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First baby of 2020 makes his debut

Brandy Ostanik
Medical Department Activity
— Alaska Public Affairs

The first baby of 2020 made his appearance at Bassett Army Community Hospital at 11:23 a.m. Jan. 1.

Kaitlyn and Staff Sgt. Tyler Steel, who is currently deployed with 1st Stryker Brigade Combat Team, 25th Infantry Division, welcomed their first child, 7 pounds, 14 ounces and 21.5 inches long, Rhett.

With a scheduled due date of Dec. 28, 2019, Kaitlyn initially hoped for a birth well before Christmas or after New Years to avoid intertwining Rhett's birthday and the holidays. However when Tyler surprised her Christmas Eve by coming back from deployment on a short leave, the date of birth no longer mattered, she was just excited to have him home for the birth.

Kaitlyn had been having mild contractions for about

a week when she called labor and delivery explaining the situation with her due date and Tyler's scheduled date to return to deployment.

"They told me to come in Monday morning to be induced," said Kaitlyn. "We came in about 7:30 that morning, and I went into active labor about 4:30 p.m. but eventually ended up having a C-section."

While her birth plan did not go as intended, Kaitlyn was thankful for the care she and Rhett received while at Bassett ACH. "The nurses and doctors here have been amazing," said Kaitlyn. "I am a lot to handle sometimes, and they handled me perfectly."

The birth was not what Tyler was expecting either. "It [the birth] was a lot different than I expected," said Tyler. "There was just so much more emotion than I thought there would be, I mean it's your first kid; just more emotions than I



Bassett Army Community Hospital welcomed their first baby of 2020 at 11:23 a.m. Jan. 1. Kaitlyn and Staff Sgt. Tyler Steel, who is currently deployed with 1st Stryker Brigade Combat Team, 25th Infantry Division, welcomed their first child, 7 pounds, 14 ounces and 21.5 inches long, Rhett. (Courtesy photo)

thought."

As for having Rhett share his birthday with

New Years?

"We're looking forward to fireworks for New Year's

Eve and telling him it's all for him and everyone is celebrating him."

New training helps arctic Soldiers forge stronger connections

Sgt. Nicholas Vidro

U.S. Army Soldiers are constantly training to be stronger physically and mentally to be fit for service. Recently Soldiers of the 1st Stryker Brigade Combat Team, 25th Infantry Division Task Force Reserve, pushed to be stronger in a way that can be neglected while learning new approaches in mentoring, beginning on December 17, 2019. The Connection Life Purpose System aims to teach Soldiers how to foster healthy connections in their unit. U.S. Army Capt. Bill Fry, the chaplain for 1/25 SBCT Task Force Reserve, led the training to help leaders learn the ins and outs of the system so that it could be incorporated into their training plans.

"The purpose of



U.S. Army Capt. Bill Fry, chaplain with 1st Stryker Brigade Combat Team, 25th Infantry Division, speaks at Connection Life Purpose System training at Northern Lights Chapel on Fort Wainwright on Dec. 17, 2019. Connection Life Purpose Strategy is a way for Soldiers to foster healthy relationships at the unit as well as purpose through service to each other and community. (Photo by Sgt. Nicholas Vidro, 1 Stryker Brigade Combat Team, 25th Infantry Division Public Affairs)

CLPS is to provide a holistic health training that focuses on wellness versus suicide prevention," he said. "We touch a little bit

on ACE (Ask, Care, Escort) training, then we take the focus off of the prevention of death and focus on the promotion of life

through relationships."

The origins of this training date back to a program that started at the Waterfront Rescue Mission, a rehabil-

itation facility located in Pensacola, Florida. It was at this facility that the program named New Hope Home was started. Fry started working on this program, which eventually evolved into CLPS. The groundwork of promoting life through relationships is a key tenant to the program's success, according to the chaplain.

"We first started this program at the rehab clinic I was working at," he said. "The major problems were depression, anxiety, and hopelessness. Those are common problems with addicts in recovery. This model helped create more positive spiritual and mental health for our clients then."

After joining the Army, Fry started to use this program to improve the lives of

Soldiers in his care.

While serving as the chaplain for 5th Squadron 4th Cavalry Regiment at Fort Riley, Kansas, the program was implemented within the command. Fry spoke on the formal introduction of this training to the Army.

"This was a collaborative effort with the commander of the 5-4 Cav, starting in late 2012 and we initiated it over an 18 month period," he said.

During this time, Fry stated that the overall mental health of the force significantly improved.

Later in his career Chaplain Fry again applied the program while assigned to Fort Bliss's Warrior Transition Unit. Due to the program's repeated

See TRAIN on page 4

AutoBears Assemble: Shoutout to Pvt. Mollison

Sgt. Nick Meeder
Headquarters and Headquarters Company, 70th Brigade Engineer Battalion

In this week's short edition of AutoBears Assemble, we want to call out one of our newest Kodiaks: Pvt. William Mollison.

Earlier this month, Mollison distinguished himself during a barracks inspection by Lt. Gen. Daly, the deputy commanding general of the U.S. Army Materiel Command, for military bearing and professionalism evident in the state of his quarters. Daly inspected Mollison's room and awarded him a rare deputy commanding general coin for exceeding the standards of maintain-

Pvt. William Mollison with his coin presented earlier this month by Lt. Gen. Daly, the deputy commanding general of the U.S. Army Materiel Command, for military bearing and professionalism evident in the state of his quarters during Daly's walkthrough of the barracks. (Courtesy photo)

ing a clean and organized room.

