

ALASKA POST FREE

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DAILY NEWS - MINER

The Interior Military News Connection

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Fort Wainwright, Alaska

May 17, 2019

New initiatives to cut cost, time for spouses to continue careers

Sean Kimmons
Army News Service

The Army recently issued a directive to reduce the financial burden for spouses who wish to continue their professional careers after they move to a new duty station.

The policy allows spouses to be reimbursed up to \$500 for qualified relicensing costs that result from a permanent change of station or assignment to a different state.

"Our spouses are lawyers, nurses, teachers, cosmetologists and real estate agents," said Dee Geise, who works in the Office of the Assistant Secretary of the Army for Manpower and Reserve Affairs. "It eases part of the stress of the cost associated with relicensing after a PCS move."



The Army recently issued a directive to reduce the financial burden for spouses who wish to continue their professional careers after they move to a new duty station. The policy allows spouses to be reimbursed up to \$500 for qualified relicensing costs that result from a permanent change of station or assignment to a different state. (Photo by U.S. Army)

See **SPOUSES** on page 7

Five things Army officers and units should know about the Assignment Interactive Module

Nicole Hawk

If you're one of the more than 3,200 active duty officers or warrant officers identified to move, or a unit welcoming new talent to your ranks, you probably have questions about the new Assignment Interactive Module, or AIM.

AIM is a web based system designed to advance Army talent management, while ensuring readiness. AIM provides the data and tools to help the U.S. Army Human Resources Command place the right officers in the right position at the right time.

The AIM marketplace encourages communication between officers and units and enables them to voice their preferences for one another. Officers get more control over their careers while taking into account Family considerations. And, for the first time, units get a say in who fills which positions.

That said, we've come up with the top five things officers and units should know about AIM to make the system work for them.



The AIM marketplace is open to officers and units at the same time so that officers moving into their next assignment and units seeking to fill assignments can communicate. Units can filter potential candidates by whether or not the officer expressed interest in an assignment by filtering for officers who put the assignment in their top 10 percent. Career coaches are a great resource to help officers determine realistic assignment preferences. (Photo by Master Sgt. Brian Hamilton)

#1: GO EARLY AND OFTEN

The AIM marketplace is open to officers and units at the same time so that officers moving into their next assignment and units seeking to fill assignments can communicate. Units can filter potential candidates by whether or not the officer expressed interest in an assignment by filtering for officers who put the assignment in their top 10 percent. Officers scheduled to move should make their initial preferences early on in the process and check back frequently.

Reaching out to units you are interested in and asking questions about assignments could help you separate yourself from the crowd.

Even if you're not scheduled to move, the Army's 90,000 plus active duty officers or warrant officers can login to AIM anytime to start learning. In addition to displaying recent and upcoming assignments, AIM increases transparency by allowing you to see every assignment in every career field across the Army.

See **AIM** on page 7

DOD medical labs develop technologies to save lives, enhance performance



Researchers at the Army Medical Research Institute of Chemical Defense have invented a ChemDx Test System that reduces from four minutes to 20 seconds, the time it takes to get a blood sample and diagnosis. One side of a chip card has a pin that pricks the skin for a blood droplet. The other side of the chip goes into an electronic diagnostic device that prints out the results. The device was on display at the Pentagon during the third biennial Lab Day, April 25, 2019. (Photo by David Vergun, Defense.gov)

David Vergun
Defense.gov

One of many areas Defense Department research labs focus on is medicine. Some of their innovative work was on display April 25 during the third biennial DOD Lab Day at the Pentagon.

MILD TRAUMATIC BRAIN INJURY

More than 92,000 service members sustained at least one traumatic brain injury between 2010 and 2012, with about 85 percent of those

classified as mild, or mTBI, according to Anna E. Tschiffely, a researcher at the Naval Medical Research Center's neurotrauma department.

Of those with an mTBI, an average of 10 to 15 percent report chronic problems, such as post-traumatic stress disorder or other systems continuing months or longer after the incident. This could significantly impact a service member's health and ability to function, she said.

See **LAB** on page 6

Spring is here; come out to the Installation Safety Day in the Commissary parking lot

Staff Report

Make the most of your summer in Alaska.

U.S. Army Garrison Alaska, Fort Wainwright Safety Office and the Directorate of Family and Morale, Welfare and Recreation

once again sponsor the Installation Safety Day in the Commissary parking lot Wednesday, May 22.

The event has grown over the last ten years from a single tent/stand in front of the Exchange to the majority of the parking lot in front of the Commissary.

Last year, there were more than 2,500 visitors; Soldiers, Families and Civilian employees of Fort Wainwright.

The idea for the program came about when members from the installation's Safety Office wanted to give people a place to find out what they can do in the Interior

of Alaska during the long days of summer and how to do it safely.

There are multiple organizations who will be providing outdoor recreation and safety info as well as health and education organizations to help keep you healthy all summer long.

