

# ALASKA POST FREE

an edition of the  
**DAILY NEWS - MINER**

The Interior Military News Connection

Vol. 10, No. 2

Fort Wainwright, Alaska

January 18, 2019

## Oldest American man, WWII veteran to be buried at historic cemetery

**Sean Kimmons**  
Army News Service

Richard Overton, a 112-year-old World War II veteran who lived to be the oldest American man, was laid to rest Saturday, Jan. 12 at a historic cemetery in his hometown of Austin following days of tributes.

The grandson of slaves, Overton volunteered to join the Army in his 30s and served in the 1887th Engineer Aviation Battalion, an all-African American unit. He deployed to the Pacific Theater from 1942 to 45 with stops in Guam, Palau and Iwo Jima.

Overton left the Army in 1945 at the rank of corporal. He went on to work in furniture sales and later in the state treasurer's office when future Texas Gov. Ann Richards headed the agency, according to a Stars and Stripes article.

He was buried at the Texas State



Richard Overton, lower right, a World War II veteran who lived to be the oldest American man, meets with President Barack Obama before a Veterans Day ceremony Nov. 11, 2013. Overton died Dec. 27, 2018, at the age of 112. He was buried at the Texas State Cemetery in Austin on Jan. 12, 2019. (White House photo by Lawrence Jackson)

Cemetery, the final resting place for many notable Texans, including Richards.

Before his death on Dec. 27, Overton was believed to be the second oldest living man in the world at 112 years and 280 days old, according to data by the Gerontology Research Group.

On Jan. 9, both U.S. senators from Texas introduced a Senate resolution to honor Overton.

In it, the resolution called Overton "an American hero that exemplified strength, sacrifice and service to the United States of America."

In recent years, the supercentenarian was honored at several ceremonies and sporting events.

He visited the White House multiple times and, in 2013, then-President Barack Obama spoke of him during a Veterans Day ceremony at Arlington National Cemetery.

See **VETERAN** on page 3

## New graphic novellas to educate Soldiers, Families on future cyber threats

**Devon L. Suits**

Since World War II, the Army has been using comic books to train Soldiers on specific duties and reduce casualties through improved situational awareness.

The trend continued through the Vietnam War. At that time, the Army discovered a training deficiency and produced a comic book to educate Soldiers about proper weapon maintenance.

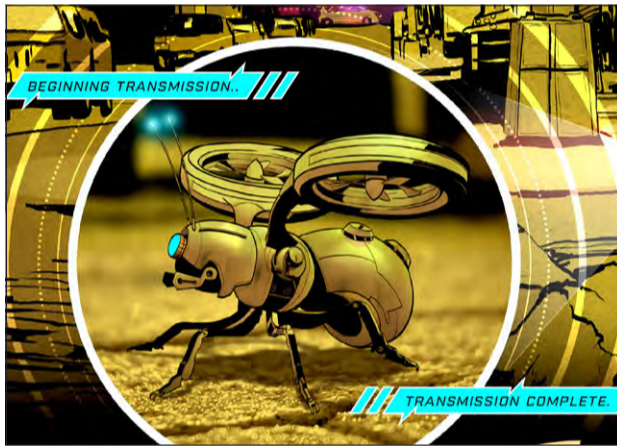
Fast forward to today, the Army is facing a new challenge.

Advancements in cyber and smart technologies have the potential to alter the landscape of future military operations, according to Lt. Col. Robert Ross, Threatcasting project lead at the Army Cyber Institute, West Point, New York.

The U.S. military, allied partners and their adversaries are finding new ways to leverage networked devices on the battlefield, Ross said.

"The use of networked technology is ubiquitous throughout society, and the leveraging of these devices on future battlefields will become more prevalent; there is just no escape from this trend. Technology is integrated at every level of our Army," he said.

Keeping with the Army's legacy of producing



Advancements in cyber and smart technologies have the potential to alter the landscape of future military operations. To help educate Soldiers about this future threat, the Army Cyber Institute at West Point, New York, has partnered with Arizona State University Threatcasting Lab to produce a series of graphic novellas. The graphic seen here is from the novella titled Hero. (Photo illustration by U.S. Army)

visual literature to improve readiness, the ACI has partnered with Arizona State University Threatcasting Lab to produce a series of graphic novellas, Ross said.

See **NOVELLAS** on page 2

The 24th Annual  
**Air Force vs Army  
Hockey Game**  
January 19, 2019

U.S. AIR FORCE U.S. ARMY

Game Starts at 1:35 p.m.  
At The Carlson Center

Event is FREE and open to the public  
Doors open at 1 p.m.

