

Delgado-DeWaele receives leadership award

Brandy Ostanik-Thornton
MEDDAC-AK

A member of the Medical Department Activity-Alaska operations section has received the Capt. John R. Teal Leadership Civilian Award for 2020.

Melissa Delgado-DeWaele, operations specialist, received the Department of the Army award for her impact and leadership within MEDDAC-AK.

October 23, 2003, serving as a brigade medical planner in the 4th Infantry Division, Capt. John R. Teal was the first Medical Service Corps officer killed

in action during Operation Iraqi Freedom. In his memory, the Capt. John R. Teal Leadership award recognizes medical professionals serving in key operational positions who have made significant contributions to the Army and Army Medical Department mission in an exceptionally outstanding manner.

Delgado-DeWaele has demonstrated leadership and an ability to be innovative while using technical skills to streamline operations and improve outcomes at MEDDAC-AK, said Lt. Col. Jeff Wyatt, MEDDAC-AK chief

of operations.

"Melissa took ownership of tasking and made remarkable improvements in compliance metrics," said Wyatt. "Her efforts to design and champion a new tasker tracking matrix led to a 28 percent increase in suspense compliance in under four months. This growth resulted in 100 percent tasker compliance."

In the nomination memo, Delgado-DeWaele was also recognized as the organization's subject matter expert for the Defense Training Management System.

"Upon modifying in-pro-

cessing operations for newly assigned staff and then training section and department DTMS managers on these modifications, the organization had a 23 percent overall increase in accurate documentation of command directed training," said Wyatt.

Overall, Delgado-DeWaele was lauded for her expertise and commitment to the Army Civilian Corps.

"Melissa epitomizes professionalism and is the consummate steward of the Army Civilian Corps," said Wyatt. "Her valuable contributions as a Depart-

ment of the Army Civilian is key in helping the organization realize the commander's mission and vision."

When notified of the award Delgado-DeWaele shared the success with her department.

"I am honored to be chosen for this award but I couldn't have done any of this without the support and guidance of my knowledgeable and hard-working teammates," said Delgado-DeWaele. "The MEDDAC-Alaska Operations Team is one of a kind and I am lucky to be a part of it."

Behind the Medicine: Medical Maintenance

Brandy Ostanik-Thornton
Medical Department
Activity – Alaska

At the conclusion of a medical appointment, the provider and their support staff often receive the compliments or disapproval from a patient, but whether the appointment went well or not, often begins before the patient ever enters the room.

Behind the scenes, Medical Maintenance, a group of a dozen Soldiers and civilians at Medical Department Activity-Alaska work to ensure equipment is working properly for safe patient care. This group, called biomedical electronics technicians work on everything from scales, thermometers and patient beds to defibrillators, laboratory analyzers and ventilators, the list of devices the department maintains is broad and encompasses every department.

"Quite literally all medical devices and their systems are worked on by medical maintenance," said Chief Warrant Officer Benjamin Reid, chief of equipment management at MEDDAC-AK.

As equipment arrives, and before being used in-patient care, the team ensures it is working correctly according to manufacturer specifications.

"Throughout the medical equipment lifecycle, the team performs preventive maintenance such as inspections, calibrations and replacement of parts to keep it functioning properly," said Reid.

In order to work as a biomedical electronics technician, Soldiers spend 41 weeks in



Pfc. Patrick Cross, biomedical electronics technician for Medical Department Activity – Alaska fixes a leak in a pneumatic tourniquet from the physical therapy department. Cross is part of a team that works to ensure medical equipment functions properly for safe patient care. (Photo by Brandy Ostanik-Thornton, Medical Department Activity – Alaska Public Affairs)

Advanced Individual Training at Fort Sam Houston. AIT training starts with basic electronic principles and progresses to in-depth medical maintenance and troubleshooting.

According to Reid, civilians tend to have graduated from a Biomedical Equipment Technician course from an accredited college or a military Biomedical Equipment Specialist/Technicians course during prior military service. Even though the training is intense and thorough, it is not possible to

train for every piece of equipment the team comes across in their daily duties.

Daniel Schmidt, a civilian in the section who also worked medical maintenance during a stint in the Navy, says they have everything they need to perform their duties.

"For bigger items like mobile x-ray units or the new dental chairs there are schools to go to and we tend to group up and share our knowledge," said Schmidt. "Working as a team

definitely makes things work more smoothly."

For other equipment, Schmidt says they use an old tried and true solution.

"We open the manual and if that doesn't work we call tech support," said Schmidt.

Whether working together on a complex fix or working solo for routine maintenance, the team all have one thing in common; they enjoy what they do and it shows in their work.

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Fort Wainwright Exchange helps Soldiers maintain BE FIT lifestyle during pandemic with Better-for-You Meal, snack options

Carina DeCino
Army and Air Force Exchange Service Public Affairs

The Army and Air Force Exchange Service is helping the Fort Wainwright community start the year off right with a wide selection of better-for-you meals and snacks—all while keeping the safety and well-being of the community top priorities.

"With more better-for-you meal and snack options than ever, the Exchange makes it easy to maintain a BE FIT lifestyle," said Fort Wainwright Exchange general manager Gloria Sylvania. "Whether dining out or on the go, Soldiers can count on the Exchange to help them meet their nutritional goals while maintaining a safe, sanitized and secure environment."

The Fort Wainwright Exchange's restaurants offer better-for-you options that support readiness and resiliency:

- Burger King's Impossible Whopper is made with a plant-based patty that has the flavor of beef, but made of soy and potato proteins. It's high in protein with 0 percent cholesterol and free of animal hormones and antibiotics.

- Popeye's Louisiana Kitchen diners can choose from more than 20 items with less than 350 calories.