"This is one-stop shopping

information we provide will give you the basics of where to go and where to find more information for other activities in the state."

In addition to ideas about Alaska activities, the program provides information about staying safe while exploring the great outdoors with Family and friends.

"We talk about the geographical features of Alaska; the weather and how to be ready for its ever-changing patterns while you are out in it" Sanches explained.

"We go over basic all-terrain vehicle riding safety and some of the great

trails one can find all over the interior. We also talk about the great places you can go camping with your Family, be it car camping or the more adventurous back country camping and hiking."

See **SAFETY DAY** on page 3

Come on out for a day in the sun and learn about all the amazing things you can do in Alaska during the summer. This is your one stop shop for finding out about all the exciting and fun things you and your family can do here in Alaska this Summer!

When: May 22nd, 11 a.m. to 3 p.m.
Where: Commissary parking lot

Who: Displays and information provided by - Installation Safety Office, ACS, Red Cross, DFMWR, Fire Department/Police, Family Readiness Groups selling food and the 9th Army Band will be rocking the whole time. Find out about all the fun things to do here in the summer and how you and your family can do it safely.

for information on some of the exciting activities you and your Family can get into this summer," stated Greg Sanches, the installation safety director says. "This will whet your appetite for getting out and exploring the interior, be it riding your bicycles, hiking or camping. The

Military spouse appreciation



Fort Greely celebrated Military Spouse Appreciation Day on May 9 with a cake cutting ceremony at the 49th Missile Defense Battalion headquarters. On Military Spouse Appreciation Day, we honor the contributions and sacrifices made by military spouses. Their commitment and support help to keep our country safe. America's military spouses are the backbone of the Families who support our troops during mission, deployment, reintegration and reset. Military spouses are silent heroes who are essential to the strength of the nation, and they serve our country just like their loved ones. (Photo by Angela Glass, U.S. Army Garrison Alaska, Fort Greely Public Affairs)

WEEKEND WEATHER

Friday



Partly cloudy, with a high of 63 and a low of 43 degrees

Saturday



P.M. showers, with a high of 65 and a low of 45 degrees.

Sunday



Mostly cloudy, with a high of 69 and a low of 47 degree.

MARK YOUR CALENDARS

EVERY THIRD SATURDAY OF EACH MONTH THROUGH SEPTEMBER
APRIL 20TH JULY 20TH
MAY 18TH AUG 17TH
JUNE 15TH SEP 21ST

**FORT WAINWRIGHT
2019 INSTALLATION
YARD SALES!**

**YARD
SALE**

Nutrition Corner: Nutrition 101 Special Edition – Popular Diets Explained

Brandy Ostanik

Medical Department Activity – Alaska, Public Affairs

Lactose-Free Diet: The lactose-free diet is an eating pattern that excludes a sugar called 'lactose' from all foods and beverages. Lactose is found naturally in most dairy products, and the lactose sugar requires contact with an enzyme called 'lactase' in order to be properly broken down and digested.

Some humans produce adequate amounts of this special enzyme for most of their lives without any problems, but others naturally stop producing the lactase enzyme between the ages of 2 to 5 years old, after which point they are not able to tolerate the intact lactose sugar. If an individual with lactose intolerance consumes a food or beverage with significant amounts of lactose, symptoms such as gas, abdominal cramps/bloating, diarrhea and/or nausea can occur. This condition is much different from an allergy, so be sure not to get them confused. Lactose intolerance is actually quite common, in fact, over 50 percent of the adult population around the world would be considered lactose-intolerant! Aside from causing discomfort, there are no other adverse health problems associated.

Fortunately the treatment for lactose intolerance is simple: a lactose-free diet. Lactose from dairy products including regular cow's milk, cow's milk-based yogurt and cow's milk-based cheese are fairly easy to identify, but lactose can also be hidden in processed foods due to the inclusion of dried milk or milk-based products as fillers, binders, stabilizers or flavoring agents. Some surprising examples of these are: processed grains, processed meats, instant potatoes/soups, salad dressings, margarine, some liquors and beers. Because lactose is so common, it is prudent to read food labels and ingredients carefully when attempting to omit lactose from the diet.

It is important that individuals who follow this diet find alternative sources of the vital nutrients that we typically obtain from regular dairy products, like calcium, vitamin D, riboflavin, protein and electrolytes. Milk alternatives like soy milk and oat milk are

examples of products that can be used instead of regular milk and have similar nutritional properties. Also available are lactose-free cow's milk products, which have been treated during production to break down the lactose sugars before the milk is consumed. Lactase enzymes are also sold in capsule or chewable tablet form at pharmacies and grocery stores, and these can be taken at the time a lactose-containing food is eaten to help break down the sugars and prevent symptoms. If you have any questions about your food habits or diet-related symptoms, check with your doctor or dietitian.

