

Local Airman participates in military exchange program

Airman 1st Class Shannon Chace
168th Wing Public Affairs

When Cody Albert graduated from North Pole High School he didn't plan on joining the military. He started classes at the University of Alaska, Fairbanks and realized he wasn't quite ready to attend college. He began looking at other options.

"My parents were active duty Air Force so I had traveled around the world during my childhood and I loved that experience," Albert said. "But I didn't want to be active duty because I didn't like that my dad was stationed all over the place; I wanted to stay local because this is where I grew up."

One of the many opportunities afforded to those who serve in the Alaska Air National Guard is the ability to serve in their hometown while also having the chance to travel and experience working with different cultures.

As part of the 2019 Military Reserve Exchange Program, Staff Sgt. Cody Albert, a crew chief with the 168th Aircraft Maintenance Squadron, traveled to Denmark and trained with the Danish Home Guard. Participating in this training helped enhance his leadership skills, build international relationships and increase awareness of other military organizations.

When Master Sgt. Justin Freling, flight chief with the 168th AMXS, received an email about

See **EXCHANGE** on page 3



Staff Sgt. Cody Albert, crew chief with the 168th Aircraft Maintenance Squadron, Eielson Air Force Base, Alaska, gives a presentation July 3, 2019, at Camp Nymindagab, Denmark. Albert participated in an international leadership course as part of the 2019 Military Reserve Exchange Program. (Photo by Darin Overstreet)

Bassett ACH offers breastfeeding support

Brandy Ostanik
Medical Department Activity –
Alaska Public Affairs

Mothers have been breastfeeding their children since the beginning of time, and while many believe it should come naturally, it often comes with challenges that can be frustrating for everyone involved.

To help make breastfeeding an easier, more fulfilling experience for mothers, Medical Department Activity – Alaska began providing the services of a full-time lactation consultant at Bassett Army Community Hospital in April 2019.

Renae Kovall, a registered nurse, worked at Bassett ACH for six years as a labor and delivery nurse before receiving her certification and moving into the lactation consultant role. With over 1,000 hours of bedside care helping mothers with breastfeeding before even taking the lactation consultant exam, Kovall is a wealth of information.

"There are so many nuances and challenges that can arise with breastfeeding," said Kovall. "I'm here to help ease those challenges and keep moms who want to be breastfeeding going for as long as they choose."

Whether it is problems with getting a good latch, using a breast pump, underproduction or dozens of other breastfeeding concerns, Kovall is prepared to help educate and assist to take the stress and worry out of breastfeeding.



Renae Kovall, a registered nurse and lactation consultant at Bassett Army Community Hospital, assists Mellanie Ferguson-Green, wife of Sgt. Jarrius Green, Echo Company, 1st Battalion, 52nd Aviation Regiment Task Force, and their son Ja' Kobe get a good latch while breastfeeding four hours after Ja' Kobe's birth. Kovall assists mothers with breastfeeding while on the maternal newborn unit and throughout their breastfeeding journey. (Photo by Brandy Ostanik, Medical Department Activity – Alaska Public Affairs)

Kovall does her best to visit and work with every mother and baby on the maternal newborn unit whether they are planning on breastfeeding or not.

"Everybody that delivers here, I'm up there every day

that I am at work seeing every single one of them to help in any way I can with feeding their baby," said Kovall. "Even if they are not breastfeeding, I teach

See **KOVALL** on page 2

National Army Museum quickly taking shape before 2020 opening

Thomas Brading
Army News Service

With doors expected to open next year, the National Museum of the United States Army is quickly coming to life.

Located on an 84-acre hilltop site at Fort Belvoir, just south of the nation's capital, the 185,000-square-foot gleaming, stainless-steel structure will offer free admission to the public and give a comprehensive look at more than 240 years of Army history and traditions.

The museum's goal is "telling the Army's story to an estimated 750,000 visitors every year," said Tammy E. Call, museum director, and "creating new opportunities for the public to connect with the American Soldier."

The museum is also dedicated to "remembering and honoring their legacies," Call said, of Soldiers and veterans.

"This will be America's Army museum," she added, "telling the Soldier's story 364 days a year."

The museum will immerse visitors into "what it means to be a Soldier" in times of war and peace throughout American history.

The primary galleries are titled, Soldiers' Stories Gallery, Army and Society Gallery, and Fighting for the Nation Galleries. Each gallery will have artifacts, films, documents and lifelike Soldier figures.

Visitors will learn about Army history through Soldier stories from America's colonial beginning, and lead through the generations of service to the ground force it is today.

The first four macro artifacts – a FT-17 tank, a Sherman tank, a Higgins boat used during the D-Day invasion and a Bradley Fighting Vehicle – were installed in August

See **MUSEUM** on page 2

WEEKEND WEATHER

Friday



Mostly cloudy, with a high near 68. Low around 52.

Saturday



Partly sunny, with a high near 68. Low near 50.

Sunday



Showers likely, mainly after 4 p.m. Cloudy, with a high near 66.

BRIEFS

Color Dash

Join this colorful 5K on Sept. 7.

Race begins at 10 a.m., Melaven Fitness Center, bldg. 3452

Registration: \$15 before Aug. 19; \$20 after Aug. 20

at Physical Fitness Center (907) 353-7223

or the Melaven Fitness Center (907) 353-1994

Nutrition Corner: What, when you eat affects your workout

Brandy Ostanik
Medical Department Activity
– Alaska Public Affairs

Consuming the proper nutrients at the proper time can make a big difference for those with goals to improve their physical performance and/or fuel their workouts properly. A special consideration to when and what you eat can pay off.