- Charley's Philly Steaks offers items with 150 calories or fewer including grilled chicken, steak and garden salads, as well as a selection of Philly Cheesesteaks with less than 500 calories.

- Subway's Fresh-Fit® menu includes six sandwiches with 350 calories or less including turkey breast, oven-roasted chicken, Veggie Delight and Black Forest ham.

- Starbucks features 11 lunch and 11 hot breakfast items with fewer than 500 calories. Other better-for-you options include oatmeal, fruit, yogurt, nuts and more.

Soldiers and families can also find better-for-you meal and snack options on the go.

See FIT on page 2

WEEKEND WEATHER

Friday



Chance of snow. High: 15F.

Saturday



Mostly sunny. High: 11F.

Sunday



Partly sunny. High: 10F.

IN BRIEF

At 101 years old, Milton Zaczek, a World War II veteran, has done something very few have: survived two global pandemics. Read more on page 4.

Nutrition Corner: Meat and poultry labeling — What does it all mean?

Aimee Duncan
Registered Dietitian -
Nutrition Care Division

Labels on meat products can be confusing and sometimes misleading. The United States Department of Agriculture is in charge of certifying producers of meats and poultry. Here is a quick guide to translating a few of their terms.

Natural: A product containing no artificial ingredients or added color and is only minimally processed - the label must include a statement explaining the meaning of natural such as: "no artificial ingredients."

It can contain meats raised with antibiotics and hormones.

No Hormones: Hormones are not currently allowed for use in poultry or pigs. This label on beef products means no hormones have been used in raising the cow.

No antibiotics: This label ensures no antibiotics were used at any point during the animal's life whether by injection or in their food.

Organic: The meat adheres to organic standards, which include only being given organic feed and no growth hormones or antibiotics among many other

strict requirements.

Free Range: Whether buying chicken or eggs, this certification guarantees that the chickens were allowed continuous access to the outdoors during their lifetime.

Cage-Free: This refers to hens that are able to roam vertically and horizontally in indoor houses. They are not required to have access to the outdoors.

Certified Humane: This is a non-government company that ensures animal products meet vigorous standards including access to pasture and humane living conditions.

Grass Fed: This is not a USDA certification.

Third-party companies set forth the standards for this label. Essentially this certifies that the animal had access to pasture (was not in a feed lot), and was able to graze naturally on grass. Cattle raised on large-scale farms are typically fed grains instead of grass to help fatten them up for slaughter.

Many of these terms seem confusing and maybe even a little misleading. Essentially, a "natural" claim on a label means little more than the product does not have any artificial ingredi-

ents. In the end, some of these labels are a product of marketing firms attempting to get more sales. Check the label on a pack of store brand chicken versus "natural" chicken. Are there any different ingredients? If not, the product is essentially the same. Other certifications like organic and certified humane have more rigorous requirements to meet. Otherwise, all farms have certain standards set forth by the USDA to ensure adequate food safety. Depending on your personal preferences and values, some certifications just may be worth the extra money.

History Snapshot: Harding Lake, c. 1944



(File photo, Fort Wainwright Environmental Division)

Fort Wainwright Environmental Division

Harding Lake, originally known as Salchaket Lake, is located about 45 miles south of Fairbanks along the Richardson Highway. There is evidence that there were year-round cabins on the lake's shores as early as 1909 when the U.S. Geological Survey went through Alaska's Interior and first recorded the lake. Later, in the 1920s, the lake was given its current name, Harding Lake, in memory of President Warren Harding's 1923 visit to Alaska.

Throughout the 1930s and 40s, land around the lake was subdivided and slowly built upon. In the 1950s and 60s several recreation camps were built around the lake including an Army Camp along the southern shore. In its heyday the Army Camp had lodging, a café, an undeveloped beach, camping spots and boat rentals. It remained in use until sometime in the late 1990s-early 2000s, when the land was sold to a private developer.

This image comes from a World War II era Soldier's service album. The album contains many images from around Fairbanks and the Interior of the Soldier (name unknown, but apparently stationed at Ladd Army Airfield) and his fellow servicemen hunting, fishing, canoeing and sight-seeing during their recreational time here.

FIT

Continued from page 1

At Fort Wainwright's Express convenience stores, shoppers can easily spot better-for-you meal and snack options thanks to Healthier Choices, Healthier Lifestyle shelf tags.

The Fort Wainwright Exchange is committed to maintaining a safe, sanitized and secure environment during the COVID-19 pandemic. Safety measures underway at Fort Wainwright Exchange restaurants include:

- Limiting seating

capacity in the Food Court

- Requiring food workers to wear gloves and masks
- Regularly sanitizing restaurant counters and food prep areas

Other preventative measures at Fort Wainwright Exchange facilities include minimizing the use of cash; requiring face masks; and regularly disinfecting PIN pads, countertops, door handles, shopping carts and baskets.

- Clear acrylic shields

separate cashiers and customers, and strategically placed floor decals remind shoppers to maintain 6 feet of distance in check-out lines and other high-traffic areas.

Shoppers can learn more about the Exchange's better-for-you offerings—including restaurant-specific video nutrition guides; highlights from the Exchange's Healthier Choices, Healthier Lifestyle selection, and more—at www.ShopMyExchange.com/be-fit.

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

MEDDAC-AK Website: www.bassett-wainwright.tricare.mil

MHS Patient Portal: <https://myaccess.dmdc.osd.mil/>

Health Net: www.tricare-west.com, 1-844-8676-9378

COVID vaccination

Medical Department Activity-Alaska is following guidance from the Defense Health Agency for administering the COVID-19 vaccine. As of today, we continue to vaccinate healthcare personnel and first responders. As we open to different populations we will post information to our FB page, website and here in the MEDDAC Minute.

