

# ALASKA POST FREE

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Daily News - Miner

The Interior Military News Connection

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## Army leadership meets with privatized housing partner CEOs

### Army Public Affairs

Senior executives from seven companies that manage privatized housing on U.S. Army installations met with Army Secretary Dr. Mark Esper; Gen. Mark Milley, Army Chief of Staff; and Daniel Dailey, Sergeant Major of the Army, the Army's top-three senior leaders, at the Pentagon to discuss ways to fix immediate problems and deficiencies in military housing.

CEOs and senior executives

from Balfour Beatty Communities, CRC Companies LLC, Corvias Military Living, Hunt Military Communities, Lincoln Military Housing, Lendlease Corp. and Michael's Military Housing – whose companies manage roughly 87,000 units on more than 40 Army installations – joined Dr. Esper days after he and other Army senior leaders observed living conditions at Fort Meade, Maryland.

In a letter from Feb. 15 signed by Dr. Esper, Gen. Milley, and Sergeant Major Dailey, the leaders

wrote, "We are deeply troubled by the deficient housing conditions we personally observed at Fort Meade, and by the reports of similar conditions experienced by Family members living in on-post housing across the Army. The situation is unacceptable, and we are failing our Soldiers and their Families by not providing the quality housing they deserve. Our enduring obligation as Army leaders is to take care of our people – our Soldiers and their Families."

See HOUSING on page 3

Senior executives from seven companies that manage privatized housing on U.S. Army installations met with Army Secretary Dr. Mark Esper; Gen. Mark Milley, Army Chief of Staff; and Daniel Dailey, Sergeant Major of the Army, the Army's top-three senior leaders, at the Pentagon to discuss ways to fix immediate problems and deficiencies in military housing. (Photo by Chuck Cannon)



## Strangers become like family during ER visit

### Brandy Ostanik Medical Department Activity – Alaska Public Affairs

There is never a convenient time to get sick, however some times are worse than others.

Nichole Potter, wife of Sgt. Sean Potter, a medic with 1st Battalion, 5th Infantry Division, Medical Platoon, knows firsthand that getting sick with two little girls at home while her husband is at the National Training Center, is one of the least convenient

times. However, the staff at Bassett Army Community Hospital on Feb. 19 helped make the best of a bad situation for Potter and her daughters.

That morning, Potter took her young daughters, ages three and five, to their head start program and went to work where she began feeling sick.

"I started getting really bad pains in my stomach," said Potter.

The pain grew more intense, she vomited and then the pain migrated to her right abdomen.

See FAMILY on page 2



Staff working at Bassett Army Community Hospital emergency room Jan. 19 were commended by a patient, Nichole Potter, for not only taking care of her emergency medical needs, but for taking care of her daughters when she was unable to. Those who assisted Potter are, from left to right – Air Force Staff Sgt. Amanda Nichols, medic; Andrew Merrick, physician assistant intern; Pfc. Jacob Diehr, medic; Staff Sgt. Bonaparte Wery, medic; John Walters, physician assistant; Dr. Susan Tate, Bassett ACH emergency room chief; and Capt. Rachel Smith, registered nurse. (Courtesy photo)

## DOD official describes missile defense strategy

### David Vergun Defense.gov

James H. Anderson, the assistant secretary of defense for strategy, plans and capabilities, spoke about the 2019 Missile Defense Review at the Brookings Institution in Washington, Jan. 29. He noted that the strategy covers the Defense Department's three lines of effort: lethality, partnership and reform.

Here are his main points:

#### THE THREAT

China and Russia are developing advanced cruise missiles and hypersonic weapons that can potentially overcome United States defenses. North Korea has tested



James H. Anderson, the assistant secretary of defense for strategy, plans and capabilities, spoke about the 2019 Missile Defense Review at the Brookings Institution in Washington, Jan. 29. He noted that the strategy covers the Defense Department's three lines of effort: lethality, partnership and reform. (Photo courtesy of DOD)

intercontinental ballistic missiles that are capable of reaching the U.S. and could be armed with nuclear warheads. And, Iran's space program could accelerate development of an ICBM system that might be able to reach the U.S.

#### 2019 MISSILE DEFENSE REVIEW GOAL

Diplomacy and deterrence are the primary strategies to protect the nation, deployed forces and U.S. allies from missile attacks. Should that fail, the U.S. is

developing a layered missile defense system as well as offensive capability.

See MISSILE on page 7

## From France to Florida, paratrooper leads the way with her voice

### Sgt. Michelle Blesam

The crowd thickened as more passengers arrived inside the Orlando International Airport, forced to wait for a shuttle to take them to their terminal. As they grew impatient, the song Under the Boardwalk resonated. The song wasn't coming from the airport intercom system; it was from the voices of paratroopers.

See PARATROOPER on page 6



Spc. Leslie Limon, a soprano assigned to the 82nd Airborne Division Chorus, sings the National Anthem before the 61st Annual Daytona 500 race at the Daytona International Speedway in Florida on Feb. 17, 2019. Limon joined the chorus more than a year ago, since spreading patriotic cheer through musical performances. (Photo by Sgt. Michelle U. Blesam)



### WEEKEND WEATHER

#### Friday



Sunny, with a high of 23 and a low of -5 degrees

#### Saturday



Mostly sunny, with a high of 20 and a low of 8 degrees.

#### Sunday



Mostly sunny, with a high of 22 and a low of 1 degree.

### 2019 IDITAROD

The race has started in downtown Anchorage since 1983. The teams will leave the start line at the corner of 4th and "D" in downtown Anchorage at two minute intervals, starting at 10 a.m. on Saturday, March 2. The Saturday start is a ceremonial start and does not count in the overall time in the race to Nome.

On Sunday, March 3, mushers will again line up for the re-start in Willow. At 2 p.m., the first teams will depart on their way to Nome, leaving in two minute intervals until all of the teams have left. The clock starts for the mushers as they leave the starting line.