Mollison took the chance to discuss his experiences at Fort Wainwright with a general officer, with the aim of improving the quality of life of his peers arriving at Fort Wainwright.

Mollison represented the 70th Brigade Engineer Battalion with pride and grace.



Commissaries, exchanges welcoming more veterans in 2020

Thomas Brading
Army News Service

Beginning New Year's Day, commissaries, post exchanges and recreational facilities across the Department of Defense will open their doors to more than 4.1 million additional veterans, Army officials said.

Privileges will be extended to veterans who are Purple Heart recipients, former prisoners of war, and all who have any level of service-connected disabilities. Individuals who are designated as primary family caregivers of eligible veterans will also be granted privileges if they

See VETERANS on page 3

WEEKEND WEATHER

Friday



Patchy ice fog and patchy freezing fog. High: -31, Low: -34

Saturday



Sunny. High: -28 Low: -33

Sunday



Sunny. High -28. Low: -28.

RESUME WRITING CLASS

January 15, 9:30 - 10:30 a.m.

Artsy Afternoons every Friday at the Post Library are perfect for creative minds to get creative with a variety of projects.

This event is open to all ages.

Army Community Services, Bldg 3401
Call 353-4227, registration required

Nutrition Corner: Nutrition 101

With the holidays behind us, many Americans are settling into January with some exciting and healthful New Year’s resolutions. One that tops the list year after year is weight loss. Unfortunately, only 8 percent of well-intended people make good on their commitments for the new year overall and 30 percent give up on their weight loss efforts by February. There are several reasons for this but one that stands out is that most set unrealistic goals.

A great way to ensure successful, long term weight loss is to set reasonable goals and stick with the basics. A lofty goal such as losing 25 pounds by February is not realistic.

If that much weight loss is achieved in such short amount of time, it will likely come back just as quick as it came off. Losing weight that quickly is also a good indication one has cut out entire food groups or cut their calories too low leaving the dieter at risk for weight regain, low energy levels and nutrient deficiencies.

Instead, aim for a one to two pound weight loss per week achieved by creating a moderate caloric deficit every day through eating healthful foods and increasing your activity. Choose low fat dairy such as skim milk and reduced fat cheese and yogurts; lean proteins such as fish, 90 percent lean

ground beef and skinless poultry; plant based proteins such as nuts, seeds and beans; and choose whole grains that provide protein, fiber, and vitamins/minerals like quinoa, farro and millet.

Avoid fad weight loss diets that promise unrealistic results through drastic, often unhealthy diet alterations. Some red flags to look for are advertisements for quick weight loss, having to purchase a plan or product such as a shake or pill supplement, claims for detox or cleansing, and having to incorporate foods in as phases. Don’t forget to increase daily activity. Start by aiming for at least 10,000 steps per day,

150 minutes of moderate intensity cardio per week, and two strength training exercises per week.

Turkey Tacos:

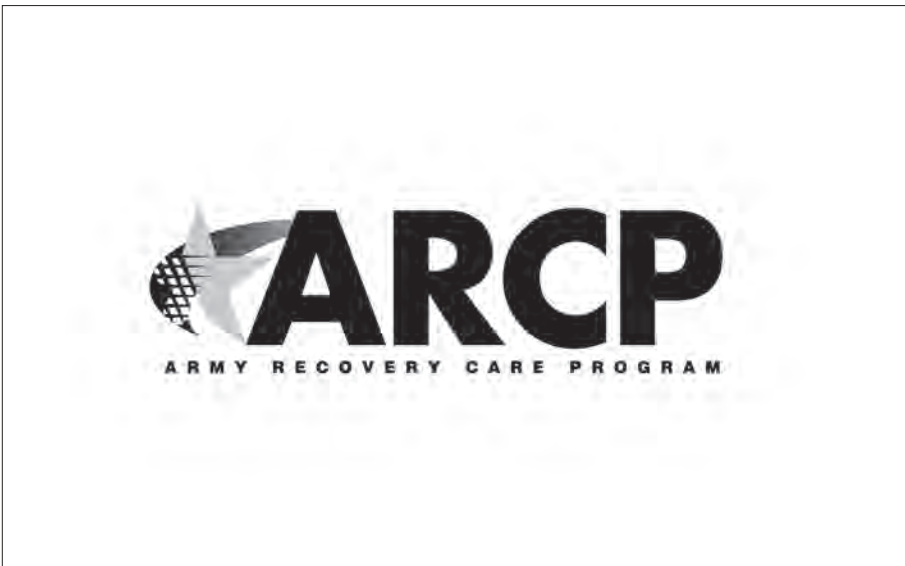
- 6 ounces of lean ground turkey meat
- 2 tablespoon chili powder
- 1 tablespoon cumin
- 1/2 tablespoon oregano
- 1/2 cup chopped onion
- 4 whole wheat 6 inch tortillas
- 1/4 cup reduced fat cheddar cheese
- 2 cups chopped baby spinach (fresh) or shredded lettuce
- 2 medium tomatoes, diced
- 1/4 cup salsa

- In a small bowl, stir together the chili powder, cumin and oregano.
- In a nonstick frying pan, add the ground turkey and onion. Cook over medium heat until the turkey is browned and onion is translucent. Drain well.
- Add the spices to the turkey mixture. Stir to mix evenly.
- 4) To serve, place a 1/4 cup of the turkey mixture in each tortilla.
- 5) Top each with 1 tablespoon cheese, 1/4 of the diced tomatoes, 1/2 cup shredded lettuce and 2 tablespoons salsa. Fold in both sides of each tortilla up over the filling, and then roll to close.
- 6) Serve immediately.

