

# ALASKA POST

Vol. 2, No. 4

Home of the Arctic Warriors

Fort Wainwright, Alaska

[www.wainwright.army.mil/alaskapost](http://www.wainwright.army.mil/alaskapost)

January 23, 2011

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WEEKEND WEATHER

Friday

Clear.

Low -15 High 7

Saturday

Mostly clear.

Low -18 High 4

Sunday

Partly cloudy.

Low -12 High 4

Unrestricted visibility

NE winds 5 -10 mph

Forecast courtesy of  
Det 3, 1st Weather Squadron,  
Fort Wainwright, AK



## Deploying aviation brigade Soldiers receive Alaska Native sendoff, blessing

Eleanor Roehl, a Bristol Bay Alaska Native (above), performs for Soldiers of the 16th Combat Aviation Brigade during an Alaska Native Federation traditional potlatch or ceremonial feast Tuesday in Hangar 1. The event honored and bid farewell to Soldiers of the 6th Squadron, 17th Cavalry Regiment and C Company, 1st Battalion, 52nd Aviation Regiment (Air Ambulance) who will deploy to the Middle East next month. Alaska Natives joined hands in prayer with 16th CAB Soldiers (below) during the potlatch, adding to the traditional feast of food, song, dance and speeches. Lt. Col. Michael McCurry, commander, and Command Sgt. Maj. William McGaha, 6-17th, also cased the squadron's colors during a separate deployment ceremony Tuesday in Hangar 6. The unit, designated as Task Force Saber, performs armed aerial reconnaissance and security operations in conjunction with other maneuver forces utilizing OH-58D Kiowa Warrior helicopters and will deploy more than 400 Soldiers to Iraq in support of Operation New Dawn. Leaders and Soldiers of C/1-52nd also participated in a deployment ceremony Tuesday in Hangar 6. The company will deploy more than 90 Soldiers to Afghanistan to provide rapid-response medical evacuation capabilities in support of Operation Enduring Freedom. (Photos by Staff Sgt. Brooks Fletcher/16th Combat Aviation Brigade PAO)



## No river too deep for Alaska engineers

Sgt. Trish McMurphy, USARAK PAO

The ice bridge at the U.S. Army Cold Regions Test Center at Fort Greely enables units to reach otherwise inaccessible areas across the frozen Delta River.

It also gives the Soldiers of the 6th Engineer Battalion at Joint Base Elmendorf-Richardson an opportunity to learn special skills and receive hands-on training they could not get anywhere else.

The training was a brand-new experience for most of the 19 Soldiers from the 6th Engineer Battalion. For some, it was not even a task in their job description, with career fields ranging from equipment operators to construction workers and even a medic.

The Soldiers had to wear headlamps to see in the mid-winter darkness of Interior Alaska. They started the job with hand-held augers to drill into the ice to find unfrozen water in the riverbeds which they would use elsewhere to build the ice bridge, according to 1st Lt. Collin Russell, 56th Engineer Company, 6th Engineer Battalion.

Please see, BRIDGE, Page 4



Frost forms on Pfc. Jason N. Woolard's balaclava during the 24-below workday at Fort Greely Jan. 12. Woolard, Headquarters and Headquarters Company, 6th Engineers Battalion. (Photo by Sgt. Trish McMurphy/USARAK PAO)

## Having an ice time



Elias "Eli" Taylor, 2, son of Stephanie and Maj. Bill Taylor is helped by Pvt. Brandon Lindon, 3rd Battalion, 21st Infantry Regiment, 1st Stryker Brigade Team, 25th Infantry Division as Eli and his brother Jackson enjoy a skating day at the Physical Fitness Center's ice rink on Fort Wainwright. The brothers' mother Stephanie and grandmother Shirley Jewett brought them out because, "Eli and his older brother Jackson are learning to ice skate this winter and love coming to the rink on post to practice." Taylor said. The Taylor family is spending time with grandparents, Fairbanks residents Stephen and Shirley Jewett, while Maj. Bill Taylor is deployed to Afghanistan. (Photo by Brian Schlumbohm /Fort Wainwright PAO)

See more SKATING, Page 7

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## Commander's column

Col. Timothy A. Jones, Garrison commander

### February is full of fun activities for Soldiers, families



The cold snap we experienced last week is probably not the last one of this winter, but spring and warmer temperatures are on their way.

Before they arrive however, there are a number of events both on and off post that you may wish to experience once during your Alaskan tour.

The Yukon Quest starts Feb. 5. This 1,000-mile sled-dog race runs annually between Fairbanks and Whitehorse, Yukon Territory, Canada, alternating cities for the start. It starts in Whitehorse this year and ends on the Chena River near the Cushman Street Bridge. The mushers will come down the river, and if you can't get to the finish line to see them, you might be able to cheer a couple of them on as they run through post. The leaders should be arriving in the area around Feb. 14 or 15. You can follow their progress at [www.yukonquest.com](http://www.yukonquest.com).

Local sled-dog sprint races are in full swing now, with a few championships in February. The Gold Run Feb. 19 and 20 at Jeff Studdert Racegrounds on Farmer's Loop Road will feature two-dog skijoring and four-, six-, and 10-dog mushing. Or go out to North Pole Feb. 26 and 27 to watch the teams from start line to finish. For more information on the

sprints, visit [www.sleddog.org](http://www.sleddog.org).

If you prefer machines over animals, watch for the Iron Dog snowmachine race. It starts in Big Lake, Alaska, Feb. 20 and should arrive at the finish line on the Chena River downtown about Feb. 26.

Another snowmachine race is the Tired Iron. This race celebrates the snowmachine (the older the better), recognizes the many different makes and models and has come up with numerous categories for these restored machines to compete in. It will be on the river downtown Feb. 26 and 27.

Another popular winter activity is the annual Ice Art Competition and display. Artists from all over the world come to Fairbanks to compete in this ice-carving competition. The sculptures are of varying sizes and range from abstract to realistic. The event has been featured on Good Morning America and the Discovery Channel. Ice Park is located on Phillips Field Road, just east of Peger Road. The competition starts Feb. 22 and the sculptures will remain in place until near the end of March. See [www.icealaska.com](http://www.icealaska.com).

Right here on Fort Wainwright we have activities

to enhance your enjoyment.

Want to enjoy the Super Bowl with friends but avoid the hassle of cooking, cleaning and preparing for a houseful of people? The Warrior Zone is sponsoring a full-scale Super Bowl Extravaganza Feb. 6 for ages 18 and older. You can catch the big game, have some great food and miss all the work of putting it together in your home.

If you prefer a quieter activity, bring your loved one to the Last Frontier Community Activity Center Feb. 14 for a romantic candlelit dinner for Valentine's evening. It's open to all military ID cardholders.

There are just a little more than two months left of winter, with lots of things to do and watch. Get out and enjoy the Alaska experience. Talk with the mushers and the snowmachiners. Watch sports and other activities you may not see at your next duty station. Dress warmly and have a good time.

If you have a question or issue you would like to see addressed in the Garrison Commander's column, please e-mail the Public Affairs Office at [linda.douglass@us.army.mil](mailto:linda.douglass@us.army.mil).

## Former Iranian hostages reunite at West Point

Mike Strasser, West Point PAO

WEST POINT, N.Y. (Jan. 21, 2011) -- Thirty years ago, the U.S. Military Academy served as an historic waypoint when the nation cheered the return of a group of American citizens taken hostage from the U.S. embassy in Iran.

The West Point community took part in that celebration on Jan. 25, 1981, welcoming home the 52 hostages who enjoyed a few days of respite with their families on the installation at the Thayer Hotel.

West Point welcomed them back Jan. 20, as 15 former hostages, five rescue personnel and family members returned for a three-day reunion and to share their experiences with the Corps of Cadets and faculty.