# Nutrition Corner: Nutrition 101

**Brandy Ostanik**  
Medical Department Activity –  
Alaska, Public Affairs

Did you know folate is an essential nutrient, especially for women of child bearing age and for those who are currently pregnant? This key nutrient, especially in this population, helps the body produce DNA and genetic material, and is essential for cell division. While folate deficiency is rare in this country, expecting women who do not get enough folate increase their risk of having babies with neural tube defects (spina bifida) and also increase their risk of having a premature or low birth-weight baby. Women of childbearing age are not the only ones who need to ensure they get enough folate.

Folate deficiency can affect anyone, especially those with a poor diet or malabsorptive disorder. The deficiency

usually presents itself with other nutritional deficiencies due to its connection with a poor diet. Deficiencies of the nutrient have led to anemia, sores on the tongue and inside the mouth, fatigue, headaches, irritability, shortness of breath and discoloration of the hair, skin and nails. The amount you need depends on your age; both men and women 14 years and older need 400 micrograms (mcg) each day, while pregnant women need 600 mcg daily. Be sure to include plenty of food sources of this vital nutrient in your diet. Sources include beef liver, leafy greens such as spinach and mustard greens, black eyed peas, asparagus, citrus fruits and fortified cereals.

For more information on folate, as well as recommended intake during different stages of pregnancy; read the following article by National Institutes of Health: <https://ods.od.nih.gov/factsheets/Folate-Consumer/>

## Featured Food:

**Asparagus:**  
This tasty twig is an excellent source of folate with 262 mcg per cup of boiled asparagus!

## Featured Recipe:

Whole Grain Pasta with Mushrooms and Asparagus

## Ingredients:

2 pounds fava beans, shelled  
1 pound asparagus  
2 tablespoons extra virgin olive oil  
1 shallot, minced  
1/2 pound wild mushrooms,  
2 garlic cloves or 1 small bulb green garlic, minced  
4 large basil leaves, torn into small pieces or cut in slivers  
Salt  
3/4 pound whole-wheat pasta, such as penne or fusilli

Parmesan  
2 tablespoons of olive oil

## Directions:

1. Blanch Asparagus in salted water.
2. Boil the fava beans for five minutes. Once cooked and cooled, remove skin.
3. Sautee shallots in olive oil. Add mushrooms once soft add garlic. Stir until the mushroom are tender and add asparagus and fava beans.
4. Cook pasta in the same water for the beans and asparagus. Once cooked add 1/2 of the water to the mushroom mixture. Drain and mix pasta with mushroom mixture. Add basil and parmesan.

## Recipe adapted from:

[http://www.nytimes.com/2013/04/26/health/whole-grain-pasta-with-mushrooms-recipes-for-health.html?smid=pin-share&\\_r=0](http://www.nytimes.com/2013/04/26/health/whole-grain-pasta-with-mushrooms-recipes-for-health.html?smid=pin-share&_r=0)

## MEDDAC-AK awarded accreditation from The Joint Commission

**Brandy Ostanik**  
Medical Department Activity – Alaska, Public Affairs

Alaska, which includes Bassett Army Community Hospital and its outlying clinics at Fort Wainwright, Joint Base Elmendorf-Richardson and Ft. Greely, has earned accreditation from The Joint Commission, the nation's oldest and largest standards-setting and accrediting body in healthcare, by demonstrating compliance with national standards for health care quality and safety.

To receive the recognition, MEDDAC-AK underwent an unannounced four-day, on-site survey where important functions relating to the care of patients and hospital management were evaluated.

To earn and maintain accreditation, an organization must undergo an on-site survey by a Joint Commission survey team at least every three years.

"The Joint Commission surveyors came here for four days," says Beth Morey, Joint Commission Compliance officer for MEDDAC-AK, "but they are simply validating what we do every day. The patient safety measures we have in place to ensure safe, high-quality care are ongoing and consistently evolving."

According to Col. Constance Jenkins, MEDDAC-AK commander, the surveyors spoke very highly of the team's dedication to both patients and safety.

"The Joint Commission team commended the organization for its inspiring culture of teamwork and commitment to quality and safety," said Jenkins. "They were impressed with the MEDDAC-AK team and proud to know that our Soldiers and their Family members receive such great care."

"Joint Commission accreditation provides hospitals with the processes needed to improve in a variety of areas from the enhancement of staff education to the improvement of daily business operations," said Mark G. Pelletier, RN, M.S., chief operating officer, Division of Accreditation and Certification Operations, The Joint Commission. "In addition, our accreditation helps hospitals enhance their risk management and risk reduction strategies. We commend MEDDAC-AK for its efforts to become a quality improvement organization."

"MEDDAC-AK is pleased to receive accreditation from The Joint Commission, the premier health care quality improvement and accrediting body in the nation," added Morey. "Staff from across the organization continue to work together to develop and implement approaches that have the potential to improve care for the patients in our community."

The Joint Commission's hospital standards are developed in consultation with health care experts and providers, measurement experts and patients. The standards are informed by scientific literature and expert consensus to help hospitals measure, assess and improve performance.

Founded in 1951, The Joint Commission seeks to continuously improve health care for the public, in collaboration with other stakeholders, by evaluating health care organizations and inspiring them to excel in providing safe and effective care of the highest quality and value. The Joint Commission accredits and certifies more than 21,000 health care organizations and programs in the United States. An independent, nonprofit organization, The Joint Commission is the nation's oldest and largest standards-setting and accrediting body in health care. Learn more about The Joint Commission at [www.jointcommission.org](http://www.jointcommission.org).

## FAMILY

Continued from page 1

"I called the appointment line to see if they could get me in for a same day appointment," said Potter, "but they directed me to the ER."

