairs

The U.S. Army Research, Development and Engineering Command Soldier Center at Natick is testing new Army Combat Boot prototypes at three different basic training and active duty installations over the next four months. The effort will gather Soldier feedback toward development of improved footwear.

The Army's current inventory of boots includes seven different styles designed for different environments and climates. The boots issued initially to recruits are the Hot Weather and Temperate Weather Army Combat Boots. Requirements for these are managed by the Army Uniform Board as part of the recruit "Clothing Bag." The Program Executive Office Soldier's Project Manager Soldier Protection and Individual Equipment maintains and updates the specifications for both boots.

The current generation of Army Combat Boots has not undergone substantial technical or material changes since 2010. New material and technologies now exist that may improve physical performance and increase Soldier comfort.

"Great strides have been made recently in the Army's environment specific footwear, for jungle, mountain or cold weather locations, but there is substantial room for improvement in the general purpose boots which are issued to new recruits," explains Anita Perkins, RDECOM Soldier Center footwear research engineer and technical lead for the Army Combat Boot Improvement effort. "Most components of these combat boots have not been updated in almost 30 years."

Surveys conducted by the Soldier Center report Soldier satisfaction with ACBs is lower than that with commercial-off-the-shelf, or COTS, boots, leading many Soldiers to purchase and wear COTS boots.

"The survey of over 14,000 Soldiers worldwide discovered that almost 50 percent choose to wear COTS combat boots instead of Army-issued boots," Perkins said. "Many Soldiers reported choosing combat boots from the commercial market because the COTS boots are lighter, more flexible, require less break-in time and feel more like athletic shoes than traditional combat boots or work boots."

Unfortunately, these characteristics often come at the cost of durability and protection."

The Soldier Center's Footwear Performance team believes new technologies can bridge the gap between the lightweight, comfortable, COTS boots and the durable, protective, Army boots. Recent advancements in synthetic materials and rapid prototyping can produce a boot with

potentially the same protection, support and durability of current Army boots, but lighter and more comfortable out of the box. To reach this goal, the Soldier Center is evaluating new types of leather and even some man-made materials, which are much more flexible than the heavy-duty, cattle hide leather used in the current boots.

"Also included in the prototypes we are testing are new types of rubber and outsole designs, which are more than 30 percent lighter than the outsoles on the current boots," said Al Adams, team leader for the Soldier Clothing and Configuration Management Team at the Soldier Center.

When working with industry to develop the prototype boots for this effort, Adams and Perkins put an emphasis on cutting weight. The boots being tested are up to one and a half pounds lighter per pair than the ACBs currently being issued.

"In terms of energy expenditure or calories burned, one pound of weight at the feet is equivalent to four pounds in your rucksack," Adams said.

The test boots will be fitted and fielded to 800 basic trainees at Fort Leonard Wood, Missouri, and Fort Jackson, South Carolina, followed by 800 pairs going to infantry Soldiers at Fort Bliss, Texas. The Soldier Center team will be hand-fitting each pair of prototype boots throughout the month of January and then return in March and April to collect surveys and conduct focus groups to gather specific feedback.

"Soldiers live in their boots and many will tell you that there is no piece of equipment more important to their lethality and readiness," said Adams. "A bad pair of boots will ruin a Soldier's day and possibly result in injuries, so we really believe that each of these prototype boots have the potential to improve the lives of Soldiers".

Simultaneous to the field testing, lab testing will be conducted on the boots at the Soldier Center to quantify characteristics like flexibility, cushioning, cut/abrasion resistance and breathability. The combination of lab testing and Soldier recommendations will identify Soldier-desired improvements to the boot prototypes and rank the state-of-the-art materials and designs for Soldier acceptance, durability and safety.

The Soldier Center will then provide recommendations to PM SPIE and the Army Uniform Board to drive the next generation of Army Combat Boots.

"The development of new boots take advantage of the latest materials technology, and are functional and comfortable, is critical to ensuring that our Soldiers are ready to fight and win in any environment," said Doug Tamilio, director of the RDECOM Soldier Center. "Soldiers are the Army's greatest asset, and we owe it to them to make them more lethal to win our nation's wars, and then come home safely."