For those trying to improve their physical performance in areas such as speed, strength and endurance, the nutrients you consume makes a big difference. Remember you cannot put a Band-Aid or “quick fix” on a bad diet but this is especially true if you are an athlete or physically active in general.

Focus on consuming a

healthy diet most of the time - eat at least five servings of fruits and vegetables each day, choose lean proteins, whole grains at least half the time, and switch to low fat dairy.

For protein, distribute it evenly throughout the day. Instead of eating a mostly carbohydrate breakfast, like a bowl of cereal, and a snack with fruit only and then a large portion of meat for dinner, try having some eggs or other lean protein with your bowl of cereal in the morning, nuts and seeds and/or low fat cheeses with snacks and consume three to four ounce portions of lean meat with lunch and dinner.

It is better to eat consistent amounts of protein

throughout the day than to consume a large portion once or twice per day.

For pre-workout fueling, focus on a meal or snack, depending on what time you work out, that provides carbohydrates, is relatively low in fiber and fat, and moderate in protein. The fat and fiber will slow gastric emptying and increase the possibility of having a stomach ache during your workout.

A small bowl of cereal or piece of fruit about 45 minutes before your workout are good choices for a pre-workout snack.

During your workout, focus on staying hydrated. For physical activity that lasts less than an hour, water alone is sufficient for

those who normally follow a balanced diet. For intense exercise lasting longer than 60 minutes, rehydrate with a sports beverage or product that contains fluid, carbohydrates and electrolytes.

For post workout muscle recovery and to replace glycogen (storage form of glucose in muscles and the liver) stores, consume a meal or snack that contains carbohydrate and protein. This can be a nice balanced meal using the plate method, which is appropriate for workouts right before meal time.

For workouts not close to a meal time, a post workout snack can be as simple as a glass of low fat chocolate milk. If you are interested

in individualized guidance on how to tailor your diet to maximize your physical performance, make an appointment with one of the registered dietitians at Bassett Army Community Hospital.

Featured Recipe
Strawberry Banana Smoothie

3/4 cup strawberries
1 banana
6 ounces of Greek Yogurt (low fat)
1 cup fresh spinach or kale
1 tablespoon ground flaxseed
Crushed ice to achieve desired consistency

Blend all ingredients in the mixer and serve chilled.

MEDDAC Minute

Important Phone Numbers

Emergency: 911
24 Hour Nurse Advice Line: 1-800-874-2273 Opt. 1
Appointment Line: 361-4000
Behavioral Health: 361-6059
Benefits Advisor: 361-5656
Immunizations: 361-5456
Information Desk: 361-5172
Patient Advocate: 361-5291
Pharmacy Refills: 361-5803
Tricare On-Line: www.tricareonline.com
United Health Care: uhcmilitarywest.com, 877-988-9378

Lactation consultant

Breastfeeding or pumping and need help? Don’t struggle alone. Bassett Army Community Hospital has a lactation consultant on staff to help you with all of your breastfeeding needs. Contact the lactation office by calling 361-5158 to ask questions or schedule an appointment.

ICE system help

When filling out an Interactive Customer Evaluation Form, leaving contact information is optional. However, many times, when an issue is an easy fix, giving us a name and number would allow us to reach out and remedy the situation for you quickly.

Billing questions

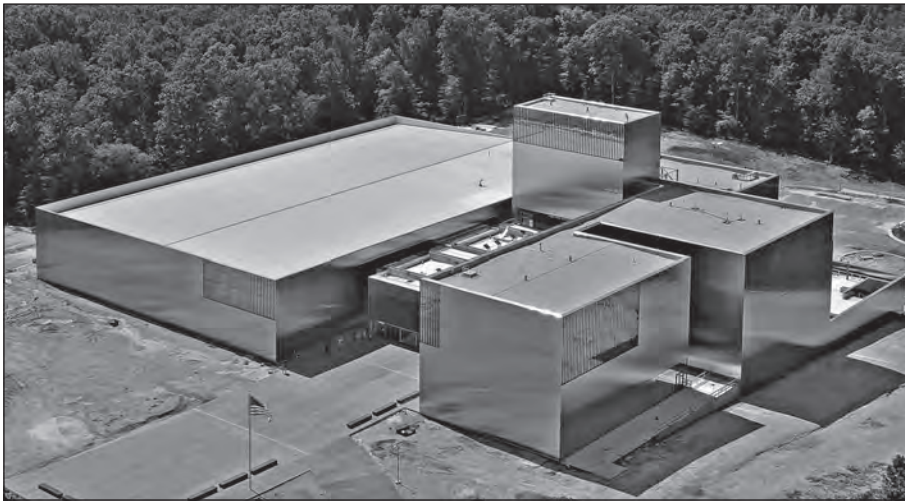
The Uniform Business Office located at Bassett ACH is here to assist you with any billing questions you may have. UBO bills patients and insurance companies for medical and dental services provided. To ensure your private sector insurance is properly billed, please ensure your information is correct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

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.