Re-creating their convoy through Highland Falls into West Point, they were met by thousands of cheering cadets who lined Thayer Walkway, applauding and shaking hands with the returning guests of honor.

Brig. Gen. Timothy Trainor, dean of the academic board, said the reunion was particularly poignant for him, having been witness to the original homecoming.

"It's an especially personal welcome for me, because lost in the sea of cadets that lined that cordon when you came through 30 years ago was Cadet Trainor," he told the reunion participants. "And there's another Cadet Trainor here today, my daughter [Cory], who just experienced the cordon coming through this morning. So there's a personal thread for me also."

Trainor said the former hostages, participants in the ill-fated 1980 rescue mission that was derailed by an aircraft collision at a desert staging area, and family members all serve as examples of extraordinary service to America.

"Your insight into the events that unfolded 30 years ago today are invaluable," Trainor, a Class of 1983 graduate, said. "Invaluable in the fact that you were on the front line confronting religious, ethnic and political extremism, and an ideology of which many Americans were unaware, or to which we were certainly unaccustomed to at the time. It's an ideology that does not go unnoticed today at a time when America is at war on many fronts in a time of volatile, uncertain conflicts."

Like Trainor, Col. Mike Meese, a Class of 1981 graduate, stood roadside three decades earlier to witness the arrival of the hostages to West Point. The former social sciences major, now head of the academy's social sciences department, recalled

reading about the embassy takeover in the newspaper. That morning, his national security class's instructor was absent because the Army officer was recalled to the National Security Council in Washington, D.C., to assist the administration with the crisis.

Cheering the hostages through the gates at West Point and later sharing a meal with them was a momentous occasion, Meese said.

"They served with honor and the values that we are teaching cadets every day, ... and I learned a lot just from seeing the example of these 52 great Americans who came to West Point 30 years ago," he said.

The reunion attendees had another chance to relive history when they returned to the Cadet Mess Hall, an event that three decades earlier Trainor described as a joyous event for the 4,400-plus cadets. Another generation of cadets made the experience just as memorable the second time.

"It was truly exceptional to have the hostages back at West Point for the 30 year commemoration of their release from terror and return to freedom," Cadet Tom Witkowski, Class of 2011, said. "I was overwhelmingly awestruck by the valor and resolve that each hostage and their families embodied to endure such a terrible situation. Eating lunch in the Mess Hall gave me a unique opportunity to meet these brave and courageous people who embraced unbelievable valor and strength. To me, they truly represent what it means to be an American."

L. Bruce Laingen, a Navy veteran of World War II, chuckled at the bottle of water in his hand, which bore, as most things at West Point do, the "Go Army, Beat Navy" slogan. Laingen, who served as the Iranian foreign ministry office's charge d'affaires during the siege on the embassy, joined a panel discussion on Iranian-U.S. relations, with two fellow former captives -- Barry Rosen, former press secretary, and former senior political officer Victor Tomseth -- plus Wade Ishimoto, a member of the rescue team.

Other panels focused on the embassy takeover and crisis resolution, the hostage rescue mission and the 1972-79 Iranian revolutionary crisis.

The panels provided a wealth of insight, some levity and moments when tears simply couldn't be contained.

Paul Needham, an Air Force captain working in the embassy on temporary assignment, was in the security vault at the time of the takeover, destroying sensitive materials before surrendering. Standing twice before a firing squad - a scare tactic used by his captors, though none were shot -

Needham said, he learned the value of inner strength, which steered his resolve through the 15-month ordeal. He found the America he returned to was much different from the one he left, he added.

"I left here in 1979 as a captain. People did not go to work in the Pentagon wearing their uniform; we were coming out of Vietnam and people were not proud to be Americans," Needham recalled. "I came back here and the streets were lined with people [waiting] to see us. I still get choked up. It was extremely emotional coming here to West Point."

It was supposed to be a yearlong volunteer assignment for retired Air Force Col. David Roeder, one of the more senior military officers captured. Roeder said he spent a lot of time in solitary confinement, but was able to communicate for a couple of months with fellow captive Bill Daugherty in the adjoining cell without getting caught by the guards. Daugherty said it became an exercise in the leadership of one.

"The leadership of one can be very difficult," he said. "This can be just as difficult as leading a platoon or company, because you're your own worst critic."

Daugherty said he lived by two standards: to protect classified information and to do nothing that would harm another hostage. He also practiced intelligence gathering.

"I wanted to find out as much as I could about these guys, why they were doing it. ... I tried to remember every single thing, every single face, every single conversation," Daugherty said.

Barbara Rosen, an elementary school teacher, wife, mother and homemaker, first heard of her husband's capture when she was awakened by a phone call from her mother-in-law. She was quickly thrust into a situation she was

never trained or prepared to handle.

"I had to figure out how to go about dealing with all the problems that were now placed before me," she said.

During the first few months of her husband's captivity, Barbara said, she spent a lot of time sleeping to pass the time. She later found solace in advocacy work and giving media interviews. Thirty years later, she still has a vivid memory of coming to West Point on the homecoming trip.

"The roads were totally lined with Americans; there was a dog with an American flag tied around its neck," she recalled. "Men and women who were former hippies protesting the Vietnam War for years were out there waving American flags."

She told the cadets attending the panel discussion that while she was seeing everything at the time, she wasn't able to truly feel it. Today, she said, she had a second chance.

"This morning, when all of you were out there welcoming us to West Point, ... when you re-enacted it for us today, those feelings were so strong it brought tears to my eyes," she said, "and it did so for many of the others being welcomed."



The 30th anniversary of the Iranian hostages return to the U.S. is observed Jan. 21 with 15 former captives and five members of the rescue team returning to West Point, the site of their original homecoming in January 1981. The entire Corps of Cadet formed a cordon along Thayer Walkway to salute and cheer their arrival. Many cadets made signs and banners. (Photo by Tommy Gilligan/West Point PAO)



### LEGAL NOTICE

#### Disposition of personal effects

Anyone having claims against or who is indebted to the estate of Pfc. Cameron Stratton, of 176th Signal Company, Brigade Troops Battalion, 1st Stryker Brigade Combat Team, 25th Infantry Division may contact Capt. Garrett Mitchell via U.S. mail to: Brigade HHC, 1-25th SBCT, Fort Wainwright, Alaska 99703 or by calling (907) 353-2444.

## ALASKA POST

Home of the Arctic Warriors

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The ALASKA POST - Home of the Arctic Warriors

## Ask the MEDDAC commander

Col. George Appenzeller, MEDDAC-AK commander

I am going to deviate from our usual question and answer format today and provide you a recent press release from TriWest, our Tricare service manager. It has important implications for all our patients who are being seen by specialty providers in the community. It will decrease the number of times patients need to see their primary care manager to get recurrent specialty appointments and should streamline follow-on care. But initially, patients will need to ensure they have a current referral (within the last 180 days) to avoid unnecessary hassle or copays as the program starts.

### Specialist Self Referral Program

Beneficiaries who are enrolled to a military hospital or clinic have a primary care manager who provides all routine care and helps manage his or her enrollees' overall health. Beneficiaries, who need specialty care beyond the PCM's scope of practice are referred either to an in-house military specialist if available or to a downtown specialist for that care. Given the PCM's responsibility for managing overall health, if Prime enrollees have been seeing civilian specialist and not had a referral from his or her MTF PCM within the last 180 days they should obtain referrals from their PCMs. Effective Jan. 31, if a civilian specialist submits a new referral and the PCM has not referred to them in the last 180 days, the beneficiary may receive a letter stating he or she must obtain a referral from the PCM in order for the request to be processed. If a beneficiary sees the civilian specialist without an updated and current PCM referral the claim will be processed under the Point of Service option of Tricare coverage—a deductible and cost share option.