Potter picked up her daughters and, worried she was overreacting, started driving home. That plan changed when her car hit a bump and she could no longer ignore the pain.

"Right from the beginning I let the ER know that I had my daughters because my husband was at NTC and all my friends were either at work or school, so I didn't have anyone to come get my them," said Potter.

According to Potter the emergency room staff never missed a beat.

"The nurse who came in [registered nurse, Capt. Rachel Smith] started joking with me and my kids, really making me feel comfortable from the start," said Potter. That interaction set the tone for her entire stay.

Next into the room was physician's assistant John Walters.

"Every experience I've had with him has been phenomenal; he's so family oriented," said Potter. "This time was no different, he saw I had my cute little entourage with me and that I was in so much pain, he stepped in as a guidance for my kids when I was in no position to take care of them," said Potter.

"He even went to the cafeteria and brought them both back lunch, got

them coloring pages and spent time with them."

Potter and her girls spent about four hours in the emergency room while tests were being run, before the girls were picked up, and she was told she would need surgery to remove her appendix.

"I became very emotional," said Potter. "I felt so alone with my husband being gone, and Walters just sat there and let me cry and he reassured me because I was so stressed out. Everyone was just so supportive. There was not one staff member that looked at me as just another patient, they looked at me like a person."

The staff members who were on shift that day caring for Potter feel they did nothing special, that it was just taking care of a family in need, which goes beyond a diagnosis and medical care.

"It was a team effort to provide a mother with two small kids with what they needed at the time," said Dr. Susan Tate, chief of the Bassett ACH emergency department. "It was nothing out of the ordinary."

Walters echoed Tate, "Honestly, it was just the right thing to do."

Potter feels their response goes beyond just doing a job. "I was blown away by how supportive everyone has been and the compassion shown to me," said Potter.

"Last night I felt like I had family in strangers."

## MEDDAC Minute

**Brandy Ostanik**  
Medical Department Activity –  
Alaska, Public Affairs

### 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.)

### POSTPARTUM SUPPORT GROUP

Join other postpartum moms during a support group offered by the Medical Department Activity – Alaska lactation consultant the second Tuesday of each month from 6:30 to 8 p.m. at the Bassett Army Community Hospital dining facility. The group is open to beneficiaries and their partner/support person. Registration is not required, but helpful. Call 361-5958 or 361-5158 for more information or to register.

### MEDICAL ASSISTANT PROGRAM

In partnership with the Red Cross, a newly implement Medical Assistant Program is now accepting applications. Applicants must have a government issued ID card, a high school diploma or equivalent and be at least 18 years of age. For applications or more information, email [misty.bruce@redcross.org](mailto:misty.bruce@redcross.org).

### TRAVELING?

Get ready for the summer travel season by visiting our preventive medicine clinic. If you plan to travel internationally, make an appointment to make sure you are taking all the necessary precautions to keep you and your family safe. We recommend you visit the office six weeks before your travel date. Make an appointment by calling 361-5182.

### INTERNAL BEHAVIORAL HEALTH

The Bassett ACH primary care clinic 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 of a referral. For more information, or to schedule an appointment, call 361-5670.

### IMPORTANT PHONE NUMBERS

Emergency: 911  
24 Hour Nurse Advice Line:  
1-800-874-2273 Opt. 1  
Appointment Line: 361-4000  
Behavioral Health: 361-6059  
Benefits Advisor: 361-5656  
Immunizations: 361-5456  
Information Desk: 361-5172  
Patient Advocate: 361-5291  
Pharmacy Refills: 361-5803  
Referral Center: 361-1810  
Tricare On-Line: [www.tricareonline.com](http://www.tricareonline.com)  
United Health Care: [uhcmilitarywest.com](http://uhcmilitarywest.com)  
1-800-988-9378

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The Interior Military News Connection

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# The Chaplain's Corner

**Chaplain (Lt. Col.) Paul Fritts**  
U.S. Army Garrison Fort Greely

As some readers of The Chaplain's Corner may recall, I'm a mild neatnik. Consequently, I largely ignored the 2019 New Year's sensation of Marie Kondo's Netflix reality series Tidying Up. For those not already in the know, Kondo's hit show (based on her 2014 New York Times Bestseller) records her helping families to organize, tidy and appreciate their homes and lives. It's a kinder, gentler version of shows like Extreme Home Makeover or Hoarders that encourages viewers to be intentional about keeping only the possessions that spark joy. It's an interesting testament to the current mood of Americans that a television show about how to organize one's sock drawer is a smash hit. Clearly, a different dynamic other than the ratings is at play.

In the online article titled "Marie Kondo's deceptively simple 'Tidying Up' tips are spreading the gospel of joy when Americans need it most" posted

on the NBC News website, Elena Sheppard observes that Kondo's show promotes values some may consider uncharacteristic of contemporary American culture: "declutter your life, be thankful for the home you have, practice gratitude." More typically, driving through any newer, middle-class suburban neighborhood one would likely see rows of "McMansions" with overstuffed garages and storage buildings in the backyard. As George Carlin famously riffed in his comedy routine about stuff, "That's what your house is, a place to keep your stuff while you go out and get... more stuff! Sometimes you gotta' move, gotta' get a bigger house. Why? No room for your stuff anymore." Could it be that the success of Kondo's show is evidence that Americans have begun to recognize their dissatisfaction with the relentless pursuit of more stuff?

Christians have argued with each other for centuries about the proper place of wealth in our lives. Advocates of what is commonly called the prosperity gospel encourage believers to plant seeds of faith, often in the form of money, in order

to reap an even more bountiful reward from God. Critics of the prosperity gospel argue that the more problematic concern is not rich Christians, but the belief that God can be virtually manipulated into bestowing even greater riches. This raises troubling questions of human greed and divine sovereignty in what is, essentially, a transactional relationship with God dominated by an attitude of "What have you done for me lately?" rather than gratitude for what God has already done.