The Army's current inventory of boots includes seven different styles designed for different environments and climates. The boots issued initially to recruits are the Hot Weather and Temperate Weather Army Combat Boots. (Photo by David Kamm, U.S. Army Research, Development and Engineering Command)

Fort Wainwright Family & MWR

Weekly Events

January 11 – 18

14 **First Term Financial Readiness**
January 14
1 p.m. to 4 p.m.

The Financial Readiness Class provides in-processing Soldiers with financial planning skills for budgeting, savings, Thrift Savings Plan (401k), and the Blended Retirement System (BRS). Spouses are welcome!

Army Community Service, building 3401
Call 353-4369, registration required

17 **Family Fun Game Night**
January 17
4 p.m. to 5 p.m.

Join other families for Family Fun Game Night with bounce houses, board games, life-size strategy games, and more!

Last Frontier Community Activity Center, building 1044
Call 353-7755

18 **Infant Massage**
January 18
3 p.m. to 4:30 p.m.

Parents of children ages 0-3 years old can learn the proper techniques of infant massage!

Army Community Service, building 3401
Call 353-4227

18 **BOGO Laser Tag**
January 18
3 p.m. to 8 p.m.

BOGO (Buy 1, Get 1 FREE!) on all laser tag games during Training Holidays!

Last Frontier Community Activity Center, building 1044
Call 353-7755

18 **B.O.S.S. Night Out: Birch Hill Ski Resort**
January 18
4 p.m. to 8:30 p.m.

Join B.O.S.S. at Birch Hill Ski Lodge! A 10% discount on rentals and lift passes will be available for purchase the night of the event for all single service members.

Birch Hill Ski & Snowboard Area, building 1172
Call 353-7648, registration required

Please be aware of schedule adjustments due to the upcoming holidays. See www.wainwright.armymwr.com for updated information.

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Enter for a Chance to Win
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Deliverable to Continental United States Only. Valued at \$799.



- The Schwinn 830 Treadmill is powered by a 2.75 HP motor and 22 workout programs.
- Softtrak™ deck cushioning system
- High-resolution blue backlit LCD monitor
- Motorized incline up to 12%
- Speed range 0-12 mph
- Charging USB port
- Media shelf

Enter January 18 - February 18, 2019 at
www.shopmyexchange.com/sweepstakes



THE PLANETERIUM: AN ADVENTURE IN OUR SKIES

Explore our planets and stars, galaxy, Aurora, and beyond!

January 25, 5-7 p.m.
Last Frontier Community Activity Center
5+ years / \$8 4 years and younger / Free
Registration required



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





JANUARY 25, 3-7 P.M.

B.O.S.S. LIFE SKILLS: VEHICLE WINTERIZATION

MAKE SURE YOUR VEHICLE CAN WITHSTAND WINTER'S GRIP. LEARN WHAT ADDITIONAL PARTS ARE CRUCIAL IN ALASKA IN ORDER TO ENSURE YOUR VEHICLE RUNS PROPERLY IN THE COLD MONTHS.

1 SERVICE MEMBER WILL BE CHOSEN TO HAVE THEIR VEHICLE WINTERIZED. ALL OTHER PARTICIPANTS WILL RECEIVE A WINTERIZATION PACKAGE. FREE \$10 REFUNDABLE DEPOSIT REQUIRED. SPACE IS VERY LIMITED. REGISTRATION IS REQUIRED BY JANUARY 18.

Single Service Members, Singles with Dependents, and Geo-Bachelors eligible for this trip. For more information, contact B.O.S.S. at (907) 353-7648
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SOLDIERS AGAINST DRUNK DRIVING

353-4145

History Snapshot: The Cold Nose Boys

Vicki Madick
Fort Wainwright Environmental Division

The Cold Weather Test Detachment was one of the first units at Ladd Field and had the mission of testing aircraft, clothing, equipment and supplies – including food rations. Unit personnel were known as the “Cold Nose Boys” and conducted testing not only at Ladd, but elsewhere across Alaska. The diverse landscape provided the ideal proving ground for thorough testing in a wide variety of situations.

Cold Weather Test Detachment personnel or volunteers modeling flight clothing being tested, 1941. (Courtesy photo from the U.S. Air Force)



Antiterrorism Awareness – Assessing and understanding the terrorist threat

U.S. Army Office of the Provost Marshal General

What is it?