### Referral Requests

Patients are responsible to make sure a referral has been generated and

approved to avoid POS fees. If you receive a letter stating your referral was not certified for lack of a PCM referral, check with your Referral Management Center for more information. Once a new PCM referral has been approved, you will receive the referral notification letter in the mail in approximately 7 to 10 working days. You can also register online at [www.triwest.com](http://www.triwest.com) to receive a Quick Alert, an e-mail notification, in about 24 to 48 hours. TriWest will process the referral and select a provider for you if one was not specifically requested. Patients can also choose another network provider in that specialty. Once a beneficiary receives the notification letter or Quick Alert, he or she may contact the provider to schedule an appointment. Make sure you follow the directions on the referral.

### Additional Referrals

If a specialist recommends additional specialty care, he or she should request the authorization from TriWest. TriWest will review to ensure appropriate MTF referral history is in place. Please make sure a referral has been issued prior to seeing any civilian specialist in order to avoid the deductible and higher cost-share with the Tricare POS option. Check with Referral Management for more information.

Our beneficiaries' health and well-being are of the utmost importance to us. We want to make sure you are receiving the highest quality health care to which you are entitled. This process facilitates the military's medical home model and assists with care coordination by your military PCM. If you have any questions or comments, please contact the RMC at 361-1813



## A bridge to somewhere

### Salcha northern rail extension open house

Brian Schlumbohm, Fort Wainwright PAO

More than 50 residents from Salcha, Alaska, met Monday evening at the Salcha Elementary School to listen to a presentation by Brian Lindamood, project manager of Alaska Railroad Corporation's Northern Rail Extension project.

Set into motion in 2004, this project proposes the construction of an 80-mile rail line to be placed between North Pole, where the present railroad system ends, and Delta Junction. In addition to having passenger trains at speeds of up to 79 miles per hour and offering transit and freight opportunities to the communities of Fairbanks, North Pole, Salcha and Delta Junction, it would also provide the military with year-round access to the Joint Pacific Area Range Complex through the Tanana Flats Training Area which is located between Fairbanks and Delta Junction.

Once the Tanana River crossing phase is through, phase two will consist of rail construction from Moose Creek near North Pole to the Salcha crossing. Phase three is the rail construction from the Salcha crossing to the Donnelly Training Area and phase four, rail construction from Donnelly to Delta Junction. More information to come on how this project will affect the way the Army accesses its training lands.

For more information on the Alaska Railroad Corporation's Northern Rail Extension project, go online at [www.northernrailextension.com/](http://www.northernrailextension.com/)



## Army Nurse Corps: More than 100 years of service to our nation

Col. Pearl Kreklau, deputy commander and chief nurse, Bassett Army Community Hospital

Wednesday is going to mark the 110th anniversary of the establishment of the Army Nurse Corps. Since 1901, Army nurses have demonstrated again and again their total commitment to the highest standards of military nursing excellence. Both men and women have served as Army nurses since 1775, but the Army Nurse Corps did not become a part of the Army Medical Department until 1901. The distinguished contributions of the female contract nurses during and following the 1898 Spanish-American war became the justification of, and demonstrated the need for, a permanent female nurse Corps.

Army nurses have served proudly and have endured hardships caring for their patients. In May 1942, with the fall of Corregidor in the Philippines, 67 Army nurses became Japanese Prisoners of War. During the 37-month captivity, the women lived in primitive conditions and on starvation rations, yet they continued to care for the ill and injured in the internment hospital. On Anzio, nurses dug foxholes outside their tents and cared for patients under German shellfire. Their example bolstered the spirits of the soldiers who shared the same tough experience. By war's end, 215 brave nurses died for their country.

Throughout the past 110 years, Army nurses have served in every conflict and have assisted in humanitarian endeavors. Nurses

have continued to serve proudly during relief efforts following natural disasters, such as Hurricane Katrina.

Today, the legacy of the previous military nurses lives on. Currently, Army nurses serve throughout the

world in support of multiple military and humanitarian actions in support of OEF and OIF.

The Corps's recent professional evolution reflects not only the requirement of a transformational Army, but also its expanded roles in support of the health-care needs of the nation. Army nurses compete with other members of the Army Medical Department for command positions. The current Army Nurse Corps Chief, Major General Patricia Horoho, is the second Army Nurse Corps officer to be appointed a two-star general. She is the U.S. Army Deputy Surgeon General, as well as the 23rd Army Nurse Corps Chief.

Throughout its history, the Army Nurse Corps has earned the deep respect and gratitude of the American people, because of its dedication to providing the best possible care to our Soldiers and their families while serving our country in war and peace. Over time, the mission has grown broader, yet there has been one constant: the devotion of the individual nurse in providing excellent nursing care.

Today, as our Soldiers stand point for our nation, defending freedom across the globe, they can rest assured, should they get wounded or ill, an Army nurse will be by their side during their hour of need.

ARMY NURSING: Embrace the Past, Engage the Present, Envision the Future

## Ruth Gardiner honored for heroism

Staff report, Fort Wainwright PAO

Army nurses served in Alaska during WWII when the territory was invaded by the Japanese. A Fort Wainwright building bears the name of one of those nurses, Ruth Gardiner.

The Aleutian Islands were the scene of fierce fighting during World War II, and many American men lost their lives in the barren, remote chain. Many others were able to return to their homes and resume their lives because of the Army nurses who treated their war wounds.

One of those women, 2nd Lt. Ruth Gardiner, became the first Army nurse to lose her life in a theater of operations during the war when her transport plane went down. Gardiner was en route to pick up patients when the crash occurred July 27, 1943.

Gardiner was one of six air-evacuation nurses assigned to Flight A, 805th Medical Air Evacuation Squadron, 11th Air Force, Elmendorf Field. The nurses arrived at Elmendorf Apr. 30, 1943, and were trained in nursing, aerial medicine, aeronautics, field sanitation, defense against air and gas attacks and other medical and military subjects.

Their principal duty was to help evacuate sick and wounded Soldiers from Attu and other remote stations to Elmendorf and the Lower 48 states.

The nurses lived in tents in the freezing weather on Adak until they were assigned to Quonset. They compiled 3,500,000 air miles their first 15 months in Alaska. They evacuated 2,518 cases and did not suffer an injury or death.

Gardiner General Hospital in Chicago, Ill., was dedicated July 9, 1944, the first hospital named for an Army nurse.

Gardiner Hall, Bassett Army Community Hospital and Kamish Clinic were all named in honor of people who fought in the Aleutian Campaigns in World War II.

The nurses' residence at Bassett Army Community Hospital was named Gardiner Hall and dedicated to the heroic nurse in 1963. It was renovated in 1990 and became the administration wing for the hospital. Today it houses the Behavioral Sciences offices.

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## BRIDGE: Soldiers tackle difficult environment to provide access

Continued from Page 1

They pumped the water to other areas where it would freeze solid enough to form the bridge. With the temperatures below zero, it only takes minutes to freeze the 2- to 4-inch pools of water.

While engineer field manuals have instructions for ice bridges, this one was different, according to Russell.

Standard ice bridges involve building with blocks of ice then using water to freeze them together, Russell said. The 6th Engineer bridge used its environment for support, due to the extreme cold temperatures ranging from 5 degrees to 25 degrees below zero. Because the bridge spans a "braided" river (made up of small channels) it's easier and more efficient if the engineers use the natural elements to their advantage.

Spc. Mark E. Chumley, a heavy equipment operator with the 56th Engineer Company, said he re-enlisted while on deployment to come to Alaska and had just arrived in September.