Both Old and New Testaments of the Bible are full of Scriptures instructing the faithful in how to use God's blessings for God's purposes. Many verses warn explicitly against the temptation to idolize wealth and ignore the poor. One of the best safeguards to combat the attitude of making this earthly life "all about me" is to heed Jesus' teaching: "But seek first his kingdom and his righteousness, and all these things will be given to you as well" (Matthew 6:33). When we humbly learn to want the things that God wants for one another, we may be surprised to discover that we don't want anything else.



**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

## HOUSING

Continued from page 1

During the meeting, poor customer service was identified as a top issue, and a number of immediate, mid-term and long-term initiatives were discussed. The CEOs agreed to work on a "Tenant Bill of Rights," suspend certain fees, and allow Soldiers to suspend their rent payments if they believe that service is not satisfactory. In addition, they made commitments to improve work-order transparency through an online tracking system, and to ensure sufficient numbers of trained staff are available at each installation to address housing problems in a timely manner.

Last week, Esper, Milley and Dailey directed senior commanders to immediately begin active monitoring of the condition of Army housing and barracks for health, safety and environmental issues of concern. Senior commanders were also given 15 days to personally conduct town hall meetings, in collaboration with staff members from the privatized management companies, to give Families a chance to voice housing concerns.

Furthermore, within the next 30 days, senior commanders must complete installation-wide housing inspections and report the results up through the chain of command.

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

## ESTATE NOTICE

Sgt. Brian P. Sawyer passed away in Washington on Feb. 11, 2019. Anyone having claims against or who is indebted to the estate of Sgt. Brian Sawyer, of Headquarters and Headquarters Company, 1st Battalion, 52nd Aviation Regiment, 16th Combat Aviation Brigade, Fort Wainwright, Alaska 99703, phone (907) 353-4441 or email [edward.o.johnson43.mil@mail.mil](mailto:edward.o.johnson43.mil@mail.mil).

# MEDDAC-AK leaders honored with O2M3

**Brandy Ostanik**

Medical Department Activity – Alaska, Public Affairs

Two members of Medical Department Activity – Alaska were awarded one of the most prestigious honors in military medicine: the Order of Military Medical Merit during the MEDDAC-AK annual winter ball held at Westmark Hotel on Jan. 18.

Lt. Col. Kyndra Jackson, chief of preventive medicine and husband Lt. Col. Dalmar Jackson, joined the distinguished ranks of the O2M3, a unique, private organization founded by the commanding general of U.S. Army Health Services Command in 1982.

Membership into the O2M3 seeks to recognize military medicine leaders who have demonstrated the highest standards of integrity and moral character, displayed an outstanding degree of professional competence, served in the Army Medical Department for a minimum of 10 years, with selflessness, and have made a sustained contribution to the betterment of Army Medicine.

The awardees, nominated by fellow O2M3 awardee and commander for MEDDAC-AK, Col. Constance Jenkins, each have a long history of excellence within the Army Medical Department.



Two Medical Department Activity – Alaska leaders, Lt. Col. Kyndra Jackson (center), preventive medicine chief, and Lt. Col. Dalmar Jackson (second from right), deputy commander for administration, were awarded one of the most prestigious honors in military medicine: the Order of Military Medical Merit during the MEDDAC-AK annual holiday ball held at the Westmark Hotel Jan. 18. With the awardees are (left to right) Brig. Gen. Dennis P. LeMaster, commander Regional Health Command – Pacific, Col. Constance Jenkins, commander MEDDAC-AK and Command Sgt. Maj. Jesus Rios, MEDDAC-AK. (Courtesy photo)

Lt. Col. Kyndra Jackson

Kyndra Jackson began her career and her contributions to the AMEDD as a staff nurse at Walter Reed Army Medical Center in 2001.

Kyndra Jackson was an integral member of the 2011 to 2012 Rabies Response Team formed in response to a Soldier death from rabies contracted during a deployment to Afghanistan.

"As a staff officer, she coordinated efforts of more than 130 public health nurses across 80 installations, including both theaters of operations, to manage care for over 9,000 individuals," said Jenkins. "Her ability to manage effective teams, ensured care coordination was initiated within 72 hours of identification. This initial response and subsequent follow-up resulted in significant changes to the post-deployment health assessment form and processes ensuring rabies risk is specifically assessed."

Most recently, while assigned to Fort Wainwright, Kyndra Jackson leveraged her preventive medicine team's expertise and ability to foster a collaborative spirit amount garrison organizations to greatly impact U.S. Army Garrison Alaska's progress in Installation Management Command directed environmental hazard assessments across military housing.

"The ongoing and proactive collaboration between MEDDAC-AK industrial hygiene personnel, Department of Public Works and privatized housing leaders resulted in USAG Alaska being recognized as one of the first installations across the Department of the Army to complete phase one inspection requirements," said Jenkins.

"Recognizing the importance of industrial hygiene expertise in this initiative, she was also proactive in coordinating Environmental Protection Agency certified lead inspector training for her staff and installation stakeholders."

Lt. Col. Dalmar Jackson

Dalmar Jackson was commissioned as a 2nd Lt. in the Medical Service Corps in 2001.

Jenkins acknowledged Dalmar Jackson, serving as the medical operations planner for Task Force Charger, for his tireless work and contributions while deployed in 2004 and 2005 to Iraq in support of Operation Iraqi Freedom. During this time, a task force located on the forward operating base fought in one of the most significant battles during the campaign and sustained over 60 casualties.

"Lt. Col. Dalmar Jackson worked with a well-trained medical team to evaluate, treat and evacuate the injured Soldiers to the proper role of care," said Jenkins. "Throughout the rest of the deployment, Lt. Col. Dalmar Jackson worked with senior medical

officers and other clinical team members to document the lessons learned from that mass casualty event in order to improve the readiness of future medical units to the theater. Those lessons learned have been captured as best practices in journals, documenting combat medical operations and has impacted how medical platoons conduct pre-deployment medical training across the AMEDD."