The National Museum of the United States Army is scheduled to open in 2020. Through a joint effort with the Army Historical Foundation and the U.S. Army, the museum is being constructed at Fort Belvoir, Virginia, and is 20 miles south of Washington, D.C. According to the project design, the museum “evokes the principles of the Army: it is disciplined, modest and rigorous.” The Army will own and operate the museum, which will be open 364 days a year with free admission. (Courtesy Photo)

Museum: 2020

Continued from page 1

2017, before the building’s walls were built. Since then, a Sikorsky R-4B helicopter and a UH-1B Huey helicopter were installed in February 2019.

The macros were all used in battle, and are chronologically placed to visually tell the Army’s history, through every major conflict.

The museum will also include the Experiential Learning Center, or ELC, a Medal of Honor Experience and a rotating exhibit gallery. Future exterior elements include a memorial garden, army trail and outdoor event space, according to a museum official.

The ELC will provide hands-on learning activities in geography, science, technology, engineering and math, or G-STEM, which

visitors can apply to a simulated Army humanitarian mission, said museum public affairs assistant, Kate Wacker.

“It’s something for all ages to enjoy,” she added.

The design of the museum evokes the principles of the Army: it is disciplined, modest and rigorous, according to the project description, adding the simplicity and sharpness of the walls and huge windows allow reflections to be cast on the facade, transforming the character of the building through every season and time of day.

The museum is scheduled to open in 2020. The museum is also recruiting volunteers now to be trained and ready before the first visitors arrive. For more information, call 1-800-506-2672.

Kovall: Lactation

Continued from page 1

the moms who are bottle-feeding how to prevent their milk from coming in.” For those mothers who deliver over the weekend, Kovall comes in early Mondays to try and work them before they are discharged.

“Starting at the beginning and helping them get the latch right before they even go home helps cut down on frustration and the need to come back in for an appointment,” said Kovall.

For those who do get home and find they have questions or breastfeeding is not going as they had hoped, Kovall is available to meet for one-on-one appointments.

“There is no need for a referral from the pediatrician or women’s health,” said Kovall. Patients are able to call me directly and we can either work over the phone or I can schedule an appointment for them to come in.

Holly Cordova, wife of Sr. Airman Anthony Cordova, 354th Communication Squadron, who gave birth in November to their son Chandler, is one such mom and is thankful for the breastfeeding support she received.

“The nurses as Bassett helped me right away with the basics of breastfeeding, said Cordova. “They helped me learn what a good latch felt like and showed me some breastfeeding positions.” Unfortunately Cordova experienced some challenges once she went home.

“I was helped right away at the hospital when I explained my struggles at Chandler’s day two appointment. I was referred to Ms. Kovall and it showed me Bassett is really

devoted to supporting women in their breastfeeding journeys.”

Cordova says she has suffered through three bouts of mastitis, an infection of the milk glands, but she has not given up on breastfeeding.

“Bassett was always there for me and showed their best interest in my health and my breastfeeding journey while treating my infections,” said Cordova.

Kovall is quick to reassure mothers that no matter what their breastfeeding looks like, or if they choose to bottle feed, that she is still there to support.

“I do not force breastfeeding on anyone and believe it is a personal choice for every mother to make,” said Kovall. “It doesn’t matter how your baby is fed, just feed them. I am here to support every mother’s decision and to help them with whatever their plan is.”

Kovall also wants moms to know that no question or concern is too small for her to help.

“Whether it is help with getting the right size flange fit with their breast pump, inverted nipples, getting a good latch or dealing with engorgement, I’m here to help.”

As word spreads of Kovall’s expertise, her calendar is getting busier and Kovall loves every minute of her time working with moms and their babies.

“The process of helping moms, that look on their face, the sigh from dad the first time their baby latches, for me that’s really what it’s all about,” said Kovall.

Kovall can be reached for questions or to schedule an appointment by calling 361-5958.

Estate Notices

• Anyone having claims against or who is indebted to the estate of Sgt. 1st Class Russell Hepler, of Alpha Company, 49th Military Police Battalion, may contact Capt. Wayne Elrod, Headquarters and Headquarters Battalion, 49th Missile Defense Battalion, Fort Greely, Alaska 99731, phone (239) 258-6964.

• Anyone having claims against or who is indebted to the estate of Spc. Charles M Bodey, of Charlie Troop, 5th Squadron, 1st Cavalry Regiment, may contact 2nd Lt. Patrick Tuccillo, Headquarters and Headquarters Troop, 5-1 CAV, Fort Wainwright, Alaska 99703, phone (907) 353-4383.

ALASKA POST

The Interior Military News Connection

EDITORIAL STAFF

Garrison Commander

Col. Christopher Ruga

Fort Wainwright PAO

Grant Sattler

Command Information/

New Media

Brady Gross

Community Relations/

Media Relations

Eve Baker

Staff Writer/Editor

Daniel Nelson

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The ALASKA POST – The Interior Military News Connection

The Chaplain’s Corner

Paul Fritts
U.S. Army Garrison
Alaska, Fort Greely
Chaplain

As a young semi-narian 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

In those moments when we humbly release what our sinful pride demands we cling to, we have an opportunity to live without fear.

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. For God and Country! 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>.

