ALASKA POST

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The Interior Military News Connection

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Kettles inducted into Hall of Heroes

C. Todd Lopez
Army News Service

"Of all the details of this mission on thae table, saving the 44 men is the only thing that matters," said Charles Kettles, the most recent recipient of the Medal of Honor.

Kettles was in the basement of the Pentagon, July 19 along with several hundred others, including Secretary of Defense Ashton B. Carter, Secretary of the Army Eric Fanning, Vice Chief of Staff of the Army Gen. Daniel B. Allyn, and Sgt. Maj. of the Army Daniel Dailey, to be inducted into the Pentagon's "Hall of Heroes."

The Hall of Heroes is a room in the Pentagon where all the names of Medal of Honor recipients are printed on plaques that line the walls.

On May 15, 1967, nearly 50 years ago, Kettles led a team of helicopters into the jungles of Vietnam, under heavy enemy fire, to rescue Soldiers from an enemy engagement where they had been severely overmatched by enemy combatants.

Later, just when everyone expected that the rescue operations were over, they learned that eight more Soldier's remained behind.

"Charles didn't hesitate, he immediately broke off, passed flight lead to another aircraft, and returned for a fourth landing into that landing zone, to bring everybody home," said Allyn.

"Kettles once again vanquished his fears, bouncing several hundred feet into that landing zone," Allyn said. There, the enemy was able to concentrate its efforts on Kettle's single aircraft. "Smoke billowed inside, the aircraft lurched from left to right, but somehow, some way, he was able to fly it, coax it, will it out of that landing zone."

"Lt. Col. Kettles demonstrated his commitment and deep-seated loyalty to all those men, and our entire nation, by his actions that day. He did not quit. He refused to leave any Soldier behind," Allyn said.

In all, the total rescue operations involved some 74 helicopter crewmembers who ended up saving the lives of 44 Soldiers.



Retired Lt. Col. Charles Kettles and Vice Chief of Staff of the Army Gen. Daniel B. Allyn unveil the plaque bearing Kettles' name on Tuesday, July 19. The plaque will hang in the Hall of Heroes in the Pentagon. (Photo by C. Todd Lopez, Army News Service)

"It is fitting that we acknowledge and share the honor with the 74 helicopter crewmembers who were involved in the total mission on that date," Kettles said. "It belongs to them. Who, with their deep regard for their fellow Soldiers, minimized the losses that day."

See HEROES on page 9

Arctic Anvil 2016 ramps up at Fort Wainwright



Soldiers from U.S. Army Alaska's 1/25 SBCT "Arctic Wolves" load Strykers onto a C-17 Globemaster at Fort Wainwright, July 19, in preparation for Arctic Anvil 2016. The exercise will test and prove 1st SBCT's mission command systems, tactical support tasks and tactical tasks including attack and defend. (Photo by Spc. Samantha L. Magers, U.S. Army Alaska PAO)

Eielson student pursues dreams: Wins $50,000 scholarship

Airman 1st Class Cassandra Whitman
354th Fighter Wing PAO

Countless hours of homework, extra-curricular activities and many nights spent filling out applications paid off for an Eielson student as she was awarded a Corvias Foundation scholarship of $50,000.

Ally Vahalik, daughter of Master Sgt. Jerome Vahalik IV, the 354th Force Support Squadron first sergeant, will attend the University of Alaska Fairbanks to pursue an undecided major. Ally and her father spent a lot of time filling out applications for scholarships to ensure Ally received support for college.

"I didn't feel like my application was that great," she recalled. "I've grown up taking honors and advanced placement classes and I've been surrounded by people who always strive to be the best. It's been a competitive schooling environment and I didn't feel I did

See DREAM on page 10



Ally Vahalik, daughter of Master Sgt. Jerome Vahlik IV, the 354th Force Support Squadron first sergeant, poses for a photo during the Corvias Foundation awards ceremony in Boston, Mass. Ally was a recipient of a Corvias Foundation scholarship of $50,000 along with 11 other military children from across the country. (Courtesy photo)

Cyber Awareness is a team sport

Sgt. 1st Class Joel F Gibson
U.S. Army Alaska PAO

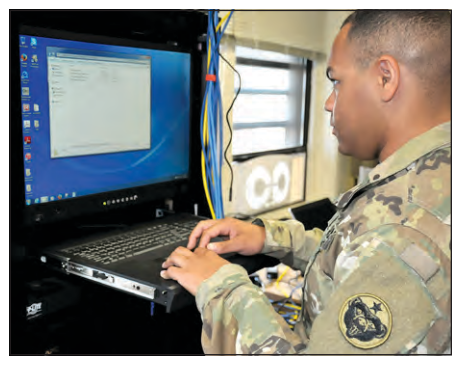
Anyone who has ever used a computer connected to a government network knows there are hoops to jump through, buttons to acknowledge, and training to conduct to get access, and maintain access to these systems.

Here in U.S. Army Alaska, every time we open an internet window, we acknowledge and accept the terms of service for accessing a government information system that is provided for USG-authorized use only.

We do it so often, it's easy to forget exactly why we do it. Do we do training and click browser buttons, attend training, and certify online after tests so we can maintain access to systems we need to use? Or do we do all of this to make our network a more secure and reliable system?

In our annual cyber awareness training, we not only learn about security on government networks, but also on home networks, cyber awareness doesn't end when you leave work.

See CYBER on page 3



Spc. Isaiah Anderson, an Information Management Officer with U.S. Army Alaska updates the anti-virus software on a stand-alone, off-network computer in the signals section of USARAK headquarters. Cyber security is important on both military and civilian networks. (Photo by Sgt. 1st Class Joel F. Gibson, U.S. Army Alaska PAO)

WEEKEND WEATHER

Friday
Rain likely early, then showers. High near 70.

Saturday
Mostly cloudy, with a high near 65.

Sunday
Partly sunny, with a high near 67.

IN BRIEF

The Blood Bank of Alaska is hosting a Fort Wainwright Blood Drive at the Last Frontier Community Activity Center, building 1044, today from 8 a.m. to 4 p.m..
You can donate with a friend in the BBA Life mobile in the parking lot.
For more information, call the Blood Bank of Alaska, Fairbanks Center at (907) 456 – 5645.
Please remember to eat well, stay hydrated and bring a photo ID.
Alternate contact for today's event are Candice Janke, 353-7755, or 1st Lt. Mathew Davis, phone number (916) 834-4886, or email at *mathew.r.davis6.mil@mail.mil.*

Nutrition Corner: Minimizing Food Waste

Nutrition 101:

Did you know that each family in America generates approximately $2,275 in food waste each year? Fortunately, there are several steps you can take to pre-vent wasting food in your household. First and foremost, only buy what you need. Make a menu for the week, make a list based on the menu, and only buy what you need. We often find ourselves going to the store and buying what we think we need or whatever looks good at the time; however, this can lead to many food items going unused and spoiling. Bulk discounts can be bad news when it comes to purchasing fresh produce. If you do buy in bulk, have a plan for what you will use it for. Do not rely solely on fresh produce. Frozen and canned produce are nutritious options that have a much longer shelf life. Keep these products on hand but aim for fruit packed in juice or reduced sugar syr-up and low sodium vegetables. This can be particularly useful here in Alaska. Keep your refrigerated produce (berries, leafy greens, mushrooms, etc) set at 40 degrees F or below. Plan to use berries, fresh herbs, cucumbers, eggplant, leafy greens, mushrooms, and summer squash within a couple days. If you find yourself with more fresh produce than you can use, make your own frozen food. Cut up your fruits and vegetables, place in an air tight container and freeze. Be sure to blanch your vegetables prior to freezing. You can also make a salsa, pickled vegetables, or a smoothie.

Featured Food:

Cucumber. Use as a low calorie snack or part of a meal! They can be eaten plain or as part of a salad.

Featured Recipe - Cucumber Salad

Ingredients:
2 cucumbers, cleaned and sliced
1/2 cup white vinegar
1 tablespoon sugar
1/4 teaspoon salt
1 small onion
1/2 cup sour cream, sliced

Instruction:
1. Combine vinegar, sugar, salt and pepper in a bowl and mix
2. Add cucumber and onion
3. Chill for 1-2 hours in the refrigerator
4. Add sour cream and serve

Reference:
http://www.eatright.org/resource/homefoodsafety/safety-tips/food/produce-from-purchase-to-plate-steps-to-reduce-food-waste

Estate Notice

Anyone having claims against or who is indebted to the estate of Sgt. Philip Wright of Charlie Company, 25th Brigade Support Battalion, may contact Capt. Christian Keller, Headquarters and Headquarters Company, 25th Brigade Support Battalion, Fort Wainwright, Alaska 99703, phone (907) 353-2668.

Army health officials monitor mosquitoes for Zika

Rachel Ponder
Aberdeen Proving Ground

Health officials at Aberdeen Proving Ground are conducting a mosquito surveillance program to monitor for potential mosquito-borne diseases in the community, including the Zika virus.



Pfc. James Taylor, with the Kirk U.S. Army Health Clinic Preventive Medicine environmental health team, sets up a trap to collect mosquitoes for disease surveillance at Aberdeen Proving Ground, Maryland in July. (Photo by Rachel Ponder, APG News)

According to Capt. Maritzabel Gonzalez, deputy chief of preventive medicine at the Kirk U.S. Army Health Clinic, effective surveillance relies on identifying larval breeding sites and catching, identifying and testing adult mosquitoes for pathogens.

Mosquitoes are vectors; they can carry pathogens from person to person and place to place. This means a mosquito can bite a person infected with the Zika virus and transmit that virus to another person. Only female adult mosquitoes can carry diseases like the Zika virus.