TRICARE Covers COVID Vaccine

TRICARE will cover the cost of beneficiaries no matter where

it is received. While there may be a cost based on your plan for an office visit, the vaccine itself is free. To learn more, www.tricare.mil/COVIDVaccine.

Pharmacy Hours

Please note the pharmacy is now open from 8:30 a.m. to 5 p.m. Monday through Friday and 10 a.m. to 2 p.m. Saturday.

Patient Family Partnership Council

Are you interested in having input into the operations at MEDDAC-AK? We are looking for Soldiers, Family members and retirees who are interested in having a voice by sitting on the Patient Family Partnership Council. Applicants can call the patient advocate at 361-5291.

Patient Advocate

The MEDDAC-AK Patient Advocate acts on behalf of all patients and the commander to resolve problems and implement necessary corrections. Beneficiaries needing assistance, or who have questions about the care received at MEDDAC-AK, can contact our Patient Advocate at 361-5291.

ALASKA POST

The Interior Military News Connection

EDITORIAL STAFF

Garrison Commander

Col. Christopher Ruga

Fort Wainwright PAO

Grant Sattler

Command Information/

New Media

Brady Gross

Community Relations/

Media Relations

Eve Baker

Staff Writer/Editor

Daniel Nelson

Staff Writer

Brian Schlumbohm

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The Chaplain's Corner

A New Year, a fresh start

Chaplain (Capt.) Kenneth D. Gillespie
Medical Command
Alaska Chaplain

It's that time of year again, when most people take inventory of their lives and look for opportunities for self-improvement. The New Year often represents hope. Hope that we can do better, hope that a little more effort on our part might bring about needed change in our lives, hope that the challenges and circumstances of the previous year might give way to new prospects. This can be an exciting time of year, a chance for a better life, an opportunity to become more intentional about how we live, what we do, and how we take care of ourselves. Whether it be spring-cleaning

or New Year's resolutions, the environment is charged with excitement and positive motivation about what the coming months may bring.

Some of the more common New Year's resolutions are oriented around the day-to-day choices we make. We may focus on improving physical fitness by eating better or spending more time at the gym. We might commit ourselves to drinking more water, going for daily walks, or getting more sleep. Some of us might even decide to limit out screen time or try to save or invest more money for the future. Whatever the resolutions or commitments may be, they represent hope that our efforts will produce positive change in our lives

and bring us closer to our goals. Unfortunately, one key area of our lives that directly contributes to our overall resilience and well-being, but is often overlooked, is our spiritual life.

Faith and spirituality encompass a wide range of beliefs and practices, often unique to each individual, but there are certain common outcomes experienced by those who are intentional about their spiritual fitness. They tend to experience more hope, be more resilient during challenging seasons of stress, find inner strength in response to traumatic experiences, and have an overall more positive outlook for the future. Connection with God and a clearer understanding of self and

how we relate to the world helps us to see beyond our current circumstances and find the hope and strength needed to overcome the challenges we may face.

So as we undertake the worthwhile endeavor of taking an annual inventory of our lives, do not neglect your spiritual fitness. It is easy to see how intentionality and discipline are essential elements of any effective physical fitness plan and they are likewise essential to the development and maintenance of spiritual fitness. Far too often we buy the trendy new book on prayer or medication because it feels good to explore these disciplines and we perhaps even recognize the inherent value they represent to our



well-being, but rarely does this develop into a disciplined practice and therefore we fail to see the benefits.

This year, let us approach our spiritual fitness with intentionality and discipline. With just a few adjustments to our approach, we can become far more successful in developing this area of our lives and experience real and lasting benefits to our overall well-being. Find or re-engage with a faith community of support, which

can provide coaching and accountability with spiritual disciplines. Be intentional about what you are doing and when you do it. Look for motivation from the expected long-term gains and not the in-the-moment emotional experience of it. Making these changes may not be easy, in fact, often it is one of the more challenging endeavors we may undertake but it may just prove to be the most important an impactful thing we ever do.

Worship Services on Fort Wainwright

Good Shepherd Catholic Community
Mass: Sundays, 9 a.m., SLC
Holy Hour Adoration: Thursdays, 6 p.m., SLC
Catholic Women of the Chapel: Wednesdays, 9 a.m., SLC

St. George Anglican Parish
Holy Communion: Sundays, 11 a.m., SLC
Mid-Week Holy Communion: Wednesdays, noon, BACH

Cornerstone Protestant Community
Worship Service: Sundays, 11 a.m., NLC
Protestant Women of the Chapel, Wednesdays, 6 p.m., NLC
Cornerstone Youth, Sundays, 1 p.m., NLC

Congregación Protestante Piedra Angular
Servicio de adoración: Domingos, 1 p.m., SLC
Northern Lights Chapel Nov. 22, 2020

Fort Wainwright Religious Support Office, 353-6112
1051 Gaffney, Unit 10
Southern Lights Chapel (SLC), 8th St & Neely Rd.
Northern Lights Chapel (NLC), Luzon & Rhineland Avenues

New medical device may change the face of battlefield treatment

Jeffrey Soares
USAMMDA Public Affairs

The U.S. Army Medical Materiel Development Activity has teamed with one of its commercial partners in the development of a novel medical device that may prove to be a "game-changer" in the frontline treatment of wounded Warfighters. Created by TDA Research, Inc., and funded through the Defense Health Agency's Small Business Innovation Research program, the Lactated Ringer's Solution Generator is a lightweight, portable unit that can produce sterile LR solution in austere locations from locally available freshwater sources. The device utilizes proprietary technology to produce one liter-size intravenous bags from a

concentrated LR salt solution.