## Fort Wainwright hosts government-to-government meeting



Fort Wainwright Garrison Commander, Col. Sean Fisher (center) with leaders and staff from some of the consulting Alaska Native tribal governments stand in front of a bear on display in garrison headquarters following a government-to-government meeting. The continued support to foster government-to-government relationships between the Army and its neighboring tribes is part of the federal trust responsibility to Native peoples. (Photo by Daniel Nelson, U.S. Army Garrison Alaska Fort Wainwright Public Affairs)

### Staff Report

U.S. Army Garrison Alaska

U.S. Army Garrison Alaska commander, Col. Sean Fisher, hosted the 20th regular meeting of garrison command with leadership and staff members of consulting Alaska Native tribal governments on Jan. 10.

These biannual meetings are held to renew relationships, discuss Army undertakings, air tribal government concerns and—overall—increase transparency between the governmental bodies. Representatives from the governments of Village of Dot Lake, Healy Lake Village, Nenana Native Association, Northway Village, Native Village of Tanacross and Native Village of Tetlin were invited to the meeting. A representative from the Tanana Chiefs Conference also attended, with the tribal governments'

agreement, to present a regional perspective as the region's service provider.

These meetings have been conducted since 2003 and support the ethical and legal obligation the Army has in fostering government-to-government relationships as part of the federal trust responsibility to the nation's indigenous peoples.

The meetings are also an indication of how the partnership has grown between the Army and its neighboring tribes over the years.

"Over time, the meetings have been a great starting point for collaborative projects, a venue to discuss concerns over Army activities and a way of building trust and transparency – key components to ensuring dialogue continues through good and stressful times," stated Elizabeth Cook, the USAG Alaska cultural resources manager/Native liaison.

### WEEKEND WEATHER

**Friday**



Mostly sunny, with a high of -12 and low of -23 degrees.

**Saturday**



Partly cloudy, with a high of -20 and a low of -30 degrees.

**Sunday**



Sunny, with a high of -23 and a low of -29 degrees.

### 2019/2020 PUBLIC SCHOOLS LOTTERIES OPEN

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Child and Youth Services at Fort Wainwright

# Nutrition Corner: The beneficial bacteria

**Capt. Judy No**

Medical Department Activity – Alaska Nutrition Care

It is well known that there are bad bacteria that are associated with foodborne illnesses such as Salmonella and E. coli, but the body is home to numerous good bacteria too. Food can contribute to this good bacteria otherwise known as probiotics.

Probiotics, by definition, are microorganisms that create a health benefit to its host. The body's gastrointestinal system, which includes the stomach, small intestine and colon or large intestine is not sterile, or clean, except for in a newborn. The large intestine holds stool before stimulating the body to pass a bowel movement into the porcelain shrine. It is also the final destination that house these probiotics. There are billions if not trillions of bacteria that live in the colon that outnumber human cells. If these good bacteria did not exist, then it would be challenging for people to survive in a bacteria-laden world.

The body naturally develops these good bacteria from birth. For example, a newborn's first couple of

bowel movements lack that infamous odorous smell, known as meconium, because their GI system is sterile. After being exposed to the world for a couple of days, a healthy baby can develop poop that begins to have that traditional foul smell because of the development of good bacteria. As the body ages, the internal bacteria can change depending on the diet and overall health of the host.

Foods that contain probiotics are yogurts, kimchi, miso (fermented soybean paste traditionally used in Asian cooking) and a variety of probiotic drinks that have flooded the market. All of these foods can be found at the local grocery store, even the Commissary. Some probiotic beverages such as Kombucha can have trace amounts of alcohol content due to the fermentation process. The alcohol content is so trivial that it can be sold and consumed safely by those younger than 21. If this still surfaces issues of concern, then yogurts can be enjoyed by all ages, and these days can be consumed by all despite specific dietary preferences. Some yogurts are made with dairy alternatives such as soy, almond or coconut milk for those that follow a vegan diet.

Probiotics can also be found in supplement forms

such as in pills, tablets or powders. Although, any dietary supplement sold over the counter does not need approval from the Federal Drug Administration before it is sold. The FDA is only reactive if a supplement is reported to cause adverse effects. It is suggested to get probiotics from food sources versus relying on supplements. For those that are immunocompromised or have a low immune system, it is best to consult with a medical provider before consuming any food sources of probiotics or supplement form.

To get the best benefit, pair probiotics with fiber found in fruits, vegetables, beans, nut and seeds, and whole grains. When paired together, the fiber or PRE-biotics help the probiotics to survive in the colon because probiotics eat prebiotics increasing survivability. The benefits that have been researched for this combination are assistance with weight loss, lowering cholesterol, improving immunity, decreasing the occurrence of certain skin conditions such as eczema or psoriasis and even psychological health. Who knew such a wide variety of health benefits can come from such microscopic organisms.