For more information about the lactose-free diet, check out this great overview from MedlinePlus: <https://www.nlm.nih.gov/medlineplus/ency/article/000276.html>

Featured Food:

Almond milk: this is the liquid that is produced by grinding the meat of almonds with water and straining out the pulp. Almond milk typically has a rich, nutty flavor and creamy texture. This liquid is naturally lower in vitamin D and calcium than cow's milk, however, in North America many commercial brands use fortification to make up for this discrepancy, and products tend to be equivalent to the dairy counterparts. Almond milk is cholesterol free and low in saturated fat, as well as low in protein (1g per serving in contrast to about 8g per serving in cow's milk). Almond milk is sold in a variety of different flavors, and in original or sweetened form.

Recipe Spotlight:

Dairy Free Chocolate Ice Cream – just what we need as these warm summer days are approaching, an ice-cream option that leaves us satisfied and without a grumbling tummy!

Ingredients:

- 3 cups unsweetened almond milk
- 6 large egg yolks

- 3/4 cup sugar
- 1/3 cup quality, unsweetened cocoa powder
- 1/4 teaspoon xanthan gum, for thickening
- 1.5 teaspoons pure vanilla extract

Preparation:

1. Add cocoa powder and half of the almond milk to saucepan over medium heat, whisk to combine. Add remaining almond milk and bring mixture to a simmer, stirring occasionally, remove from heat after two to three minutes.
2. In large mixing bowl, add the egg yolks and whisk until they lighten in color. Gradually add the sugar in small increments while whisking vigorously so the two emulsify.
3. Scoop in roughly 1/3 cup of the warm chocolate-almond milk mixture and whisk to combine, in order to temper the eggs. Add remaining liquid slowly and mix until completely combined.
4. Add xanthan gum to the mixture through a sifter and mix once more.
5. Add the vanilla extract and stir once more. Cover and refrigerate overnight, or for at least six to eight hours until completely cooled. Chill ice cream maker canister overnight as well.
6. Pour mixture into the pre-chilled ice cream container and prepare according to manufacturer's instructions. About 20 to 30 minutes.
7. Either consume immediately as "soft serve" consistency, or freeze, covered for six to eight hours in a freezer-safe container to harden. Let set out for 10 to 15 minutes before scooping.

Serves 8

Nutrition Facts: serving size is 1/2 cup, pre serving offers approximately 138 calories, 5g fat, 1.5g saturated fat, 22g carbohydrate, 19g sugar, 1.5g fiber, 74g sodium, 3g protein

Adapted from a recipe in Minimalist Baker by Dana Shultz; accessed on April 25, 2016 at <http://minimalistbaker.com/dairy-free-chocolate-ice-cream/>

MEDDAC Minute

Brandy Ostanik

Medical Department Activity – Alaska, Public Affairs

FOLLOW US!

Keep up to date on everything happening at Medical Department Activity – Alaska by following us @ BassettACH. You will find information on upcoming events, health tips, community notices and more.

STRESSED? DEPRESSED?

The Bassett Army Community Hospital 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.

PATIENT TRAVEL VOUCHERS

Two weeks turn-around time is the expected timeframe for vouchers to be approved for patients traveling for care outside of Fairbanks. For patients who have vouchers outside of this two week window, please contact the Patient Administration Department at 361-5001.

FAST, SECURE MESSAGING

Access is now easier, quicker and more user friendly! Schedule or cancel an appointment, talk with your provider, get test results and more. Check out the redesigned and upgraded Patient Portal at www.tricareonline.com.

LIMITED SERVICES

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

BILLING QUESTIONS?

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

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
United Health Care: uhcmilitarywest.com
1-800-988-9378

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• Outdoor Recreation Center

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ALASKA POST

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
U.S. Army Garrison Fort Greely

On the evening of April 29, 2019, my son was shot.

My first hint that something had happened was a text message from a family friend: "Call me immediately. It's about Sam." I received the message at the end of my first day of a two week class at the Chaplain School, Fort Jackson, South Carolina. My wife, Karen, was visiting her parents in Oklahoma. I was already mentally and physically exhausted from traveling, jet lag and "first day" administrative chores for class. I just didn't have the energy to call. So I messaged our daughter, Kathryn, in New York and asked her to make contact. A short while later, she messaged back: "Sam's been shot. He's alive. Called mom, she's handling it."

Army Families have a reputation for being resilient. But please pardon me for a moment while I lose it: WHAT?!! Suddenly, all the various hats I wear collided... father, husband, chaplain, Army staff officer and (eventually) just Paul, a

vulnerable and trembling child of God. The most important detail to note is that Sam is alive and, miraculously, will make a full recovery. He was shot during an attempted armed robbery in his apartment. He suffered a 9mm entrance wound on his neck and an exit wound on his back at shoulder blade height near his spine. Bare millimeters in a different direction on his neck and a major artery could have been severed with the very real possibility of bleeding to death. Bare millimeters in a different direction on his back and his spine could have been severely damaged or severed leading to paralysis or, possibly, death. By God's grace, a major hole was made through my son's body that will heal with no permanent physical damage.