He said he asked to stay for the duration of the mission, to experience building the ice bridge by hand and doing what he does best as an equipment operator: driving across it, in vehicles weighing as much as 56 tons.

The minus 24 degree temperatures had not frozen Chumley's spirits.

"I love my job," he said, looking down at his gloves and coveralls, soaked from his knees down after fixing a partially frozen water line. "And as you can tell," he said, "I get into it."

He headed to the warming hut for some dry clothing and would be back out doing it all again in no time.

The engineers built field-expedient water tanks, berms of snow and crushed ice, to keep the water in designated areas for freezing. They move about 70,000 gallons of water per day using a gas-powered water pump and water lines. Once the bridge is capable of holding the weight, they will use 5,000-gallon water trucks to help speed up the process by delivering water faster than the pump.

On their first day at the site, there

was no snow on the ice to build the berms, according to Spc. Ammon K. Miller, 56th Engineer Co. He said they did what they could with hand tools and vehicles to crush ice for until the third day when it snowed.

Every time a new section of the bridge needed a new layer of ice, new berms had to be created.

Miller said everyone did their assigned jobs and that he liked being there. He joked that the only thing that was "a little awkward" was when their medic, Pfc. Jason Woolard, of Headquarters and Headquarters Company, 6th Engineer Battalion, would come by and check on them for cold weather injuries. "He just comes by and grabs your nose," Miller said with a grin.

Even though Woolard is a medic, he was doing all the same manual labor with the rest of the Soldiers, along with making rounds about every 30 minutes to check for injuries. To date, there have been no injuries, even after a week of non-stop work.

"These guys work their butts off," Russell said. "Then we all go home and pass out," he said.

The team worked from 7 a.m. until about 4 p.m. and put their equipment in storage so it wouldn't freeze. The next day they take it all back out and start again.

Even though not everyone currently working on the ice bridge will remain until it is complete, there will still be personnel on site to monitor and maintain the bridge and to control access points, making sure the bridge doesn't get overloaded, according to Russell.

The ice bridge will be slightly longer than a mile. It will be 24 inches thick and 75 feet wide. The bridge will grow and expand naturally with the weather changes, requiring some personnel to stay longer to maintain it.

The project is scheduled to be complete by Feb. 25.

Russell said he and a few others will stay until completion. He called the experience "the best thing I've done," and that there has been a real sense of camaraderie among the troops.



Soldiers from the 6th Engineer Battalion, Fort Richardson, clear water lines during construction of an ice bridge at the U.S. Army Cold Regions Test Center at Fort Greely, Jan. 12. (Photo by Sgt. Trish McMurphy/USARAK PAO)

## Be safe when traveling the river: You could be walking on thin ice

Brian Schlumbohm, Fort Wainwright PAO



The Chena River is frozen and appears to be safe Jan. 25, but in the photo on the right shows open water. (Photo by Brian Schlumbohm/Fort Wainwright PAO)

The Safety Newsletter from Fort Wainwright's Garrison Safety Office, was sent out for the week of Jan. 17-21 and had good information about ice safety for this winter.

"On rivers the ice thickness and quality can change a lot in a short distance" it states, and this is particularly true for rivers such as the Chena River, which winds its way through the post.

If you venture out onto the river, make sure to tell someone where you are going and when you expect to be back. Use the buddy system and travel across open ice apart from your buddy, distributing the weight. If in case one falls through the other may be able to help and avoid going in as well.

It may sound strange, but having a life jacket on over your winter gear will not only keep you afloat if you fall in, it will also add some insulation value. Items that you may want to carry are a cell phone, rope and ice pick as these items may save you whether alone or with a buddy.

Be aware that areas of the river can change in ice thickness and be quite thin, especially near banks where warmer ground water might enter the river and snow cover may insulate it against colder temperatures and thicker ice formation. Stay away from cracks, seams, slushy areas and dark spots on the ice; these may be signs of thinner or unstable ice.

If you happen to break through, whether in deep water or shallow, the loss of heat and muscle control will be your first concern. Stay calm and attempt to get out, stay flat on the ice to spread the weight until you are back to safer areas or land. Call or phone for help right away.

In March of 2009, an individual fell through the ice on the Chena River near Bailey Bridge at the Chena Bend Gold Course.

Luckily another person on scene made a quick emergency phone call which ended with the Fort Wainwright Fire Department making a quick response and successful rescue. Having a buddy, acting quickly and calmly made the difference between a day out enjoying scenery on the Chena River and a tragedy.



The Chena River can be deceiving in spots. An open hole appears in a feeder pond north of Bassett Army Community Hospital. (Courtesy file photo)

## War hero visits Fort Wainwright Soldiers, shares stories, offers encouragement

Spc. Thomas Duval, 1-25th SBCT PAO

Serving in the Army at the age of 88 is nearly impossible and probably frowned upon by the medical community, but when given the chance to once again serve his country, Sgt. Maj. (RET.) Lester B. Cook, did just that Jan. 6 and 7.

As an act of selfless service and loyalty to the U.S. Army, Cook, a Des Moines, Iowa, native, traveled to Fort Wainwright to join forces with the Soldiers of the 1st Stryker Brigade Combat Team, 25th Infantry Division, as they prepare for an upcoming deployment to Afghanistan.

Cook, a retired U.S. Army Infantryman, and one of the original members of the 1st Battalion, 75th Ranger Regiment, said he often remembers a time when his age was not a factor and uses his war stories to help motivate the Soldiers he encounters.

"If I could help save the life of one Soldier, I'll make the sacrifice to come see what I can do to help," Cook said, referring to his decision to come to Alaska.

A Silver Star citation document explains one of the stories that helped define Cook's military career: During a heavy German counterattack, seven American Soldiers occupying positions on a knoll became cut off from the main body of troops. Moving forward on an adjacent knoll, Sgt. Cook, with two of his men and four artillery observers, encountered a group of eight German Soldiers. While his companions withdrew, Cook reorganized his small group of men, led them back to the hill, and directed the fight to hold the position. Under Cook's leadership, and almost solely through his own personal efforts, the sector was held despite three casualties. His courage and resourcefulness in combat made it possible for his company to retake the hill and save the seven men who were cut off by the enemy.

Surrounded by Soldiers from the 1st Battalion, 24th Infantry Regiment, 1-25th SBCT, the decorated war hero relived similar stories about his days serving in WWII, the Korean War, and the Vietnam War.

"He's one of the guys who has lived the war stories and has returned to become a great motivating factor," 1st Lt. David Darling, platoon leader in the 1-24th said. "He embodies the Army values and Warrior Ethos."

When comparing his stories with those of today's Soldiers, Cook admits there were significant differences between equipment used in the wars in which he served and those in Iraq and Afghanistan.

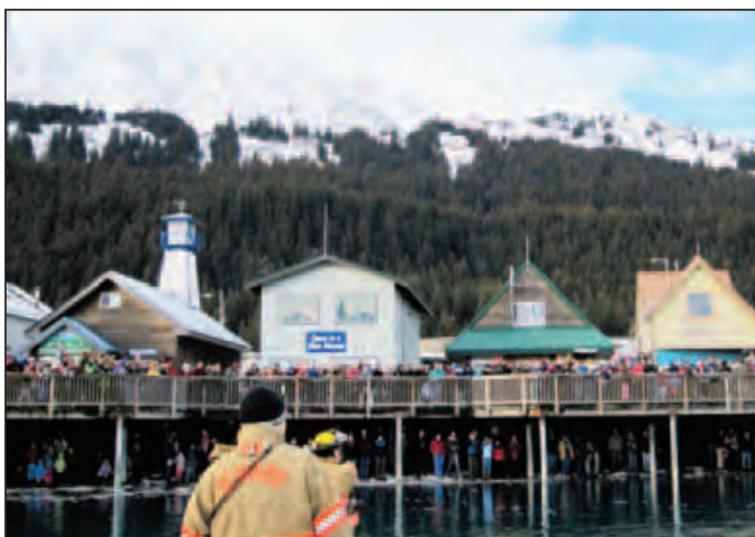
"I'm a retired [sergeant major] and I can't even put one of the weapons together," Cook said as he explained the differences in the equipment during WWII and now. "There's a big change in technology. I put on a field helmet with night vision, but there's just one thing wrong with it: you can't use it to cook in, wash your socks in or make your coffee."