## MEDDAC Minute

**Brandy Ostanik**

Medical Department Activity – Alaska, Public Affairs

### EYE HEALTH

Bassett Army Community Hospital Optometry Clinic provides services to retirees and dependents. Anyone over the age of 3 is encouraged to schedule a comprehensive eye exam once a year for optimal eye health. To book an appointment, or for questions, call 361-5212.

### NEVER FORGET

Never forget another appointment! TRICARE makes it easy for you to receive a reminder for upcoming appointments. By inputting your cell number in your TRICARE profile, you will receive text reminders 48 hours and two hours prior to your appointment.

### TOBACCO CESSATION

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### 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.

### TOBACCO FREE CAMPUS

As a reminder, Medical Department Activity - Alaska facilities are now tobacco free. This includes Bassett ACH, Preventive Medicine, Behavioral Health, DENTAC/ASAP, Veterinary Clinic and Kamish. Tobacco products include cigarettes, cigars, pipes, electronic nicotine delivery devices (e.g. e-cigarettes, e-pipes, e-cigars, etc.) stem pipes, water pipes, hookahs and smoke free products that are chewed, dipped or sniffed.

### DON'T LET THE FLU GET YOU

Haven't gotten you flu vaccination yet? Stop by the primary care clinic between 7:30 a.m. and 3:30 p.m. Monday through Friday to receive your vaccination. Beneficiaries over the age of 6 months are eligible for the flu vaccination. We ask beneficiaries to wear a short sleeved shirt that allows for a shot to be administered to the upper arm, as private rooms will not always be available. For questions, call 361-3057.

### IMPORTANT PHONE NUMBERS

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 Patient Advocate: 361-5291  
 Pharmacy Refills: 361-5803  
 Referral Center: 361-1810  
 Tricare On-Line: [www.tricareonline.com](http://www.tricareonline.com)  
 United Health Care: [uhcmilitarywest.com](http://uhcmilitarywest.com)  
 1-800-988-9378

## NOVELLAS

Continued from page 1

The lab brings together military, government, industry and academia experts to envision possible future threats.

Through their research, the workshop develops potential cyber threat scenarios and then explores options to disrupt, mitigate and recover from these future threats.

Each graphic novella considers what cyber threats are plausible in the next 10 years – based on a combination of scientific fact and the imagination of those involved, Ross explained.

"This project is designed to deliver that understanding through visual narrative," he said. "Technical reports and research papers do not translate as well to the audiences we are looking to influence. Graphic novellas are more

influential of a medium for conveying future threats to not only Army organizations at large, but down to the Soldier level."

The novella titled 1000 Cuts depicts the psychological impact that a cyber-attack could have on Soldiers and their Families. In the story, these attacks were enough to disrupt a deployed unit, leaving them open to an organized attack, Ross said.

"Given the exponential growth in Soldiers' use of [networked] devices ... 1000 Cuts presents an extremely plausible threat. It demonstrates how non-state actors can leverage technical vulnerabilities within the cyber domain to their advantage in the land domain," Ross said.

"The visual conveyance of a graphic novella enables leaders to not only envision these scenarios but retain the lessons that can be drawn from them as well," he added.



JANUARY 27

**B.O.S.S.**

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The Interior Military News Connection

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 The ALASKA POST – The Interior Military News Connection

# The Chaplain's Corner

**Chaplain (Lt. Col.) Paul Fritts**  
Fort Greely

A sermon illustration I have often used goes like this: One beautiful spring morning, Jane grabs her baseball bat and ball for some batting practice. Alone in her backyard she announces to no one in particular, "I am the greatest batter in the world!" Jane tosses the ball into the air, swings and misses. The ball lands with a thud at her feet. Undeterred, Jane picks up the ball and again announces: "I am the greatest batter in the world!" She tosses the ball into the air, a bit higher this time, swings and misses. Fiercely determined now, Jane picks up the ball for a third time and shouts "I AM THE GREATEST BATTER IN THE WORLD!" Tossing the ball even higher into the air, she swings with all her might...and misses. The ball lands at her feet and rolls a few inches in defiance of the greatest batter in the world. Jane frowns, picks up the ball and examines it closely. After a moment, she smiles and announces to no one in particular, "Who

knew? I'm the greatest pitcher in the world!"

The story is funny because the punch line is unexpected, which reinforces a subtle, but important lesson: I cannot control events that may cause me to "swing and miss," but I can control my attitude about those events. One way to describe the process of finding the positive in any potentially negative situation is reframing it. The online Cambridge Dictionary defines reframing for this purpose as changing "the way something is expressed or considered." In other words, it means looking at one's circumstances from a different, hopefully more positive, point of view.