Exchange

Continued from page 1

the opportunity to apply to the 2019 MREP, Albert was one of the first people he thought of. “Cody is a hard worker. He is always ready to assist others.” Freling said. “Encouraging Cody to apply for this program to further his leadership capabilities and broaden his network in another country, that was an easy decision.” At first glance the name Military Reserve Exchange Program gives the impression of two people in similar jobs switching places. “We thought it was like an exchange student program and we were going to send him to work with a NATO unit and in return we were going to receive a NATO member to come work with us,” Freling said. That is not always the case. There are different opportunities depending on experience and branch of service. “What I was involved in was leadership training where you get to learn basically the European military structure of their [professional military education],” Albert said. The intensive college-style training focused on communication and leadership skills. Working in a small group of five that included members from Denmark and Poland, the language differences could sometimes pose a challenge. Albert explained that overcoming these challenges helped him develop skills that he can use to train Airmen at home. “I take a lot of the new Airmen that come back from tech school or that are about to go to basic and tech school, and I’ll help with their training,” Albert said. “This training helped me be able to understand the different types of learning perspectives.”

While serving in the 168th Wing, Albert has traveled to a variety of countries and places to include Germany, Guam, Qatar, England, Belgium and Japan. Thanks to the kind outgoing personalities of the Danish members he served with, he said Denmark has become his new favorite trip. “The Danes have great hospitality and they made the environment very friendly where it seemed like you weren’t in another country but like you were in another state. You felt at home,” Albert said. Participating in the 2019 MREP opened a lot of doors for learning, new friendships, and creating stronger international alliances. Albert hopes to return to Denmark and continue working with the Danish Home Guard and the MREP as an instructor next year. “The ability to network with our allies within NATO and further develop Cody’s leadership abilities, this turned out to be a great decision,” Freling said. “Cody is still telling us about the things he learned over there.”



U.S. ARMY GARRISON ALASKA NOTICE OF AVAILABILITY



Bailey Bridge Replacement Environmental Assessment and Draft Finding of No Significant Impact

The U.S. Army Garrison Alaska (USAG Alaska) announces the availability of an Environmental Assessment (EA) and Draft Finding of No Significant Impact (FNSI) in accordance with the National Environmental Policy Act (NEPA). The EA and Draft FNSI analyze the potential environmental impacts associated with the proposed Fort Wainwright Bailey Bridge Replacement project. The current condition of the Bailey Bridge, which crosses the Chena River at Fort Wainwright, warrants a decision on a replacement to provide a safe means for crossing the Chena River.

Two alternatives were analyzed in the EA: (1) Preferred Alternative (replace bridge at current location), and (2) the No Action Alternative (leave existing bridge in its current state). The Preferred Alternative would demolish the existing bridge and construct a new bridge in the same location. The new single-lane bridge would have higher vehicle weight limits to provide passage across the Chena River for passenger, military, and emergency vehicles. The current route across the Bailey Bridge would be closed from the time of demolition until construction of the new bridge is complete, with detours available via the River Road bridge.

This EA demonstrates that the Proposed Action would not significantly impact the environment and supports a FNSI. Consequently, an environmental impact statement is not needed.

The EA and Draft FNSI are available for review during a 30-day public comment period beginning on **July 26, 2019**. The EA and Draft FNSI can be reviewed at the Noel Wien Library, 1215 Cowles Street, Fairbanks, AK and the Fort Wainwright Library, 3700 Santiago Avenue, Fort Wainwright, AK, or online at: <https://home.army.mil/wainwright/index.php/about/environmental/national-environmental-policy-act-nepa>

Written comments on the EA and Draft FNSI must be received no later than **August 24, 2019**. Please submit comments to Ms. Laura Sample, Directorate of Public Works, Attn: IMFW-PWE (L. Sample), 1046 Marks Road #6000, Fort Wainwright, AK, 99703-6000, fax: (907) 361-9867; or by email: laura.a.sample.civ@mail.mil.

Additional information can be obtained by contacting Mr. Alan (Grant) Sattler, Public Affairs Office, 1060 Gaffney Road, 5900, Fort Wainwright, Alaska 99703; telephone (907) 353-6701, email: alan.g.sattler.civ@mail.mil.



Soldiers vie in survival of the fittest at 2019 CrossFit Games

Devon L. Suits
Army News Service

The sound of cheering carried across the Alliant Energy Center as the top athletes from over 100 countries took the field Thursday during the 2019 CrossFit Games opening ceremony.

Among a sea of U.S. competitors, Lt. Col. Anthony Kurz and Capt. Chandler Smith took it all in as they looked around the crowded North Field. Kurz proudly displayed his Army Special Forces flag as a nod to the Special Forces community. Those cheering included members of the U.S. Army Recruiting Command and Warrior Fitness team who were there to support their teammates and engage with the fitness community.

It took Smith and Kurz years to get to this moment, as they stood ready for the “world’s premier” CrossFit competition. At this level, victory would not come easy, considering each workout would test the limits of their athletic ability and resolve.

Capt. Chandler Smith

Just hours after the opening ceremony, Smith was back on the field for his workout



Members of the U.S. Army Warrior Fitness Team attended the 2019 CrossFit Games to support their teammates, Capt. Chandler Smith and Lt. Col. Anthony Kurz, participating in the event. During their visit, the team engaged with the fitness community to share the Army’s story. In the photo, from left to right: Capt. Deanna Clegg, Capt. Kaci Clark, Capt. Allison Brager, First Sgt. Glenn Grabs, Capt. Ashley Shepard, Command Sgt. Major. Jan Vermeulen, Capt. Rachel Schreiber, Staff Sgt. Neil French, Spc. Jacob Pfaff, Sgt. 1st Class Carlos Zayas, Staff Sgt. Gabriele Burgholzer. (Photo by Devon L. Suits)

in the men’s individual bracket. He was ranked 40th overall at the start of the games.