Terrorism is an enduring, persistent, worldwide threat to the U.S. Army and the nation. Terrorist tactics evolve as adversaries seek to negate the Army’s strengths. Terrorists have demonstrated the capability to disrupt operational forces (e.g., Marine barracks bombing 1983, Khobar towers bombing 1996 and attack on the USS Cole in 2000). To counter the threat, the Army must continuously assess and understand an evolving terrorist threat environment.

What are the current and past efforts of the Army?

- The Army emphasizes threat intelligence and information sharing to understand the active terrorist groups operating within and across Army areas of operation.
- The Army antiterrorism and physical security communities are doubling down on tactics and capabilities to counter attempts to breach Army installations/facilities.
- The Army is in the process of operationalizing DOD mission assurance to ensure Army assets are protected in accordance with new DOD Issuance 3020.45 (Mission Assurance Construct).
- The Army protection community educates the Army community on suspicious activity awareness initiatives and reporting procedures.

The Office of the Provost Marshal General (Antiterrorism Division) develops products relevant to antiterrorism plans and programs to support Army readiness across the full deployment cycle. This effort assists the force in promoting critical thinking about the threat environment and future threat implications.

What are the continued efforts planned by the Army?

The Army is currently fielding the Joint Analytic Real-Time Virtual Information Sharing System to provide commanders with information to make force protection decisions.

OPMG will continue to raise awareness and educate Army audiences about the importance of antiterrorism through the following events and topics:

- Annual Antiterrorism Training Seminar in Feb. 2019
- Promoting the Individual Antiterrorism Awareness Course (3Q)
- Planning for Security and Consideration when Attending Special Events (4Q)

Why is this important to the Army?

The Army’s greatest asset is its people. Raising antiterrorism awareness helps the Army to safeguard people, information and facilities. It also preserves the Army’s readiness by improving how the force identifies, deters, prevents and defends against the full range of terrorist tactics. Antiterrorism awareness effort helps the Army to stay a step ahead of the terrorist threat by improving its ability to adapt to adversaries’ irregular/asymmetric warfare tactics. It also helps the Army to preserve readiness and safeguard people, information and facilities.

Disabled veterans can now fly Space-A

Assistant Secretary of the Army (Manpower and Reserve Affairs), DASA (Civilian Personnel)

Recent legislation makes it possible for many disabled veterans to fly Space-A on military aircraft.

The 2019 National Defense Authorization Act allows veterans with a permanent and total service-connected Department of Veterans Affairs disability rating to travel space available on military aircraft.

Veterans will be assigned a travel priority of Category 6, the lowest priority available, along with retirees and their dependents.

Dependents of disabled veterans are not eligible for Space-A travel.

Authorized disabled veterans can travel in the continental United States or directly between CONUS and Alaska, Hawaii, Puerto Rico, the U.S. Virgin Islands, Guam and American Samoa.

Disabled veterans must have a DD Form 2765, Defense Department ID Card (Tan), in order to fly Space-A.

The Space Available Program

Space available flights, better known as Space-A or military hops, allow eligible passengers to fill unused seats on DoD-owned or -controlled aircraft. Space-A passengers can fly only after all the space-required passengers and cargo have been accommodated. Space-A passengers are then loaded in priority groups, with emergency leave being the top priority and retirees and disabled veterans rating the lowest priority.

Space-A passengers can take up to two pieces of luggage at 70 pounds each; pets are not allowed.

Not all Space-A flights originate from military bases. Commercial airports such as Baltimore-Washington Marshall International and Seattle-Tacoma International also offer Space-A flights.

Long gone are the days of having to show up in person at the passenger terminal to register for a flight. Now, Air Mobility Command, which runs the Space-A program, lets you register for flights via email, and all Space-A terminals have Facebook pages where you can see what flights are coming up and how many seats are available.