Composed of sodium, chloride, potassium, calcium and lactate, LR solution is used primarily to treat dehydration, deliver medication and restore fluid balance following bodily injury. It is also used to treat moderate hemorrhagic shock, as it has been shown to increase initial survival rates among patients and decrease the chances of organ damage.

Austin Langdon serves as assistant product manager for the LR Solution Generator program within USAMMDA's Warfighter Deployed Medical Systems Project Management Office. He believes the device will help to save lives on the battlefield, and recently he demonstrated the unit for Army Brig. Gen. Michael J. Talley, Commanding General of the U.S. Army Medical



Austin Langdon, assistant product manager in USAMMDA's Warfighter Deployed Medical Systems Project Management Office, displays the Lactated Ringer's Solution Generator and demonstrates its capabilities during a virtual visit from BG Michael J. Talley, Commanding General of the U.S. Army Medical Research and Development Command and Fort Detrick, Maryland, Dec. 14, 2020. The novel device is a portable unit that can produce sterile LR solution in austere locations from locally available freshwater sources. (Photo by Jeffrey Soares, USAMMDA public affairs)

Research and Development Command and Fort Detrick.

"Without question, this small device will dramatically reduce the Army's logistical footprint of having to ship and store lactated Ringer's solution, which is the fluid of choice for resuscitation if blood

is not available on the battlefield," said Langdon. "This unit can make LR solution from practically any water source, including ditch water."

"I truly believe in this device and its application for military use in the near

See DEVICE on page 5



Amended Notice of Availability for a Draft Environmental Impact Statement Addressing Heat and Electrical Upgrades at Fort Wainwright, Alaska

Comment Period is December 23, 2020 through February 22, 2021

The Department of the Army is issuing this Amended Notice of Availability of the continuing availability of the Draft Environmental Impact Statement (EIS) as part of the environmental planning process to address heat and electrical upgrades at Fort Wainwright, Alaska. The Draft EIS evaluates reasonable alternatives, potential environmental impacts, and key issues of concern.

An electronic copy of the Draft EIS is available online at <https://home.army.mil/alaska/index.php/fort-wainwright/NEPA/HEU-EIS>. Copies of the Draft EIS will be available for review at the Noel Wien Library, Fairbanks, AK; Post Library, Fort Wainwright, AK; and Tri-Valley Community Library, Healy, AK if these facilities are open; and upon request.

The comment period originally scheduled to end on December 8, 2020 is being reopened for an additional 60 days ending on February 22, 2021. Comments received during the 60-day comment period on the Draft EIS will be fully considered prior to the identification of the Army's preferred alternative. This preference will be identified when the Final EIS is published.

There are several ways to provide comments during the comment period.

Email: usarmy.wainwright.id-pacific.mbx.heu-eis@mail.mil

Online Open House:
<https://home.army.mil/alaska/index.php/fort-wainwright/NEPA/HEU-EIS>

Mail:
Ms. Laura Sample, National Environmental Policy Act (NEPA) Program Manager Attn: IMFW-PWE (Sample)
1046 Marks Road #4500
Fort Wainwright, AK 99703-4500

If you have questions or require additional information, please contact Grant Sattler, Public Affairs Office IMPC-FWA-PAO (Sattler), 1060 Gaffney Road #5900, Fort Wainwright, AK 99703-5900; telephone: (907) 353-6701; [email: alan.g.sattler.civ@mail.mil](mailto:alan.g.sattler.civ@mail.mil)

The U.S. Army complies with Title II of the Americans with Disabilities Act of 1990. Individuals with disabilities who may need auxiliary aids, services, and/or special accommodations should contact Grant Sattler or TDD number 711. Requests should be made at least 5 days before the accommodation is needed to make any necessary arrangements.

MEDICAL Continued from page 1

Pfc. Patrick Cross who has been at MEDDAC-AK for a little over two months, is enjoying the work and finds the medical field rewarding. Additionally he says there is a level of self-confidence needed for the job.

"It takes a lot of confidence to be the one to work on a piece of equipment and then certify it saying it's working right," said Cross. "There's something about knowing I could work on a piece of equipment I may be connected to one day."

Weekly Tips: Keys to succeeding at your financial resolutions

The top three New Year's resolutions are losing weight, getting in shape and getting control of our finances. Making a clear plan will increase your opportunities for success. Here are some financial tips to help you reach your financial goals:

- Understand your money style. It's important to understand your own financial personality and traits. Some of us are savers, spenders, investors or a little of each. Understanding your style will help identify your habits. Changing bad habits and reinforcing good habits is an effective tool to reach your goals.

- Figuring out a starting point. This is where you create a realistic budget; include all household income and expenses. Review bank statements, pay stubs and

other income documents to ensure the budgets are accurate. Look for avenues to cut your costs and strive to live within your means. Consider using one of the following free sites to help you: www.mint.com and www.budgetpulse.com.

- Set realistic financial goals. Setting realistic long- and short-term goals will help focus your finances. Be sure you include all the challenges you might incur and their solutions when creating your goal action plan.

- Build an emergency fund. This takes more effort, but it's worth it. Start by setting up a savings account at a bank or credit union other than where you have your current checking. This will help you avoid tapping into this resource unless it's a real emergen-

cy. Ensure you are making minimum payments on your bills while you do this.

- Prioritize your debt. This will allow you to successfully reduce your debts while paying the least amount of interest. This sounds simple, but it can be difficult to achieve. Yet every dollar that doesn't go toward debt can be invested in your future.

- List all your debts, including balance and interest rates.

- Prioritize payments based on interest rates or lowest balances.