History Snapshot: Fort Wainwright rededicated Jan. 1, 1961



In 1961, Secretary of the Army Wilber M. Brucker rededicated Ladd Air Force Base. The new Fort Jonathan M. Wainwright was named in honor of the Medal of Honor recipient and World War II hero of Bataan [Corregidor]. (File photo, Cultural Resources Program)



The Army Warrior Care and Transition Program name has officially changed to the Army Recovery Care Program. The name change reflects the restructuring of the program to update policy and procedures, to simplify entry criteria, streamline processes and focus resources to foster an environment at the unit level that will serve individual Soldiers' unique needs. (Photo by Christopher Fields)

Army Recovery Care Program: Different name, mission the same

Christopher Fields
Army Recovery Care Program

The Army Warrior Care and Transition Program name has officially changed to the Army Recovery Care Program with the publication of Headquarters Department of the Army Executive Order 048-20.

The name change reflects the restructuring of the program to update policy and procedures, to simplify entry criteria, streamline processes and focus resources to foster an environment at the unit level that will serve individual Soldiers' unique needs.

While the name may be different, the mission of the Army Recovery Care Program remains the same: to provide quality complex case management to the Army's wounded, ill and injured Soldiers.

"Supplementing the rebrand, 'Recover and Overcome' is our new motto," said Col. Curtis Douglass, U.S. Army Medi-

cal Command, Deputy Chief of Staff, ARCP. "More than a motto, these words acknowledge that every step towards recovery requires formidable determination, and our program is here to provide the support and resources essential to overcome."

This year, ARCP will begin implementing its new single entry criteria process that will enable leaders and staff to focus on complex case management to ensure Soldiers receive what they need, when they need it.

"As our current Army Chief of Staff, Gen. James McConville has stated, 'People are always my number one priority,'" said Douglass. "We are just as much a resource for our leaders, as we are for our Soldiers."

For more information contact the Army Recovery Care Program public affairs officer, Ms. Julia Oliveri, julia.l.oliveri.civ@mail.mil, 703-571- 2761. You can find detailed information on single entry criteria at the link below.

MEDDAC Minute

Important Phone Numbers

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

Performance Triad Tip

Strength training is an essential part of having healthy bones and maintaining a healthy weight. Ladies, it is especially important for you. Estrogen, a hormone in women that protects bones, decreases sharply when women reach menopause, which can cause bone loss. This is why the chance of developing osteoporosis increases as women reach menopause.

A Great Place To Work

Medical Department Activity – Alaska has job openings for both clinical and non-clinical positions here at Fort Wainwright. To view job openings go to www.usajobs.gov.

Immunizations

The immunizations clinic at Bassett Army Community Hospital is open on a walk-in basis Monday through Friday 7:30 a.m. to 3:45 p.m. for all beneficiaries.

TRICARE Online Reminders

TRICARE makes it easy to receive a reminder for upcoming appointments. Beneficiaries who have their cell phone number in their TRICARE profile will receive a reminder text 48 hours and two hours prior to their appointment.

Save a trip to the ER

Not sure if you need to come into the emergency room or make an appointment? Beneficiaries can all our Nurse Advice Line to talk to a registered nurse 24 hours a day, seven days a week for advice about immediate health care needs. Call 1-800-TRICARE (874-2273).

Army Medicine’s Ambassador Program

Subject matter experts from MEDDAC-AK are available to speak to Family Readiness Groups, units, organizations or clubs. To schedule a speaker on health care topics or programs offered through MEDDAC-AK, call 361-5091.

ALASKA POST

The Interior Military News Connection

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The Chaplain’s Corner

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

Friends of mine home school their children. In a recent conversation with the dad, he commented about how he was about to begin their Latin lesson. Dad also speaks French, so I have no doubt that he is a capable Latin instructor. The conversation caused me to remember an article I saved some time ago. It’s in the form of an entry on the online dictionary website by the wordsmiths at Merriam-Webster titled: “In Vino Veritas” and Other Latin Phrases to Live By: Top 10 Latin Phrases - plus a few more. Here are a few Latin gems to keep in your 2020 kit.

First, the phrase carpe diem means “enjoy the pleasures of the moment without concern for the future” (literally, “pluck the day”).

What a great Latin phrase with which to begin a new year and a new decade! Ah, but wait... let’s not get ahead of ourselves. What about just today? Matthew 6:9-13 of Jesus’ “Sermon on the Mount” provides us with the Lord’s Prayer and a lesson on the importance of expressing daily gratitude: “Give us today our daily bread” (Matthew 6:211). I’m currently reading (and highly recommend) an amazing book on gratitude by Diana Butler Bass, Grateful: The Transformative Power of Giving Thanks. Among the many truths she writes on her journey to grateful daily living is this: “Gratitude is not a form of passive acceptance or complicity. Rather, it is the capacity to stare doubt, loss, chaos, and despair right in the eye and say, ‘I am still here.’ It is like the mantra of British

theoretical physicist Stephen Hawking: ‘While there’s life, there is hope.’ Being alive is radical gratitude” (p. 185). With gratitude, accept the radical gift of being alive...TODAY!