There was a lot at stake during the first cut of the competition. Out of the 143 men participating, only 75 would make it to the next round. The first workout was also designed to be a true test of strength and endurance.

Each competitor would need to complete a 400-meter run, three legless rope climbs, and seven 185-pound squat snatches, in under 20 minutes. The field

of competitors would then be ranked based on their overall time. For some athletes, the first workout was more than they could handle.

Smith came out strong and maintained his overall pace. In the end, he took second place – 35 seconds behind the leader, Matthew Fraser.

“I knew my competitors were going to come out fast,” Smith said. “I wanted to stay within that top three. By the third set, I wanted to pick up on my squat snatches. This was a good start for the rest of the weekend.”

Moving into the second cut of the competition, Smith looked loose and determined to continue on his previous success.

Competitors had 10 minutes to complete an 800-meter row, 66 kettlebell jerks, and a 132-foot handstand walk. Like the first round, athletes would be ranked and scored on their overall time.

Smith was not far behind the leader after the first exercise. Sitting in a good position, he moved into the 16-kilogram kettlebell jerks and quickly fell behind after a series of “no-repetition” calls by the judge.

Smith placed 48th overall in the workout and only 50 athletes would move on to compete on day two.

Through it all, he wasn’t overly focused on his position, he said. For the first time in a long time, Smith said he was having

fun, and he planned to approach each workout with the same high level of intensity.

“The experience has been phenomenal because I have been around a lot of folks that stayed positive,” he said. “I have learned so much about what it takes for me to perform at my peak. This will hopefully help me in the future in regards to maximizing [my] performance potential.”

On day two of the competition, Smith competed in three events.

The day started with a 6,000-meter ruck with increasing increments of weight. Competitors then moved to the “sprint couplet” event, where they had to complete a 172-foot sled push, 18 bar muscle-ups and a second sled push back to the finish line. Smith placed fourth in the ruck and 32nd in the sprint couplet.

The last event of the day took place in the arena, where athletes had 20 minutes to complete as many reps as possible. Each rep included five handstand pushups, 10 pistol squats, and 15 pull-ups. Smith placed 13th in the final workout of the day, landing him a spot in the top 20.

“I would give my performance a nine out of 10,” he said. “I met my goal of making it to the last day and maintained the right competitive attitude throughout the competition.”

Moving on to day three, Smith had one last workout to try to break into the top 10. During the sprint event, competitors had to complete an out-and-back race across North Field. Upon their return, athletes had to cut through several tight turns before crossing the finish line.

Smith gave his all, but at the end of the workout, he tied for 13th place. Officially cut from the competition, he held his head high as he walked off the field ranked 15th overall.

“I controlled everything I could, and gave my absolute maximum effort on all events,” he said. “I feel like I made significant growth this year. I will try to replicate my training and couple it with my improved mental onset to achieve a better result here at the CrossFit Games next year.”

Overall, Smith is honored to represent himself as both a Soldier and an athlete, he said. He feels lucky to represent the force at large, knowing there are so many talented Soldiers in the fitness field throughout the Army.

“The biggest lesson I can pass on: keep a positive perspective,” he said. “The nature of the Army means our schedules are unpredictable and constant [athletic] training can be hard to come by.”

Soldiers that learn to work past those scheduling conflicts will have a better respect for their journey, Smith said. In the end, there is always an approach a Soldier can take to be successful – they just have to find it.

“Leaders in the Army don’t see problems, they see solutions,” he added.

Lt. Col. Anthony Kurz

The men’s master competition started on day two of the CrossFit Games. Kurz, a Special Forces officer assigned to the Asymmetric Warfare Group at Fort Meade, Maryland, was competing in the 40- to 44-year-old age bracket.

Kurz got into CrossFit shortly after graduating from the Special Forces quali-

fication course. While assigned to the 5th Special Forces Group at Fort Campbell, Kentucky, he received his level-one CrossFit certification and delved deeper into the sport.

Whenever he deployed as an Operational Detachment Alpha, or ODA commander, Kurz and his teammates would often engage in CrossFit-type workouts to keep them fit for the fight, he said.

“In an ODA, everybody is always competitive. We would do our [CrossFit] workout of the day and post them on the board. That healthy rivalry makes you better,” he said.

“We have some phenomenal athletes in the Special Forces community, but they train for something different,” Kurz said. “It was good to represent them [at the CrossFit Games].”

Coming into the Games, Kurz was ranked 4th overall and 1st in the online qualifier. On the floor, he appeared healthy and determined, but behind the scenes, he was quietly recovering from a minor shoulder injury, he said.

During his first timed workout, Kurz completed a 500-meter row and 30 bar-facing burpees. He placed fifth out of 10 athletes in his bracket. Hours later, he was back on the floor for his second event. He maintained an excellent position to move up the ranks.

During the second workout, athletes needed to complete five rounds of exercises. Each set included three rope climbs, 15 front squats and 60 jump rope “double-unders.”

The combination of upper body exercises exacerbated his pre-existing injury, Kurz said. In frustration, he let out a loud yell during the event as he finished in last place.