Gonzalez said summer is the peak time for mosquito activity, because they thrive in warm, wet environments. Mosquito activity is noticeable when nighttime average temperatures consistently rise above 50 degrees.

The Kirk U.S. Army Health Clinic mosquito surveillance program is part of the Department of Defense Integrated Pest Management program and a component of the strategy mandated by the Office of the Secretary of Defense for controlling Zika-transmitting mosquitoes on military installations.

There are currently five testing sites on Aberdeen Proving Ground North and two on Aberdeen Proving Ground South (Edgewood). Former garrison entomologist Stanley Futch helped determine the best locations to conduct this surveillance, Gonzalez said.

The environmental health team uses two different kinds of traps to collect the mosquitoes. The light trap, which was developed by the Centers for Disease Control and Prevention, provides a reliable and portable sampling device for the collection of mosquitoes.

The other kind of trap, which was designed by a private company, attracts mosquitoes using a lure that releases nontoxic substances also found on human skin. These traps attract the Aedes aegypti and Aedes albopictus mosquitoes, which can carry the Zika virus and other viruses like the dengue or chikungunya viruses, Gonzalez said.

Mosquitoes are collected once a week, and female mosquitoes are identified by species, and then shipped to the Public Health Command - Atlantic (Provisional), located at Fort Meade, Maryland, where the Entomological Sciences Branch test for pathogens.

Gonzalez said that pest control measures will be recommended to the Environmental Management Division Pest Control once the threshold value of 20 mosquitoes per trap is exceeded.

According to the CDC, no local mosquito-borne Zika virus disease cases have been reported in the U.S., but lab tests have confirmed Zika virus in travelers returning to the U.S.

"With the recent outbreaks, the number of Zika cases among travelers visiting or returning to the United States will likely increase. These imported cases could result in local spread of the virus in some areas of the United States," according to the CDC website.

MOSQUITO CONTROL & PREVENTIVE MEASURES

Gonzalez said simple preventive measures can keep the local mosquito population under control. One such measure that she recommends is preventing water from accumulating in outdoor containers, because mosquitoes require water to breed.

"Once a week, empty and scrub, turn over, cover, or throw out items that hold water, such as tires, buckets, planters, toys, pools, birdbaths, flowerpots or trash containers," she said.

"Female mosquitoes lay several hundred eggs on the walls of water filled containers. Eggs stick to containers like glue and remain attached until they are scrubbed off. When water covers the eggs, they hatch and become adults in about a week."

Other preventive measures include wearing long-sleeved shirts and long pants outdoors and using insect repellent that contains the active ingredient DEET or picardin. When used as directed, these insect repellents are safe and effective even for pregnant and breastfeeding women.

MEDDAC Minute

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
Tricare On-Line:
www.tricareonline.com
United Health Care:
www.uhcmilitarywest.com
(877)988-9378

Performance Triad tip
Stay hydrated. Loss of water = loss of performance. How much do you need? Divide your weight (lbs) in half and drink that many ounces of water throughout the day – it's that easy!

Don't wait until the last minute – Be ready for the start of school and skip the last-minute rush by getting school and sport physicals July 26 from 4 to 6 p.m. at Bassett ACH. The event is for youth three to 18. Physicals are good for one full year. Please bring any school forms and shot records if available. Make your appointment today by calling 362-4000.

Safely Dispose of Medications
Bassett ACH is set to receive your expired or no longer needed medications through our MedSafe program during regular pharmacy hours. The MedSafe box is located inside the main entrance across from the information desk.

Internal Behavioral Health
The Bassett ACH Primary Care Clinic now offers internal behavioral health consultations. Assistance with concerns such as stress, chronic pain, tobacco dependency, weight loss, depression, diabetes and more is being offered without the need for a referral. For more information, or to schedule an appointment, call 361-5670.
Army Medicine's Ambassador Program – Subject matter experts from MEDDAC-AK are available to speak to Family Readiness Groups, units, organizations or clubs. To schedule a speaker on health care topics or programs offered through MEDDAC-AK, call 361-5091.

Wellness Center Appointments
The Fort Wainwright Wellness Center is open for appointments. With health assessments, nutrition information, stress management services and physical fitness programs beneficiaries will find tools to take small but important steps to a healthier future. To make an appointment or to inquire about services call 361-2234.





Fort Wainwright Police: 353-7535
iWatch/Crime Tipline: 361-8477
Emergency 911

ALASKA POST

The Interior Military News Connection

EDITORIAL STAFF

Garrison Commander
Col. Sean C. Williams
Fort Wainwright PAO
Mel Slater
Command Information
Brian Schlumbohm
Community-Media Relations
Allen Shaw
Jennifer Brady
New Media
Lara Hartman-Poirrier
Editor
Teresa White

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The ALASKA POST – The Interior Military News Connection

Alaska Army National Guard Black Hawk crews help fight McHugh Creek Fire



Two Alaska Army National Guard UH-60 Black Hawk helicopters and aircrews from the 1st Battalion, 207th Aviation Regiment began performing water bucket operations in support of wildfire suppression efforts for the McHugh Creek fire Tuesday, dropping a total of nearly 73,000 gallons of water.

Aircrews for water bucket drops typically include two pilots and one or sometimes two crew chiefs in each helicopter. Video of the 1-207th AVN, UH-60's can be seen on the Defense, at *https://www.dvidshub.net/*

Network defense to become more sophisticated, effective

David Vergun
Army News Service



A Warfighter Information Network-Tactical Increment 2-equipped Stryker brings up the rear of this convoy during 2nd Stryker Brigade Combat Team, 2nd Infantry Division's Decisive Action Rotation at the National Training Center, Calif., Jan. 15, 2016. (Photo by Pfc. Lisa Orender)

"We must rethink how we defend ourselves from the increasingly sophisticated and capable enemy cyber advances," said Maj. Gen. Paul Nakasone.

Nakasone, commander of the Cyber National Mission Force, U.S. Cyber Command, spoke July 14 at the "Network Readiness in a Complex World" panel hosted by the Association of the United States Army.

NATURE OF ATTACKS

Nation-state adversaries "continue to use phishing campaigns to achieve initial access to far too many users clicking on links," Nakasone cautioned. Additionally, "malicious cyber actors utilize open-source tools by sophisticated ones to break simple passwords, move laterally and sometimes ex-filtrate data.

"Even though we're aware of these techniques, we are uneven in applying industry's best practices," he continued. "Far too many networks are poorly maintained and well behind in patching.

Cyber defenders probably spend 90 percent of their effort against the bottom 10 percent of network intrusion threats, he said. "This is not an effective means of defending our networks."

RESPONSE TO ATTACKS

All Department of Defense networks will become much more secure over the next 12 to 18 months, Nakasone predicted, particularly with adoption of the Windows 10 operating system.

However, Nakasone said he expects adversaries will react rapidly to this rise in network security as they try to intrude on important parts of the network, "even our command and control nodes."

To respond to this longer-term threat, the Army and DOD will turn increasingly to the private sector for solutions, he said.

These solutions will most likely include artificial intelligence and machine-learning systems to monitor data and user patterns that will automatically detect intrusion, he opined. Networks will become "self-healing."

Once automation takes over, operators can concentrate on deeper levels of understanding the networks, developing better detection tools, algorithms and analytics, he said, adding he predicts this will take place within a decade.

In the meantime, Nakasone said each time adversaries "cross our network boundaries, they're putting at risk their cyber capabilities." In other words, the nature of their attacks allows U.S. cyber operators to decode their techniques and methods.

GETTING THE LATEST, GREATEST

Lt. Gen. Michael E. Williamson, principal military deputy to the assistant secretary of the Army for Acquisition, Logistics and Technology, who also spoke at AUSA, said the Army and DOD will need to ride the wave of technology or risk being left behind.

Consumer electronics are advancing at an "incredibly rapid pace. The average time to obsolescence of some devices, such as home computers and smart phones, is as fast as 24 months," he said.

"Keeping up with this rapid evolution and exploiting it is presenting challenges for the Army procurement system," Williamson said.

To address these challenges, future Army systems will likely require significantly smarter and smartly-defined network architecture, he said. The network of the future will need to be modular in design, where new software can be added to existing hardware to extend the life of the "base machine."

Williamson added that procurement will need to keep pace with rapid technological innovation.

"NDI [Non-developmental items] allows the government to field the latest proven technologies to the warfighter quicker and allows for technical advancements to be fielded in less than the five-year refresh that we've used as our model in the past," he said. This allows the Army to buy items off the shelf rather than using the traditional program of record approach.

As an example, the current tactical radio contracting strategy uses the NDI approach to shorten the procurement and get items to the field more quickly, he said.

He concluded: "We're using proven technology developed by the vendors, prior to the government sitting down and writing the requirement document. That's really important. Industry has led, as opposed to waiting for us to define the requirement and come back to them."

Cyber: Teamwork necessary for security

Continued from page 1

"Soldiers need to be aware of who they are communicating with and what they are discussing," said Spc. Isaiah Anderson, an Information Management Officer with USARAK.

"They should never talk about classified information or share passwords with anyone, no matter how long they have known the person they are communicating with." Interactions on social media are important to keep in mind when considering cyber awareness, as well as the overall security level of your home network.

"Having security software like anti-virus on your home computer is very important," Anderson said, "Especially if you do any type of online banking. Attackers can easily slip a multitude of different types of malware on a defenseless computer and cause a great deal of damage."

"As far as updating your security software, I think doing a full scan and updating your computers security software at least once a week would help protect your system greatly," said Anderson.