Space-available passengers board a C-17 at Hickam Air Force Base, Hawaii, bound for Andersen AFB, Guam. (Photo by Cohen A. Young, U.S. Air Force)

New Year’s Resolutions - Eat healthy, save money

Aimee Duncan
Registered Dietitian- Nutrition Care Division

January is the time of year when people re-evaluate their habits and make plans to change. Many of these changes are focused on health, diet and overall wellbeing. Unfortunately, a large number of New Year’s resolutions don’t last past February. Living in Alaska also presents unique challenges for staying healthy in the dark and cold. Healthy foods, such as fresh fruits and veggies, are expensive and can be low-quality by the time they reach Alaska. It can be difficult to make goals for eating better but not have the budget to support it. Fortunately, there are a few strategies that can help make healthy eating last throughout the entire New Year without breaking the bank.

Wandering through stores in Fairbanks, it is noticeable that fruits and vegetables tend to be expensive and poor-quality. How can a family be expected to eat healthy on a budget when a container of spinach goes moldy in two days? Luckily, most stores have a frozen aisle containing a wide variety of fruits and veggies. It is a common misconception that frozen fruits and vegetables have less nutrition than fresh. Frozen produce is picked at its ripest and then blanched (cooked quickly in hot water then shocked with cold water). The blanching process does decrease some of the vitamins,

but freezing them in a state of optimal ripeness makes up for that. Fruits and vegetables have more nutrients the longer they are allowed to grow on the vine (or plant). For most fresh produce found at the store, it is picked long before it makes the journey to Alaska. It ripens on the road (or on the airplane or boat), which creates a product with less nutrients than the frozen version. Frozen fruits and vegetables are typically cheaper as well. Altogether, frozen produce can provide a good bang for your buck while providing healthy foods for the family.

Another strategy for stretching the budget is buying in-season produce. Fruits and vegetables that are “in-season” are usually available in larger quantities, making the price go down. Seasonal produce often comes from a closer location as well, making it cheaper due to less transportation costs. A quick google search can provide a list of in-season fruits and vegetables at all times of the year. Winter produce includes: apples, avocados, beets, carrots, celery, onions, pears, pumpkins, winter squash and much more!

Buying healthy food doesn’t have to be expensive, and maintaining New Year’s resolutions is possible. No matter what the type of fruit or vegetable you choose, it is important to eat five servings per day. By utilizing frozen fruits and veggies or purchasing in-season produce, the resolution to eat healthy and spend less can last all year long.

Fort Wainwright Exchange shoppers can upgrade their fitness routine with two sweepstakes

Katarayna Flatt
Army and Air Force Exchange Service Public Affairs

Two sweepstakes are giving Soldiers and their Families a chance to take their “Be Fit” lifestyle to the next level.

From Jan. 18 to Feb. 18, the Army and Air Force Exchange Service is offering military shoppers a chance to win the Fill Your Gym Bag Sweepstakes, sponsored by Adidas. Ten winners worldwide will each receive a \$100 Exchange gift card toward filling up their gym bag with fitness necessities, from fitness trackers to the latest sportswear to name-brand shoes and accessories, all of which can be found in Exchange stores or online at ShopMyExchange.com.

The second sweepstakes will award five winners a Schwinn 830 treadmill, which is valued at \$799 and features a high-resolution LCD monitor, a media shelf and a USB charging port. The worldwide sweepstakes entry period runs from Jan. 18 to Feb. 18.

“The Exchange is dedicated to promoting a ‘Be Fit’ mind-set for Fort Wainwright Soldiers, retirees, military Families and veterans,” said Exchange general manager Gloria Sylvia. “These sweepstakes help make staying ready and resilient a little more affordable.”

Authorized Exchange shoppers 18 years and older can visit ShopMyExchange.com/sweepstakes to enter. Honorably discharged veterans who have determined their eligibility to shop at ShopMyExchange.com can enter too. No purchase is necessary to win, and the sweepstakes are each limited to one entry per person. Winners will be notified around the end of February.

Alaska Real IDs now available

Alaska Department of Administration, Division of Motor Vehicles

Passed by Congress in 2005, the REAL ID Act enacted the 9/11 Commission's recommendation that the federal government "set standards for the issuance of sources of identification, such as driver's licenses." The Act established requirements for state-issued driver's licenses and identification cards and prohibits federal agencies from accepting licenses and ID cards from states that do not meet the requirements.