Jesus used reframing as a teaching technique when he said in Matthew 5:43-45, "You have heard that it was said, 'Love your neighbor and hate your enemy.' But I tell you, love your enemies and pray for those who persecute you, that you may be children of your Father in heaven." Basic, human instinct intuitively understands loving those who love me, and hating those who hate me, as self-evident, common sense truth. But

Jesus reframes human understanding and compels us to reconsider this "truth" from a divine perspective. Indeed, Jesus' words in this text make our status as children of our Father in heaven conditional on our willingness to reframe how we love others, especially our enemies.

Robert G. Ingersoll, a renowned late 19th century American politician and orator, said: "Give to every human being every right that you claim for yourself." In addition to loving our enemies, perhaps an even more radical lesson from Jesus' teaching on the subject is to reframe who we consider an "enemy." Given the recent tone of the so-called "culture war," not just in the U.S. but around the world, it is perhaps one of the most important questions a Christian should be able to answer. In a worst-case scenario where I consider everyone "not like me" to be my enemy, ensuring that every human being also enjoys every right I enjoy is the first signpost on the journey to being a child of my Father in heaven.



**Chaplain (Lt. Col.) Paul Fritts**

The Fort Greely Chapel community is open and accessible to everyone in the Delta Junction/Fort Greely community – even non-military. We are a traditional, protestant Army chapel service meeting on Sundays at 10 a.m., with a weekly Communion observance. Interested?

Please call 907-873-4397 to arrange for gate access. "Like" our chapel Facebook page by searching "Fort Greely Chapel" or use your web browser to go to <https://www.facebook.com/FGAChapel>.

For God and Country,  
Chaplain Fritts

## VETERAN

Continued from page 1

"When [WWII] ended, Richard headed home to Texas, to a nation bitterly divided by race," Obama said in his speech. "And his service on the battlefield was not always matched by the respect that he deserved at home. But this veteran held his head high."

Earlier that year, Obama said the veteran visited Washington, D.C., for the first time as part of an honor flight. During the trip, he paid his respects at the WWII Memorial. He also saw the Martin Luther King Jr. Memorial.

"As Richard sat in a wheelchair beneath that great marble statue, he wept," Obama said. "The crowd that gathered around him wept, too – to see one of the oldest living veterans of World War II bear witness to a day, to the progress of a nation he thought might never come."

On Jan. 3, 2015, Overton represented the Greatest Generation at the U.S. Army All-American Bowl in San Antonio, Texas, where he presented the game ball before the annual high school football all-star game.

Then on March 23, 2017, the San Antonio Spurs brought a 110-year-old Overton down to the basketball court during one of its NBA games and gave him a personalized jersey with "110" on it.

In 2017, the City of Austin also officially renamed the street where Overton lived to "Richard Overton Avenue."

While in his 100s, Overton was still known to drive his own car and mow his lawn. In a 2013 interview with CNN, he credited God for living such a long life that included a few vices.

"I drink whiskey in my coffee. Sometimes I drink it straight," he said at the age of 107. "I smoke my cigars; blow the smoke out. I don't swallow it."

## ESTATE NOTICE

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

## 'Therapy on ice' helps vets heal, give back to community

**Gary Sheftick**  
Army News Service

The buzz of the crowd had Sgt. 1st Class Michael Vaccaro on edge. Then a loud bang made him look around nervously.

He knew the noise came from a Zamboni machine, yet its exhaust made him think of the aftermath of a roadside bomb.

All his stress melted away immediately, however, as soon as he stepped out onto the ice.

"When I'm on the ice, no matter what happened before, everything dissipates," he said. "It's like a fresh start."

Vaccaro is one of the co-founders of the Capital Beltway Warriors, a hockey team of veterans with disabilities founded two years ago.

Veterans on the team open up to each other and talk about how they cope with injuries, stress and other issues, said retired Maj. David Dixon, another co-founder of the team.

"It's like a giant support group," he said, "or therapy on ice, as we like to call it."

Many of the players have some level of post-traumatic stress disorder from service in Iraq, Afghanistan or other hot spots, Dixon said. He personally survived four deployments to Iraq, where he was shot in the back and shaken up by three different improvised explosive devices.