One thing that Cook says hasn't changed since the beginning of WWII is the quality of Soldiers. "There are not enough words to describe the way I felt seeing the Soldiers ... I admire them so much," he said. "Today's Army is just out of this world."



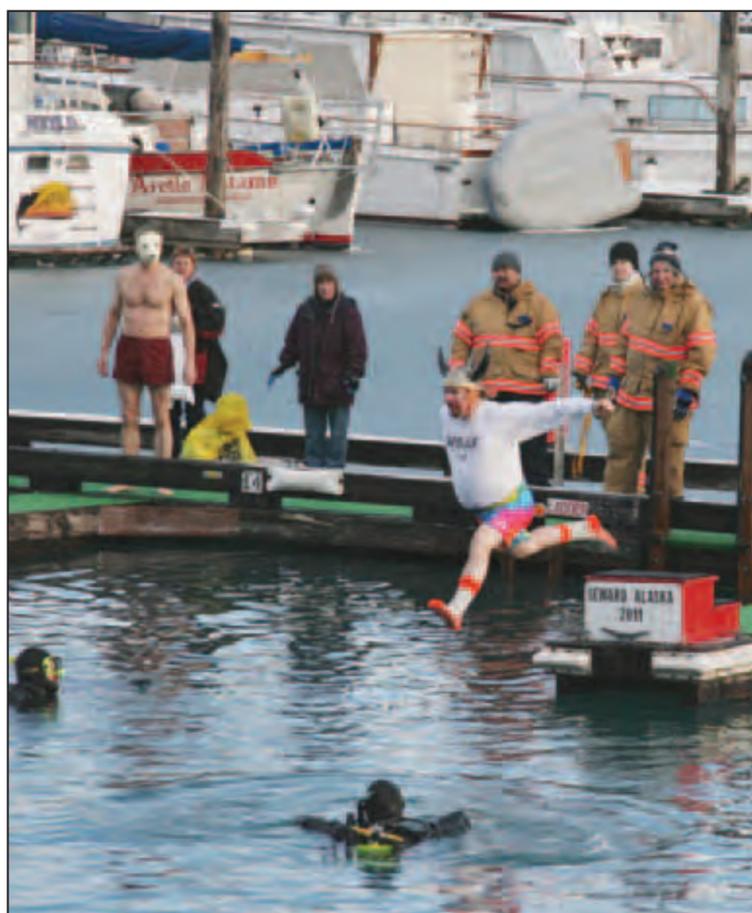
Retired Sgt. Maj. Lester B. Cook speaks to a group of Soldiers from the 1st Battalion, 24th Infantry Regiment, 1st Stryker Brigade Combat Team, 25th Infantry Division at Fort Wainwright Jan. 7, 2011. Cook traveled to Alaska from his home in Des Moines, Iowa to speak to the Soldiers about the importance of leadership. The former Ranger, relived a number of stories from his time in the military including one from his deployments during World War II, the Korean War, and the Vietnam War. (U.S. Army Photo By: Spc. Thomas Duval, 1/25th SBCT PAO)

## Alaskan fun: Arctic swimmers converge on Seward for Polar Bear Jump



(above) Seward's Polar Bear Jump attracts worldwide attention and a large crowd each year. This year's Polar Bear Festival began Jan. 21 and ended Sunday, drawing 138 jumpers and between 500 and 700 spectators. First-timers and experienced jumpers alike converged on Seward's boat harbor Saturday to participate in the annual Polar Bear Jump. Benefiting the Great West division of the American Cancer Society, Kenai Peninsula Children with Cancer program and other local programs, the three-day event offered everything from an auction, special meals and contests to the main event - the leap of costumed-jumpers into the frigid Resurrection Bay. Jumpers raised \$170,000 for this year's jump and in the 26 years since it began, participants have raised nearly \$2 million, said Marilyn Sutherland, Polar Bear Festival coordinator. "It was a beautiful day and everyone had a great time," she said. (Photo by Monica Cooper/Seward Chamber of Commerce)

(right) One brave jumper takes the plunge Saturday into the icy, 34-degree waters. The Plunge, as it is known to many in Seward, began in 1986 and has become so popular that available jumping slots typically fill up within weeks of the event registration opening. (Photo by M.J. Lohrenz/Fort Wainwright Directorate of Family and Morale, Welfare and Recreation)



## USARAK examining Soldier, family programs

Master Sgt. Eric Reinhardt, U.S. Army Alaska PAO

JOINT BASE ELMENDORF-RICHARDSON, Alaska – U.S. Army Alaska is taking a close look at the many programs which address the health and wellbeing of its Soldiers, civilians and family members.

There are more than 100 such services at JBER and Fort Wainwright combined, according to W.R. Southard, USARAK strategic planner, who heads a team studying how that array of programs can best benefit the USARAK community.

The Comprehensive Soldier and Family Fitness Assessment Team (not to be confused with the Army's Comprehensive Soldier Fitness program) aims to develop a strategy to optimize "USARAK's approach to promoting health and improving quality of life," as stated in the purpose statement.

That strategy, according to Southard, should ensure programs are geared to promote resiliency, reduce risk, support USARAK strategic objectives and have the greatest impact across the population served.

The team is looking at services ranging from the Army Substance and Abuse Program to family recreation facilities; in short, just about any program that provides any form of social support, assistance, counseling or morale activity to the total USARAK community.

There are three phases to the group's study, which started with a tally of all the programs currently operating.

The team is in its second phase, assessing the top 40 of those programs on JBER and on Fort Wainwright.

"We have assessment teams out there right now," Southard said.

Four teams at JBER – two for each brigade, made of up Soldiers, spouses and Department of the Army civilians – and four similar teams at Fort Wainwright are examining the programs with a combination of research, customer feedback and metrics, and interviews with program managers.

They'll use their findings in the third phase to develop a two-year strategy "that optimizes USARAK's approach to promoting health and improving quality of life," Southard said.

The HP/RR/SP Report

The USARAK study was born of discussions at the command's annual off-site conference in

September, according to Southard. The Army had just released the Health Promotion, Risk Reduction, and Suicide Prevention, or HP/RR/SP, Report and the subject dominated conversation there.

The report represented the Army's ongoing campaign to promote resiliency in a force that has been at war for nearly a decade. Although it focused on the more immediate problem of suicide, it also encompassed many other aspects of Soldier, family and civilian wellbeing.

It also called on organizations across the Army to ensure their social support programs were meeting the needs of their people.

"It was determined after reviewing [HP/RR/SP Report] that there are a tremendous amount of programs on our installations that support service members and family members," he said.

But with so many programs available, Southard said, it was less clear whether they were reaching their intended populations, and how much Soldiers and family members actually knew about them.

To help answer those questions, the USARAK Deputy Chief of Staff's Office surveyed Soldiers and learned that, although there are many programs to support Soldiers and family members, few service members knew much about them.

USARAK Commanding General Brig. Gen. Raymond Palumbo directed the DCOS Office to look at all the programs in U.S. Army Alaska, at JBER and Fort Wainwright, determine how they're doing and what can be done to optimize them, according to Southard.

The resulting Comprehensive Soldier and Family Fitness Assessment Team has representatives from each of USARAK's brigades, from the hospitals at JBER and Fort Wainwright and from the installation commands of JBER and Fort Wainwright.