- Set up a payment plan to pay off credit card debts by paying more than the minimum to the cards with the highest interest rate or lowest balances. As the cards are paid off, continue to pay down on other cards with the additional amount,

eventually all the credit cards will be paid off.

- Remember to make payments on time to avoid late fees and rate increases. Use tools such as your electronic calendar to remind you of due dates.

- Using a debt reduction calculator can help you see how much the extra payment helps.

- Plan for predictable expenses. Planning for car maintenance, school clothes, holidays and other routine expenses can remove unneeded stress in your relationship. Consider opening separate savings accounts for each of these to help you with this process.

- Track your spending! The hardest part of living within your means is tracking your everyday spending. Consider using a financial app to help you. Remember

the more focused you are on your goals the better the chances of success!

- Monitor your credit. Keep in mind that having a good credit score can be valuable when it comes to controlling your finances. You can pull your credit report for free each year at www.AnnualCreditReport.com. As you pay down debt, your credit score will increase.

Don't get discouraged. When you are trying to change your financial habits, it's a process. It's important to understand your goals will take time to accomplish. You will have successes and setbacks along the way, but don't give up. Celebrate your achievements and learn from your setbacks. Remember the road to success is littered with mistakes.

101-year-old veteran survives two pandemics

Thomas Brading
Army News Service

At 101 years old, Milton Zaczek, a World War II veteran, has done something very few have: survived two global pandemics.

In November, the centenarian tested positive for COVID-19 after checking in at the emergency department at the Northern Arizona Health Care System in Prescott, shortly after his birthday.

To date, there have been more than half a million coronavirus cases in Arizona, which has resulted in 10,000 deaths.

For Zaczek, it was a battle he was already familiar with fighting. The recent diagnosis went full-circle to the early days of his childhood growing up, when in 1919 he survived the Spanish flu when he was less than a year old.

"My brother was taking care of me while my parents were working," he said, recalling his first bout with a global pandemic. "He was 20 years old, and I got very sick. He wrapped me in a blanket and rushed me to the clinic down the block."

World War II

Years later, Zaczek grew up in Maryland, where his daughter still lives, and oc-

cupied his early years with softball and sports, he said. It wasn't until the early 1940s when he left home under the cloth of the U.S. Army.

From 1941 to 1945, Zaczek served as an infantryman, fighting on the frontlines of World War II, a role he looks back on "like it was yesterday," he said in an interview Thursday.

"I can clearly remember fighting against the Japanese," he added. "They opened up with a machine gun on my squad. The guy next to me was shot, and I pulled him out of the line of fire and did what I could until the medics arrived."

Once the Soldier was pulled to safety, Zaczek applied a tourniquet on him until medics arrived, he said. Years later, the wounded Soldier thanked Zaczek for saving his life.

In addition to his tour in Japan, he also served in Australia, New Guinea, the Panama Canal, Germany, and the Philippines.

While in the Philippines, Zaczek and the 158th Infantry Regiment -- nicknamed "The Bushmasters" -- were ordered to overtake an enemy's mountain position under heavy artillery fire.

With the deck stacked

against them, the Bushmasters took the huge mountain, he said, regarding the mission in the Philippines. "Our team completed the mission and saved a nearby village. My unit received a presidential citation for our actions."

COVID-19

Fast forward to 2020, and the veteran was planning to spend time with a friend before feeling unwell. Despite taking precautions to avoid the airborne threat, he came down with the coronavirus.

Although falling sick with COVID-19 can be scary for anyone, he said, it was a process he maintained a positive outlook on. "I do not fear anything because I put my trust in the Lord."

In fact, Dr. Kara Johnson, his primary care provider, said she "loved working with Milton [because] he has given me hope. He has helped me see that we all can push through and live our lives."

"People are fragile in their everyday lives and feel like they have to do it alone, but they don't," Zaczek said. "They can ask for help, hang in there, and hope for the best. Many people have a defeated attitude, but there is hope."



Milton Zaczek, a 101-year-old Spanish flu and COVID-19 survivor, can be seen here as an infantryman with the 158th Infantry Regiment, or the "Bushmasters," during World War II. (Courtesy photo)

Army preps Strykers for laser combat shoot-off

Nancy Jones-Bonbrest

Offering a silent shot with unlimited rounds, laser weapons have long been the "next big thing" coming to the battlefield.

Now, "next" is finally here.

As the Army works to address increasing and changing threats from unmanned aircraft systems and rockets, artillery and mortars, the service is turning to high energy lasers, installed on tactical vehicles, to protect U.S. ground forces and equipment. The first of these combat-capable weapon systems, 50 kilowatt-class lasers mounted on Stryker vehicles, is on track for operational fielding by Fiscal Year 2022.

Already, a unique Army-industry team is integrating two Strykers in Huntsville, Ala. with 50 kW-class laser weapon capabilities and support equipment. By spring, these Strykers will head to a combat shoot-off event



A column of eight-wheeled Stryker combat vehicles moves along a road at Fort Benning, Georgia, Sept. 2, 2020 during training. Strykers in Huntsville, Alabama are now being integrated with 50 kW-class laser weapon capabilities and support equipment by an Army-industry team. (Photo by Patrick A. Albright)

at Fort Sill, Oklahoma, where they'll face a series of scenarios designed to test the system and establish threshold require-

ments for this class of laser. The result will lead to the competitive selection of one of the two laser systems for further prototype

production, while also demonstrating for the first time that this laser technology is at a mature technical readiness level.

"This is moving extremely fast," said Col. G. Scott McLeod, the Army Rapid Capabilities and Critical Technologies Office

program manager for Directed Energy-Maneuver Short-Range Air Defense. "Everybody has done a great job of managing all of the technical complexity and challenges of getting these new components built and integrated so we can move to the shoot-off next year."