Second, the phrase amor vincit omnia means “love conquers all things”. “Conquer” is a word fraught with military definitions that describe defeating an enemy by force. However, the word also communicates a sense of overcoming non-military obstacles with mental or moral power rather than the force of arms. Athletes who compete in the Special Olympics or the Paralympics conquer numerous challenges with their own grit, determination and love of supporters in order to reach their goals. And the love of a parent or spouse conquers the fear and loneliness that we all face at various times

throughout our lives. The Apostle Paul famously wrote in his letter to the Romans that the love of Christ within us makes us “more than conquerors” (Romans 8:37), defeating anything that might threaten to separate Creation from Creator.

Finally, here’s a Latin phrase to live by that Webster’s does not include: Jesus Nazarenus Rex Iudaeorum. Often simply abbreviated as INRI, the translation is “Jesus of Nazareth, the King of the Jews.” It’s the inscription nailed to the cross with Jesus recorded in John 19:19: “Pilate had a notice prepared and fastened to the cross. It read: Jesus of Nazareth, the King of the Jews.” Only John records that the notice was written in Aramaic, Latin and Greek. Customarily, the notice on a cross named the charge for which the condemned was being crucified.



The chief priests protested to Pilate that Jesus only “claimed” to be the king of the Jews because Pilate’s charge - ironically but correctly - names Jesus as king. One, however, does not need to know Aramaic, Greek or even Latin to claim Jesus as king of our own lives. So, here’s wishing you a 2020 when we seize the day in gratitude, when we lean into God’s love trusting that it conquers

all, and when Jesus is Lord of our lives - Latin phrases to live by ETERNALLY!

For God and Country! The Fort Greely Chapel community is a traditional, protestant Army chapel service meeting on Sundays at 10 a.m. with a weekly Communion observance. Interested? Please call 907-873-4397 or “Like” our chapel Facebook page at <https://www.facebook.com/FGAChapel>

Fort Greely Adopt-A-School participates in Flashlight Walk

Chris Maestas
U.S. Army Garrison Alaska,
Fort Greely Public Affairs

U.S. Army Garrison Alaska, Fort Greely participated in an Adopt-A-School engagement with Delta Elementary School during their annual Flashlight Walk on Dec. 19.

The Flashlight Walk marks the last day of school for 2019 and the beginning of the holiday season for teachers and students. Over 300 students and families participated in this year’s walk in a balmy 1 degree Fahrenheit temperature.

The Fort Greely AAS program contributes military resources and services in order to increase public awareness of the Army’s mission and to foster good relations between the military and the communities they reside in.



Delta Elementary School students make a break for the walking track during the annual Flashlight on Walk Dec. 19. The Flashlight Walk marks the last day of school for 2019 and the beginning of the holiday season for teachers and students. (Photo by Chris Maestas, U.S. Army Garrison Alaska, Fort Greely Public Affairs)

COMMISSARIES: Welcoming veterans

Continued from page 1

success at this location, Chaplain Fry was recognized as the Witherspoon Chaplain of the year.

The training is focused on teaching leaders and Soldiers how to forge stronger relationships with those around them, as well as finding a purpose for themselves. Fry explained how leaders at Fort Wain-

wright should apply the system.

"This training empowers and equips leaders to be more thorough than the standard of coaching, mentoring and counseling," he said. "We're trying to teach interaction and empathy. Good leadership comes alongside Soldiers. You sweat with them, you laugh with them,

Beginning New Year's Day, commissaries, post exchanges and recreational facilities across the Department of Defense will open their doors to more than 4.1 million additional veterans, Army officials said. (Photo by Sean Kimmons)

and cry with them. That empathy truly allows a leader to lead by example. I hope that leaders will come away with knowing the importance of healthy connections, as well as finding the

healthy connections in the lives of their Soldiers. From that they will be able to lead in activities that will build community and camaraderie."

The chaplain explained that this



is not a new concept, rather a reminder for those who may have forgotten where their feelings of self-worth come from.

"We're just repackaging something that has been around since the beginning of civilization. People do better when we have a healthy spiritual life,

healthy relationships, and a life purpose... that concept has been around since the beginning of time."

Through this training program Chaplain Fry hopes to replicate the same positive results with 1st Stryker Brigade Combat Team, 25th Infantry Division.



1-25 Attack Reconnaissance Battalion
and the
Fort Wainwright Equal Opportunity Office
welcome all to the

2020 Martin Luther King Junior
Birthday Celebration

Northern Lights Chapel
Date: 21 January 2020
Time: 1300-1430

1-25 Attack Reconnaissance Battalion
Observance Coordinators

2LT Mizla, Stephanie M. & SSG Jones, Gina I.
(907) 353-0531

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gina.i.jones3.mil@mail.mil

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Trump: No casualties in Iranian missile attack, US won't allow nuclear Iran

Jim Garamone
Defense.gov

There were no American or Iraqi casualties as a result of the Iranian missile attacks on Al Asad Air Base and the city of Irbil in Iraq, President Donald J. Trump said today.

After meeting with his national security team, the president reiterated in the strongest manner that the United States will not allow Iran to gain nuclear weapons and the means to deliver them.

"We suffered no casualties – all of our soldiers are safe – and only minimal damage was sustained at our military bases," Trump said in a statement from the White House. "Our great American forces are prepared for anything. Iran appears to be standing down, which is a good thing for all parties concerned and a very good thing for the world."