"That's the planning team – what we call the tiger team," Southard said. "They're the ones doing all the work and analysis and planning and coming up with this concept."

Two-year strategy

The team's strategy will aim to provide a comprehensive, integrated approach to promoting health, reducing risk and preventing suicide among USARAK's Soldiers, civilians and family members, according to Southard.

Part of that integrated approach involves knowing how and when certain programs should be emphasized.

"We realized that the number of programs have expanded to meet needs," Southard said. "But now these programs need to be optimized, synchronized and focused to when the need is greatest. If we can synchronize all of these programs and link them to supporting the ARFORGEN cycle (The Army's process for managing the force and ensuring its ability to support operational demands) it's going to benefit everybody."

As an example of effective synchronization, Southard pointed to the high-risk period historically associated with the months following a unit's return from deployment.

"We know that one of the most dangerous times when Soldiers redeploy is the 30- to 90-day window after they get back," he said. "That's a good time to use our resources, like the Confidential Alcohol Treatment and Education Program, or CATEP. If we focus that to training beforehand, or making sure leaders know the asset's out there, then maybe we can prevent some of those problems."

Predeployment is another time to pool the appropriate resources, according to Southard.

"Before deployments there have to be a lot of things happening with the family readiness groups to prepare families for the separation," Southard said. "And, of course, there's a lot of things that Soldiers have to do before they deploy. If the right resources can be synchronized to support [the deployment], like the family readiness groups or [Army Community Service] predeployment briefs, that's going to be more beneficial."

While those support resources are typically emphasized during such times, Southard's team aims to ensure they're working together in a coordinated effort to reach all the Soldiers, civilians and family members who need them.

"The end state for the two-year strategy is, instead of all these programs going in different directions, they're working in unison," Southard said. "The bottom line is: if the Soldiers and families don't get the support they need, then we're missing the goal of the entire command."

## Super Bowl XLV - That's what I'm talking about

Commentary by **Allen Shaw**, Fort Wainwright PAO



It is finally down to two teams. That's what I'm talking about.

The Green Bay Packers will meet the Pittsburgh Steelers in Super Bowl XLV, Feb. 6 at Cowboy Stadium in Texas.

Both teams bring National Football League history and have the support of dedicated, fanatical followers known as the Cheese Heads and Steeler Nation.

Tell the Alaska Post who you are. Send us a photo in your finest game-day attire and let everyone know who you think will be the next World Champions. Match your wits against the regular in-house prognosticators like Bear, Bison, Brain and myself.

Together we can put together a page for you to add to the winning team's scrapbook.

Show your spirit and send photos, your pick and what you think the final score will be to, [allen.shaw@us.army.mil](mailto:allen.shaw@us.army.mil) by close of business Tuesday.

Don't just sing it, bring it. Get in the game. That's what I'm talking about.



## Wainwright youth have the EDGE!

Ryan Moran, 15, son of Crissielee and Staff Sgt. Lawrence Moran, Headquarters and Headquarters Company, 1st Stryker Brigade Combat Team, 25th Infantry Division, works to complete the skateboard he made during an EDGE session at the Arts and Crafts Center. The EDGE! Program offers out-of-school opportunities for children and youth 6 to 18 years old to experience, develop, grow and excel by participating in adventure, art, fitness and life-skill activities. Participants must be registered with Child, Youth and School Services. All programs are from 4:30 to 6 p.m. For more information, call 361-4391. (Photo by Brandy Ostanik/CYSS Partnership Specialist)

what is it?  
when is it?  
where is it?

*find it here!*



Monday afternoon, a C-17 Globemaster III from Joint Base Elmendorf-Richardson practiced touch-and-goes on Fort Wainwright's airstrip. This aircraft is part of the Air Force's 11th Air Force, 3rd Operations Group, 517th Airlift Squadron. The newest aircraft in the airlift force the C-17 is capable of rapid strategic delivery of troops and all types of cargo to main operating bases or directly to forward bases in the deployment area. Measuring 174 feet in length and a 169 foot wing span, the C-17 can carry 170,900 pounds and airdrop 102 paratroopers with equipment. (Photo by Brian Schlumbohm/Fort Wainwright PAO)

### Friday - 28th

**STORY HOUR AND CRAFTS**, 3:45 p.m. at Post Library. Call 353-2642

### Saturday - 29th

**FRAMED 3D BUTTERFLY CLASS**, 12 to 3 p.m., Arts and Crafts Center, Building 3727, \$35. Call 353-7520

**WOMEN IN THE WILDERNESS ICE FISHING**, 8 a.m. to 5 p.m., Outdoor Recreation Center, Building 4050, \$65. Call 361-4089.

**ZUMBA FITNESS CLASS**, 6 p.m., Physical Fitness Center, Building 3709, \$7. Call 353-7223.

### Sunday - 30th

**GOSPEL BIBLE STUDY**, 11 a.m., with Chaplain Munson. Call 361-5642.

### Monday - 31st

**ROMP AND STOMP**, 10 a.m. to noon, School Age Services, Building 4391, call 361-7372.

**ZUMBA FITNESS CLASS**, 6 p.m. PFC, Building 3709, \$7. Call 353-7223.

**AUTO SHOP SAFETY ORIENTATION CLASS**, 6 p.m. Building 3730. Call 353-7436

### Tuesday - 1st

**GROUP CYCLING CLASS**, 6:30 a.m. and noon, PFC, Building 3709. No cost. Call 353-7223.

**PLAY MORNING AT SCHOOL AGE SERVICES**, 9:30 a.m. to 11 a.m. School Age Services, Building 4391, call 361-7372

**SAS - BOYS AND GIRLS CLUBS OF AMERICA - FINE ART EXPO**, 3 p.m. to 5:40 p.m. School Age Services, Building 4391.

**ID CARD OFFICE CLOSED**, for emergencies, call Eielson Air Force Base ID Card Office at 377- 2276.

### Wednesday - 2nd

**ANGER MANAGEMENT**, 3 to 4:30, ACS, Building 3401. Call 353-4227.

**SAS BGCA FINE ART EXPO**, 3 p.m. to 5:40 p.m. School Age Services, Building 4391.

**HOOR OF POWER GROUP STRENGTH CLASS**, 12 to 12:45 p.m. PFC. Building 3709. No cost. Call 353-7274.

**CARDIO SCULPT STRENGTH AND CARDIO CLASS**, 5 to 6 p.m., PFC. Building 3709. No cost. Call 353-7274.

**ID CARD OFFICE CLOSED**, for emergencies, call Eielson Air Force Base ID Card office at 377- 2276.

### Thursday - 3rd

**PROTESTANT WOMEN OF THE CHAPEL**, 9:30 to 11:30 a.m., Northern Lights Chapel. Free childcare available and a home school room. Call 356-9484.

**ZUMBA FITNESS CLASS**, 6 p.m., PFC, Building 3709, \$7. Call 353-7223.

**PLAY MORNING AT SAS**, 9:30 a.m. to 11 a.m. School Age Services, Building 4391, call 361-7372

**GROUP CYCLING CLASS**, 6:30 a.m. and noon, PFC, Building 3709, \$3. No cost. Call 353-7223.

**ID CARD OFFICE CLOSED**, for emergencies, call Eielson Air Force Base ID Card Office at 377- 2276.

### Alaska Post

To submit a photo, place an event or class on the calendar send an email to [pao.fwa@us.army.mil](mailto:pao.fwa@us.army.mil) no later than close of business Monday prior to the print week.

The name of the event or class, date, time, location and a contact phone number must be included.

For display advertising contact the Fairbanks Daily News-Miner at (907) 459-7548.