Army Families also have a reputation for taking care of their own. My Army Family did not let me down. The Fritts family is grateful to everyone who offered prayers and encouragement. As Sam settles in to a new apartment, the shock has worn off, and we are all beginning the next stages of processing this traumatic Family event. I've been around enough young Soldiers who have been through their own

traumas not to be surprised that Sam is having nightmares. The wound to his body will heal and scar more quickly than the wounds to his soul. While I'm sensitive to Sam's seen and unseen wounds, I'm also aware of my own wounds: guilt (why didn't I call?), regret (could I have done more?), and perhaps even a bit of shame (Sam has made questionable choices). My best friend offered to help me think through my anger. Anger? Wait... I don't feel angry. Am I supposed to feel angry that someone shot my kid?

I thought about Job. He lost much more than I and had many more justifiable reasons to be angry. Feelings of anger aside, the truth Job's story teaches is that God is God, humans are not. God is sovereign, I am not. I was born in to this world with nothing, and I will depart this world with nothing. Everything in-between that I think is mine, including Sam, actually belongs to God. Accepting this understanding, how can I be angry at losing something that was never truly mine? Anger may eventually come, but for today I'm simply grateful for life. I pray that you are too.



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

SAFETY DAY

Continued from page 1

One of the subjects the safety experts spend a lot of time talking about is water safety. Boating is one of the biggest threats to people's safety in summer months.

"We try and make everyone aware that the water here is cold and swift moving; this is not like your lake down in the Lower 48, which is always warm and inviting," Sanches said. "Falling into the water here can take your breath away and sweep you downstream quickly out of reach of Family and friends."

People are very concerned about the bears here," he added. "Rightly so, but if you follow the basic bear safety rules we talk about and tips you will find elsewhere, you will have a safe backcountry experience."

Another threat to people's safety is not knowing when to stop and take a break when driving due to the extended daylight.

"As you know with the extended daylight we have here, people, I included, tend to keep going and going because they don't realize how late it is getting," Sanches said. "You want to keep driving to get to that favorite fishing hole no matter how tired you are. Take the time to stop, take a break, a nap. Learn not to push it. You need to get you and your Family to your destination safely, so you can enjoy your time away from the office and the house this summer."

For more information on this program, call 353-7087/7085.

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

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

Animal bite prevention

Capt. Aaron D. Sanborn
Army Public Health Nursing

Dogs are often thought of as members of the family, not just as pets. They have been proven to be great companions to all ages, decrease stress and increase exercise levels for those who care for them. With all these benefits, it's easy to see why dogs are often called "man's best friend." Even though they are loved, sometimes these furry family members bite, causing physical harm.

According to the American Veterinary Medical Association, there were 70 million dogs in the United States in 2015. That calculates to about one dog for every 4.5 people. In addition, 36.5 percent of homes in the United States have at least one dog. The statistics for cats are very similar.

Though numerous studies have shown the overall health benefits of having companion pets, these animals also have a documented track record of having high numbers of bites and scratches.

Nationally, 4.5 million people are bitten by dogs each year, as reported by the World Health Organization. Over half of these dog bites are in homes with dogs that are familiar to the family. Of these bites, children between the ages of 5 and 9 years old are the most likely victims. In addition, it is estimated that the United States has around 400,000 yearly cat bites.

For Fairbanks North Star Borough military beneficiaries, there were 50 dog bites and five cat bites reported to Fort Wainwright Army Public Health Nursing in 2017. From January to March of this year, there have been 11 dog bites and three cat bites reported.

People who experience a bite or scratch from any animal should seek medical attention as soon as possible. Military beneficiaries in the Fairbanks North Star Borough area should seek medical attention at the Bassett Army Community Hospital on Fort Wainwright

It is extremely important to take all scratches and bites seriously. No matter how small the injury may seem, going to the emergency room and receiving medical follow-up can prevent serious health issues in the future.

Per the Center for Disease Control and Prevention, dog and cat bites and scratches can cause many different types of infections. Among these are rabies, a deadly virus; pasteurella, a type of bacteria seen in over 50 percent of infected dog bite wounds; MRSA (methicillin-resistant Staphylococcus aureus), a bacteria resistant to certain antibiotics; and tetanus, a toxin that causes rigid paralysis in people.

When reporting to the emergency room or seeing your primary care physician, not only will your wounds be addressed to ensure your safety, but the injury will also be reported to Army Public Health

Nursing, the Fort Wainwright Veterinary Clinic and FNSB Animal Control to ensure appropriate human and animal follow-up.

Reporting an animal bite does not mean the animal will be taken away or euthanized. Instead, the Fort Wainwright Veterinary Clinic or FNSB Animal Control will contact the patient to conduct follow-up on the case. For personal pets, a 10-day home observation will be initiated, as well as an assessment of current vaccine status for the animal. For wild or stray animals, attempts will be made to locate and capture the animal.

The good news is there are proven methods that can help in decreasing the chance of an animal bite.