If you've undergone the annual cyber awareness training recently, you'll remember it harps on a lot of simple things, like making sure you take your smart card with you when you leave your computer.

"Having your smart card on you at all times is a must, because if you leave it just sitting in your keyboard, anyone can just hop onto your computer and perform something malicious and you would never know," Anderson said, "Then that malicious attack would be traced back to you and there would be no way for you to prove your innocence."

For the security of military information networks, leaders need to establish a culture of cyber awareness in the workplace.

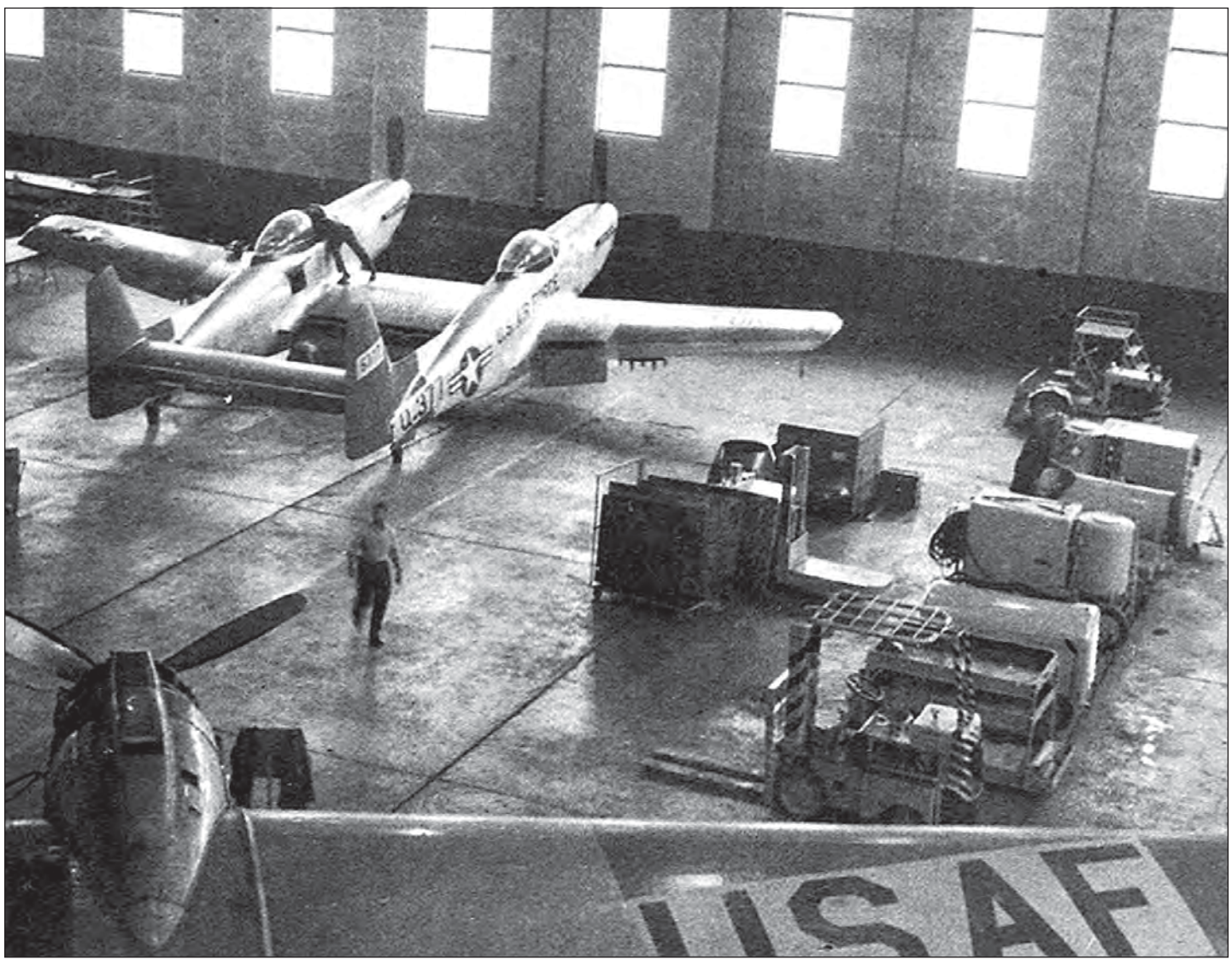
"Leaders play a huge role in cyber security," said Anderson, "They can increase awareness within their sections by posting friendly reminders throughout the office, ensuring their soldiers are adhering to network policies, and informing them of the consequences of data intrusions and leakage."

The people who access military networks have direct control over a lot of the damage that can happen to the network, just by proactively following guidelines in cyber awareness training and briefings.

"I look at cyber awareness as a team sport," Anderson said, "We all have a position we play in defending it and keeping it as secure as possible and mitigating any foreign threats that would try and exploit any

History Snapshot: F-82s at Ladd

L. Amber Phillippe
Landscape Historian, DPW



In December 1948, six F-82s were assigned to the 449th Fighter Squadron at Davis Air Force Base in Adak, Alaska. These aircraft were modified for cold weather operations and were designated F-82H. With the closure of Davis looming in the wake of post-war defense spending cuts, the 449th and their F-82s were transferred to Ladd Air Force Base near Fairbanks. In spite of the emergence of competent jet fighters by early 1950, the F-82 was still considered the ideal aircraft for conditions in Alaska. As they were replaced by jet-powered aircraft elsewhere in the world, all serviceable F-82s were shipped north for Alaska service. F-82s served at Ladd from March 1949 until their final retirement in 1953, with the last F-82H flying its final mission for mothballing at Elmendorf Air Force Base in November of that year. During its five years of service in Alaska, five major incidents involving F-82s were reported. None involved loss of the pilots except for the crash of tail number 46-497.

For the full story of F-82s in Alaska and to learn the fate of tail number 46-497 check out our website and read our new monograph: The U.S. Air Force F-82 Twin Mustang and the Fate of 46-497, at *www.wainwright.army.mil/env/CR_PublicOutreach.html*

Online maps available for Interior Alaska military lands hunting season

Staff Report
U.S. Army Alaska PAO

Hunters and recreationists can find published maps and schedules of accessible and restricted military lands between Aug. 28 through Sept. 30., in order to support general moose hunting in accordance with all state hunting regulations. This timeframe encompasses set up to completion of all hunting activities on military lands.

Some, but not all, popular hunting areas will be available for the entire duration. Some locations will be restricted on designated days due to military training requirements. All recreational users must exit training areas no later than 11:59 p.m. on the date prior to closure.

Highlights of moose hunting access during this timeframe include:

Donnelly Training Area

- Training areas 536, 537, 541 and 542 will be open for recreation the entire timeframe, as are 530, 531, 532, 533B and others.
- 33 Mile Loop and Fleet Street are closed Sept. 12 thru 29
- Meadows Road will be closed Sept. 7-28 from the intersection of TA 525 and TA 526, heading south, to the intersection of Meadows and Windy Ridge roads. Windy Ridge Road will also be closed during this time.

Yukon Training Area

- Training area 317 will be open for the entire timeframe, while other areas will be closed on different dates.
- Expect periodic road closures on Skyline, N Beaver Creek, Quarry and Johnson Roads to through traffic from Sept. 13 thru 23. Units will post road guards to direct traffic during closed periods.

Tanana Flats Training Area

- TA 201 will be closed Aug. 29 thru Sept. 1 and Sept. 6 thru 9; 12 thru 16; 19 thru 23 and 27 thru 29.

All other training areas are open with the exception of impact areas, which are off-limits to all personnel.

Information, recreational access permits, and detailed, downloadable maps highlighting available lands and road closures are posted on the USARTRAK iSportsman web page, *http://usartrak.isportsman.net*. Information will also be provided via the Fort Wainwright website and Facebook page, local fliers, and at the Fairbanks and Delta Junction Alaska Department of Fish and Game offices.

The public will have online access to view which military lands are open to recreation, to include hunting. The online system will also enable users to check in online prior beginning their recreational activity. The public will still be required to have a Fort Wainwright recreation access permit in their possession prior to entering Fort Wainwright lands, regardless of the activity.

All sportsmen 16 and older choosing to recreate on military lands must register for a free recreational access permit which can be obtained online or at one of three kiosk locations: Fort Wainwright Visitors Center, Fort Greely Visitors Center, and the Fort Wainwright Natural Resource Office.

To ensure the safety of both sportsmen and Army personnel, Fort Wainwright Law Enforcement in partnership with Alaska Wildlife Troopers, will significantly increase active patrolling and enforcement of hunting regulations on military lands. Sportsmen will need to be extra vigilant to ensure they are accessing only those lands available to public recreation.

Fort Wainwright and USARAK understand the importance of hunting in the Interior and are working diligently to provide reasonable access to training lands during moose season. Fort Wainwright and USARAK are partnering closely with the U.S. Air Force, the Alaska Department of Fish and Game, the U.S. Fish and Wildlife Service, the Alaska State Troopers and the Bureau of Land Management to ensure a safe and enjoyable hunting season for everyone involved.

The Army reserves the right to adjust the available lands for hunting in order to facilitate unscheduled critical training in support of worldwide deployments. Maintaining military readiness to respond to worldwide contingencies is our No. 1 priority.

For more information, contact the Fort Wainwright Natural Resource Office at (907) 361-9686 during normal business hours from 7:30 a.m. to 4:30 p.m. If no one is available to take your call please leave a message and they will return your call.