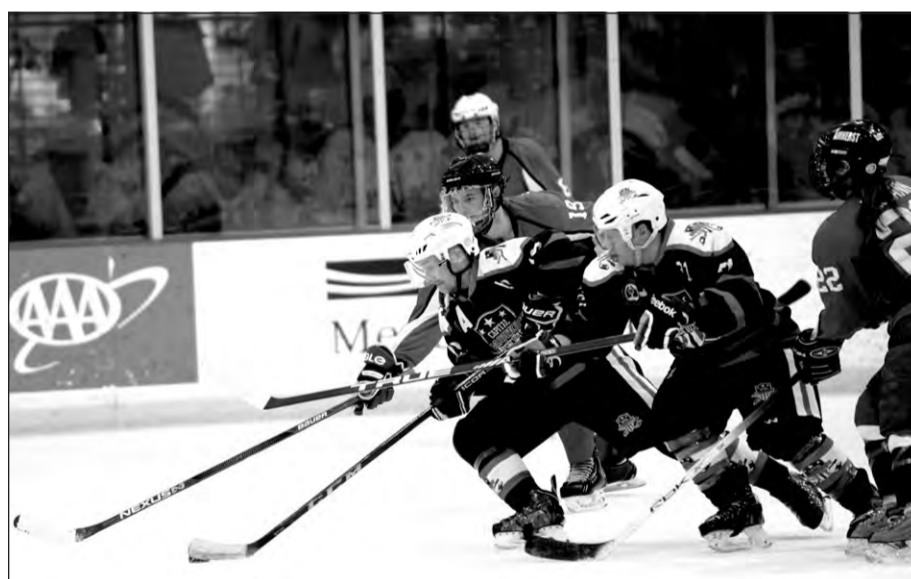
### GIVING BACK

Dixon and a number of the other veterans also coach youth hockey teams and a few of them help with a local blind hockey team, the Washington Wheelers.

"Giving back to the community often gives them a sense of purpose," Dixon said of the veterans, adding that it helps minimize depression and

### PTSD.

Dixon puts in more than 20 volunteer hours a week managing the Capital Beltway Warriors as president and executive director of the team. He helps solicit sponsors, run meetings,



Matt Holben (No. 19) of the Capital Beltway Warriors, and Joey Martell (No. 21) take the puck down ice with three members of a Congressional hockey challenge team not far behind, during an exhibition game Dec. 16, 2018 at MedStar Capitals Iceplex. (Photo by Gary Sheftick, Army News Service)

apply for grants, recruit players and schedule games.

His time on the ice as a player-coach is extra.

"In a sick kind of way, I enjoy all the hard work," he said. "You go from commanding troops to working in a cubicle," he said about retiring from the Army and beginning a civilian job.

He explained that managing the hockey team gives him a renewed sense of purpose.

"You find that niche in life that gives you purpose and whether it has a monetary award or not, that's what you're supposed to do," he said.

He helps make the games special for the warriors with lights, music, an announcer and filling the stands

with veterans. Local chapters of the Veterans of Foreign Wars and American Legion in northern Virginia help bring veterans from retirement homes to the games, Dixon said.

Vaccaro also spends several hours

met up with Dixon who was interested in starting a Warrior hockey team in Virginia.

They met in the Pentagon food court in December 2016. "We sat down and started sketching stuff out on napkins," Dixon said.

They laid out plans for a team that would play in rinks across Northern Virginia and Southern Maryland.

They found players by word of mouth. They showed up at "stick and shoot" sessions and asked if anyone was a military veteran with a disability rating.

Now they have 76 veterans with disabilities on the team and they play other warrior clubs. A game in Ashburn Dec. 22 pitted the USA Warriors from Maryland against the Capital Beltway Warriors. The teams also play in annual tournaments.

There are now 16 warrior teams across the United States. The minimum requirement to play on one of the teams is a 10 percent VA disability. Some of the players are 100 percent disabled and play with prosthetics.

Some of the veterans, like Vaccaro, have been playing hockey since they were 3 years old. Dixon, however, did not pick up the sport until he was 40.

### RAMADI RPG

In 2006 and 2007, Vaccaro was an advisor to an Iraqi Army unit in Ramadi. He and two Marines were on patrol when they were pinned down by machine-gun fire. Then an insurgent fired a rocket-propelled grenade.

"It hit the wall in front of me and knocked me back. Next thing I remember, I heard this really loud ringing in my ears and there was a Marine dragging me back into the courtyard. They were calling for air support.

### SPREADING THE WORD

Just over two years ago, Vaccaro

See HOCKEY on page 7

# Exposing the Northern Lights



The changing light intensities from the aurora borealis as it dances across the Alaskan sky make camera settings as ever-changing and fluid as the aurora itself. Note: Shutter speed, 30 seconds; F-stop or aperture, 2.8; ISO set at 400 and lens 10.5 mm. (File photo by U.S. Army Garrison Alaska Public Affairs)

## Staff Report

U.S. Army Garrison Alaska Fort Wainwright Public Affairs

The aurora borealis, or northern lights, are a common sight in Alaska, at least for a few of those who may venture out in the hours of darkness and cold with the luck of timing on their side.

Along with the joy of seeing one, and bitten by the shutterbug, frequently comes the desire to capture an image to share that experience through photography.

Here are a few photography tips that may help get you within the proverbial, celestial ball park.

A motionless camera, a long exposure and a great aurora are all you need.