The Department of Homeland Security has approved Alaska's extension thru June 1, 2019. As long as Alaska has an extension from DHS, federal agencies can continue to accept Alaska's non-compliant driver's licenses and ID cards. Once Alaska achieves full REAL ID compliance, non-compliant cards can still be accepted through September 30, 2020.

The new designed REAL ID cards became available Jan. 2, 2019. Starting Oct. 1, 2020, Alaska residents will need to present a REAL ID compliant license/ID, or another acceptable form of identification, for accessing federal facilities, entering nuclear power plants, and boarding commercial aircraft.

Note: Many federal facilities such as military bases, may have limits on identification documents accepted for entrance. Please check with the federal facility or military base before you visit.

If you do not need access to those facilities, then you may not need a REAL ID. Additionally, you may already have another form of ID that is REAL ID compliant. These include a valid passport, a valid military ID and some forms of tribal IDs.

REAL ID is voluntary. Alaskans will have a choice between a standard (what we have now) or REAL ID compliant license or ID. Starting Jan. 2, 2019, to meet federal regulations, all Alaska Commercial Driver's Licenses will only be offered as a REAL ID compliant credential.

The process is similar to Alaska's current driver's license/ID card application process, but with added requirements. All applicants for a compliant card, including current Alaska card holders, must apply in-person and provide the Division of Motor Vehicles with source documentation, even if it was previously submitted.

Documents required

To apply for a REAL ID card, you must present one identity document, which shows your date of birth, true full name, identity and U.S. citizenship or lawful status. The document must have your current true full name (first, middle and last). An original document or certified copy is required.

Note: State of Alaska law requires an applicant to provide true full name, which is the name that will appear on

your physical driver license or ID card. The Alaska DMV must electronically verify your identity, citizenship and lawful status with the issuer of the document(s). To avoid delay, make sure your documents are up to date and accurate.

- Valid, unexpired U.S. passport or passport card.
- Certified copy of U.S. birth certificate (issued by a city, county or state vital statistics office).
- Certified copy of birth certificate from a U.S. Territory. Puerto Rico birth certificates issued on or after July 1, 2010 are accepted.
- Consular Report of Birth Abroad of U.S. Citizen.
- Unexpired foreign passport with valid U.S. Visa and approved I-94 form.
- Certificate of Naturalization or Certificate of U.S. Citizenship.
- Valid, unexpired Permanent Resident Card.
- Valid, unexpired Employment Authorization Document Card (I-766).
- Valid REAL ID license or ID card from a compliant state (Note: Documentation of U.S. citizenship or lawful status is required).

your residence address. The document must list the applicant's first and last name and match the residence address as listed on the driver license or ID card application.

If the residency document addressed to you is not readily available, you may use a birth certificate, marriage license or domestic partner registration certificate to trace your relationship to the individual to whom the acceptable residency document is addressed. For example, a child may use a residency document in their parents' name by presenting a birth certificate showing the relationship. The name on the residency document must match the name on the tracing document.

If the residency document reflects a name that differs from the tracing document due to a name change (for example, marriage, divorce or court order), additional documentation will be required as evidence of the name change. For example, a child may use a residency document with the mother's name differing from the birth certificate by also presenting a marriage certificate and/or dissolution of marriage document showing the mother's different last name, which is

Alaska Franchise Tax Board tax return.

- Change of Address Confirmation by the U.S. Postal Service.
- Property tax bill or statement.
- Faith-based documents that includes name and address of organization.
- Records from a financial institution, means any state or national banks, state or federal savings associations, trust companies, industrial loan companies, state or federal credit unions, and any institution or entity that has issued a credit card.
- Voter registration confirmation letter or postcard issued by the Alaska Division of Elections.
- Proof of payment of resident tuition at a public institution of higher education in Alaska.
- A letter on letterhead from a homeless shelter, shelter for abused women, nonprofit entity, faith-based organization, employer or government agency within the United States attesting that the applicant resides in Alaska.
- Alaska Certificate of Vehicle Titles or registration (issued at least 30 days prior to the date of application).
- Alaska Tribal Card (for non-standard remote Alaska addresses only, within the tribal area indicated on the card).
- Parental Consent form 433 (minors only).
- At DMV's discretion, other documents may be accepted. Please contact 907-269-5551 for assistance.