Shoot to thrill

Michael A. Tulley
Command Safety Office, 10th Mountain Division, Fort Drum



(Photo courtesy of Ray Johnson)

So your 10-year-old comes to you and says, "Dad/Mom, I want to play paintball." How would you respond? I found myself in that exact situation a few years ago, and I'll admit my initial response wasn't the greatest. I'd experienced paintball several years earlier at a competitive pistol shooting event and really didn't care for it. I thought the paintball guns were frustratingly inaccurate, expensive and unsafe. However, my opinion was about to change.

My son kept bugging me about paintball and I eventually gave in to him. I read some things about the sport and learned a lot of new paintball-specific rules. I figured my son would probably want to quit the first time he got hit with one of those gelatin balls traveling at 300 feet per second. (Just for reference, 300 fps equals 200 mph.) Still, I went out and spent $200 for two starter packs that had everything we'd need to play paintball, or so I thought. The packs included a marker (also known as the paintball gun), mask, safety plug for the barrel and carbon dioxide (CO_2) bottle.

The instructions stated to never shoot someone with the marker set higher than 300 fps because serious injury or death could occur. You're probably wondering how you check the velocity of paintballs. Well, you can't, unless you have a chronograph, which measures the time an object passes between two sensors and calculates the speed in feet per second, miles per hour or whatever measurement standard it is programmed to clock. There are also radar chronographs, such as the kind law enforcement officers carry to look for speeders. While chronographs used to be really expensive, you can now pick up a good one for less than $100.

Being a conscientious father, I went into the garage and retrieved my shooting chronograph to measure just how fast those little paintballs were traveling out of the barrel. The first marker I shot was about 250 fps; the second one, however, was more than 320 fps — and that was right out of the box! I adjusted our markers to about 280 fps (±10 fps) so we could play the next morning.

When we sat down for dinner that night, my son started asking questions like, "Is it going to hurt?" Still trying to discourage him from getting involved in the game, I said, "Imagine your worst pain and multiply that by 10." My wife gave me that you-better-not-hurt-my-baby-or-I'll-kill-you look. I reassured her that the paintballs would sting a little, but wouldn't hurt that much.

The next morning, I told my son to put on a sweatshirt and long pants. I then asked him to call his mother at work and tell her he loved her before we went out to play. While this made him extremely nervous, it worked to my benefit because he paid a lot more attention to what I had to say as we walked out into the woods. I then explained the safety rules.

The rules were pretty simple. The mask was to stay on his face at all times when the barrel plugs were out. If he got hit anywhere, even the marker, he was out of the game. He was to then raise his marker into the air and put in the barrel plug. Once both barrel plugs were in, we would move to our patio, where we would take off the masks. In the event his mask fell off, he was to cover his face with both hands, drop to the ground and scream. That would signal me to stop shooting in his direction and run over to see what was happening. He agreed to everything I said and we went to separate corners of the wooded field, about 75 feet apart, and got ready to play.

I yelled the countdown and we started shooting at each other. With each hit he took, he yelled, "Ouch!" When we were through, I figured he would never ask to play again, but I couldn't have been more wrong. He absolutely loved it and wanted to play more and more. For the first time in a long while, I saw a sparkle in his eyes. He could not stop talking about how much fun it was.

That day, I, too, developed a love for paintball because it helped build an even greater relationship with my son. My opinion of the game had changed. It was no longer a waste of time. From now on we would play safe, fair and often! For the next year, we continued to play in the wooded lot. Most of the time it was just the two of us; occasionally, though, some of the neighbors would join us.

One day, my son was invited to a paintball party with 15 other boys at a friend's house. My wife and I thought nothing of it, so she dropped him off in the morning and I was to pick him up later. When I drove up to his friend's house that afternoon, I noticed the boys were playing without shirts and had huge red welts, some bleeding, on their bodies. I asked my son what happened. He told me they didn't have a chronograph to set the velocity of the paintballs, so they set the markers by comparing the sounds. They then picked teams and played shirts versus skins.

I felt like a failure because I thought I'd taught my son how to play safely. Yet, the first time he played without me, the safety rules went out the window. Determined to prevent this from happening again, I came up with a plan. I had my son invite all the boys over to our place for a three-man tournament, at which I would give each member of the winning team a trophy.

When boys arrived, I explained the tournament rules and then the safety rules. After everyone said they understood, we used the chronograph to set the velocity of their markers to 290 fps before getting on the field. The first boy fired three shots over the chronograph at 340, 320 and 350 fps, so I adjusted it down to 280 ±10 fps. This went on until the last marker was set to a safe velocity.

The boys were curious as to why I was adjusting their markers. I explained that their protective equipment was designed to shield them from hits up to 300 fps. Anything over that could cause their mask lenses to break, leaving them vulnerable to eye injuries or worse. It was at that moment a light bulb went on in their heads. They realized that playing without properly calibrating their markers could be dangerous.

So how does this affect you? If your child wants to give paintball a try, there are some important things you should do before sending them out on their own. Take them to a professionally run paintball field for their first experience. There, referees will be on hand to explain and enforce the safety rules and remind players about the importance of wearing masks and using barrel plugs.

The well-run facility will have chronograph stations to ensure paintball velocities are within the safety limit of 300 fps or less. Also, the field is going to be clean, with well taken care of bunkers and very few obstacles to trip over. In addition, an adequate number of staff members will be available to ensure each group is properly supervised. It's a good way for parents to ensure their children are playing safely.

Editor's note: Tippmann Sports, a leading provider of paintball markers and gear, offers the following information to anyone interested in playing paintball. Neither the Army nor any of its components endorse Tippmann Sports. These tips are provided for information purposes only and do not constitute an endorsement of Tippmann Sports or its products or services.

Paintball is fast, extreme and, most of all, fun. Like all sports, an informed player can help make the game safer. In fact, safety is one of the most important parts of the game. Here are some tips to help keep the game more safe and enjoyable.

1. Never fire your marker when you or anyone near you is not wearing proper paintball-approved eye protection.
2. Never remove your goggles in the field or in the elimination zone.
3. When you are eliminated, call "out" as loudly as possible, raise your hand and walk off the field. Do not remove your goggles until you are back at the safe zone.
4. Always wear eye protection; never wear anything but goggle/mask systems made especially for paintball.
5. When you are in the designated safe zone, or not on the playing field, make sure to have your barrel plug in your marker barrel.
6. Many markers will fire even after a CO_2 or high-pressure system is removed from the gun, so always wear goggles when working on your marker — even when the air source is removed.
7. Do not alter your cylinder or valve in any way or try to remove the cylinder from the valve.
8. Since velocities have a tendency to fluctuate throughout the day, it is wise to chronograph your marker several times during play.
9. Always keep the safety in the safe position and, if your gun has a power feed, keep it in the OFF position when not playing the game or taking a break from play.
10. Don't stand in the open for too long during play.
11. Always reload your marker or catch your breath from behind a tree or bunker.
12. Markers should be stored uncharged and unloaded.
13. Markers should be transported uncharged and unloaded.
14. Do not shoot cars, homes or other items with painted or finished surfaces. The paintballs are nontoxic but can discolor or dissolve painted or finished surfaces.
15. Never shoot anything from the marker except water soluble paintballs.
16. Remove all power sources before disassembly of a paintball marker.
17. Never shoot at another person with the intent to cause injury or harm.
18. Pressurize your paintball devices only when you're ready to use them.
19. Don't handle, play with, load, use or shoot a paintball marker while under the influence of drugs or alcohol.
20. Observe all safety rules applicable to firearms when handling a paintball marker.

Iceman in Action: Airman 1st Class Nadine Forsgren

Airman 1st Class Cassandra Whitman
354th Fighter Wing PAO

Rank and Name: Airman 1st Class Nadine Forsgren

Duty Title: Career development technician, 354th Force Support Squadron

Hometown: Vailoa, American Samoa

Why is serving in the Air Force important to you?

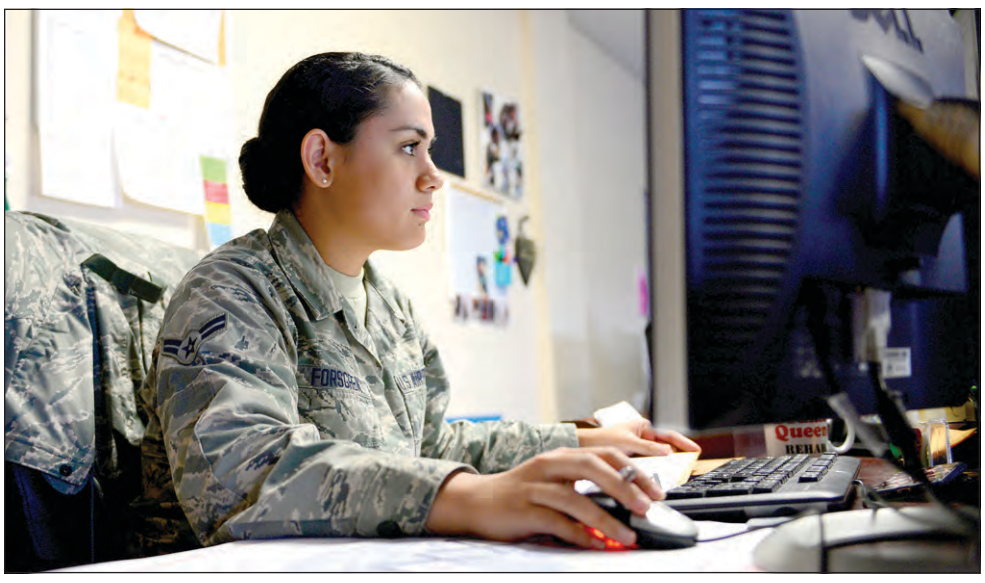
Growing up as a military dependent, I have seen how the military supported and assisted my family. To be able to give back my service in the Air Force is very important to me. The Air Force helped carve a path for my future and gave me the opportunity to better myself.