First, having a tripod is a must; but even if you don't have one don't let that stop you. Grab a bag of dried beans or rice - that's right, a bag of dry beans or rice placed inside in an extra stocking cap or large tube sock will work great as a camera stabilizer. Setting the bag on any stable surface, such as a car hood, lawn chair or mailbox, anything that won't move or sway during an exposure, will work. Gently seat the camera on the bag, pressing down until it is completely supported by the bag while you are still able to view through the eye piece. It works well in a crunch. Consider keeping a bag of beans or rice in your vehicle just in case. You never know when a great shot will present itself, and tripods take up room.

It is best if the camera can be manually set. The ability to set shutter speeds, aperture settings, focusing and the ISO settings provides the best results for capturing low-light scenes. Some of the newer automatic cameras have programmed low-light settings, which could allow for a successful aurora photo. It wouldn't hurt to give it a try and experiment with a camera's automatic shooting programs.

When shooting the aurora, find an area to shoot from that is out of the direct light from street lights, passing cars or building lights.

Once the camera is securely fixed atop a tripod or safely nestled on a bag of beans, try a starting exposure at 15 seconds, 5.6 f stop (aperture) and an ISO of 320. From that setting, depending on the intensity of the

aurora's glow and movement, adjustments can be made to the speed and aperture to brighten or darken the image captured.

Check the LCD screen. If the image is too dark and the aurora doesn't show very well, try a longer exposure (shutter setting) or lower aperture number.

If the image is too light or lacks vivid colors, shorten the exposure time or raise the aperture number. Lastly, if the images are still too dark, the ISO number can be raised up in increments. Note that the higher the ISO number, the grainier the images may become.

Every aurora is different in size, intensity, movement and color. Starting out with a basic setting allows quick changes in a timely manner. The northern lights can change slowly and the camera's settings may work for many exposures. Or the intensity of the lights may grow or diminish and exposure settings may have to be changed often.

Reviewing captured images in the LCD viewer will help in determining exposure changes.

A good practice is to have a notebook to jot down observances of the scene to compare how the images turn out with different camera settings. This will help you better understand what to expect the next time. Also take into consideration that digital cameras save various types of information with image files. Not only time and date, but also information about apertures, shutter speeds, ISOs and other camera settings.

Keep in mind that the aurora happens hundreds of miles above the earth, so where to direct your focus is important. Some of the best aurora shots are made with interesting foregrounds in them: cabins, trees, lakes and even people. It's a hard decision to make on just where to focus in your scene.

Being out with the right equipment, at the right time, and photographing the aurora is to be considered lucky. But as to not always count on luck, the University of Alaska Fairbanks Geophysical Institute's aurora activity forecast webpage is an excellent source to gauge when the possibilities are good for an aurora photo opportunity. The web page can be found at <https://www.gi.alaska.edu/monitors/aurora-forecast>.

Alaska scenery is a photographer's paradise, even when the lights are out.

the **Y**  
ARMED SERVICES YMCA

*Spouse*  
**OF THE Year**

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

**SALUTE TO THE MILITARY**

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

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

## Fort Wainwright 2019 Army hockey team



Col. Sean Fisher (back), U.S. Army Garrison Alaska commander, took to the ice on the Fort Wainwright Ice Rink Zamboni and spoke with the Army hockey team prior to their game against the Air Force on Jan. 19. (Photo by Grant Sattler, USAG Fort Wainwright Public Affairs)

# Fort Wainwright Family & MWR

## Weekly Events

### January 18 – 25

**23** **Birch Lake Ice Fishing**  
January 23  
8 a.m. to 5 p.m.

Join the Outdoor Recreation team for a little ice fishing action in our interior lakes. Transportation, rod and reel, bait, ice fishing hut with wood stove, and instruction is included.

Outdoor Recreation, building 4050  
Call 361-6349, reservations recommended

**24** **Lego Club**  
January 24  
5:30 p.m. to 6:30 p.m.

There is nothing worse than stepping on Legos in the middle of the night. Avoid the pain and join the Lego Club! All ages are welcome.

Last Frontier Community Activity Center, building 1044  
Call 353-2646

**24** **Intro to Belay Class**  
January 24  
5:30 p.m. to 7:30 p.m.

Learn the basics of belaying. This class is a requirement prior to using the top ropes on the Indoor Climbing Wall at Outdoor Recreation.

Outdoor Recreation, building 4050  
Call 361-6349, reservations recommended

**25** **Life Size Board Game Night**  
January 25  
5 p.m. to 7 p.m.

Navigate through our life-size board games with family and friends! A variety of giant games will be provided for all to enjoy, including Jenga, Checkers, Battleship, and more!

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

**25** **Knocker Hockey**  
January 25  
5:30 p.m. to 7:45 p.m.

Head over to the ice rink for 3x3 Knocker Hockey! Grab your friends and dress up in suits to play with friendly competition.