Iran fired missiles at Iraqi bases that the United States uses to fight the Islamic State of Iraq and Syria. Four of the ballistic missiles broke up in flight; 10 hit Al Asad and two hit Irbil, officials said. Iranian officials said the attack was in response to the recent killing of Gen. Qassem Soleimani, commander of the Islamic Revolutionary Guard Corps' Quds Force in a U.S. strike in Baghdad.

Soleimani was responsible for hundreds of American deaths during the Iraq conflict and thousands of deaths in and around the Middle East, U.S. officials said. The United States declared the



President Donald J. Trump, joined by Vice President Mike Pence, senior White House advisors and senior military personnel, delivers remarks from the White House, Jan. 8, 2020. Trump discussed Iran's retaliatory missile strikes against U.S. military and coalition forces in Iraq. (Photo by Shealah Craighead, White House)

IGRC a terrorist organization in April.

"For far too long – all the way back to 1979, to be exact – nations have tolerated Iran's destructive and destabilizing behavior in the Middle East and beyond," the president said. "Those days are over. Iran has been the leading sponsor of terrorism, and their pursuit of nuclear weapons threatens the civilized world. We will never let that happen."

Intelligence indicated

that Soleimani was planning further attacks of American targets when the president made his decision. "He should have been terminated long ago," Trump said. "By removing Soleimani, we have sent a powerful message to terrorists: If you value your own life, you will not threaten the lives of our people."

The president said the United States is evaluating options moving forward. The United States will impose

new sanctions against the regime, and they will remain in place until the regime changes its behavior, he said.

The president called on Iran to abandon its nuclear ambitions and end its support for terrorism. He called on the remaining signatories to the Joint Comprehensive Plan of Action on Iran's nuclear program – the United Kingdom, Germany, France, Russia and China – to withdraw from the plan. Trump pulled the United States out

of the deal last year.

"We must all work together toward making a deal with Iran that makes the world a safer and more peaceful place," Trump said. "We must also make a deal that allows Iran to thrive and prosper and take advantage of its enormous, untapped potential. Iran can be a great country."

The president said he intends to ask NATO allies to become more involved in the Middle East process.

TRAIN: Making connections stronger

Continued from page 1

are recognized under the Department of Veterans Affairs' Program of Comprehensive Assistance for Family Caregivers.

"This is great news, and long overdue," said Michael Dukes, a newly eligible veteran for post retail privileges, and a former staff sergeant. "I think this is the honorable thing to do for those who served their country in uniform."

For some returning veterans, it has been a long time since they were on a military installation or in a commissary or military exchange, said Army officials, but they added each of these new patrons has contributed to the military community, either through a service-related sacrifice, or caring for a veteran with a service-connected disability.

Veterans and caregivers will also be authorized to use morale, welfare and recreation – or MWR – retail activities like golf courses, bowling centers, recreational lodging facilities, recreational vehicle campgrounds and other MWR Category C activities.

"Primary family caregivers of veterans with service-connected disabilities perform a noble and necessary service for veterans and ought to be recognized for their important role and relationship to these veterans," officials stated.

The Program of Comprehensive Assistance for Family Caregivers is currently the only formalized VA caregiver program where assessed, approved, and designated caregivers can be positively tracked and

identified in VA databases, so initial caregiver access is limited to those enrolled in this program, sanctioned under Section 1065 of Title 10, United States Code.

VETERAN HEALTH IDENTIFICATION CARD

Veterans eligible solely under this act should have their Veteran Health Identification Card, or VHIC, from the VA, and present it to gain entry to DOD and Coast Guard installations, officials said.

The VHIC must display the veteran's eligibility status, whether it be Purple Heart recipient, former POW, or a service-connected disability.

If a newly eligible veteran is unable to obtain their VHIC, the DOD will temporarily accept the VA Health Eligibility Center Form H623A, indicating placement in Priority Group 8E, paired with an acceptable credential, like a driver's license or a U.S. passport, until DOD and the VA identify a scannable, secure credential for this small group of veterans.

Before Jan. 1, only uniformed service members, their dependents, retirees, veterans who were 100-percent disabled, and Medal of Honor recipients could take advantage of MWR activities.

Previously eligible individuals should continue to use their DOD identification cards for installation and facilities access, officials said.

Temporary lodging facilities on installations will also be available on a space-available basis to the new veterans. Installation commanders are also authorized to grant access to other post activities, such as skills development and outdoor recreation programs, when space is available and the activities are primarily self-funded.

While not all veterans are now eligible for privileges on military installations, all honorably discharged veterans are eligible for online military exchange shopping through the Veterans Online Shopping Benefit.

Visit <https://www.va.gov/healthbenefits/vhic> for information regarding eligibility for the VHIC and the application process.

January 10, 2020

Mentally and physically strong: work ethic carries Army veterinarian

Joe Lacdan
Army News Service

One night while Dani-
ca Goodheart worked the
overnight shift at an emer-
gency veterinary clinic in
Concord, New Hampshire, a
middle-aged couple emerged
from the winter cold carry-
ing a bleeding pit bull.
As police sirens flashed
outside, another man walked
in, clutching a wet and in-
jured golden retriever. Good-
heart, only a year removed
from graduating veterinary
school at Auburn University,
learned that two dogs had
grappled with another dog
on a frozen lake.
Police had fired at the
dogs in an attempt to break
up the fight and a bullet hit
one of the dogs.
For more than two hours
Goodheart worked on the pit
bull as the distressed couple
sat in the waiting room. She
mended and treated the bul-
let wound after the projectile
had torn through the dog's
abdomen. She also treated
the second canine for hypo-
thermia and bite wounds.
When Goodheart ap-
proached the couple in the
waiting room to tell them
that their pit bull would sur-
vive, their eyes welled with
tears.