For dogs specifically, if a dog you do not know comes up to you, stand like a tree and look at your toes until the dog walks away.

Per the CDC, additional safety tips for avoiding dog bites include the following.

- Do not:
- Approach an unfamiliar dog.
 - Run from a dog.
 - Panic or make loud noises.
 - Disturb a dog that is sleeping, eating or caring for puppies.
 - Pet a dog without allowing it to see and sniff you first.
 - Encourage your dog to play aggressively.
 - Let small children play with a dog unsupervised.

To prevent cat bites and scratches, follow the below tips from the CDC:

- Be cautious with unfamiliar animals. Approach cats with care, even if they seem friendly.
- Avoid rough play with cats and kittens. Rough play causes cats to be defensive toward people.
- Trim cats' nails frequently.

For more information about preventing animal bites and what to do after an animal bite, contact Medical Department Activity – Alaska's Army Public Health Nursing at 907-361-3057. In addition, the Fort Wainwright Veterinary Clinic front desk number is 907-361-3013 and the FNSB Animal Control number is 907-459-1451.

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1/52nd AV gets Bambi Bucket training to assist with upcoming fire season



1st Sgt. Allen King, Alpha Company, 1st Battalion, 52nd Aviation Regiment, 16th Combat Aviation Brigade, monitors a simulated fire area for Bambi Bucket water dispersion operations during a multiagency fire season training alongside the Bureau of Land Management and the Alaska Fire service. (Photo by Brady Gross, U.S. Army Garrison Alaska, Fort Wainwright Public Affairs)



Spc. Darnell Barksdale, from Alpha Company, 1st Battalion, 52nd Aviation Regiment, 16th Combat Aviation Brigade, attaches Bambi Bucket connections and wiring to a UH-60 Black Hawk helicopter for aerial travel and deployment at a simulated fire area for multiagency fire season training alongside the Bureau of Land Management and the Alaska Fire service. (Photo by Brady Gross, U.S. Army Garrison Alaska, Fort Wainwright Public Affairs)



1st Sgt. Allen King (left) and Spc. Darnell Barksdale (right), Soldiers assigned to Alpha Company, 1st Battalion, 52nd Aviation Regiment, 16th Combat Aviation Brigade, prepare a Bambi Bucket for aerial travel and deployment at a simulated fire area for multiagency fire season training alongside the Bureau of Land Management and the Alaska Fire service. (Photo by Brady Gross, U.S. Army Garrison Alaska, Fort Wainwright Public Affairs)



Soldiers from Alpha Company, 1st Battalion, 52nd Aviation Regiment, 16th Combat Aviation Brigade, prepare and pilot a UH-60 Black Hawk helicopter in support of multiagency fire season training alongside the Bureau of Land Management and the Alaska Fire service. (Photo by Brady Gross, U.S. Army Garrison Alaska, Fort Wainwright Public Affairs)

Fort Wainwright Family & MWR

Weekly Events

May 17 - 24

17 Zumba Uncorked
May 17
6 to 8 p.m.

Join your friends for a stress-free, fun-filled, evening full of music, moves, and booze! Wine and beer will be available for purchase. Participants must be 21 and older to consume alcohol and to attend this event. Please drink responsibly.

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

18 Run for Heroes 5K
May 18
10 a.m. to 1 p.m.

The Physical Fitness Center is hosting the Run for Heroes 5K. Lace up your shoes and let's run in honor of our heroes! Register in advance in person at the PFC or at the Melaven Fitness Center. Registration and bib pick-up begin at 9:15 a.m. at the start of the race.

Physical Fitness Center, building 3709
Call 353-7223

19 Chena River Full Day Float and Picnic
May 19
9 a.m. to 6 p.m.

Enjoy a relaxing day with a picnic and a float down the Chena River with Outdoor Recreation. All skill levels are welcome. Transportation, equipment, and instruction is included.

Outdoor Recreation Center, building 4050
Call 361-4089, registration required

20 Health Nut: Hydration
May 20
11 to 11:30 a.m.

New Moms, make sure you are getting the hydration you need this summer! Join EFMP and ACS to find out how much hydration you and your baby need to stay healthy.

Last Frontier Community Activity Center, building 1044
Call 353-4227

22 Sow It & Grow It
May 22
2 to 4 p.m.

Join the Library for Sow It & Grow It! At this event, participants have the opportunity to get their hands dirty by planting a seedling, or get crafty by making a bird feeder.