According to Jenkins, one of Dalmar Jackson's most significant contributions to the Army Medical Department was his ability to lead in the significant environment of change during the merging of Walter Reed Army Medical Center and the National Naval Medical Center.

"With the cultural merge of two of the largest flagships in military medicine, he led the organization's first documentation of performance planning to track clinical operational performance in a joint environment," said Jenkins.

For more information on the O2M3 and to see a list of all O2M3 members, go to [ameddregiment.amedd.army.mil/merit/o2m3.html](http://ameddregiment.amedd.army.mil/merit/o2m3.html).

# Army takes down Marines to win Armed Forces wrestling

## Armed Forces Sports

The Army won seven of 10 matches Feb. 23 against the Marine Corps to capture the Greco-Roman title and came back Feb. 24 to beat the Marines in free-style wrestling to win the Armed Forces title in both disciplines for the 18th consecutive year.

### GRECO-ROMAN

Both the Army and Marine Corps began the tournament by winning every single match of their first two dual meets against the Air Force and Navy, setting up a showdown for the title.

Fueled by a strong start in the lightweights, Army won its first four matches against the Marines, all with bonus-point victories.

The Army's Staff Sgt. Max Nowry, a double champion at the 2018 Armed Forces, came out with a strong 8-0 technical fall at 55 kg over Sgt. Jamone Carter. He was followed by 2017 World Team member Ildar Hafizov, who got the Army team fired up with a pin over Lance Cpl. German Diaz in 1:24.

The next bout proved to be huge. The Marine Corps sent out 2018 Armed Forces champion Sgt. Xavier Johnson, a National Team member who is coming off a big second-place finish at the Grand Prix Zagreb Open. The Army sent out Pvt. Hayden Tuma, an athlete with extensive World Championships experience.

Tuma shut the door on the Marines' desire to change the momentum, tossing Johnson on the way to an 8-0 technical fall. One of the matches the Marines needed, if they hoped to win this year, went to the Army in a big way.

The Army run continued at 67 kg, as 2008 Olympian and two-time World Team member Ellis Coleman kept up the pressure with a 9-0 technical fall over 2nd Lt. Jamel Johnson. The team score after four matches was 17-0, with only six more bouts for the Marines to change the narrative.

Sgt Raymond Bunker of the Marines, who had been a silver medalist in this event a number of times, scored the first Marine Corps win, stopping Army 2nd Lt. Michael Hooker in a 3-3 criteria decision.

At 77kg/169.7 lbs., Sgt. Vladyslav Dombrovskiy got the Army back on track in an intense battle with 1st Lt. Payton Walsh, who has been a National Team member. Dombrovskiy won some key positions and emerged with a 17-7 technical fall.



Spc. Leslie Fuenffinger of the Army scores a powerful takedown of Marine 1st Lt. Colton Rasche during the 60 kg. free-style match of the 2019 Armed Forces Wrestling Championship, held at the Soto Physical Fitness Center at Fort Bliss, Texas, Feb. 24, 2019. (Photo by Petty Officer 2nd Class J.E. Veal)

At 82kg, in another aggressive match between two warriors, Sgt. John Stefanowicz of the Marines beat Maj. Jon Anderson of the Army, 4-1. Both were past Armed Forces Greco-Roman champions.

Spc. James Souza, who won an Armed Forces title in 2015 when he competed with the U.S. Navy, claimed his first Armed Forces gold as a member of the Army with a powerful 10-0 technical fall over Sgt Vaughn Monreal Berner.

In a battle of National Team members, Capt. Daniel Miller of the Marines edged Sgt. Lucas Sheridan, 2-1. Miller is ranked No. 2 in the nation and Sheridan is No. 3 on the ladder.

Army big man 2nd Lt. Toby Erickson was dominant on top, turning Sgt. Trent Osnes multiple times in an 8-0 technical fall to close out the win.

Although this is a dual meet event, individual medals are also awarded. Since all 20 athletes competing in the final dual were unbeaten, the winner in each of the matches in the Army-Marines dual won the gold medal, and the loser claimed the silver medal. Therefore, the Army had seven champions and three runners-up.

### FREE-STYLE MATCH

For the Army to win the free-style competition for the 18th straight year was anything but easy with a talented and motivated Marine Corps team across from them on the mat.

Army started off with confidence, as Staff Sgt. Max Nowry defeated Sgt. Christian Martin, 7-4 at 57 kg, and Spc. Leslie Fuenffinger pinned 1st Lt. Colton Rasche in 4:35 at 61 kg.

The 65 kg match gave the Marines their first victory. Lt. Jamel Johnson defeated Hayden Tuma in an 11-0 technical fall. Tuma suffered an injury in his bout and continued



Army Pvt. Hayden Tuma of Fort Carson, Colorado, launches Marine Sgt. Xavier Johnson of Camp Lejeune, North Carolina, at 63 kg in the Army vs. Marines battle. The final Greco-Roman bouts of the 2019 Armed Forces Wrestling Championship took place at the Soto Physical Fitness Center at Fort Bliss, Texas, Feb. 23, 2019. (Photo by Petty Officer 2nd Class James E. Veal)

an 11-0 technical fall over Lance Cpl. Ali Marciano at 74 kg. On Feb. 23, Hooker's streak of four straight Greco-Roman Armed Forces titles got snapped with a loss to Bunker, and he came back with extra fire in the freestyle tournament. This gave the Army a 16-5 lead halfway through the dual meet.