Physical Fitness Center, building 3709  
Call 353-7223

*Please be aware of schedule adjustments due to the upcoming holidays. See [www.wainwright.armymwr.com](http://www.wainwright.armymwr.com) for updated information.*

THE WARRIOR ZONE PRESENTS

FEBRUARY 3<sup>rd</sup>

# SUPER BOWL 2019

GAME ON! DOORS OPEN AT 1 P.M.

Warrior Zone  
Bldg 3205 (907) 353-1087  
[www.wainwright.armymwr.com](http://www.wainwright.armymwr.com)  
#WainwrightMWR #WainwrightZone

It's Valentine's Day!  
KICK IT BREAKFAST STYLE.

A day to celebrate and socialize with all your best girl friends!  
Find out more at [www.wainwright.armymwr.com](http://www.wainwright.armymwr.com)

JANUARY 25, 3-7 P.M.

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

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

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

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

[www.wainwright.armymwr.com](http://www.wainwright.armymwr.com)  
@WainwrightMWR #WainrightBOSS

# 21 DAY FITNESS CHALLENGE

BEGINS MARCH 6  
DEADLINE TO REGISTER: FEBRUARY 27  
REGISTER WITH B.O.S.S. OR YOUR B.O.S.S. REPRESENTATIVE\*

- You and your team will compete for the ultimate victory
- Weekly team workouts and individual workout instructions
- Fitness & nutritional coaching
- Personal trainers can work with any type of physical profile
- FREE

\*Single Service Members, Singles with Dependents, and Geo-Bachelors. A \$10 refundable deposit is required.

[www.wainwright.armymwr.com](http://www.wainwright.armymwr.com)  
1045 Gaffney Road, Suite 31 (907) 353-7648  
#WainwrightMWR #WainrightBOSS

FEBRUARY 2 // MARCH 9

## B.O.S.S. BIRCH LAKE ICE FISHING

NOW JUST \$25

CATCH YOUR DINNER WITH B.O.S.S. ICE FISHING AT BIRCH LAKE

TRANSPORTATION, ROD & REEL, BAIT, ICE FISHING HUT WITH WOOD-STOVE AND THE KNOW-HOW TO GET YOU STARTED INCLUDED. PARTICIPANTS WILL NEED TO BRING COLD WEATHER GEAR, A KNIFE TO GUT THEIR CATCH IF THEY CHOOSE TO TAKE SOME HOME, AS WELL AS STORAGE BAGS FOR THEIR CATCH, LUNCH, SNACKS AND DRINKS. TENNIS SHOES ARE NOT ALLOWED.

AN ALASKA STATE FISHING LICENSE IS REQUIRED

REGISTRATION DEADLINE: 25 JANUARY / 1 MARCH 2019  
IF THE TEMPERATURE DROPS TO -20 DEGREES OR LOWER, WE WILL ATTEMPT TO POSTPONE TO A WARMER DAY

Single Service Members, Singles with Dependents, and Geo-Bachelors. For more information, contact B.O.S.S. at (907) 353-7648.

[www.wainwright.armymwr.com](http://www.wainwright.armymwr.com)  
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# Fort Wainwright Exchange's BE FIT wellness offerings keep Soldiers ready, resilient

**Katarayna Flatt**  
Army and Air Force Exchange Service Public Affairs

The Army and Air Force Exchange Service is supporting BE FIT resolutions with health and wellness offerings for warfighters, retirees and their families at the Fort Wainwright Exchange.

"Wellness is the cornerstone of a BE FIT lifestyle," said Exchange general manager, Gloria Sylvia. "Providing wellness services – from durable medical equipment to optical and dental services – is one of the many ways that the Exchange lives up to its commitment to promoting readiness and resiliency for Airmen and Soldiers."

The Exchange has a long-standing history of supporting the wellness of warfighters and their families, beginning with the opening of its first vision center at Fort Lewis in 1985. The Fort Wainwright Exchange offers Soldiers the following services:

- GNC
- Optical and optometry Services

The Exchange takes a holistic approach to wellness. Fitness products and athletic apparel in the Fort Wainwright Exchange and on ShopMyExchange.com and healthy options at the food court and Express go hand in hand with the Exchange's wellness services to promote readiness and resiliency for Soldiers.

Warfighters and families can also find wellness solutions in the BE FIT section of the Exchange's Hub page and the Exchange's Facebook, Twitter and Instagram pages.