What moment or accomplishment as a member of the Iceman Team are you most proud of and why?

An accomplishment I am proud of is receiving the Gerrit D. Foster award for the outstanding Military Personnel program as a military personnel section Airman. Being a part of this MPS, with people who come from different cultures and backgrounds, and seeing all of us come together as a team to get the mission done is amazing.



U.S. Air Force Airman 1st Class Nadine Forsgren, a 354th Force Support Squadron career development technician, takes a brief photo break July 18, 2016, at Eielson Air Force Base, Alaska. Forsgren said the Air Force helped carve a path for her future while giving her the opportunity to better herself. (Photo by Airman 1st Class Cassandra Whitman, 354th Fighter Wing PAO)



U.S. Air Force Airman 1st Class Nadine Forsgren, a 354th Force Support Squadron career development technician, responds to a customer request July 18, 2016, at Eielson Air Force Base, Alaska. Forsgren assists customers daily with permanent change of station orders, retirements and separations. (Photo by Airman 1st Class Cassandra Whitman, 354th Fighter Wing PAO)

What is your favorite part of your job?

My favorite part of my job is meeting new customers every day. I love being able to care for and assist everyone the best I can. I also enjoy out-processing, whether its members who are permanently changing stations, separating or retiring. I hear so many great stories about their experience here at Alaska and in-turn receive great advice toward my Air Force career.

Who inspires you and why?

My parents inspire me because they have sacrificed so much for my siblings and I. My parents have always supported me and during times where I wanted to give up, they were always there to pick me up. Their hard work and dedication inspires me to be the best that I can be.

What's your favorite part about being in Alaska?

My favorite part about being in Alaska is that I had the opportunity to witness how beautiful the northern lights are. The view and scenery here is so amazing and there is so much to do. I can't wait to continue to explore Alaska and make the best of my time here.

Illegally dumped fish waste invites bears, fines

Joint Report
Division of Wildlife conservation
Division of Sport Fish
Alaska Department of Fish and Game

As salmon surge into Southcentral fisheries from Chitina to China Poot Bay, anglers and dipnetters are reminded to properly dispose of fish waste. Discarding fish waste on public or private property or along roads, pull-offs and trails can attract bears into areas frequented by the public and result in fines ranging from $300 to $1,000.

In Anchorage, where nearly 300,000 people live in close proximity to bears, fish waste is discarded each summer in vacant lots, greenbelts, and along local streams and lakeshores. Anchorage area wildlife biologist Dave Battle believes many people who dump fish waste don't realize the danger they create for others.

"Fish attract bears," said Battle, "and bears are likely to defend those food sources."

Dumping fish in these places can also attract big fines. Prohibited under Alaska's littering laws (AS 46.06.080), illegal dumping can lead to penalties of up to $1,000.

Illegally discarded fish waste has also created problems in Matanuska-Susitna Valley communities and on the Kenai Peninsula. Soldotna area wildlife biologist Jeff Selinger encounters it each summer and agrees that it sets the stage for bear conflicts. He offers an easy solution for anglers and dipnetters participating in area fisheries: "Toss your fish waste in the appropriate containers at the Soldotna (Central Peninsula) landfill," Selinger said, "it's free."

Fish waste should not be dumped into local lakes and streams as fish pathogens and parasites can be drainage specific. Moving fish waste from drainage to drainage has the potential to introduce fish pathogens into stream systems, thus endangering local salmonids, according to Dan Bosch, Anchorage regional management coordinator with the Division of Sport Fish.

"Dumping fish waste into any other stream is not a proper method of disposal," said Bosch.

Anglers who clean fish on site are encouraged to chop carcasses into numerous pieces and throw them into fast-moving water.

Anglers who remove fish from the fishing site and fillet or process them somewhere else should follow these recommendations to dispose of fish waste in a safe manner:

- If allowed, fish waste should be taken directly to a waste transfer station or to the landfill. Another option is to freeze fish waste to eliminate odors and then place it out with garbage on the morning of trash pickup. Do not place waste out the night before pickup.
- The Central Peninsula Landfill located at Mile 98.5 Sterling Highway 2.5 miles south of Soldotna accepts fish waste free of charge from 8 a.m. to 5:45 p.m. seven days a week.
- Fish waste can also be deposited at Peninsula transfer facilities, including those in Cooper Landing, Kasilof, and Ninilchik, but in smaller quantities; all fish waste must be double-bagged in plastic trash bags with a limit of two bags dropped off per day.
- Anchorage Regional Landfill, the city's Central Transfer Station, and the Girdwood Transfer Station all accept residential, non-commercial fish waste.
- Matanuska-Susitna Borough Solid Waste takes residential, non-commercial fish waste at all facilities, but it must be bagged. The central landfill location serves Palmer/Wasilla, with transfer stations located in Big Lake, Butte, and Sutton.





(Photos courtesy of Alaska Department of Fish and Game. Fish waste pictured here was found discarded in 2011 near an Anchorage lake within a short distance of a residential neighborhood.)

KC-46 completes required flight tests

Staff Report
88th Air Base Wing Public Affairs

The KC-46 Pegasus program completed all flight tests required for the Milestone C production decision July 15 by offloading 1,500 pounds of fuel to an A-10 Thunderbolt II.

The successful A-10 mission was the last of six in-flight refueling demonstrations required before the tanker program can request approval from Frank Kendall, the undersecretary of defense for acquisition, technology and logistics, to award production Lots 1 and 2, totaling 19 KC-46A aircraft.

"It is great to see the KC-46 boom back in action and the program moving forward to a production decision" said Col. John Newberry, the KC-46 system program manager.

The other five required air refueling demonstrations were with the C-17 Globemaster III and F-16 Fighting Falcon using the air refueling boom, the Navy's F-18 Hornet and AV-8B Harrier II using the centerline and wing drogue systems, and the KC-46 as a receiver aircraft.

"Today's flight marks the final step we needed to see on the boom fix in order to request production go-ahead," said Brig. Gen. Duke Richardson, the Air Force program executive officer for tankers. "Our joint team's tireless efforts are paying off, preparing us for the next step of this critical need to our warfighter."

This test would not have been possible without contributions from the 412th Test Wing, 23rd Fighter Wing, 355th FW, 124th FW, 896th Test Support Squadron and 40th Flight Test Squadron, which all provided aircraft, manpower and equipment.

The Milestone C decision to begin low-rate initial production is expected in August.



A KC-46 Pegasus refuels an A-10 Thunderbolt II with 1,500 pounds of fuel July 15, 2016. The mission was the last of all flight tests required for the tanker's Milestone C production decision. (Boeing photo/John D. Parker)

A 'poopie' mission: Someone's got to do it

Staff Sgt. Shawn Nickel
354th Fighter Wing PAO

Look out below, bombs away or dropping a load are terms familiar to military operations, but they're also synonymous with a different act necessary for all people. As the content of the bowels pass into a porcelain throne and the deed is flushed and forgotten, the end of the pipe isn't just below the floorboards.

The 354th Civil Engineer Squadron water and fuels maintenance section makes another man's trash not their treasure, but their mission, manning the end of the line to ensure the remains of human nature are safe to release back to the outside world.

"We are the people on base no one wants to visit, the shop that is off the main road and away from the sight of everyone's eyes and noses," said Master Sgt. Brolin Nero, the 354th CES wastewater treatment NCO in charge. "Our job is literally 'poopie'. We handle what no one else wants to."

Closed eyes and plugged noses may reveal the sounds of a mountain vacation—bubbling brooks connecting lakes as the leaves of surrounding trees bustle in the wind with wildlife audible above it all. Awaking from that dream to peer across a manufactured holding pond lined with thick black plastic rimmed with a crust of dried sewage unveils millions of gallons of forgotten waste that is treated in a week's time by these sanitation engineers.

"Twenty four/seven we are here watching for something that's out of the norm or not working," said Airman 1st Class Troy Moncrief, a 354th CES wastewater apprentice. "Testing the water daily is only a small part of the job even though it is one of the most important. Most of our time is spent checking pumps, removing solids, maintaining levels of salt and chlorine, and paying close attention to ensure there isn't a spill of unsafe liquid."

The sights aren't as picturesque and inviting as this sensory getaway of the mountains, but the scents that fill the nostrils as if you are inhaling a solid substance is what quickly reels a dreamer back to reality.

"To an outsider it's terrible to breathe in here," Moncrief said with his country accent, emphasized with a wide-eyed look. "I've dry heaved and seen people puke just from the smell. You get used to it, but when you leave for a few days and come back it's a new experience every time."



U.S. Air Force Airman 1st Class Troy Moncrief, a 354th Civil Engineering Squadron wastewater apprentice, displays solids removed from sewage after he removed it from a trap underground at the Eielson Air Force Base, Alaska, wastewater treatment plant July 14, 2016. Anything that cant be treated by aeration, bacteria or chemicals is removed prior to entering settling tanks and ponds. (U.S. Air Force photo by Staff Sgt. Shawn Nickel)

Most of the dirty work happens underground, guarding the mission-critical process from weather that can drop to 50 degrees below zero. Miles of pipes flowing with contaminated liquid non-stop culminate to more than 500 thousand gallons of sewage treated every day.