The Marine Corps never quits, and that was the case in this dual meet. In a classic battle, which saw the lead change and had some fierce action, 1st Lt. Payton Walsh of the Marines edged Sgt. Vladyslav Dombrovskiy of the Army, 9-8. Walsh was an EIWA champion and three-time NCAA qualifier for the U.S. Naval Academy, and Dombrovskiy has been a multiple All-American at the U.S. Open in freestyle. Walsh's win lifted the spirits of the Marine faithful, which still had hopes for a late rally.

It was not going to happen. Maj. Jon Anderson of the Army avenged a loss in the Greco-Roman finals to Sgt. Jon Stefanowicz on Saturday, with an inspiring 9-1 win over Stefanowicz on Feb. 24. At 34 years old, Anderson is the grandpa on the Army team, and is a walking definition of the word "grit." Anderson's win made a Marine Corps comeback highly unlikely.

The Army victory was sealed mathematically when powerful Spc. James Souza of the Army pinned 2nd Lt. Terrence Zaleski of the Marines in 1:50 at 92 kg.

The Army, however, was not done showing its skill and character. In a battle of former Division I talents, Sgt. Lucas Sheridan avenged his loss to Capt. Daniel Miller from Saturday's Greco-Roman finals dual. Sheridan was able to hit one of his patented headlocks in the first period and went on to defeat Miller, 5-0.

With the title already mathematically Army's, the Marines did not send out their heavyweight, and Spc. Jacob Mitchell received a forfeit to end the match.

In the first round, the Army stopped the Air Force, 42-3, winning all 10 bouts. The Marines opened with a 36-4 win over the Navy, claiming nine of the 10 bouts.

The second round had similar results, as Army swept its 10 bouts to beat Navy 42-0, while the Marines took nine of 10 to handle the Air Force, 37-4.

In the third-place match, the Air Force won seven of the nine matches contested, including two technical falls and two pins, to defeat the Navy, 30-15.

There were only two double champions this year, with Nowry and Souza the only wrestlers to claim gold medals in both freestyle and Greco-Roman this weekend. Nowry, Fuenffinger, Dukes and Mitchell defended their 2018 freestyle titles.

(Gary Abbott of USA Wrestling contributed heavily to this article.)

# Army FY20 budget proposal realigns \$30 billion

Devon L. Suits  
Army News Service

The Army is slated to release its fiscal year 2020 budget request March 12, which will include the realignment of nearly \$30 billion over the next five years to improve readiness and better support the Army's six modernization priorities.

"We've been very consistent about where we're trying to take the Army ... by 2028," said Under Secretary of the Army Ryan D. McCarthy. "We are trying

to enable the National Defense Strategy, and we have taken some pretty dramatic steps to get there."

The under secretary discussed the Army's upcoming budget request during the Association of the U.S. Army's Institute of Land Warfare breakfast series in Arlington, Virginia, Feb. 26.

While McCarthy didn't go into a line-by-line detail about the upcoming budget, he shared that the FY20 request will include, "\$8 billion in cost avoidance, and about \$22 billion in cuts or terminations."

Further, a portion of the request will help fund the science and technology community, supporting the "31 signature priorities" outlined in the FY18 and FY19 budgets.

Freeing up \$30 billion was no easy task. Last year, Secretary of the Army Mark T. Esper and Chief of Staff Gen. Mark A. Milley ordered a comprehensive review of the entire budget. Army senior leaders, staff officers and major commanders from all three components participated in the process, he said.

"We ran through every program in the budget," McCarthy said. "They branded it 'night court,' because it had that shark tank [feel.] You went in there and you'd try to explain your program to the leadership. If it didn't survive – it was out."

"We need to be better with every dollar that taxpayers give us," he said, adding Esper and Milley are trying to change the "fundamental behavior of the Army."

After the budget proposal is released, Army leaders will engage with Congressional leaders to justify the request. However, with this year's shortened approval timeline, McCarthy acknowledges the challenge Congress will face in passing the FY20 budget.

Failing to pass a budget could result in a series of continuing resolutions and alter the Army's agenda.

"Continuing resolutions breed mediocrity," he said. "You can't have predictability in an environment where you're getting an installment every three or six months. How [will] companies

know if they're going to get paid or not? How can you get the system primed to hit at optimal levels?"

The Army will need to work very hard with Congress during the posture hearings to get them the information they need, McCarthy said, so they can pass both the authorization and appropriation bills by Oct. 1.

# Fort Wainwright Family & MWR

## Weekly Events

March 1 - 8

**1** **Warrior Zone OPEN for Lunch!**  
March 1  
11 a.m.

Switch up your routine, and head over to the Warrior Zone for lunch! The Warrior Zone will be open March 1 through 31, starting at 11 a.m. on a trial basis. Stop in for a quick bite to eat, stay a while for a lunch meeting, hop on a computer, or enjoy a video game break!

Warrior Zone, building 3205  
Call 353-1087

**3** **Pounding Paws Kennel Tour with Mushing**  
March 3  
9:30 a.m. to 4 p.m.

Learn what it is like to own and operate a real Alaskan sled dog kennel. The tour will include an orientation to dog sledding, sled dog team care, hands on training, dog mushing, and more! Warm up at the end of the tour by learning basic fire making skills.

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

**5** **Skate with the Fairbanks Ice Dogs**  
March 5  
6 to 7:30 p.m.

Fairbanks Ice Dogs wants to skate with you! Show off your best ice skating moves at the Physical Fitness Center Ice Rink. Door prizes will be given away at the event! Refreshments will also be provided.

Physical Fitness Center, building 3709  
Call 353-7223

**6** **B.O.S.S. 21-Day Fitness Challenge**  
March 6

Need a little help getting motivated? B.O.S.S. has teamed up with Sports and Fitness to offer a special 21-day Fitness Challenge to all B.O.S.S. eligible Service Members. Each week, participants will receive weekly exercises to complete on their own from a personal trainer. Teams will also meet once a week to complete a competitive workout.