Note: Documents must be originals or certified copies and unexpired, unless otherwise noted. DMV staff will verify all documents presented. Your documents will be processed and returned to you.

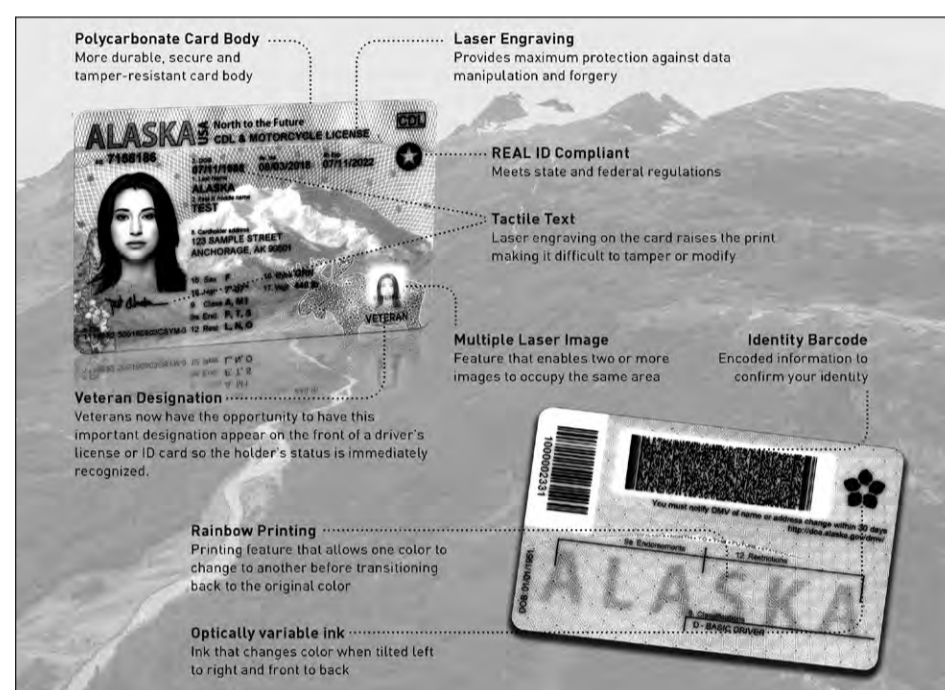
The checklist provides guidelines that may not cover every individual situation. The checklist covers the Alaska Department of Motor Vehicles REAL ID requirements. Using the REAL ID Checklist does not guarantee you are eligible to obtain a REAL ID card.

There are driver's license and ID card fees associated with applying for a REAL ID card. Knowledge, vision and/or other eligibility criteria may apply to your individual situation. DMV field offices accept payment by check, money order, cash or ATM/Debit cards for payment of fees. An individual can only receive one REAL ID card, either a REAL ID driver license or a REAL ID identification card, an individual cannot have both.

Regular card fees, plus a \$20 REAL ID Fee. For example:

- Driver's license fee (\$20) + REAL ID fee (\$20) = \$40 for a REAL ID license
- Identification card fee (\$15) + REAL ID fee (\$20) = \$35 for a REAL ID Identification card
- CDL fee (\$100) + REAL ID fee (\$20) = \$120 for a REAL ID CDL
- Senior ID (\$0) + REAL ID fee (\$20) = \$20 for a senior REAL ID

*Remember, card validity is increasing to eight years.



Alaska's cards have been completely redesigned to offer a more modern, secure and durable credential. Both standard and REAL ID cards will have the same design but will contain different markings. REAL ID cards will be marked with the REAL ID star on the top right corner. Standard cards will not have the star and will be marked "Federal limits apply." The duration of all five-year card types will increase to eight years. New Secure Card features will now be produced using a highly secure substrate called polycarbonate. As a card material, polycarbonate is the most durable substrate on the market today, and it houses the most level one security features – giving your card the highest barrier of defense against counterfeiting and attacks. (Courtesy illustration)

One document that contains your full social security number. An applicant must present any of the following genuine documents bearing the name of the applicant and their full social security number.

- Social security card.
- W-2 form.
- Social Security Administration 1099 form.
- Non-SSA-1099 form.
- Pay stub with full SSN.
- Document stating an individual is ineligible for a social security number.