Library, building 3700
Call 353-2642

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

NUGGET LANES BOWLING PRESENTS
MEMORIAL DAY
Bowling
SPECIAL

FRIDAY - SUNDAY
MAY 24-26 DURING NORMAL HOURS
UNLIMITED HOURLY BOWLING
\$15 PER LANE/HOUR
SHOE RENTAL NOT INCLUDED

Nugget Lanes Bowling Center
3702 Santiago Avenue (907) 353-2654
www.wainwright.armymwr.com
@WainwrightMWR #WainwrightBowl

Chena Bend Golf Course Opening

The wait is over. The 2019 Chena Bend Golf Season starts May 17!
Find out more at www.wainwright.armymwr.com

SOW IT & GROW IT

MAY 22ND 2-4 PM with POST LIBRARY
PLANT A SEEDLING AND WATCH IT GROW THIS SUMMER OR CREATE A BIRD FEEDER!
FREE CHINA CUP TO EARLY CHILDREN AND THE ELDERLY

Post Library, 3700 Santiago Avenue (907) 353-2642
www.wainwright.armymwr.com
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FAMILY AND MWR SPORTS & FITNESS PRESENTS
RUN FOR HEROES 5K

SATURDAY, MAY 18
RACE STARTS AT 10 AM

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YOUTH SPORTS REGISTRATION

History Snapshot: CANOL Pipeline through Chilkoot Pass, 1955

U.S. Army Garrison Alaska Cultural Resources Program

The Canadian American Gas Oil, or CANOL, pipeline, was hastily authorized and engineered beginning in 1943. Worried about the unreliable and overburdened schedule of the Alaska Railroad, the government decided that a pipeline would be a more expedient and reliable means of moving fuel around Alaska. The Lend-Lease program and Alaska Highway construction strained existing fuel supplies, so another, more local fuel supply was sought.

The government settled on a pipeline system originating in the oil fields of Norman Wells, Northwest Territories. Crude oil was pumped to a refinery in Whitehorse and then on to Fairbanks, Skagway and Watson Lake. All in

all, over 1,600 miles of pipeline were required and, at the peak of construction, over 10,600 civilians and 4,000 engineers worked on the project.

By April 1944, the pipeline was in full operation and ran at full capacity for the next 12 months. By April 1945, sections were shut down as the system became overwhelmingly plagued by leaks and spills; maintenance costs were prohibitive and the decision was made to shut down much of the pipeline. Oil development ceased at Norman Wells in 1945 and the refinery at Whitehorse was sold in 1947. The Skagway to Fairbanks section of pipeline remained in use, transporting oil delivered by tanker, until 1958.

(Photo courtesy of August Hiebert)



LAB

Continued from page 1

The lab developed an assessment tool that could lead to earlier clinical diagnoses, which could result in increased treatment opportunities and improved overall quality of life, she said.

The assessment includes monitoring cortisol, luteinizing hormones and testosterone levels as well as other indicators.

EXPOSURE TO BLAST OVERPRESSURE

TBI resulting from exposure to blast overpressure, or BOP, has been on the rise, said Usmah Kawoos, a researcher at NMRC's neurotrauma department. Blast overpressure is caused by shock waves, such as from explosions.

Kawoos and other researchers came up with an improved diagnostic method for BOP, which includes observing changes in endothelin ET- receptors, cerebrovascular responsiveness and monitoring blood-brain barrier permeability.

LONG-RANGE AEROMEDICAL EVACUATION

Rapid evacuation of combat casualties is paramount to survival,

said Dr. Anke H. Scultetus, a researcher at NMRC. However, not much is known about the effects of long-range aeromedical evacuation on the injured in a hypobaric environment, which means low atmospheric pressure experienced at high altitudes, such as on flights.

Scultetus said she found, through a four-hour, 8,000-foot altitude pressure hypobaric chamber, that significant damage to lung and kidney tissue occurs.

DISABLED SUBMARINE RESCUE

Should a sailor ever need to escape from a disabled submarine far below the surface, several problems could be encountered, said Navy Lt. Rainey Johnson, an undersea medical officer at NMRC.

Problems include decompression sickness while surfacing, as well as oxygen toxicity to the central nervous system.

Johnson said the lab came up with three mitigation strategies involving antiepileptic drugs, antiadrenergic drugs and ketone metabolic therapy.

SLEEP DEPRIVATION/HEAT RISK MONITOR

Sleep deprivation has a negative impact on cognitive and physical performance, impairing warfighter readiness, said Sam Hornby,

program manager at the Army's Biotechnology High Performance Computing Software Applications Institute.

His team developed an electronic monitor that predicts an individual's alertness in real time, along with optimal countermeasures that are individual-specific, he said. The device also measures and predicts heat-injury risk.

AUGMENTED REALITY FORWARD SURGICAL CARE

Telemedicine involves treatment of a patient in an area where there are no surgeons. Input from surgeons using audio/video conferencing allows nonsurgical doctors and medics to provide treatment.

Geoffrey Miller, a research scientist with the Army's Medical Modeling Simulation, Informatics and Visualization Telemedicine and Advanced Technology Research Center, said his lab has developed hardware and software that facilitate long-distance communications that can be used in a training environment.

RAPID BLOOD DIAGNOSIS AT POINT OF INJURY

It takes about four minutes to draw a blood sample and get diagnostic information in the aftermath of a

chemical attack, said Shane Kasten, a researcher at the Army Medical Research Institute of Chemical Defense. That's a relatively long time, because treatment following the attack can't proceed without a diagnosis.