"I feel like Steven Seagal in 'Under Siege,'" Moncrief joked as he walked down a long, well lit hall. "All that's missing is bad guys and I can't do Karate down the halls."

"Bowel movements, dookie, number two" are terms for what most people probably think is floating in these pools and tanks, but that's not the only thing lurking in the depths.

"Wastewater is what we call it if we are briefing someone, but it doesn't matter what the name is as long as it all goes through the plant," Nero said.

As the solids are removed from this wastewater, more than the normal human fecal matter moves through a grinder or is caught in an underground trap. Anything flushed down a toilet ends up in the plant, and the occasional lost symbol of love is a true diamond in the rough.



U.S. Air Force Airman 1st Class Troy Moncrief, a 354th Civil Engineering Squadron wastewater apprentice, uses a boat to inspect aeration equipment in ponds at the Eielson Air Force Base, Alaska, wastewater treatment plant July 15, 2016. The manufactured holding pond lined with thick black plastic hold millions of gallons of waste that is treated in a week's time after it enters the plant. (U.S. Air Force photo by Staff Sgt. Shawn Nickel)

"Wedding rings are the most interesting things I've seen found in 20 years," said Nero.

Nero describes his flight of nine Airmen as the black sheep of base, but boasts about how smart they are and the technical skills they possess.

"These Airmen are the jacks of all trades," he said. "They do lab testing, mow the lawn, maintain industrial pumps and even keep the tractors and heavy equipment in working order to ensure there isn't a one-second break in the mission."

With wastewater treatment operators becoming a dying breed of Airmen, the Eielson plant is only one of five in the Air Force and the lone ranger in the Pacific Air Forces, said Nero. This leaves him to pull his Airmen from different shops within the squadron's pool of qualified Airmen. Each one is skilled in different ways such as plumbing, water treatment or fuels maintenance, but combined they can do anything necessary to win the daily battle.

A problem above ground could be in one of the ponds. Not a problem for these Airmen — a quick push from the shore and Moncrief quickly transforms from Airman to the skipper of a small aluminum boat. The silver hull slushes through the black water to resolve a clogged aeration hose or to remove a chunk of solid from a blocked culvert.

"This stuff would be everywhere if it wasn't for these Airmen," Nero said. "From the grossest solids and water filled with crud comes clear, safe water released non-stop day and night. I didn't think I would love this job because it's not glamorous, but being able to perform so many functions and see these Airmen learn so many tasks and perform flawlessly is extremely rewarding… sometimes nasty, but rewarding."

Fort Wainwright Family & MWR

Weekly Events

July 22 – 29

23 **Cycling Fitness Class**

Saturday, July 23
10 to 11 a.m.

Get your heartrate going with an intense cycling class. Classes are weekly, and are $3 per person.

Physical Fitness Center, building 3709
Call 353-7223

24 **Outdoor Recreation: Boater Safety Course**

Sunday, July 24
9 a.m. to Noon & 1 to 4 p.m.

Become certified to rent a motorized boat from the Outdoor Recreation Center. This is a hands-on course and will be conducted on the Chena River. In order to participate in the class, an online certificate must be obtained at *www.boatus.org/courses*.

Outdoor Recreation Center, building 4050
Call 361-6349

26 **Summertime Jam Laser Tag**

Tuesday, July 26
3 to 7 p.m.

This week, play those extra games you've been craving by joining the Last Frontier Community Activity Center's Laser Tag Summertime Jam. Monday through Thursday, 3 to 7 p.m., and Friday 3 to 8 p.m.

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

28 **Bounce House Night**

Thursday, July 14
5 to 7 p.m.

Have a blast in the bounce houses at the Last Frontier Community Activity Center! Children 13 and under are welcome to bounce around in the giant, inflated houses. A parent must be present at this free event. And don't forget that there will be more bounce house nights coming up! Visit Family and MWR's website for a complete list of upcoming dates.

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

29 **Sports Trivia Finale**

Friday, July 29
5 to 6:30 p.m.

Test your sports knowledge and compete in the Summer Reading Program's Adult Sports Trivia Night at the Warrior Zone. This week's finale will include trivia night and an auction!

The Warrior Zone, building 3205
Call 353-1085



Water Safety - Tips

- Learn to swim and practice to become a strong swimmer. If you're not a strong swimmer or just learning how to swim, always swim in an area where your feet can touch the bottom.
- Swim in safe or designated swimming areas only. An area with a lifeguard on duty is best.
- Practice the buddy system when swimming. Swim-ming with a partner will ensure that if an emergency does happen, someone is available to assist you or go for help.
- Know your limits. Stay safe and don't try to keep up with more skilled swimers. Swimming in lakes, rivers or the ocean can be vastly different than swimming in your backyard pool, do not push yourself beyond your natural swimming abil-ity. Consider the energy needed to deal with changing conditions and to swim against currents.
- ALWAYS watch children when they are in or near the water. Do not get distract-ed by phone calls, text mes-sages or talking to others.
- When children are swimming in outdoor bodies of water, a life jacket is always recommended.
- Think before you dive. Only dive in areas that are known to be safe. Diving injuries can be severe, so check the water depth before you dive in and identify any hidden rocks or other hazards, even if you plan on leaping in feet-first.
- If you are boating, everyone should wear a Coast Guard-approved life jacket. A life jacket might be a requirement so check your states rules for boating. Make sure that the life jacket is appropriate for the child's size and weight.

Upcoming Events

Please note that Army Community Services is pausing all classes and playgroups during July, and is postponing all activities in July and August except for Newcomers Orientation, LEVY, Anger Management, and Army Family Action Plan.

non-stop fun for everyone

1 **Kickboxing Circuit**

Monday, August 1
6:15 to 7:15 a.m.

Roundhouse your way to fitness with an intense kickboxing circuit group class. This class is weekly, and is $3 per person.

5 Physical Fitness Center, building 3709
Call 353-7223



Talkeetna River Reds Fishing Trip

Friday, August 5 to 7

Cast your lure into the waters of the tributaries of some of the mighty Southcentral Alaskan waters as you join Outdoor Recreation for a weekend of fishing fun! The Susitna River Valley and surrounding area is world renowned salmon and trout angling.

Outdoor Recreation will provide transportation, lunch and dinner meals, as well as fishing and camping gear.

Outdoor Recreation Center, building 4050

PLEASE VISIT WAINWRIGHT.ARMYMWR.COM FOR A COMPLETE EVENT CALENDAR

#WainwrightMWR

Alaska National Guard's senior enlisted leader takes the road less traveled and goes the distance

Sgt. Marisa Lindsay
Alaska National Guard
Public Affairs



Command Chief Master Sgt. Paul Nelson, senior enlisted leader for the Alaska National Guard, alongside Brig. Gen. Laurie Hummel, commander of the Alaska National Guard, and other AKNG leadership, listen as Alaska Territorial Guardsman and community elder, Wesley Atkin, leads Soldiers and locals in the singing of 'My Country 'Tis of Thee,' during the cultural day event held at the Inupiat Heritage Center in Barrow, April 6. The cultural exchange marked the conclusion of a vigorous week of annual training by Guard members assigned to the Anchorage-based 297th Battlefield Surveillance Brigade, Alaska Army National Guard.



Command Chief Master Sgt. Paul Nelson, senior enlisted leader for the Alaska National Guard, speaks with Brig. Gen. Laurie Hummel, commander of the Alaska National Guard Soldiers, as they travel to Barrow. The cultural day event followed a week of vigorous cold-weather training and Defense Support to Civil Authorities preparedness, by partnering with the North Slope Borough risk management team in support of the statewide Exercise Alaska Shield. (Photo by Sgt. Marisa Lindsay, U.S. Army National Guard PAO)

Command Chief Master Sgt. Paul Nelson recently became the command senior enlisted leader of the Alaska National Guard, after replacing Command Sgt. Maj. Richard Hildreth in February.

Prior to being selected by Brig. Gen. Laurie Hummel, commander of the Alaska National Guard, Nelson served as command chief for the 176th Wing, Alaska Air National Guard.

As the command senior enlisted leader, it is Nelson's responsibility to oversee the health, welfare, development and quality of life for more than 4,100 Guard members who make up the Alaska National Guard.

"I'm really happy that General Hummel has executed this position, because not all adjutants general have done so," explained Nelson. "There are approximately 38 senior enlisted leaders within the 54 states and territories."

As Nelson has settled into the job — recently passing the 100-day mark — he has also been writing his own job description to ensure his efforts support the adjutant general's vision, while being a voice for the enlisted force.

"I am essentially writing the job into the future," chuckled Nelson, who, as a career pararescueman, has had a job history of making long-lasting and life-altering impacts on his organization and community. "I'm creating the structure for this position and for what this position will do for our organization, not only now, but 10, 20 and 50 years down the line."

Throughout his influential career, Nelson's wife, Meredith, of 27 years, has been right at his side, along with his children, Tech. Sgt. Colton Nelson with the 176th Operations Group and Carson, who will graduate soon with her nursing degree from the University of Alaska Anchorage. Nelson also has four other extended family members who are enlisted Airmen in the 176th Wing.

"We are definitely a military family, there is no doubt about it," described Nelson.

Heroes

Continued from page 1

Kettles name will go up on a plaque on a wall in the Pentagon to commemorate his having received the Medal of Honor for his action back in Vietnam. But across the river, in Washington, D.C., there is another wall with some 58,000 names engraved on it. "Every name represents great loss for a family and our nation," Carter said.

The names of the 44 men Kettles was credited with helping save are not on that wall, however, because he fearlessly led the team that ensured those men got home from battle that day, Carter said.