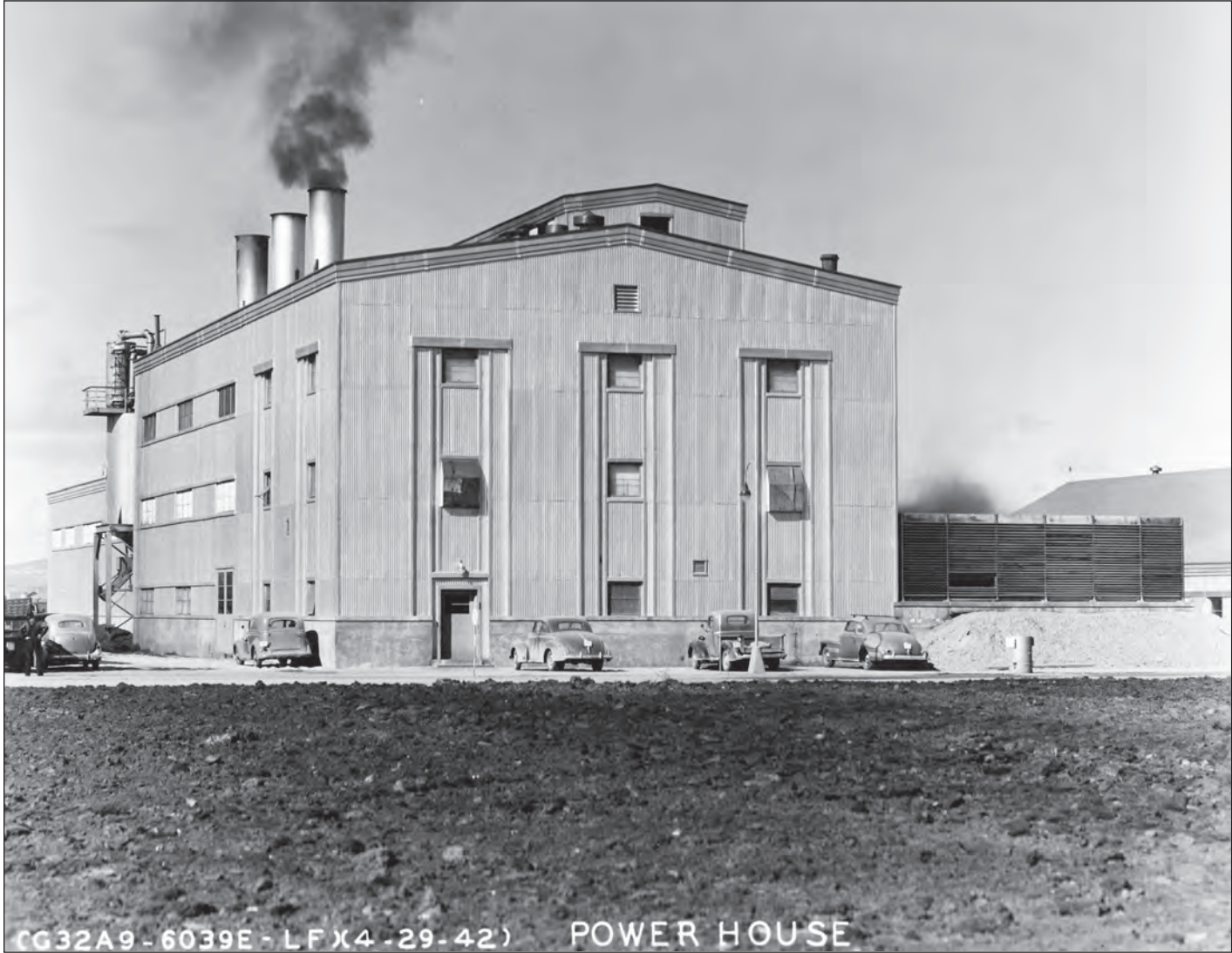
“I was only pulling with one arm,” he said. “At this level of competition, if something goes wrong, there is nowhere to hide. It is frustrating, but it was also a great learning experience. Everybody wants to be on top of the podium.”

The final event for the day was a

See CROSSFIT on page 5



History Snapshot: Ladd Field’s original power plant



The original plan for Ladd Field included a large, four story power plant located next to what is now building 1562.

The coal-fired plant generated power for the entire post initially and relied heavily on civilian staffing for its operations and maintenance.

Richard Frank, a young man who came from Rampart to work at Ladd in early 1945 remembered working long days at the Ladd power plant. Frank’s job was to help fire the boilers, he recalled, “It was busy shift work, [we]’d work eight hour shifts...I enjoyed it. I didn’t mind the pay, I don’t remember how much I made. But it was work, and it was something that I felt that I was making a contribution.”

The North Post power plant remained in use even after another power plant was built elsewhere on post. In 1977, it was fired for the very last time and remained vacant for several years until it was demolished in 1985.

(Photo courtesy National Archives)

Crossfit: Competition

Continued from page 1

6,000-meter ruck run with increasing increments of weight after each lap. Kurz placed 5th in the workout.

On day three of the games, Kurz had to complete two workouts. The first event was the sandbag triplet. Athletes started with a 90-foot handstand walk, then moved to the air bike to burn 35 calories. They then had to carry a 200-pound sandbag for 90 feet to the finish line. Kurz placed 7th in the event.

The second event of the day, known as the “down and back chipper,” was the most taxing workout thus far. Kurz had to complete an 800-meter run, 30 handstand pushups, 30 dumbbell thrusters, 30 box jump-overs and 30 power cleans. Competitors had to then go back through the same exercises, finishing the event with the run.