"I will never forget the
look on their faces," Good-
heart said, adding that all
the late-night effort was
worth it.
Now two years later, her
peers say that Capt. Good-
heart takes the same deter-
mined approach as a military
veterinarian – whether treat-
ing military working dogs or
conducting physical fitness
and weight training.
"She will put 110 percent
effort into whatever she's
doing," said co-worker Capt.
Chelsi Blume.
A fitness junkie since her
teen years, Goodheart has
continued to train and keep
in peak shape. She spends
up to 25 hours a week in the
gym.
**FITNESS
FOLLOWING**
Her efforts paid dividends
last August in her first body-
building competition at the
Jay Cutler Classic in Rich-
mond, Virginia. There the
29-year-old Goodheart placed
first, winning the overall
figure championship for
women. Goodheart had only
trained for four months as a
bodybuilder, hiring strength
coach Nic Wightman shortly
after arriving at Fort Bragg,
North Carolina.
"I had a really good coach
and a good trainer and
people that supported me



Capt. Danica Goodheart spends up to 25 hours in the gym, training year round. She is assigned as a veterinary services officer at Fort Bragg, North Carolina. (Courtesy photo)

throughout it," she said.
It also helped that she had
been in great shape prior to
beginning the training. She
had been an athlete most of
her life, competing in Divi-
sion I track at the University
of New Hampshire. She had
powerlifted and took part in
CrossFit for four years while
attending veterinary school.
Blume also has shared
her emergence in the sport
through social media,
amassing more than 42,000
followers for her Instagram
handle, "dr.danimal_111."
In addition, she has built
meal plans for fellow Soldiers
and friends to help them get
in shape.
"She's a very caring, kind
person," Blume said.
As a veterinary field ser-
vices officer assigned to the
248th Medical Veterinarian
Medical Detachment, at Fort
Bragg, she and her sev-
en-person staff are charged
with the medical care of
military working dogs that
provide security services for
U.S. forces in the detection of
drugs and explosives.
Goodheart, a New Hamp-
shire native, had always
planned on joining the
Army. But after graduation
from veterinary school, she
wanted to test herself in
critical situations before
commissioning and took the
job as an emergency room
veterinarian. Goodheart said
it takes resiliency to meet
the demands of the position,
which requires veterinar-
ians to constantly train
and prepare for a variety
of duties, including provid-
ing preventive medicine,
outpatient care and disease
control for pets at military
installations. In addition to
providing emergency care for
military working dogs and
other animals, members of
the Army's veterinary Corps
must prepare for deploy-
ments. They also monitor
and inspect conditions of
food served at Army dining
facilities and could provide
veterinary expertise during
natural disasters and emer-
gencies.
Even before joining the
military, Goodheart had
understood how to work
under duress, having already
dealt with the pressures of
working in the ER. There
she tended to injured dogs
and cats and even injured
animals found by roadsides.
This April, Goodheart will

take part in Defender 2020 a
multi-national joint military
exercise that will test the
Army's ability to project its
capabilities from the U.S. to
Europe.
Even though she won't be
able to compete in this year's
Cutler Classic due to mission
requirements, she still con-
tinues bodybuilding training.
Even when she doesn't
compete, Goodheart con-
tinues to dedicate her time
to the gym, doing deadlifts,
powerlifts and other exercis-
es.
"A lot of discipline and
hard work," said Blume.
"(Bodybuilding) is some-
thing that she enjoys doing,
but sometimes it's sacrifice
giving up some of the fun
and more enjoyable things,
to be able to do something
like that."
A 'GOOD' HEART
Goodheart had grown up
on a 100-acre farm, nestled
on the eastern shore of New
Hampshire's Lakes Region in
the small town of Meredith.
There, blanketed by the New
England countryside, she
cultivated her love of ani-
mals. She rode a horse that

she named Kodiak and com-
peted in barrel racing while
her parents bred mountain
dogs.
"I was always around an-
imals," Goodheart said. "My
mother has a very strong
passion for animals and
instilled that in us girls."
While attending high
school, Goodheart learned of
the importance of military
working dogs, who often
must go into harm's way
when searching for explosive
devices. That helped spur
her toward a career as an
Army veterinary doctor.
In the Granite State she
also participated in athlet-
ics – gymnastics and track
– a passion that eventually
evolved into weight training
and powerlifting. Growing
up on a farm, where her
family grew fruits, vegeta-
bles and grains, also instilled
a work ethic that Goodheart
said she carries with her to
this day.
Goodheart approaches
each challenge the same way,
whether building muscle
in the gym or tending to an
injured canine in the field.
"She's very hardworking,
motivated and self-driven,"
Blume said

ALASKA NATIONAL GUARD FAMILY PROGRAMS PRESENTS

Fairbanks Community Family Night

When:
Friday, 17 January, 2020
6:00pm-8:00pm

Where: Fairbanks Armory
202 Wien Avenue, Fairbanks

POC info:
Laralee Walston
fairbanksfac@gmail.com or
text
907-590-7201

Movie: Polar Express

FREE!

Board Games

We'll provide free popcorn and water. We will have some fun, family friendly board games.

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OPENINGS

We are Hiring in Food Facilities at Ft. Wainwright and Eielson.