### Valentine's Day

Your Alaska Post is planning a 'sweetheart' page for the Feb. 11 issue. Submit photos and messages to the editor at [allen.shaw@us.army.mil](mailto:allen.shaw@us.army.mil) no later than noon Feb. 7. The Alaska Post reserves the right to edit or reject submissions.

**VALENTINE'S DAY MURDER MYSTERY WEEKEND**, Feb. 11 to 13, Seward Military Resort. Play part in a "whodunnit" mystery. For details visit [www.sewardresort.com](http://www.sewardresort.com)

### Ongoing programs

**TOASTMASTERS**, noon to 1 p.m., Tuesday, Building 1555 conference room. Call 353-9156 or 750-9223.

**Y ON WHEELS**, Ride anywhere on Post for \$1, 8 a.m. to 7 p.m., Monday through Friday. Call 353-3733.

**ASYMCA TEDDY BEAR CHILD WATCH**, during medical appointments at BACH. Call 361-5612.

### Gate hours

Officials have recently changed gate hours at some of the installation's gates.

**Badger Gate** hours of operation are from 5 a.m. to 9 p.m. seven days a week.

**Trainor Gate** is open from 5:30 a.m. to 8:30 p.m. Monday through Friday. It remains closed on weekends.

**The Siku Basin Pedestrian Gate** hours of operation are from 6 a.m. to 5 p.m. Monday through Friday. The Siku Basin Pedestrian Gate is closed Saturdays and Sundays. Closure at the end of the school year will be directed by the Directorate of Emergency Services and publicized as widely as possible.

Additional closures can occur under orders from the DES, or under emergency circumstances.

**The Main Gate** will remain open 24 hours a day, seven days a week.

Closure occurs only when ordered by the Director of Emergency Services or under emergency circumstances.

All of the gates will be open on holidays and training holidays.

### ASYMCA services

The Armed Services YMCA of Alaska is offering services to make the long winter months a bit more comfortable for the Soldiers of Fort Wainwright.

Every Soldier arriving at Fort Wainwright should have a place to relax when they get here. Volunteers to work in the lounge are needed for March of 2011.

The ASYMCA offers free movie tickets which can be picked up at Building 1047-4, Nysteen Road.

The ASYMCA Art Contest 2011 seeks young artists for its annual contest "My Military Family." The art contest promotes art among children of active duty military or retirees from the Army, Navy, Marines, Air Force, Coast Guard, or National Guard or Reserve families. Children in grades Kindergarten through sixth are eligible to enter.

The ASYMCA Essay Contest 2011 seeks students who can write about their "Military Hero" for its annual contest. The essay contest promotes reading and writing among children and teen dependents of active duty military or retirees from the Army, Navy, Marines, Air Force, Coast Guard, or National Guard or Reserve families.

Entries should be postmarked no later than March 18 to be eligible. All entries should include the official entry form completely filled out and available at from the local Armed Services YMCA Fairbanks office, or on the ASYMCA website [www.asymca.org](http://www.asymca.org).

Available to GCI Cable subscribers on post

**CHANNEL 5** Watch for Current Facility Information, Photos and Special Community Events

Also find it online under the Command Channel 5 link @ [WWW.WAINWRIGHT.ARMY.MIL](http://WWW.WAINWRIGHT.ARMY.MIL)

Date	Event	Location	Time
Feb. 3	Apply for Federal Jobs- Dept. of Army	Post Library Room 1	1 to 3 p.m.
Feb. 4	Pre-Retirement Brief	Post Library Room 1	8:30 a.m. to 12:30 p.m.
Feb. 7 to 9	TAP Employment Workshop	ED CTR Annex Room 106	Day 1 and 2 - 8:30 a.m. to 4:30 p.m. Day 3 - 8:30 to 11:30 a.m.
Feb. 9	VA Benefit Brief	ED CTR Annex Room 106	12:30 to 4:30 p.m.
Feb. 10	Apply for Federal Jobs- Other Agencies	Post Library Room 1	1 to 3 p.m.
Feb. 11	Starting a Small Business	ED CTR Annex Room 103	1 to 3 p.m.
Feb. 16	DTAP Brief	ED CTR Annex Room 106	10 a.m. to noon
Feb. 24	Resume Writing	ED CTR Annex Room 105	1 to 3 p.m.

## For your information

### TAX ASSISTANCE

The Tax Center is open. Active-duty, mobilized Reserve, retirees and the family members of these sponsors who have simple personal income tax returns are eligible for tax assistance service.

Returns may be filed electronically whether you are getting a refund or you owe taxes. Only taxes prepared by a Fort Wainwright Tax Assistance Center staff member can be electronically filed at the Tax Assistance Center.

The Tax Assistance Center is located in Building 1049, Unit 4 near the Law Center on the north side of Fort Wainwright. Both appointments and walk-ins are available, but customers having an appointment take priority.

Remember to bring Social Security cards for the taxpayer, spouse and dependents.

If unavailable, go to the Social Security Administration Office at 101-12th Avenue for assistance.

For more information or to schedule an appointment call 353-6559.

### SCHOLARSHIPS

Scholarships through the Commissary are available again this spring.

The Defense Commissary Agency Scholarships for Military Children Program is offering \$1,500 scholarships to qualified applicants.

Applications are available through Feb. 22.

For information, contact commissary director Loriann McDonald at 353-7310, a school guidance counselor or visit the Scholarships for Military Children Program Websites at [www.militaryscholar.org](http://www.militaryscholar.org) or [www.commissaries.com](http://www.commissaries.com).

Army Emergency Relief is accepting scholarship applications from spouses and dependent children. Information, including deadlines and an application can be found online at [www.fafsa.ed.gov](http://www.fafsa.ed.gov).

### ID CARD OFFICE CLOSED

The ID card office will be closed Tuesday through Thursday while renovations are being done. For emergencies, call the Eielson Air Force Base ID card office at 377-2276.

### TRAVEL VOUCHERS BY APPOINTMENT

Medical Department Activity-Alaska is now offering Monday Evening Travel Voucher Processing by appointment from 4 p.m. to 6 p.m. Call 361-5001 to make an appointment.

### TRIAL DEFENSE SERVICE RELOCATED

The Trial Defense Service has temporarily relocated to building 3025. Building 3025 is the same building where the photography shop is, but on the other side.

The hours of operation are from 9 a.m. to 6 p.m. This is a temporary move pending the final renovation of building 1051 which is expected to be completed this summer.

The phone number for the Trial Defense Service is 353-6522.

### CHANGES AT ID CARD OFFICE

The DEERS - ID Cards Office has an online appointment system. The website is available for all ID card customers including active duty, family members, retirees, civilians and contract employees.

For your convenience and to alleviate waiting time, please go to the following website to make an appointment with the DEERS - ID Cards office: <http://appointments.cac.navy.mil/>

Appointments are highly recommended. To avoid the possible wait, schedule an appointment and be seen within minutes of your scheduled time.

For additional assistance or questions contact the Fort Wainwright DEERS - ID Card Office inside the Welcome Center, 3401 Santiago Ave. Room 138, call 353-2195.

The office is open 8 a.m. to 4:30 p.m. Monday through Friday, but is closed all federal holidays.

### BIRTH ANNOUNCEMENTS

#### Jan. 12

A son, James Owen, was born to Heidi and 1st Lt. Michael Putterill, 6th Squadron, 17th Cavalry Regiment, 16th Combat Aviation Brigade.

A son, Kenneth Charles, was born to Olga Vladimirovna Nikitina and Sgt. Kenneth St. John, 5th Squadron, 1st Cavalry Regiment, 1st Stryker Brigade Combat Team, 25th Infantry Division.