B.O.S.S., building 1045  
Call 353-7648, registration required

**6** **Adult Craft Night**  
March 6  
5:30 to 7 p.m.

Enjoy a night out with friends and learn how to create an original piece of artwork. There will be craft beer and wine 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

**ST PATTY'S DAY  
SPECTACULAR  
TOURNAMENT**

**\$30** MARCH 16 / NOON-MIDNIGHT

ENTRY FEE INCLUDES NINE PIN NO TAP BOWLING, SHOES,  
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**SATURDAY & SUNDAY  
MARCH 16 & 17**

*Saint  
Patrick's  
Celebration*

**IRISH DRINKS & CORNED BEEF  
KARAOKE & PRIZES**

Warrior Zone  
3205 Santiago Avenue (907) 353-1087  
[www.wainwright.armymwr.com](http://www.wainwright.armymwr.com)  
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WEAR GREEN AND CAPTURE THE LEPRECHAUN!

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SPECIAL \$4 PER GAME

THE 1029th CG  
Last Frontier Community Activity Center, Bldg 1044, April 8, 2019 11:27 AM  
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MARCH 15 // 6 - 8 P.M.

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

DON'T BE A GOON... JOIN BOSS FOR OUR MARCH B.O.S.S. NIGHT OUT  
EVENT! SCORE A MAJOR WIN AS WE TAKE TO THE ICE FOR SOME  
BROOMBALL ACTION AT THE PFC ICE RINK.

REGISTRATION DEADLINE: 8 MARCH

# History Snapshot: WACs: Female Military Pioneers

U.S. Army Garrison Alaska Cultural Resources Program

Near the end of the war, Ladd Field hosted the first Women's Army Corps unit ever stationed in Alaska. Known as the 1466th AAF Base Unit, Squadron W, they arrived at Ladd in April 1945 and served until December of that year. This group of enlisted women and two officers were pioneers, although they were stationed in Alaska only for a brief time.

Members of WAC unit served under the Air Transport Command, and were employed in the following jobs: motor pool driver, dispatcher, finance clerk, public relations assistant, printing office assistant, postal clerk, aircraft parts warehouse clerk and kitchen duty. WACs also served with the AACS at Ladd Field's radio station as radio operators, teletype operators and message expeditors.

(Photo courtesy of Betty Etten Wiker)



## PARATROOPER

Continued from page 1

Smiles formed among the faces in the crowd and cheers erupted as they turned to watch the paratroopers sing the melodic tune. Many took their phones out to capture the moment. The crowd seemed to forget about their wait during the renditions of classic hit songs.

Although a good warm-up, the paratroopers assigned to the 82nd Airborne Division Chorus didn't travel to sing in an airport.

The chorus traveled from their headquarters at Fort Bragg, North Carolina, to Florida to perform the National Anthem for the Daytona 500, a NASCAR cup series that opened this year's racing season Feb. 17. Spc. Leslie Limon was one of the voices among the group. A Portland, Oregon, native, she enlisted to be a supply specialist, but auditioned for and was selected to be part of the All American Chorus.

Limon joined the military shortly after graduating from Reynolds High School in Portland. The oldest of four siblings and raised by a single mother, the 20-year-old vocalist wanted to seek new opportunities and explore the world as a young adult.

"I thought it was a crazy idea," Limon expressed. "But I wanted to live on my own, pay for my own things and travel."

Going to South Carolina for basic training was her first experience traveling across the country, she said.

Growing up Limon honed her talent through her high school years as a soprano for the school choir. She's remained a soprano for the division chorus and regularly performs as a soloist.

Sgt. 1st Class Jacquelyn Jones, the chorus noncommissioned officer in charge, attributed Limon's success to her ability to adapt and learn a new tune quickly.

"Limon has a very strong voice and she often sings Soldier's Heart during performances in retirement ceremonies," said Jones. "She's a strong singer within

the section, so I can always rely on her."

Additionally, Limon has ability to manipulate her voice from the lower register to the higher register, an ability called tapping vocal technique, said Jones, a Jacksonville, North Carolina, native.

The paratroopers of the 82nd Airborne Division Chorus have performed in hundreds of ceremonies and events across the world since 1967. One of Limon's favorite performances was in France, where she felt especially appreciated.

"Everyone in Normandy loves the military," said Limon. "They're also very welcoming and just super nice people. You wouldn't understand how much they love us when we go there."

Back in Daytona, the crowd roared with approval as the chorus performed in front of over a hundred thousand people.

As she stood beside her team in front of television cameras and spectators of the 61st Annual Daytona 500, the talented young paratrooper knew she must appear confident.

"I used to have a lot of stage fright, but I love to sing," said Limon. "How I overcame that is singing in front of people, for friends and family members, and not being afraid to mess up."

Limon's talent is just one of the many things she brings to the chorus. The young specialist was also the section leader for the sopranos and ensured team members were prepared for their performances.

"Being a leader, you're in charge of the entire group, so it's your responsibility for the people in your section to know their music, can hit each tune correctly and accurately, and do it the same way every time," said Staff Sgt. Mark Bendel, Limon's squad leader. "She was able to do that and she was good at it."

As the paratroopers uttered the closing notes of the anthem, the U.S. Air Force Thunderbirds screamed in formation over the track, their contrails lingering in the bright Florida skies. Sharply, the chorus marched off of the stage, followed by massive applause. Limon smiled softly.