FOOD SERVICE TEAM MEMBER BONUS
\$300 AFTER 6 MONTHS OF EMPLOYMENT
PLUS
\$200 AFTER 12 MONTHS OF EMPLOYMENT
Grand Total \$500 in addition to wages.

FOOD SERVICE FOREMAN BONUS
\$600 AFTER 6 MONTHS OF EMPLOYMENT
PLUS
\$400 AFTER 12 MONTHS OF EMPLOYMENT
Grand Total \$1000 in addition to wages.

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COMMUNITY CALENDAR

Fort Wainwright Family & MWR

Weekly Events

January 11 - 18, 2020

11

New Year, New Spin

January 11
10 a.m. - Noon

New Year, New You? Achieve your goal with starting the New Year with this 2-hour fitness class of high-intensity cycling! New Year, New Spin specialty class is \$6 or 2 punches on the fitness class punch card.

Physical Fitness Center, Bldg 3709
Call 353-7223, registration required

13

Lunch & Learn: E-Learning & Fairbanks BEST

January 14
11:45 a.m. - 12:30 p.m.

This part of the workshop series will be presented by the Fairbanks North Star Borough School District, Special Education Department & the School Liaison Officer (SLO). Lunch provided to registered participants.

Army Community Services, Bldg 4286
Call 353-4460, registration required

15

Parents' Night Out

January 17
6:30 - 10:30 p.m.

Take the night to have some you time, hang out with friends, or date night! Child and Youth Services after-hours care is an opportunity for children to have fun in a professional childcare environment and parents to enjoy a night out worry free. Cost: \$30 per child or use of Blue Star Community benefits. Registration deadline is January 15.

Parent Central Services, Bldg 3414
Call 353-7713, registration required

15

Resume Writing Class

January 15
9:30 - 10:30 a.m.

Artsy Afternoons every Friday at the Post Library are perfect for creative minds to get creative with a variety of projects. This event is open to all ages.

Army Community Services, Bldg 3401
Call 353-4227, registration required

16

B.O.S.S. Installation Meeting

January 16
1:30 - 2:30 p.m.

Join us for an Installation B.O.S.S. Meeting! You will have the chance to provide input on upcoming B.O.S.S. events, voice concerns about life skill events, express quality of life issues on Fort Wainwright, and most importantly stay informed!

Warrior Zone, Bldg 3205
Call 353-7648



JANUARY 18 - 19

B.O.S.S. SKI DAYS

NOW JUST
\$10

SKI BIRCH HILL WITH B.O.S.S.

11 A.M. - 7 P.M.

A DAY OF SKIING AT A REDUCED PRICE! SERVICE MEMBERS CAN GET FULL RENTALS, A FULL DAY LIFT PASS, AND A 1-HOUR LESSON FOR ONLY \$10.

REGISTRATION DEADLINE: JANUARY 11, 2020

IF THE TEMPERATURE DROPS TO -20 DEGREES OR LOWER, WE WILL ATTEMPT TO POSTPONE TO A WARMER DAY
SPACE-A TRIP: THOSE INELIGIBLE FOR B.O.S.S. ARE ABLE TO SIGN UP FOR ANY REMAINING SPOTS FOR \$27



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

www.wainwright.armymwr.com

@WainwrightMWR #WainwrightBOSS



Blast off into space with the Post Library on January 18 11:30 a.m. - 2 p.m.!

For more information, call: (907) 353-2642.

Find out more at www.wainwright.armymwr.com

@WainwrightMWR #WainwrightMWR

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*Rewards exclude military clothing line of credit.

Defense bill to fund pay raise for military, Civilian personnel

C. Todd Lopez
Defense.gov

The \$738 billion defense spending bill signed into law by President Donald J. Trump funds the largest pay increases in a decade.

According to Defense officials, service members and Families will benefit from a \$19.5 billion increase of the Defense Department's 2019 funding, including a 3.1 percent pay raise for military and civilian personnel and paid parental leave for civilians.

"This is a well-deserved pay raise for the men and women of the military, who continue to make great sacrifices for the nation as they stand watch all over the world to protect America," Defense Secretary Dr. Mark T. Esper said. "It will also ensure that we continue to recruit our country's best talent into the armed forces."

The fiscal year 2020

budget gives the DOD a \$622.6 billion base budget, \$70.6 billion for overseas contingency operations and \$1.8 billion in emergency funding. The overall defense budget also includes funding in separate authorizations for military construction and \$8.1 billion in emergency defense funds.

Esper said the new bill also supports taking care of military Families. Included in the law are: programs to offset the costs of professional licenses for military spouses; reforms to privatized base housing; and provisions to increase childcare capacity on military installations - including \$110 million across the services for child care programs.

"These are all very important to the readiness of the force and follow through on our commitment to take care of our service members and their Families," the secretary said.

January 10, 2020

Army scientist enhances future combat, wearable technology

U.S. Army CCDC Army Research Laboratory Public Affairs

A group of Army scientists are working to map out the cognitive mechanisms of the human system to seamlessly integrate future military technology into the daily lives of Soldiers. These scientists, from the U.S. Army Combat Capabilities Development Command's Army Research Laboratory, are not only trying to make life easier in the combat arena – they are working to save lives.

One of these scientists, Dr. Chloe Callahan-Flintoft, is from the lab's Human Research and Engineering Directorate and is a contributing author and researcher of a study originally published in bioRxiv Aug. 31, 2018. Psychological Review is also reviewing the paper for publication.