#### Jan. 13

A son, Gunnarr Ryan, was born to Christy and Capt. Brandon Andreason, 1st Battalion, 52nd Aviation Regiment, 16th Combat Aviation Brigade.

#### Jan. 14

A daughter, Airen Ailia, was born to Bridget and Spc. Christopher Adam Gutknecht, 1st Stryker Brigade Combat Team, 25th Infantry Division.

#### Jan. 19

A daughter, Marleigh Nicole Grace, was born to Lacey and Sgt. Clinnion Baker, 1st Battalion, 24th Infantry Regiment, 1st Stryker Brigade Combat Team, 25th Infantry Division.

#### Jan. 20

A son, Brendon Lee, was born to Liane and Chief Warrant Officer Adam Crew, D Company, 123rd Aviation Intermediate Maintenance, D Company, 123rd Aviation Intermediate Maintenance.

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Jason Uribe, 8, one of the students in Lesa D.Meath and Barb Ragan's second-grade classes from Barnette Magnet School makes his way around the ice rink at the Physical Fitness Center with the help of Pfc. Sean Rowin and eight other Soldiers from the 3rd Battalion, 21st Infantry Regiment, 1st Stryker Brigade Team, 25th Infantry Division came out to go ice skating with the kids as part of the school partnership program. (Photo by Brian Schlumbohm/Fort Wainwright PAO)

## Soldiers chill out with students

### Everyone enjoys a day at the ice rink

Trish Muntean, Fort Wainwright PAO

Students from Barnette Magnet School spent some time chilling out with Soldiers last Friday at the Physical Fitness Center Ice Rink.

Dressed in snowsuits for warmth and padding, helmets to avoid head injuries, and their brightest smiles, about 40 students from Lesa D.Meath and Barb Ragan's second-grade classes were joined by nine soldiers from 3rd Battalion, 21st Infantry Regiment, 1st Stryker Brigade Combat Team, 25th Infantry Division to go ice skating as part of the school partnership program.

In many cases, the support from these Soldiers has made it

possible for students to do activities they otherwise would not have been able to do, said Missy Odsather, the Friday in Fairbanks coordinator at Barnette Magnet School.

"We've had some negative experiences with younger children ice skating in the past," she said. "Having these Soldiers who are willing to come in and spend this time with us makes it possible for these kids to go."

Linda Goodwin, the Fort Wainwright School Liaison Officer said she was contacted by the school which asked if the unit could come help them with this skating activity the first and second graders.

She called the unit, they got together and it happened.

"The units love this, they love spending time with the kids, the kids seem to enjoy having Soldiers around, so it is really a win-win situation," Goodwin said.

"The kids really enjoy it," Meath said. "This is really nice, especially since we have had this string of cold-weather days where we have been inside a lot. It is so good for them to come out and get some good physical activity."

Sgt. 1st Class Gabriel Brewer got involved when his battalion command sergeant major was looking for a noncommissioned

officer to be in charge of the school partnership program.

"The last time we helped Barnette with the ice skating, the children were teaching some of our Soldiers how to ice skate," Brewer said. "The children had a great time being the teacher that day with the grown men as the students. You could see the sense of pride and enjoyment from both sides."



Mireya Anthony and her classmates make their way around the ice rink at the Physical Fitness Center. Pfc. Sean Rowin and eight other Soldiers from the 3rd Battalion, 21st Infantry Regiment, 1st Stryker Brigade Team, 25th Infantry Division came out to skate with second-grade students from Barnette Magnet School, as part of the school partnership program. (Photo by Brian Schlumbohm/Fort Wainwright PAO)

**UPCOMING events**

**Rusted Root**  
 Wed, Feb 2 • 8 pm  
 Tickets \$35 Advance

**Marc Brown & the Blues Crew**  
 Sat, Feb 5 • 10 pm  
 Cover \$6

**Heroes & Zeros**  
 Fri, Mar 11 • 10 pm  
 Tickets \$10 Advance

**coolio**  
 Sat, Mar 12 • 10 pm  
 Tickets \$35 Reg, \$60 VIP

**SEVEN MARY THREE**  
 Fri, Mar 25 • 4 pm  
 Tickets \$30 Advance

**MOVIE: MEGAMIND**  
 Starts Friday 1/28

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## Local Fort Wainwright youth art goes regional

Brian Schlumbohm, Fort Wainwright PAO

Young artists from Fort Wainwright's School Age Services and Child and Youth Services Center showed their colors (and monochromatics) at a local art exhibit displayed at Bassett Army Community Hospital recently. Over 40 submissions were represented ranging from sculptures to line drawings. Of those, eight pieces of art were selected to represent the Fort Wainwright Youth Services at the upcoming regional competition in Atlanta, Ga. This is one of five regional judging events that will take place before the national level competitions.

Tonya McCarty the Child, Youth and School Services Training and Program specialist, coordinated this project with the help of teachers at the School Aged Services facility. Made available through the Boys and Girls Club of America, the CYSS is allowed to participate in these types of events. "The groups are set up by category and ages: 9 and under, 10 to 12, 13 to 15 and 16 to 18," said McCarty. "For the younger kids the theme was 'Alaska' and what Alaska meant to them." They could use various types of media such as watercolors, pencil drawings, sculptures, mixed media and acrylics. All materials were provided by CYSS and, of course, all the talent was happily provided by the kids. Also presenting artwork at the BACH exhibit was the Child Development Center. Under the supervision of Miki Nihipali, the facilities Training and Program specialist, children in the preschool ages also got a chance to create. The children received certificates and prizes for their efforts, McCarty said. Youth who have their artwork selected at regionals for the national exhibit will receive a fine arts plaque and a letter of congratulations from Roxanne Spillett, BGCA's president. National Fine Arts Exhibit winners' artwork is also displayed on a virtual gallery online, which can be accessed at [www.bgca.org/FineArts/default.aspx](http://www.bgca.org/FineArts/default.aspx)



First place in the Monochromatic Drawings category, "Pengoo" by Mylissa Maclin, 14, daughter of Tonya and Franklin McCarty.



First-place recipient in the Acrylics category for his age group, "Ronaldo Scores!!" by Parker Joe Michel, 13, son of Gianna and Maj. Justin Michel.



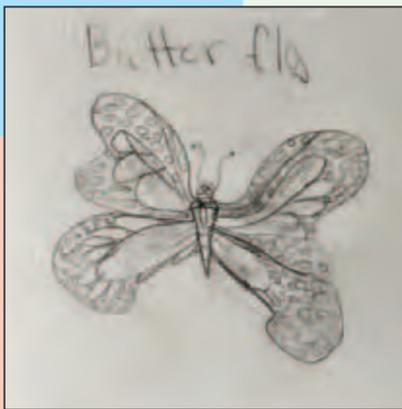
First-place recipient in the Acrylics category for her age group, "Alaska" by Jordon Calderara, 8, daughter of Christy and Staff Sgt. Kevin Calderara



First place in Water Color was "Peace in the Forest" by Mylissa Maclin, 14, daughter of Tonya and Franklin McCarty. Mylissa also received a special recognition award in the Watercolor category.



First-place recipient in the Acrylics category for her age group, "Land Forget me Knot" by Julia Snipes, 11, daughter of John and Maj. Sandra Snipes. Julia also received a special recognition award in the Acrylics category.



First place in the Monochromatic Drawings category, "Butterfly" by Alyssa Velez, 8, daughter of Spc. Natassia Velez.



In the Group Project category first place went to project "Best Friends Forever" by Kiemara Garnett, 12, daughter of Willie and Spc. Kandra Scott and Taylor Joslin, 11, daughter of Cristy and Staff Sgt. David Joslin.



First place in the Sculpture category was "Daisy" by Georgie Michel, 12, daughter of Gianna and Maj. Justin Michel.

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