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Fort Wainwright Police: 353-7535

### ALASKA NATIONAL GUARD



Alaska Army National Guardsman of the Year  
**SPECIALIST (E-4) SYCHELLE G. GONSALVES**  
Ground Base Interceptor Military Police Security,  
49th Missile Defense Battalion, Fort Greely

Specialist Sychelle G. Gonsalves is a Military Police assigned to the GBI MP Security Company, 49th Missile Defense Battalion, Fort Greely, Alaska. Specialist Gonsalves was born and raised in the Philippines until her and her family moved to San Diego, California where she finished middle school and high school. SPC Gonsalves joined the U.S. Army in 2012. She enlisted in the military as a 32V Supply Specialist and later reclassified to 31B Military Police. After graduating basic training and AIT, SPC Gonsalves was assigned to the 297th Military Police Company in Wasilla, Alaska where she served for almost 6 years as a traditional M-day soldier. Most recently she serves as a full-time Military Police with the GBI MP Security Company, where she is currently stationed. She is also currently serving as a member of the council for the Better Opportunity for Single Soldiers also known as the BOSS program. During the course of her military career, SPC Gonsalves has been awarded multiple awards and commendations. Among these awards, SPC Gonsalves earned an AAM for her role in the Glacier Summit Training Exercise and an ARCDM for her extraordinary work and tremendous dedication during the Khaan Quest, 2016 Multinational Peacekeeping Exercise in Mongolia. In 2018, she earned the titles Soldier of the Quarter, Battalion Soldier of the Year, and State Soldier of the Year. She is currently attending University of Alaska Anchorage taking Bachelor's in Business Administration in Global Supply Chain & Logistics. She aspires to become a Warrant Officer or a Sergeant Major and to obtain a Master's Degree in Logistics.

### ASYMCA OF ALASKA'S MILITARY SPOUSE OF THE YEAR



**MRS. ASHLEY MCGRAW**  
Military Spouse, United States Army  
Fort Wainwright

Ashley McGraw is the wife of Chief Warrant Officer Brian McGraw of the 1-25th Attack Reconnaissance Battalion. The McGraws have been married for 15 years and have four children. Ashley began her professional career as a law enforcement officer, but went on to earn her graduate degree, and currently works in the community counselling victims of violent crime. Ashley is well respected by the legal community, and trusted for her expertise as a victims' advocate. She was recently accepted to law school, and will be pursuing a post-graduate law degree.

Ashley is currently the FRG Advisor for the 1-25 Attack Reconnaissance Battalion FRG, and actively volunteers within the FRG to help with event planning, providing meals for meal trains, and other program or unit needs. She is credited by her peers with being critical to keeping the program running smoothly.

Ashley's children attend school in Fairbanks, and enjoy a wide variety of extracurricular activities. Ashley is very involved in with her children's school, and tirelessly facilitates her children's involvement in extracurricular activities.

Ashley is deeply dedicated to both her family and her military community. Though challenging, she continues to choose her military life every single day. After 15 years, she and her family are still "Army Strong" as a result of that dedication.

### Arctic Dustoff crew provides MedEvac support

Staff Report

Soldiers from Charlie Company, 1st Battalion, 52nd Aviation Regiment, 16th Combat Aviation Brigade, rescued an injured snowmachine rider Feb. 21 after he was involved in an accident near Wickersham Creek.

Alaska Rescue Coordination Center located at Joint Base Elmendorf-Richardson notified the unit of the accident with possible injuries, and the five member crew was wheels up for MedEvac support from Fort Wainwright minutes later.

Once on location 21 minutes after taking off, medics treated the patient on scene and transported him using a Skedco evacuation sled to the UH-60 Black Hawk helicopter.

The patient was flown to Fairbanks Memorial Hospital for further evaluation and treatment of injuries sustained in the accident.

Charlie Company, "Flying Dragons," conduct aerial MedEvac support from Fort Wainwright to provide immediate recovery, en route medical treatment and expeditious movement to higher care.



Soldiers assigned to Charlie Company, 1st Battalion, 52nd Aviation Regiment, 16th Combat Aviation Brigade, transport an injured snowmachine rider Feb. 21 to be flown to Fairbanks Memorial Hospital. The Fort Wainwright based Arctic Dustoff crew provided immediate MedEvac support upon receiving notification from Alaska Rescue Coordination Center located at Joint Base Elmendorf-Richardson. (Courtesy photo)

### Fort Wainwright Soldier competing for All-Army Men's Volleyball spot



Fort Wainwright Soldier, Spc. Joseph Ulrich, assigned to 1st Battalion, 52nd Aviation Regiment, is taking part in the 2019 All-Army Men's Volleyball Trial Camp at Fort Indiantown Gap, Pennsylvania, being conducted from Feb. 13 to March 5. If selected as one of the team members, Ulrich will take part in the Armed Forces Volleyball Championship at Fort Bragg, North Carolina, March 6 to 10. (Courtesy photo)

## MISSILE

Continued from page 1

#### LETHALITY STRATEGY

- Upgrade existing radars and sensors
- Increase the number of ground-based interceptors by 20 to 64, along with developing a new kill vehicle for the GBI
- Develop small, high-energy lasers that can be fitted on unmanned aerial systems
- Arm F-35 Lightning II aircraft with tracking capabilities and possible missile intercept at the early boost stage
- Increase the Navy's fleet of Aegis-equipped destroyers from 38 to 60
- Improve space-based sensors to detect and track missiles
- Conduct a feasibility study of space-based missile intercept capability
- Conduct a Standard Missile-3 Block IIA test against ICBMs by 2020
- Leverage the SM-6 for both defensive and strike operations.

#### PARTNERSHIP STRATEGY

To address regional threats and protect partners, Anderson said the U.S. will deploy additional terminal high altitude area defense, Patriot and Aegis Ashore platforms.

In turn, partner nations are building up their air and missile defenses, with the possibility of integrating them with U.S. systems. For example, he noted that NATO has an operational Aegis Ashore site in Romania. A second site, to be operational in about a year, is being built in Poland, which will house SM-3 Block IIA missiles. Denmark and the Netherlands have sea-based radar systems that can locate missiles.

#### REFORM STRATEGY

DOD must adopt processes and cultures that enable development and procurement of missile defense systems in a streamlined and cost-effective manner, Anderson said.

"We must not fear test failure, but learn from it and rapidly adjust," he said.

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