The DE-MSHORAD prototyping effort -- as part of the Army's larger modernization strategy for air and missile defense -- is intended to help protect Divisions and Brigade Combat Teams from UAS, Rotary-wing aircraft and RAM threats, and will be delivered to a platoon of four Strykers by Fiscal Year 2022.

In an effort to rapidly deliver these firsts for the Army, the RCCTO selected two vendors in a cost share approach to build the two laser systems, fostering competition and stimulating the industrial base for directed

See STRYKERS on page 7

New Year, new budget? Exchange delivers everyday savings for Fort Wainwright shoppers



Carina DeCino
Army and Air Force Exchange Service Public Affairs

As Fort Wainwright Soldiers, retirees, veterans and military families plan their New Year budgets, the Army and Air Force Exchange Service is dedicated to helping heroes save.

At Fort Wainwright Exchange stores and at ShopMyExchange.com, the military community receives tax-free shopping and military-exclusive pricing—benefits that make a difference every day.

“Many of our shoppers have budgets they are trying to stick to, especially after the challenges of 2020,” said Fort Wainwright Exchange general manager Gloria Sylvia. “Shopping the Fort Wainwright Exchange can help our Soldiers, retirees, veterans and families find everyday savings on the items they need.”

Exchange-exclusive brands for the brave offer shoppers the same quality and selection of national brands at a lower cost. The Fort Wainwright community can find savings of 20 percent to 50 percent over name-brand items in clothing, kitchenware, home goods, health and beauty, electronic accessories and snacks.

The MILITARY STAR® card provides ways to help shoppers stick to their budgets, including:

- 5 cents off every gallon fuel at Exchange fuel locations.
- 10 percent off Exchange

restaurant purchases.

- Free shipping on ShopMyExchange.com and myNavyExchange.com.

- 2 percent rewards points on purchases. Shoppers receive a \$20 rewards card every 2,000 points.

- 0 percent interest military clothing plan.

MILITARY STAR offers budgeting tools such as the Pay Your Way Plans, which offer fixed monthly payments at reduced interest. A reduced-interest policy is also available for all eligible deployed service members. The card never charges any annual, late or over-limit fees and offers the same low APR for all cardholders. New cardholders receive 10 percent off their first-day purchases, and the card is accepted at all military exchanges and commissaries.

Online shoppers, including all honorably discharged veterans who have confirmed their eligibility to tax-free shop on ShopMyExchange.com, receive the same military-exclusive prices found in stores. All online orders of \$49 or more receive free shipping.

When shoppers purchase from the Fort Wainwright Exchange, they’re not just saving—they’re giving. 100 percent of Exchange earnings are reinvested in the military community, including through financial support of Quality-of-Life programs such as Child, Youth and School Services; Armed Forces Recreation Centers; and more. In the last 10 years, Exchange shoppers worldwide have generated \$2.2 billion for these programs.

Besides savings, the Exchange brings peace of mind as well. The Fort Wainwright Exchange delivers safe, sanitized, secure shopping during the COVID-19 pandemic. Shoppers can use the Exchange’s buy online, pick up in store service or curbside pickup for minimal contact or contactless options.

DEVICE

Continued from page 3

future, although it will probably find its way into civilian medicine as well,” he continued. “For the Army, the LR Solution Generator will increase our life-saving capabilities by helping to reduce our logistical supply chain demands — our ability to make LR solution in the field will also help ensure we’re able to use these critical bags before they expire.”

As a former Army flight medic, Langdon praised the unique qualities of the device, highlighting its size, weight and portability. The unit weighs less than 11 pounds and is stored in a hard-shell case that is approximately 10 inches wide by 18 inches long, and only 6 inches deep. The purification device runs on a rechargeable lithium-ion cell that can produce more than 30 bags of LR solution per single charge.

“Army leadership is continually seeking ways to reduce the logistical strain of getting much-needed resources to the front-line and far forward in Multi-Domain Operations,” said Langdon.

UNCLASSIFIED



THE JOINT CHIEFS OF STAFF
WASHINGTON, DC 20318

MEMORANDUM FOR THE JOINT FORCE

SUBJECT: MESSAGE TO THE JOINT FORCE

The American people have trusted the Armed Forces of the United States to protect them and our Constitution for almost 250 years. As we have done throughout our history, the U.S. military will obey lawful orders from civilian leadership, support civil authorities to protect lives and property, ensure public safety in accordance with the law, and remain fully committed to protecting and defending the Constitution of the United States against all enemies, foreign and domestic.

The violent riot in Washington, D.C. on January 6, 2021 was a direct assault on the U.S. Congress, the Capitol building, and our Constitutional process. We mourn the deaths of the two Capitol policemen and others connected to these unprecedented events.

We witnessed actions inside the Capitol building that were inconsistent with the rule of law. The rights of freedom of speech and assembly do not give anyone the right to resort to violence, sedition and insurrection.

As Service Members, we must embody the values and ideals of the Nation. We support and defend the Constitution. Any act to disrupt the Constitutional process is not only against our traditions, values, and oath; it is against the law.

On January 20, 2021, in accordance with the Constitution, confirmed by the states and the courts, and certified by Congress, President-elect Biden will be inaugurated and will become our 46th Commander in Chief.

To our men and women deployed and at home, safeguarding our country—stay ready, keep your eyes on the horizon, and remain focused on the mission. We honor your continued service in defense of every American.