**Beginning February 1, 2019  
New Hours of Operation at  
The Furniture Store**

**Open on Sunday's  
for your shopping convenience**

MONDAY	Closed
TUESDAY	Closed
WEDNESDAY	1000 - 1800
THURSDAY	1000 - 1800
FRIDAY	1000 - 1800
SATURDAY	1000 - 1700
SUNDAY	1100 - 1700

shopmyexchange.com 24hrs

## Interested in Volunteering?

**Complete a Volunteer Application at any of the following locations:**  
Army Community Service • Chapel • Youth Sports • Child & Youth Services

Once your application has been filled out and submitted, you will be scheduled for fingerprinting and a local background check will be submitted for review. A valid form of government ID is needed during the fingerprinting appointment.

Fingerprint and local background checks take 3-5 days from appointment to receive results. If no derogatory findings, results will be forwarded to program manager to begin the volunteer orientation.

Volunteer background checks are valid for 3 years as long as an annual self-disclosure form is completed by applicant.

### CRIME TIPS

Anonymously report crime, suspicious activity or threats to the U.S. Army Criminal Investigation Command with the CID Crime Tips app

[WWW.CID.ARMY.MIL](http://WWW.CID.ARMY.MIL)

### I.A.M. STRONG

INTERVENE \* ACT \* MOTIVATE

Sexual Assault and Sexual Harassment Prevention

## HOCKEY

Continued from page 3

"We finished the patrol," Vaccaro said, explaining aerial medical evacuation was not available. A doctor patched him up, and a couple of days later, he was back out on patrol.

After his tour in Iraq, he came back to Virginia, where he had been a reservist with the 80th Training Division. But he had PTSD issues. He decided to go to Liberia in western Africa as a contractor to help put about 2,000 Liberian soldiers through basic training.

"I thought that would help, but I just ended up coming back with the same issues," he said. "That's another thing: You can't hide from this."

"Everybody handles PTSD in a different way. I tried the group therapy stuff and it just didn't work."

He received treatment and medication from Veterans Affairs, but the issues persisted. When he smelled fresh bread, for instance, it reminded him of the flatbread Iraqi soldiers baked every morning.

"That's a good smell," he said. But then his mind would continue to remember until he imagined the smell of an IED.

"You've got to face your fears. You've got to face your issues," he said. "I was trying to hide from it and hockey has helped me open up and talk about it."

About 10 years ago, he became involved in the first-of-its-kind USA Warrior hockey team stood up by a patient at Walter Reed Army Medical Center in Maryland.

"When I'm on the ice, things slow down; things are different," Vaccaro said.

Both he and his family noticed the difference in him after playing hockey.

"It really helped me," he said. "The first thing I said to myself when I started realizing that is, 'I've got to get other veterans involved in this.'"

So he became the national representative for USA Hockey in its Warrior division to help stand up teams. He does that in his spare time when he is not working as a civilian employee for the Army Corps of Engineers or on duty as an Army Reserve NCO.

### NATURAL COACH

Dixon was coaching little league baseball when he was approached by his son's hockey coach, Bobby Hill.

"He said he really liked the way I worked with the kids, and he could use my help on the ice coaching," Dixon recalled.



Retired Maj. David Dixon, president and executive director of the Capital Beltway Warriors, makes game notes while coaching players between periods during a holiday exhibition game with a Congressional hockey challenge team at MedStar Capitals Iceplex, Dec. 16, 2018. (Photo by EJ Hersom)

Dixon told him he did not skate, but Hill said he could take care of that. He got Dixon out on the ice and taught him the basics of hockey.

Dixon went to adult learn-to-play sessions Wednesday evenings at Ashburn Ice House. He participated in adult pick-up games after helping coach his son's youth team.

He eventually took over as head coach of the Ashburn Honey Badgers peeewee hockey team.

In the meantime, however, he heard of the USA Warriors hockey team and the effects it was having on disabled veterans in Maryland. He thought it would be great to bring the same benefits to veterans in northern Virginia.

### THREE PILLARS

The warrior hockey program aims to provide purpose, education and camaraderie that veterans miss after they separate from the service, Dixon said.

The team creates an environment that in some ways simulates being back around a military unit, said Matt Holben, alternate team captain for the Capital Beltway

Warriors.

"It feels good, because you're back with the guys, you're back with the unit," he said.

"We've got members with both physical and mental disability," he added. "It's hard for them to share their story, but when you talk to them, it's just that little bit of relief they get when they're in the locker room and on the team."

"We're helping each other," Vaccaro said. "And half of the guys don't even realize we're helping each other, but that's what we're doing."

The help is not limited to the rink either, Dixon said.

There is another part to the program that informs veterans of benefits available to them and helps with issues.

Anything from service dogs to getting help building a house, to loans and more is available, Dixon said.

"We don't do it all ourselves. We reach out to other veteran service organizations to get the help and education these guys need," he said. "We have a whole network of VSOs that we can tap into."

Vaccaro summed it up: "It's veterans helping veterans."