To establish Alaska residency, you must present two documents that verify

on the residency document. Acceptable documents verifying Alaska residency include:

- Rental or lease agreement with the signature of the owner/landlord and the tenant/resident.
- Deed or title to residential real property.
- Mortgage bill.
- Home utility bills (including cellular phone).
- Employment documents.
- Insurance documents, including medical, dental, vision, life, home, rental and vehicle.
- Internal Revenue Service or

GUARD

Continued from page 1

This is a philosophy Saxe subscribes to that he said hasn't changed since his first command as a captain when he was stationed in England with the active duty Air Force many years ago. Now, on his seventh command, Saxe said he still embraces this style of leadership because he believes it is the most effective.

In his remarks during the ceremony, Saxe said that the mission of the DMVA is "this we will defend." He said that protecting and defending is what the DMVA is here for, and it's what the organization will continue to do as its highest priority.

"You have to make sure that you understand where you're going, have a vision and collaboratively get there," he said.

Saxe most recently served as commander of the Alaska Air National Guard, presiding over 2,300 Air Guardsmen in the Joint Forces Headquarters Air staff and two wings, located at JBER and Eielson Air Force Base near Fairbanks. As commander, he provided airlift, rescue, aerial refueling, air control, and space warning and surveillance capabilities in support of state and federal missions worldwide.

After entering the U.S. Air Force in 1995 and earning his commission as an officer, Saxe was an instructor and commander in support of the intercontinental ballistic mission and served on staff at Headquarters,

Air Force Space Command. He joined the Alaska Air National Guard in 2004 and served in positions at Clear Air Force Station, Eielson Air Force Base and JBER; and was commander of the 213th Space Warning Squadron, 13th Space Warning Squadron, 176th Maintenance Group and 168th Wing.

DMVA's divisions include Homeland Security and Emergency Management, Veterans Affairs, Alaska Military Youth Academy, Air and Army National Guard, Naval Militia, State Defense Force and Administrative Services.

Cervical Cancer Awareness Month

Beth Hughes
Public Health Nurse Educator

January is the time of year set aside to bring awareness to cervical cancer. According to the Centers for Disease Control and Prevention, cervical cancer used to be the leading cause of cancer deaths in the United States, however, these numbers have decreased significantly due in large part to preventive care.

When cancer starts in the cervix, it is called cervical cancer. Cervical cancer is highly preventable in the United States because screening tests and early detection are the keys to early treatment and high survivability rates. There is also a vaccine to prevent human papillomavirus infections, which is one of the leading causes of cervical cancer.

Almost all cervical cancers are caused by HPV, a common virus that can be passed from one person to another during sex. Although there are many types of HPV, some HPV types can cause changes on a woman's cervix that can lead to cervical cancer over time, while other types can cause genital or skin warts.

HPV is so common that most people get it at some time in their lives. HPV usually causes no symptoms so you can't tell that you have it. For most women, HPV will go away on its own; however, if it does not, there is a chance that over time it may cause cervical cancer.

Other factors can increase a woman's risk of cervical cancer, such as smoking, having

HIV (the virus that causes AIDS) or another condition that makes it hard for your body to fight off health problems, using birth control pills for five or more years, having given birth to three or more children, and multiple sexual partners.

The good news is there are several things women can do to reduce the risk of getting cervical cancer. The most important one of these is to have an annual Pap-Smear starting at the age of 21. If Pap test results are normal, the chance of getting cervical cancer in the next few years is very low. For that reason, doctors often do not recommend another Pap test for as long as three years.

For women 30 years old or older, requesting an HPV test along with the Pap test can be beneficial. If both test results are normal, five years is the recommended timeframe for the next Pap test, although regular checkups are still a good idea.

Women, aged 21 to 65, should continue getting a Pap test as directed by a doctor, even if they are no longer sexually active. However, women older than 65 who have had normal Pap test results for several years, or have had their cervix removed as part of a total hysterectomy for a non-cancerous condition, like fibroids, can discuss with their doctor about not needing to have a Pap test anymore.

Remember that prevention is the key to early detection and treatment. If you would like to be screened for cervical cancer or HPV, contact your primary care manager or call 907-361-5081 for an appointment.