His lab has come up with the ChemDx Test System that has shortened the time to about 20 seconds. It involves application of a blood droplet to the sampling end of a test strip.

REDUCING MALARIA WORLDWIDE

Due to their ability to carry and spread diseases like malaria, mosquitoes are one of the deadliest animals in the world, killing an average 725,000 a year, said. Army Col. (Dr.) Deydre Teyhen, commander, Walter Reed Army Institute of Research. That surpasses combat deaths, 475,000; deadly snakebites, 50,000; crocodile attacks, 1,000; and, shark attacks, 10.

To reduce deaths caused by mosquitoes, WRAIR has acted on several fronts, she said: provided proactive medical diplomacy, provided vaccines and vector control, and has taken the role of world leader in malaria drug and vaccine development.



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HOLIDAY TRAINING HOURS

MCS	Last Frontier Barber
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27 May Closed	27 May Closed
Stripes	Hospital Express
24 May 1000 - 1600	24 May 0900 - 1400
27 May Closed	27 May Closed
Last Frontier Express	Clear Express
24 May Closed	24 May 0900 - 1400
27 May Closed	27 May Closed

MEMORIAL DAY HOLIDAY HOURS

Exchange 1100 - 1700	Papa John's 1100 - 1700	Barber Shop 1100 - 1700	Mobile Phone 1100 - 1700
Popeyes 1100 - 1700	Papa John's Delivery 1100 - 2400	Beauty Shop 1100 - 1700	Furniture Store Closed
Taco Bell 1100 - 1700	Subway 1100 - 1700	GNC 1100 - 1700	Burger King 1100 - 1700
Charley's 1100 - 1700	Subway Express 1000 - 1900	Patriot Tactical 1100 - 1700	
Starbucks 1000 - 1700	Frame Shop Closed	Vista Optical 1100 - 1700	



SPOUSES

Continued from page 1

Instructions on how to apply for reimbursement can be found in the all Army activities, or ALARACT, message 036/2019 and will eventually be on the Military OneSource website.

Reimbursement is available to spouses of Soldiers in all three components and will be retroactive to Dec. 12, 2017, when the National Defense Authorization Act for Fiscal Year 2018 was signed into law.

Qualified costs include exam and registration fees required by the state, where the new duty station is located, for a license or certification for the same profession a spouse had before moving.

“So if your new real estate license in North Carolina is \$250, then the Army will reimburse up to the \$250 cost,” Geise said.

CHILDCARE PROVIDERS

For spouses who work at Army childcare centers, the service is developing another initiative that aims to retain their training, pay and ensure a job is waiting for

them when they move to a new installation.

“If they’re working in a childcare center at Fort Belvoir [in Virginia] and PCS to Fort Hood [in Texas], they should move right into a job without going through the reapplication process,” she said.

At a family forum in February, Army Secretary Mark T. Esper said he also supported the idea for more spouses to run childcare businesses from home, which could even shorten waitlists at the main centers.

When he came onboard last year, Esper said it took the Army an average of 134 days for a Civilian to be hired. His goal is lower that to 60 days.

“You can see the challenge,” he said. “No one is going to wait 134 days or by the time you do another opportunity has come before you or it’s time to [move] again.”

Spouses who are teachers also experience a lengthy re-hiring process. While some just have to wait a month to move into a new job, others wait six months or even the next school year to start, Geise said.

“We have so many wonderful spouse teachers that should be able to quickly move into a teaching job when they move,” she said. “It is expensive and it is time consuming.”

STATE RECIPROcity

The Defense State Liaison Office, she noted, is doing a lot of work toward state reciprocity to speed up re-licensing and re-certification efforts for military spouses.

“They’ve made some gains there,” she said. “They’re doing a really great job helping states understand the stresses on a spouse when he or she moves to another state and gaining employment.”

A “spouse licensure map” showing progress of interstate compacts that support license portability can be found on the Military OneSource website.

Spouses who want to pursue their first license, credential or associate degree may check out the Military Spouse Career Advancement Accounts Program. The program offers up to \$4,000 in scholarships to spouses of Soldiers in paygrades E-1 to E-5, W-1 and W-2, and O-1 and O-2.

Financial assistance can only be used for approved portable careers found on the Military OneSource website, which include jobs in aerospace, education, energy, health, hospitality, legal and skilled trades, among others.

Another option, the Military

Spouse Employment Partnership, prepares spouses to be “job ready” applicants and connects them to companies. The partnership now has nearly 400 partners that have hired over 130,000 military spouses.

“It started in the Army; now it is a defense-wide program,” Geise said. “They work with corporations, large and small, to help spouses find portable jobs.”

Army Community Service centers on installations also operate the Employment Readiness Program, which can assist spouses in finding and preparing for jobs as well as volunteer opportunities.

As a former Army spouse, Geise said she is proud of the steps the Army and Defense Department are taking to make it easier for today’s spouses.