"How many Thanksgiving tables have had an extra chair through the years because of his actions, how many weddings, childbirths, and graduations were made possible because Maj. Kettles and his crew returned again and again to the hot landing zone in the Song Tra Cau riverbed?" Carter asked.

Carter said nobody but Kettles knows exactly what he was thinking that day in Vietnam -- what his thoughts were on the situation, or what he expected to happen exactly. But Carter did say he knows what motivated Kettles to take those actions. It's the same thing, he said, that motivates all good Soldiers.

"Duty, honor, country; and the deeply held conviction that we will never leave a Soldier, Sailor, Airman or Marine behind," Carter said. "For many American service members in harm's way, the first indication they would see their family again was the sound of helicopter blades beating against the sky. Without the valor of the helicopter pilots in Vietnam, countless additional names would have been added to the wall across the river."

Today, he said, military pilots still do that mission, over Iraq, Afghanistan and elsewhere.

Fanning said he and Kettles share a kinship of sorts, being that the two are both Michigan natives. He said that as a "Michigander," and with the heart of America's auto industry nearby in Detroit, "chances are you spent some time with machines.

"For Chuck Kettles, that meant a love affair with engines and aviation form the very start of his life, from his education at Edison Institute in Dearborn, where he practiced on the flight simulator, to his work with cars and engines at his Ford dealership, we see some of what prepared him to be an Army aviator," Fanning said.

"The Huey that Chuck flew was a pioneering machine at the time, but he knew instinctively how to get the most out of it. While the deeds we honor today are the product of great courage and valor, they have their roots in what he learned growing up in Michigan."

While Kettles had prepared early in life and as a "Citizen Soldier" to fly, it wasn't that alone that was responsible for his actions in Vietnam, Fanning said.

"Our admiration for Lt. Col. Kettles comes from his acts of heroism, but also from his quiet professionalism -- from how on the day of his greatest testing, just with all other days, he embodied the Army values: loyalty, duty, respect, selfless service, honor, integrity, and personal courage."

Kettles remained humble after the plaque bearing his name and the names of other Medal of Honor recipients was revealed. The Hall of Heroes has more than a dozen plaques lining its walls, listing the names of over 3,400 Medal of Honor recipients from all services, grouped by conflict.

Kettles said he knows personally at least two of those recipients, including Master Sgt. Raul Perez "Roy" Benavidez and Maj. William E. Adams, both of whom earned the honor for their own actions in Vietnam.

He said that the honor he wears around his neck, the medal, can be worn by only one person. But it's for all of those who were involved in that operation that day in May 1967, in Vietnam.

"It represents the collective heroism and sacrifice of all those men who were involved in that operation on that day," he said.

Some of those men were there with him in the Pentagon, and had been with him at the White House, the day before, when President Barack Obama placed the medal around his neck.

Don Long and Ron Roy, for instance, two of Kettles' battle buddies, were there at the Pentagon with him.

"Between lifts into the landing zone, (they) brought ammunition in for resupply," Kettles said of the two. "One such trip they took a mortar round on the mast of the helicopter."

The two had to exit the helicopters as a result of the damage. Long was injured. They joined up with the infantry.

"There were forty infantrymen, and four crew members with .38s," said Roy of their experience being with the infantry that day. "We didn't add a lot to the firepower. We were kind of in their way at times. We had a great leader who got things done. To go borrow aircraft from another company, after all yours got shot down, that takes a lot of guts. And guts in the other unit too, pilots that came back in with Lt. Col. Kettles to come get us. Everybody knew what they were flying into. There was no question. It was not going to be pleasant.

"There was a lot of action that day," Roy said. "There was a real lot of action. But we got led by a hell of a guy that day, there was no question we were going to follow him. And there was no question that he was going to come back and get us."

Long said he was happy to be back with his friends in Washington, to witness Kettles get the Medal of Honor.

"I'm proud and honored to be here to witness my friend Lt. Col. Charles Kettles get the Medal of Honor," Long said. "Second, I'm happy to be here to be reunited with a lot of my fellow warriors, some of whom I haven't seen since the Vietnam War."

John Osborne was also at the Pentagon with Kettles and his battle buddies. Osborne was crew chief on that helicopter that Kettles flew into the landing zone for that last mission.

"During that mission he took a shrapnel round in the knee," Kettles said. "He refused to accept a Purple Heart -- he regarded as nothing.

"At one point I was scared to death," Osborne said of that day in Vietnam. "I regained a little bit of composure, and we had set back down. That's when we really took the heat. But thank God we were able to get these people out. This man saved all of our lives. He got us out under adverse conditions.

"When we went in and sat down, the first time we picked up one of our crew chiefs, and we were on the way out, I was just plum tickled to death," Osborne said. "I was terribly disappointed when the colonel said 'I'll go back in.' And I thought, has he lost his mind? I am going to die or get captured. At that particular time I was not concerned about these guys. But what he said about things that kick in. Right after that, I realized -- I didn't realize. I just got behind the gun and did what I was trained to do. And that was lay down covering fire until these guys came up. Your training kicks in, no matter how bad the situation."

Of Matt McGuire, a gunship leader, Kettles said, "in spite of the damage to each of his helicopters, Matt was always there."

McGuire was also at the Pentagon too, and at the White House to see Kettles get the medal he had earned.

"On that final extraction, there was only one aircraft for everybody to focus on and shoot at," McGuire said of Kettle's helicopter on the last run. "And the courage and the valor and commitment to the mission, saving those souls that would be lost to the enemy, is truly more than deserving of the Medal of Honor, because you were going into a really bad area. There wasn't much predictability of success. You believed in your skill, you believed in your crew, and that's what made a difference. That's why I am proud to be part of the brotherhood of aviation."

Roland Scheck, Kettle's door gunner, was also there. Kettles said Scheck came to him from Germany, by way of Canada, though they met at Fort Benning, Georgia.

"Roland Scheck ... he was my door gunner, he had been from day one at Fort Benning," Kettles said.

He said Scheck was a German national who had gone to Canada to join the militia, expecting to be able to go to Vietnam. But when he learned that the Canadians were not going to Vietnam, he went to the U.S., to Detroit, Michigan, to join the Army.

"I had the good fortune of having him for my gunner," Kettles said.

Scheck said he was grateful to have Kettles too -- said he saved his life.

"I want to thank him and all my brothers for what they did for me that day," Scheck said. "He saved my life too. He didn't have to come back to get me. I was the first guy he had to haul away. He's been my hero ever since that day. And I'm sorry I couldn't stay for the rest of the day."

Also at the Pentagon was Dewey Smith, one of the last eight rescued on Kettles' last run. Richard Ammons, also one of the eight, was not able to make it to the event, though Kettles said he learned he had wanted to make it, but couldn't, due to medical reasons.

"I was with the 101st Airborne," Smith said. "I was on the ground. I was one of the eight men that were picked up last. It was extremely heart dropping when the flight took off. Those of us in the rear guard, back in the brush, they didn't see us. They took off. But when I saw the one helicopter coming in, that made the day. And it was unbelievable that he was able to bring it in considering the amount of fire it was receiving. I have nothing but gratitude for the man and his crew, and for all the helicopter pilots that day. They all did a good job bringing in resupplies, taking out our wounded, bringing us in new guys. It was amazing."

Kettles finished by showing he still has the patriotism and commitment to the nation he demonstrated long ago in Vietnam.

"I have a deep sense of gratitude for the opportunities that each person is afforded by this nation," he said. "I also believe that there is no price for anyone to pay that contributes to the preservation of our great nation. I have faith in each generation that has come along and will in the future."

Be wildland fire aware, check before you travel

Alaska Interagency Coordination Center

The Alaska Interagency Coordination Center posts timely updates online at *https://akfireinfo.com/*. This interagency website was developed by federal and state agencies in Alaska to provide timely and accurate wildland fire information for the entire state. Agencies that support this site are: the Bureau of Land Management, Alaska Fire Service, Alaska Division of Forestry, US Forest Service, National Park Service, Fish and Wildlife Service, Bureau of Indian Affairs, Alaska Department of Fish and Game, and Alaska Department of Environmental Conservation. Alaska Incident Management Team during a morning briefing at McHugh Creek Fire, July 20. (Photo by Celeste Prescott, Division of Forestry, Public Information Officer)



Goldpanners and little leaguers out at the ball game



Players from the Alaska Goldpanners of Fairbanks Baseball Club pose for a photo with Fort Wainwright Youth Sports baseball players before a game at Growden Memorial Park, July 19. The little leaguers were invited to attend the game for free as long as they came in their baseball uniforms.



Aaron Alvarez, age nine, throws the ceremonial first pitch at an Alaska Goldpanners of Fairbanks baseball game, July 19. Alvarez, who plays on one of Fort Wainwright's youth baseball teams, received a signed ball from the team. (Photo by Jennifer Brady, Fort Wainwright PAO)

Dream

Continued from page 1

enough extra-curricular activities."

Ally believes what made her stand out amongst the other applicants were her personal statements, which including what role she played in her environment as a military child.

"I've always wanted to go to college, but never knew how I was going to pay for it," Ally said. "That was always the most stressful thought, especially thinking about being in debt."

Taking after her cousin, Ally applied for every scholarship and taking advantage of the money that was given for being a good student. She knows this scholarship will greatly enhance her future opportunities.

"I won't be in debt," she giggled. "I can learn and advance my education without having to worry about the repercussions and I will have a lot less stress."

Jerome is proud of his daughter for her hard work in earning this scholarship.

"I feel there are too many people who believe things should be handed to them or that college isn't attainable for everyone," he said. "I don't believe that; I believe it's a level playing field based on your own merits that you have to work hard for, and I'm proud Ally was able to learn that through this process."