Kurz set a deliberate pace, knowing the event would depend on how his shoulder fared on the second set of handstand push-ups. On the last 10 reps, fatigue and a series of “no-reps” bogged him

down, he said. Time expired while he was on his last 800-meter run, and judges were calling on him to stop. He kept running and crossed the finish line while the event crew was setting up for the next heat.

“I never quit on a workout, and I wasn’t going to start today,” he said. “You have got to take the small victories. I was once told: ‘Persistence is a graded event.’ It is something that has always stuck in my head.”

Kurz laid it all on the line on the final day, submitting two of his best workouts of the competition. During the two-repetition overhead squad workout, Kurz lifted 280 pounds and placed second in the event. Moreover, he took first place in the final workout, known as the “Bicouplet 1.”

Kurz placed 9th overall.

“I’m glad I was able to fight back on the last day and go out with an event win. Looking back, 9th isn’t what I expected, but I’m proud of my performance,” he said. “I think I turned in the best performance pos-

sible given the limits of my body.”

“We always say that in combat you can have the best plan, but the enemy always gets a vote on how things go. This is no different. I had solid plans going into the WODs, made the right adjustments on the fly, and pushed through the adversity. I capped it all off with an event win – I’ll take it.”

In the end, Kurz was proud to represent the Army and the Special Forces community, he said.

“As I look back at my old [Special Forces] team and I feel like many of them could have done the same thing if given the opportunity and the time to train,” he said. “I feel very lucky. My life led me in a certain way, and I was able to take all this time to get to this level.

“I’m super stoked that people are still excited, given how the weekend has gone for me,” he added. “It has been frustrating and humbling. Even though there were setbacks, I gave everything I had and I’m walking away with my head high.”

COMMUNITY CALENDAR

Fort Wainwright Family & MWR

Weekly Events

August 9 - 16

9 Adult Craft Night
August 9
5 - 7 p.m.

Enjoy a night out with friends and learn how to create an original piece of artwork! Craft beer and wine will be available for purchase for those who are 21 and older. Artistic experience is not necessary.

Last Frontier Community Activity Center, Building 1044
Call 353-7755, registration required

10 Chena Lakes BBQ & Stand Up Paddle Boarding
August 10
10 a.m. - 4 p.m.

Spend the day with Outdoor Rec hanging out at Chena Lakes learning the basics of stand up paddle boarding, then ending the day with shore side BBQ.

Outdoor Recreation, Building 4050
Call 361-6349, registration required

11 Boater Safety Course
August 11
9 a.m. - 12 p.m. & 1 - 4 p.m.

Join Outdoor Recreation for the Boater Safety Course, and learn the ins and outs of navigating water safely. Boater Safety Course is required to rent boats from Outdoor Rec and certification is valid for 4 years so get out there while it's warm out!

Outdoor Recreation, Building 4050
Call 361-6349, registration required

15 Lego Club
August 15
3 - 4 p.m.

Lego Club fun is every Thursday at the Last Frontier Community Activity Center. All ages are welcome to join in creating and building masterpieces.

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

16 Infant Massage
August 16
1 - 2:30 p.m.

Parents of children ages 0-3 years old can learn the proper techniques of infant massage and the benefits of it! This technique helps parents connect with their infant as well as helping to learn nonverbal cues. This class is held at Soldier and Family Activity Center 3rd Friday of the month.

Army Community Service, Building 3401
Call 353-4227

MWR Sports & Fitness presents

COLOR DASH 5K



SEPTEMBER 7
Race begins at 10 a.m.
Melaven Fitness Center, bldg. 3452

REGISTRATION
\$15 BEFORE August 19
\$20 AFTER August 20

REGISTER FOR THE FUN RUN TODAY!
Physical Fitness Center (907) 353-7223
or the Melaven Fitness Center (907) 353-1994
www.wainwright.armymwr.com
@WainwrightMWR #WainwrightFitness

MAC
FEDERAL CREDIT UNION

SUBWAY



Join Army Community Services on August 12 & 15 for the Five Love Languages Workshop!
Find out more at www.wainwright.armymwr.com
@WainwrightMWR #WainwrightMWR

The Army Profession

U.S. Army Training and Doctrine Command

What is it?
The Army doctrine defines Army Profession as comprised of two mutually supportive communities of practice: the Profession of Arms and the

Army Civilian Corps. The Army Profession defines the essence of what it means to be a Soldier or Army Civilian. The Army Profession serves as the framework for the Army culture and its inherent relationship with the Army Ethic.

It identifies the essential characteristics that define the Army as a profession: Trust, Honorable Service, Military Expertise, Stewardship and Esprit de Corps. Army professionals at all levels have the responsibility to ethically perform their duties to Army standards. As strategic leaders, Army professionals are ethical stewards of the Army Profession who establish strategic direction, priorities and missions. Stewardship of the Army Profession is the duty of all Army leaders, both military and civilian, who care for the people, resources and the Army Family. Stewardship ensures the Army remains a trusted military profession, both

today and tomorrow. What are the current and past efforts of the Army? Army Senior Leaders support good stewardship of the Army Profession by:

- Establishing the goals and procedures for military and civilian accessions.
- Enacting policies guiding the development and talent management of all Army personnel.
- Advocating for resources to sustain an Army that balances priorities according to the Army Profession, Ethic and Values.
- Maintaining a strong educational program for all of its professionals. Soldiers in initial training and Army Civilians in the Army Acculturation Program learn to em-

brace and live out the Army ethos.