Callahan-Flintoft received her bachelor of science in math and psychology at Trinity College Dublin. She then went on to get her master of science statistics at Baruch College - City University of New York.

She primarily based her work off of research accomplished with her graduate advisor at Pennsylvania State University while getting her doctorate in psychology. A National Science Foundation grant mostly funded the research.

Callahan-Flintoft now works with the Army through an Oak Ridge Associated Universities Fellowship; however, she is preparing to make the leap and join the lab's scientific research community full-time. "I realized a lot of



Dr. Chloe Callahan-Flintoft is a researcher who is working with the Army to map the cognitive mechanisms of the human system in order to seamlessly integrate future military technology into the daily lives of Soldiers. She works with the Army through an Oak Ridge Associated Universities fellowship. (Photo by Jim Nelson)

the problems I was interested in were highly applicable to tasks Soldiers face – such as how to strike a balance so that you are staying on task, like searching for a target, but not setting such rigid attentional filters that you don't see unexpected events," she said.

Her work focuses on visual attention and how the brain samples information in both space and time. Because the human brain can't process every visual input to the same extent, Callahan-Flintoft helped to create a conceptual framework to map out the cognitive mechanism.

Her research is a model that can be used to generate predictions of how the brain will respond in explicit situations both in reaction time and accuracy. It maps out the way

information is inputted and processed in stages: Visual Input to Early Vision to Late Vision to the Attention Map, where attentional resources are delegated.

"Our environments present the human visual system with an abundance of changing information," she said. "To meet processing constraints the brain must select and prioritize some pieces of information over others."

Her model is advancing research in the field of visual attention, she said.

"RAGNAROC bridges two large bodies of literature in the attention community under one theory of reflexive visual attention by being able to simulate both human behavior as well as electrophysiology results," Callahan-Flintoft said. "In doing so, the model

is able to account for seemingly conflicting findings in previous work such as why sometimes our attention is pulled away from a target towards a salient distractor and other times we're able to suppress that salient distractor and stay on task."

Because this research simulates how items in the human visual field compete for attention, it was a natural step for Callahan-Flintoft to become interested in how such a system behaves when observed objects are changing smoothly in time.

Callahan-Flintoft then built the attentional drag model from the framework. This model's objective is to understand how human attention is engaged longer for smoothly changing objects versus abrupt movements. For

example, an object appearing quickly from around a corner versus smoothly shifting facial expressions.

She is a contributing researcher and author on a paper titled, A Delay in Sampling Information from Temporally Autocorrelated Visual Stimuli. The paper covers her research on attentional drag and has been accepted by the publication Nature Communications.

These models are the foundation for future combat and wearable technology, she said.

"My work is aimed on the importance of understanding the human brain, its underlying cognitive mechanisms, and how to develop technology around the human operating system," Callahan-Flintoft said. "Our brains were built from functioning in

the natural environment. It's integral to understand the organic machinery before applying the technical advances."

The quantifiable predictions produced from these models allow researchers to hypothesize and then test how the human visual system will respond to Augmented Target Recognition, or ATR, highlights displayed on Augmented Reality, or AR, eyewear.

"With the advent of AR, there is now new capabilities to display information to the Soldier overlaid on his/her visual field," Callahan-Flintoft said. "One such implementation is ATR highlights in which an AI system could encourage the visual attention of a user to potential threats. Ideally such highlights would provide helpful information to the Soldier without pulling the Soldier off task or causing a detriment to the Soldier's situational awareness."

Additionally, her work on the Human-AI Interactions for Intelligent Squad Weapons project, is advancing knowledge of the cognitive mechanisms involved in attentional allocation, scene processing and decision making in order to advise ATR implementations. Their objective is to make tech that complements rather than competes with natural visual processing.

Callahan-Flintoft envisions her work will lead to developments in AI systems that work in tandem with humans. Her goal is effortless human and tech integration, she said.

DOD launches Security Cooperation Certification Program

Defense.gov

The Defense Security Cooperation Agency Wednesday launched the Department of Defense Security Cooperation Workforce Certification Program for civilian and military members of the security cooperation workforce.

"We are proud to elevate security cooperation as a profession through the new Security Cooperation Workforce Certification Program," DSCA Director Army Lt. Gen. Charles W. Hooper said. Security coopera-

tion is the effort to advance U.S. national security and foreign policy interests by building the capacity of foreign security forces to respond to shared challenges. That effort involves, among other things, building and maintaining military-to-military relationships, combined training efforts, and foreign military sales.

"We will provide our workforce the education and training they need to help the DOD strengthen alliances and build partnerships using our security cooperation

toolkit," Hooper said. "As the program matures, we look forward to offering DOD professionals new career path opportunities in the important field of security cooperation."

The Fiscal Year 2017 National Defense Authorization Act directed DSCA to create a professional workforce development program and career paths for the thousands of DOD civilian and military employees supporting security cooperation

programs and activities.

In addition to developing the certification program, DSCA opened the new Defense Security Cooperation University in September 2019. With campuses in Arlington, Virginia, and Wright-Patterson Air Force Base, Ohio, the university provides training and serves as a center of excellence for security cooperation education and training across the DOD.



Defense Security Cooperation Agency Director LTG Charles W. Hooper speaks at the Defense Security University Ribbon Cutting Ceremony in Arlington, Virginia, Sept. 25, 2019. (Photo by Petty Officer 2nd Class James K. Lee)

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