MARK A. MILLEY General, U.S. Army Chairman of the Joint Chiefs of Staff	JOHN E. HYTEN General, U.S. Air Force Vice Chairman of the Joint Chiefs of Staff	JAMES C. MCCONVILLE General, U.S. Army Chief of Staff of the Army	DAVID H. BERGER General, U.S. Marine Corps Commandant of the Marine Corps

MICHAEL M. GILDAY Admiral, U.S. Navy Chief of Naval Operations	CHARLES Q. BROWN, JR. General, U.S. Air Force Chief of Staff of the Air Force	JOHN W. RAYMOND General, U.S. Space Force Chief of Space Operations	DANIEL R. HOKANSON General, U.S. Army Chief of the National Guard Bureau

UNCLASSIFIED

COMMUNITY CALENDAR

Fort Wainwright Family & MWR

Weekly Events

January 16 - 23

16 **Snowmachine Safety Course**
Registration Deadline: January 16
Event: January 23, 9 a.m. - Noon & 1 p.m. - 4 p.m.

Complete a Snowmachine Safety Course to checkout snowmachines for your own adventure and to join ODR on their guided trips. *Certification is valid for 3 years.

Outdoor Recreation Center, Bldg 4050
Call 361-6349, registration required

16 **Birch Hill Skiing & Snowboarding Area**
January 16 - 17
11 a.m. - 6 p.m.

Every Friday - Sunday shred the slopes at Birch Hill Skiing and Snowboarding Area! (Weather permitting) Purchase your tickets at Outdoor Recreation Center, Bldg 4050 every Thursday, starting at 10 a.m. Season Passes are available.

Outdoor Recreation Center, Bldg 4050
Call 361-6349/361-6350, tickets required

20 **SFRG Informal Funds Custodian Training**
January 20
Noon - 2 p.m.

Gain a clear understanding of the various roles & responsibilities of the SFRG Funds Custodian & Alternate.

Army Community Service, Bldg 3401
Call 353-7908, registration required

22 **Arctic Family Time: XC Skiing**
January 22
3 - 5 p.m.

Learn the basics of cross country (XC) skiing with Outdoor Recreation! Gear and instruction are included.

Outdoor Recreation Center, Bldg 4050
Call 361-6349, registration required

23 **Women in the Wilderness:
Goldstream Snowmachine Trip**
Registration Deadline: January 23
Event: January 30, 10 a.m. - 4 p.m.

Explore the Goldstream Trails with ODR on this ladies only trip! *Snowmachine Safety Course is required.

Outdoor Recreation Center, Bldg 4050
Call 361-6349, registration required

NUGGET LANES
BOWLING CENTER

OPEN WEDNESDAY - SUNDAY
*COVID parameters are in place.

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@WainwrightMWR #WainwrightMWR

Llama yields antibodies that may prove effective against COVID-19

Sarah Marshall
Uniformed Services
University

Researchers at the Uniformed Services University of the Health Sciences recently identified pint-sized antibodies, or "nanobodies," that could protect against COVID-19. At least one of these nanobodies — produced by a llama named Cormac — also appears to work well in either liquid or aerosol form, suggesting it could also help protect a person's lungs from infections.

The study was led by Dr. David Brody, director of USU's Center for Neuroscience and Regenerative Medicine, along with Thomas J. "T.J." Esparza, a Henry M. Jackson Foundation for the Advancement of Military Medicine employee working in support of CNRM. Both Esparza and Brody also work in the National Institutes of Health's National Institute of Neurological Disorders and Stroke.

Nanobodies are a type of antibody naturally produced by the immune systems of camelids, such as

camels, alpacas and llamas. These proteins are about a tenth of the weight of most human antibodies on average. They can be isolated in the lab and essentially free-floating versions of the tips of the arms of heavy chain proteins, which form the backbone of a typical Y-shaped human immunoglobulin antibody found in the blood. These tips recognize proteins on viruses, bacteria and other invaders, also known as antigens. Therefore, they play a vital role in the immune system's defenses.

Nanobodies are also more stable, less expensive to produce and easier to engineer than typical antibodies. Therefore, they have been increasingly used for medical research. A few years ago, for example, scientists showed humanized nanobodies may be more effective at treating an autoimmune form of thrombotic thrombocytopenic purpura, a rare blood disorder, than current treatments.

Since the pandemic broke, several researchers have produced llama nanobodies against the SARS-CoV-2 spike protein, which



Cormac the llama lives on a farm in Washington, where he contributes to scientific discovery. (Courtesy photo Triple J Farms)

is believed to be effective at preventing infections. In this study, published in Scientific Reports, the researchers used a slightly different strategy to find nanobodies that may work especially well.

"For years, TJ and I had been testing out how to use nanobodies to im-

prove brain imaging. When the pandemic broke, we thought this was a once in a lifetime, all-hands-on-deck situation and joined the fight," Brody, the senior author of the study, said. "We hope that these anti-COVID-19 nanobodies may be highly effective and versatile in combating the

coronavirus pandemic." The researchers found that at least one of these nanobodies, called NIH-CoVnb-112, may be highly effective at preventing infections or detecting virus particles by grabbing hold of SARS-CoV-2 spike

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STRYKERS

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energy capabilities.

The integration efforts by the two sub-contractors, Northrop Grumman and Raytheon, is being overseen by the prime contractor, Kord Technologies. To keep efforts fair, the integration work on each laser system is being performed in separate areas at the Kord integration facility in Huntsville. And to keep things safe during a national pandemic, the teams are implementing measures such as regular temperature checks, mask wearing, social distancing and smaller group sizes.

"This is an exciting stage of the program, as we're starting to put the laser systems together," McLeod said. "Soon we'll begin performing internal evaluations of the systems here at Redstone as part of

the walk-up to the combat shoot-off in a few months. We're looking forward to getting the vehicles fully integrated and ready to go out to the range."