- Reinforcing the Army Values throughout Professional Military Education and Civilian Education.

What continued efforts does the Army have planned?

- Future efforts to continue enhancing the Stewardship of the Army Profession include:
- Senior leader emphasis in Army strategies, campaign plans and policies to promote a strong foundation.
- Instruction through Professional Military Education and professional development conducted within units to sustain the basic principles.

ments of Army pro-

professionals' beliefs and actions to ensure adherence to the Army Values.

- Reinforcement of Army Values of trust, honorable service, military expertise and stewardship at high levels.

Why is this important to the Army?

The Army Profession is one of the most trusted institutions in the country.

The Army Profession carries on by attracting American citizens to volunteer to serve as Soldiers and Army Civilians. Through their decisions and actions, Army Senior Leaders, Soldiers and Army Civilians strengthen the Army Profession and reinforce mutual trust and unit cohesion.



New wearable authentication more than a ‘token’ gesture

Douglas Scott

The Army Futures Command, or AFC, is developing wearable identity authentication and authorization technologies that will enable Soldiers to securely access network-based capabilities while operating on the move in contested, threat-based environments.

Since 2001, the Common Access Card, or CAC, has served as the de facto, government-wide standard for network and system security access control. However, CAC cards are not operationally suited for use in every environment.

Moreover, the Army lacks a standard way for Soldiers at every echelon to prove their identity when operating systems, devices and applications on Army networks.

With this in mind, AFC’s major subordinate command, the U.S. Army Combat Capabilities Development Command, or CCDC, is researching and developing authentication technologies that will provide Soldiers with secure and simple ways to identify, authenticate and be authorized access to Army networks, operating systems, servers, laptops, applications, web services, radios, weapon systems and handheld devices.

CCDC’s Command, Control, Communications, Computers, Cyber, Intelligence, Surveillance and Reconnaissance, or C5ISR, Center is designing wearable identity tokens for Soldiers to use to log on to mission command systems, networks and tactical platforms. The tokens are wireless, lightweight, flexible and rugged, and they can be inserted in a Soldier’s pocket, attached to a sleeve or integrated into a wrist band like a Fitbit.

Conceptually, Soldiers wearing these tokens could simply approach a system to login, be recognized by that system, which would then prompt the Soldier to enter a PIN or use a biometric as a second factor, and be automatically logged out when they walk out of the system’s range.

“The Army is driving towards a simpler and intuitive tactical network, so we’re aligning our Science

and Technology resources to explore the challenges associated with this mission space, inform senior decision makers of the lessons learned and deliver capabilities that support Army Modernization and address the Soldier’s needs – now and in the future,” said Brian Dempsey, Tactical Network Protection chief for the C5ISR Center’s Space and Terrestrial Communications Directorate, or S&TCD.

The wearable identity tokens combine the security of a public key-based credential – similar to the credential on the CAC – with cutting-edge advances in the commercial wireless payment industry and flexible hybrid electronics, explained Ogedi Okwudishu, project lead for the Tactical Identity and Access Management, or TIDAM, program.

“As part of the Army Futures Command, we’re looking to move at the speed of the information age. We want to be able to research, test, proof the concepts and integrate emerging IT capabilities from industry as they become available. There’s no point re-inventing the wheel,” Okwudishu said.

Under the current paradigm, tactical platforms would need to be retrofitted with specialized equipment in order to read new identity authentication technologies. Such deployments and retrofitting can be very costly. Wearable tokens, however, leverage already existing communication and protocol capabilities, Okwudishu pointed out.

“Soldiers should not have to take out a smartcard, insert it into a card reader and then remember to remove the card from the reader when they are done,” said Okwudishu. “Contactless identity tokens are not only easy to use, they provide a significant cost savings for the Army. You can



The CCDC C5ISR Center is developing wearable authentication tokens that will enable Soldiers at every echelon to prove their identity when operating systems, devices and applications on the Army tactical network. (Photo by Spc. Dustin D. Biven, 22nd Mobile Public Affairs Detachment)

continue to add authentication capabilities without needing to redesign, or deploy new, tactical hardware to every laptop, server, handheld device or weapon system in the field.”

Since beginning the TIDAM program in 2017, the C5ISR Center has worked closely with Soldiers and Program Executive Offices, or PEOs, Soldier and Command, Control Communications-Tactical, or C3T, to validate, demonstrate and mature the technology.

The center’s S&TCD is working with Project Manager Integrated Visual Augmentation System, or IVAS, to finalize a transition agreement with PEO Soldier for wearable authenticator infrastructure technolo-

gies. In the meantime, the directorate is developing a wearable authenticator software provisioner that will enable the secure placement of credentials on the wearable tokens and the ability to do this “locally” at the brigade level and below.

S&TCD is also working from a

roadmap it jointly developed with PEO Soldier to integrate the capability with various systems from PEO Soldier and PEO C3T. Currently, the goal for fielding the tokens is in FY 22.

“I think this is a really great idea,” said Sgt. 1st Class David Worthington, senior enlisted advisor for

the C5ISR Center. “Nobody has done anything like this yet. If done properly, it will make the authentication process a lot easier and a lot faster. More important, it provides more reciprocity at the tactical level for log-ins, so you can track what people are doing on the network.”