“I, too, had to start all over again,” she said. “I, too, had to worry about what state required what from me when I moved. I, too, had to worry about the application process and if I was ever going to be able to get my foot in the door.

“I’m really excited about not only the license reimbursement issue, but also all the things we’re doing to help our spouses maintain their careers while their service member maintains their career as well.”



YOUTH SPORTS & FITNESS PRESENTS

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Making time for physical activity

Renna Hoener
 Army Wellness Center

It can be overwhelming to think about how to fit exercise into a daily routine, especially when taking into consideration the amount of activity recommended for a healthy lifestyle

The American College of Sports Medicine’s overall recommendation is for most adults to engage in at least 150 minutes of moderate-intensity exercise, or 75 minutes of vigorous-intensity exercise, each week for good health. For those who are looking for long-term weight loss and maintenance, 200 to 300 minutes per week of moderate exercise is suggested.

It is easy to get caught up on not being able to carve out an hour or more at a time for physical activity. However, studies have proven that even a short, 10 minute bout of exercise has the same heart-healthy benefits as longer exercise sessions. Set aside a block, or multiple blocks, of time every day on the calendar for planned physical activity – much like setting aside time for a medical appointment. Make being active a part of the daily routine, just like brushing teeth, taking a shower or eating lunch.

There are plenty of great 10 minute activities that can be done almost anywhere; walking the stairs, doing jumping jacks, walking lunges or high

knees will all increase your activity levels and help to raise your heart rate.

In addition to setting aside those 10 minute blocks of activity, there are also a myriad of changes to your daily routine that can assist get in the recommended amounts of exercise.

When out and about, don’t circle the parking lot looking for the closest spot, instead park at the far end of the lot and get in some extra steps.

Stop wasting those commercial breaks on the phone while watching television. Take the three to five minutes to do chair exercises, sit ups, planks or push-ups. Create a deck of cards with different exercises on each card and choose seven to complete three times for 30 seconds each.

Don’t go it alone. Grab a family member, neighbor or coworker to get active with. Studies show that having an accountability buddy greatly improves the chances of long-term changes and success. Take a walk through the neighborhood, go on a bike ride or play a game.

The staff at the Army Wellness Center are available to help active duty Soldiers, Family members, retirees and Department of the Army Civilians with overall health and fitness goals, including classes on stress management, upping metabolism and sleep education. For information on all services offered, or to schedule an appointment, call 361-2234.

AIM

Continued from page 1

#2: RESUME. RESUME. RESUME.

Simply put, officers who have a resume in AIM are more likely to receive a positive vote from units than officers who don’t have a resume. Units can filter officers by specific skills and talents, so take time to build a strong resume. Don’t wait until you’re scheduled to move to start working on your resume.

Officers should also read through their market’s rules of engagement prior to preferencing units. ROE is how HRC’s Officer Personnel Management Directorate implements proponent and senior leader career guidance. Paying attention to the ROE helps officers figure out which positions they are actually qualified for and which ones best match their skill set.

#3: PREFERENCING MAKES A DIFFERENCE

In the last moving cycle, 40 percent of officers who preferenced units got their most preferred assignment and 75 percent received an assignment in their top 10 percent. Remember #1? Go early and often. The sooner officers preference assignments, the sooner units will see that they are interested in them - and you can update your preferences any time until the market closes.

Among units who participated in the market, more than 50 percent of the officers they received were ones they had preferenced. Do keep in mind, even if an officer and a unit are a possible market match, meaning the officer wanted to go to the unit and the unit wanted the officer (i.e., the officer and unit preferenced each other), there are other considerations including readiness that go into the slating process.

#4: BE REALISTIC

How does hanging out on the sandy beaches of Hawaii or Florida sound to you? Or maybe you’d prefer hitting the slopes in the mountains of Colorado? Pretty good right? Well chances are there are plenty of other officers who are thinking that same exact thing!

And if you’re a unit eyeing one particular officer, there are probably other units interested in them too. Within AIM officers can see how interested their peers are in the positions in their market. The bottom line is officers should preference multiple units rather than focusing on one specific location and units should build a candidate pool by ranking multiple officers.

#5: MARKETPLACE 101

As with any Army system, you’re not going to learn everything you need to know about AIM the first go around. But every new system has a starting point, and for you that should be the Marketplace 101 video on the AIM landing page. It has simple instructions and tips to make the most of AIM including how to filter information, find good points of contact for both officers and units, and share special assignment considerations with your career coach.

OPMD can’t guarantee officers will always receive their more preferred assignment or that units will receive all of their preferred officers. Career coaches have to take into account readiness and key developmental opportunities, required skills and programs like the Exceptional Family Member and Married Army Couples programs.

Look at it this way, would you prefer to have a say in your next assignment, or would you rather sit back and let others decide for you? AIM is your opportunity to highlight your strengths and influence what the right position at the right location and the right time means for you.