In October 2020, the competing contractors simultaneously evaluated control and functionality against airborne targets. Two additional evaluations, serving as risk reduction events, will take place leading up to the combat shoot-off. At the shoot-off, the two laser systems will go up against a series of 12 vignettes that will increase in difficulty. For example, there will be a mix of scenarios that could include UAS targets, RAM targets, or both. It is not expected that both systems will be able to meet all the demands of all of the scenarios, but the realistic chal-

lenges to the prototypes will serve to establish threshold requirements for future DE-MSHORAD systems.

"The vignettes are important because our intent is to stress the systems to failure," said Dr. Craig Robin, deputy director of the RCCTO DE Project Office. "So we are not assuming they will pass everything, we are purposely creating a series of vignettes with increased complexity. It's a different paradigm in terms of a competition. It will not only help select between the two systems, but will also demonstrate that the technology is at a Technical Readiness Level 7, representing a major step in prototype completion."

Not the same as an operational test, the combat shoot-off will include

scoring criteria and evaluations from an overall performance standpoint, added McLeod.

"This is setting the baseline of what a 50 kW-class laser system is capable of doing," he added. "It shapes how the Army will write DE-MSHORAD requirements going forward."

Also, to ensure the prototypes deliver residual combat capability that meets the users' needs, close and recurring collaboration with Soldiers will be conducted throughout the effort to gather their feedback and input.

To address the support and infrastructure around the prototype lasers, the RCCTO utilizes a unique stakeholder forum known as the Octagon. This integrated group of stakeholders includes representation

from all aspects of Doctrine, Organization, Training, Materiel, Leadership, Personnel, Facilities, and Policy. The group works in parallel with prototype development, ensuring the right elements are ready when the prototypes are delivered.

The initial DE-MSHORAD Other Transaction Authority agreement was awarded to Kord Technologies in July 2019. Last month, the Army exercised an option on the OTA to purchase the additional DE-MSHORAD prototypes to be delivered by September 2022, for a total of four 50 kW-class laser Stryker vehicles. The industry team also includes Rocky Research for laser support equipment and General Dynamics for Stryker vehicle support.



A Message to the Army Community About Recent Events at the U.S. Capitol

Dear Soldiers, Civilians, Family members and Soldiers for Life:

The violent riot at the Capitol building in Washington, D.C. on January 6th, 2021 was an attack on the U.S. Congress and our Constitutional democracy. Since the Nation's founding, the United States Soldiers and Civilians have committed themselves to safeguarding democratic ideals while adhering to civilian authority by swearing an oath to support and defend the Constitution. We defend the rights of every American, and we protect the roles of our institutions of democracy. We remind all Soldiers and Civilians to uphold the Army's apolitical standards.

Democratic elections are a constitutional right, and the military has no role in determining their outcome. The Nation expects all members of the United States Army to follow the law and do the right things the right way, whether we are in or out of uniform. To maintain the sacred trust of the American People, it is important that all those who represent the Army, in any capacity, remain models of professionalism, character, and integrity.

The Army is steadfast in its role to defend our Nation, and our National Guard Soldiers continue their mission to support local law enforcement security efforts. We want to thank you for your commitment to the Army values as we remain stewards of our profession during these challenging times.

Michael A. Grinston
Sergeant Major of the Army

James C. McConville
General, United States Army
Chief of Staff

Ryan D. McCarthy
Secretary of the Army

LLAMA

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proteins. These "spike proteins" act like a key by "opening the door to infections" when they bind to a protein found on the surface of certain cells, called the angiotensin converting enzyme 2 receptor, the researchers explained. They then found a way to isolate these nanobodies that block infections by covering the "teeth" of the spike protein, which bind to and unlock the ACE2 receptor. This was done by immunizing the llama, Cormac, five times over the course of 28 days with a purified version of the SARS-CoV-2 spike protein.

After testing hundreds of nanobodies, they found Cormac produced 13 nanobodies that could potentially be strong candidates, including one they refer to as NIH-CoVnB-112. The researchers then showed that the NIH-CoVnB-112 nanobody could be effective at preventing infections.

To mimic the COVID-19 virus, the researchers genetically mutated a harmless 'pseudovirus' so that it could use the

SARS-CoV-2 spike protein to infect cells that produce human ACE2 receptors. The researchers saw that relatively low levels of the NIH-CoVnB-112 nanobodies prevented the pseudovirus from infecting these cells in petri dishes.

Additionally, the researchers showed that the nanobody was just as effective in preventing the infections in petri dishes when it was sprayed through a nebulizer, or inhaler, often used to help treat patients with asthma.

"One of the exciting things about nanobodies is that, unlike most regular antibodies, they can be aerosolized and inhaled to coat the lungs and airways," Brody said. "This is promising in that it could potentially be used to protect the lungs from infections."

This study was supported by NIH Intramural Research Programs at the National Institute of Neurological Disorders and Stroke and National Institute of Environmental Health Sciences.

MARTIN LUTHER KING JR. DAY
JANUARY 18, 2021

"IN A REAL SENSE ALL LIFE IS INTERRELATED.
ALL MEN ARE CAUGHT IN AN INESCAPABLE NETWORK OF MUTUALITY, ATTIRED IN A SINGLE GARMENT OF DESTINY.
WHATEVER AFFECTS ONE DIRECTLY AFFECTS ALL INDIRECTLY.
I CAN NEVER BE WHAT I OUGHT TO BE UNTIL YOU ARE WHAT YOU OUGHT TO BE,
AND YOU CAN NEVER BE WHAT YOU OUGHT TO BE UNTIL I AM WHAT I OUGHT TO BE.
THIS IS THE INTERRELATED STRUCTURE OF REALITY."

REMEMBER! CELEBRATE! ACT!