Both agree that if you really want something in life, it's reachable if you work hard for it.

"I don't have to dumb down what I want to do because I don't have to worry about where the money is coming from or burdening my family," Ally stated. "I think the most important part of this process was seeing the fruits of my labor."

Working extremely hard throughout school, while dealing with the aspects of being a military child, Ally mastered balancing a personal as well.

"Everybody in this country has an opportunity whether they realize it or not," Jerome said. "If you want to be the CEO of a fortune 500 company, you can be. If you want to be a plumber, you can do that, too. Anything you want to do in your life is possible in the United States."

Jerome believes Ally can do anything she wants in her life because of her hard work and that she will continue in that dedication during her years as a college student.

"I thought I had to stay here because it's cheap to go to school here," Ally said. "Now I can transfer if I want because I have more freedom and more opportunities. It all comes down to the generosity of the Corvias Foundation and the fact that I worked very hard."



Ally Vahalik, daughter of Master Sgt. Jerome Vahalik IV, the 354th Force Support Squadron first sergeant, takes a group photo with military children from across the country during the Corvias Foundation award ceremony in Boston, Mass. Ally and the others were all recipients of the Corvias Foundation scholarships and were flown to Boston for the awards ceremony. (Courtesy photo)

Both Ally and Jerome would like to thank the Corvias Foundation for making this entire journey possible.

Pokemon GO! or Pokemon NO?

Jennifer Brady
Fort Wainwright PAO

If you see people wandering around the installation, staring intently at their phones, chances are they are playing Pokemon Go, the newest craze to hit smartphones since Angry Birds.

The app, which was released on July 6, has gone viral and boasts more daily users than Twitter. It is an updated, interactive version of the original Pokemon game, created in 1995. The augmented reality game, which blends virtual elements with the physical world, has sent millions of users on the hunt for Pokemon.

So what is it about catching these little virtual creatures that has the whole world trying to, "catch them all"? A big part of the appeal is that users actually have to move around the physical world in order to play, making this a unique gaming experience. As players progress, they go from capturing Pokemon to battling it out in virtual Pokegyms for bragging rights and supremacy.

This gaming phenomenon seems to have all the makings of a fun, interactive game that will get people outside and moving around, but capturing these little creatures has the potential to cause big problems, especially when it comes to personal safety and physical security.

As players embark on their Pokemon journeys, safety should be one of their biggest considerations. They should remember to maintain situational awareness, watch where they walk when playing, and to never play while driving. These may seem like obvious safety precautions but the game's unique features present unique concerns.

When players find a Pokemon and go into "capture mode", their in-phone camera switches on and allows them to take a photo of a fictitious creature in a real-world location. Those playing on any federal installation should remember that cameras and recording devices are prohibited in restricted areas and capturing a Pokemon in those areas will result in having your phone confiscated by law enforcement. Military police officers must take these measures for reasons of safety and in order to maintain operational security.

"Individuals should respect restricted areas and housing. They should limit their Pokemon searches to areas that are open to the public. Those caught in obvious off-limits locations such as the ammunition supply point or the Ladd Army Airfield can count on being arrested and charged with trespassing," said Cpt. Chase Kilfoyle, operations officer, Fort Wainwright Police, about the serious consequences of playing the game in restricted areas.

Pokemon Go also features a "lure" which will coax Pokemon out of hiding for thirty-minute-increments and allows any player in the area to benefit from it. This can create problems because lures can be set anywhere that a Pokestop already exists, to include private and federal property or in unsafe areas of a community. The feature also has the potential to attract large groups to specific locations, which could make them possible targets for theft or other crimes.

This new, unique game is intended to be fun and by keeping safety and situational awareness in mind as you play, you can maximize your gaming experience and enjoy your hunt for Pokemon.

"As with so many things, moderation and situational awareness are the name of the game," said Maj. Stephanie Gillogly, operations officer, directorate of plans, training, mobility and security. She urges gamers to, "think smart and remain aware of your surroundings."

Happy hunting!

Maj. Stephanie Gillogly's Safety Tips for Hunting Pokemon:

Don't play while driving and use extreme caution and maintain awareness while walking and playing. Recommend playing with a buddy so one person is looking up. Pay particular attention near busy roads, railroad tracks, water features, cliffsides.

A restricted area is STILL RESTRICTED even if there's a "gym" or "spot" or Pokemon character is in that area. If you enter these areas, law enforcement officials may detain you.

Respect private property and don't enter any fenced areas and other people's yards. It's not only rude and disrespectful, but Fido might not like it. Also, be aware that in some states residents have the right to defend personal property (i.e. if you enter their home or fenced yard) with force (i.e. firearm).

Use care to be aware of where you are and where you are going to avoid being drawn into a potentially dangerous situations or being suddenly approached by a suspicious individual(s).

Be aware that walking randomly with your cell phone in search of Pikachu and his friends (particularly near restricted areas) can be considered suspicious activity and may draw some attention from law enforcement officials.

Army reviews diversity in combat arms leadership

C. Todd Lopez
Army News Service



Capt. Lou Cascino, commander of Easy Company, 2nd Battalion, 506th Infantry Regiment, 4th Brigade Combat Team, 101st Airborne Division (Air Assault), pulls security while Staff Sgt. Eric Stephens and 1st Lt. James Kromhout verify their position during a partnered patrol in Madi Khel, Khowst Province, Afghanistan, Oct. 20, 2013. (Photo Credit: U.S. Army)

The Army has done a good job of increasing diversity in the force in terms both race and gender. But there's still work to be done.

At Fort Eustis, Virginia, July 12 through 14, the Army's Training and Doctrine Command convened the 2016 Army Diversity Summit to examine the reasons why the top tiers of leadership remain so homogeneous while much of the rest of the Army has become increasingly diverse. The summit was convened, in part, to solicit subject-matter experts for proposed solutions to the problem.

Diversity in race, gender and even social and economic background bring value to the Army, said Under Secretary of the Army Patrick J. Murphy at the summit, because diverse teams of people produce better outcomes. And as the demographics of the United States change, so too must the Army.

"The Army is in the people business," Murphy said. "And to be here with subject-matter experts to figure out how to make us an even better force that is more diverse, that is more adaptive, and is more innovative is critically important to our future."

While the Army as a whole is a diverse force, there is still a lack of diversity in the top ranks, said Warren Whitlock, the Army's deputy assistant secretary for diversity and leadership.

"Somebody can look and say the Army is diverse," said Whitlock. "But that's not taking into account inclusion. Inclusion is when you have a synergistic relationship of people who are historically under-represented in positions where they can weigh in on the current and future operations of the organization. Inclusivity means having those diverse faces, those diverse perspectives, the diverse demographic perspectives at high levels of the organization."

Going into the summit, the Army provided insight it views as a starting point for those subject-matter experts to consider: first, that 65 percent of Army general officers are drawn from either combat arms or special operations forces. And second, that minority officers are underrepresented at the ranks of colonel and above in the combat arms branches of infantry and armor.

"I think one of the unfortunate trends is that we have seen some African Americans in our Army, officers specifically, not go into the infantry or armor branches," said Murphy. "We need to double down in recruiting them to go into those branches. When you look at our three and four star generals, the majority of them come from combat arms."

At the summit, three teams of about 20 experts each, made up of both Army officers and civilian subject-matter experts, were asked to develop recommendations on how best to improve the diversity of combat arms officers in the Army. Teams examined the problem from three different perspectives: accessions, development and employment, and retention.

At the conclusion of the three-day summit, those teams briefed senior Army leaders, including Murphy, on their recommendations.

Among the recommendations was the proposal to review how Human Resources Command distributes combat arms branches to the various sources of commission, which include the United States Military Academy at West Point, New York; the Reserve Officers Training Corps; and Officer Candidate School.

A review of the branch distribution could potentially better allocate infantry and armor branches across a more diverse pool of candidates. Ensuring the Army provides the best opportunities to the best qualified is an important step toward talent differentiation and inclusion.

Another proposed solution presented to Army senior leaders was increased mentorship opportunities for minority officer candidates before they choose their branch.

While at West Point, cadets are exposed to a wide variety of officers from multiple Army branches. But in Reserve Officer Training Corps detachments across the country, cadets are exposed primarily to their professors of military science. Studies show that cadets tend to emulate their professor of military science when it comes time to choose a branch in the Army.

Increasing the number of infantry and armor officers who serve as professors of military science and assistant professors of military science at ROTC detachments around the country, while targeting schools with high minority attendance in the ROTC program, would put combat arms officers front and center in the lives of minority cadets.

That increased opportunity for mentorship from combat arms officers could increase the likelihood that those cadets would choose combat arms for their branch. As a result, more minority officers might volunteer to serve in the combat arms branches and, when the time comes to choose general officers from their officer cohort, there would be a larger number of minority officers competing for those positions.

Brig. Gen. Wilson Shoffner, director of the Army Talent Management Task Force, said that good mentorship must exist throughout an officer's career to help guide officers to where they should serve in the Army, such as in what units, installations and jobs.

"We can do better at the role of mentoring, and at the role of coaching," Shoffner said.

The recommendations briefed at the summit will be considered by the Army as possible ways to increase minority representation in senior Army leadership. They were heard by Murphy, Whitlock, Shoffner, and Lt. Gen. James C. McConville, the Army's G-1.

"We have to have a plan of action, and we have to have a way to follow up," said Shoffner. "One of the recommendations is we use the Army Diversity Council as a way to make sure we implement the recommendations we are making today."