

# ALASKA POST

Vol. 2, No. 21

Home of the Arctic Warriors

Fort Wainwright, Alaska

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

May 27, 2011

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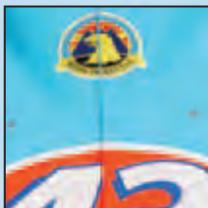
## AT A GLANCE

### MEMORIAL PARK



Memorial park.  
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### INDY CAR LOGO



16th CAB crest on  
Indy car.  
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## ONLINE

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### WEEKEND WEATHER

#### Friday

Sunny.  
Low 48 High 80

#### Saturday

Sunny.  
Low 42 High 81

#### Sunday

Mostly sunny.  
Low 45 High 75

Unrestricted visibility  
NE winds 5 -10 mph

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



Staff Sgt. Faafetia Tufi, 2nd Battalion, 8th Field Artillery Regiment, 1st Stryker Brigade Combat Team, 25th Infantry Division, kisses his son, Junior, 4, just before the bus departs April 11. Originally from American Samoa, Tufi is on his fourth deployment to the Middle East. He served three tours in Iraq and is currently deployed to Afghanistan with the 1-25th SBCT. Family members from Seattle flew up to Fairbanks to say farewell to Tufi. See story and photos on Page 8. (Photo by JR Ancheta)



Spc. Melody Wright, 472nd Military Police Company competed to become a member of the Joint Base Elmendorf-Richardson and Fort Wainwright running teams, make their way along the 10-mile course on Fort Wainwright, May 20. Two teams of five Soldiers each will represent U.S. Army Alaska at this year's Army 10-Miler scheduled for Oct. 9 in Washington D.C. See more on Page 5. (Photo by Brian Schlumbohm/Fort Wainwright PAO)

## "Arctic Wolves" take command in Zabul province

Spc. Thomas Duval, 1-25th SBCT PAO

FORWARD OPERATING BASE LAGMAN, Afghanistan – Two highly decorated Army units gathered in Zabul province May 18 as the 2nd Stryker Cavalry Regiment "Dragoons" from Vilsek, Germany, relinquished its command in the Afghanistan province of Zabul to the Arctic Wolves of 1st Stryker Brigade Combat Team, 25th Infantry Division.

Maj. Gen. James L. Terry, commanding general of Regional Command South, 10th Mountain Division, spoke on the significance of each unit's sacrifices, as well as their past missions and future challenges.

"Today, partnered patrols, new infrastructure, and an emerging Afghan base of governance and security solutions provide a framework that never previously existed," Terry said. "Through it all the Dragoons have helped the district provincial government work with representatives to improve governance and development. With Afghan partners they built a foundation for safer and stronger communities that will free them from insurgent influence.

"Due to the Dragoons effort we start this next season in a much better place," Terry said. "The Dragoons now hand the home-field advantage to the Arctic Wolves."

After honoring the milestones set by the 2nd SCR, Terry turned his attention to the mission that lays ahead for the 1-25th.

"The Arctic Wolves have a proud history reaching all the way back to World War II and coming up through Vietnam and most recently through a year of hard fighting in Iraq," he said.

Please see WOLVES, Page 3



Command Sgt. Maj. Bernie Knight of the 1st Stryker Brigade Combat Team, 25th Infantry Division, unfurls the brigade's colors during a Transfer of Authority ceremony May 18 in Zabul, Afghanistan. (Photo by Spc. Thomas Duval/1-25th SBCT PAO)

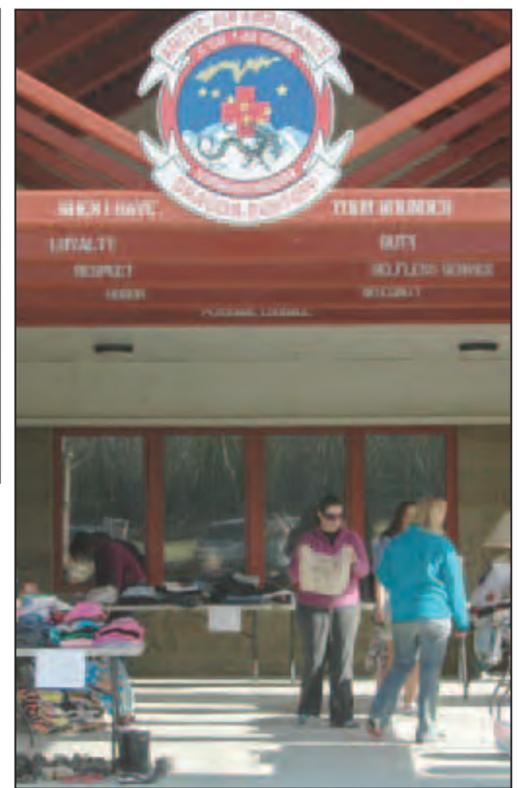
## Yard sales are a sure sign of summer on Fort Wainwright



Air Force Capt. John Myles (left), 18th Agressor Squadron, Eielson Air Force Base and son Emmett shop the yard sales on Fort Wainwright, Saturday and decided to go home with the world by purchasing the globe.



Shelly Caldeira, wife of Chief Warrant Officer 3 Raphael Caldeira, B Company, 1st Battalion, 52nd Aviation Regiment, 16th Combat Aviation Brigade looks through clothes that were for sale. Families and family readiness groups were set up all over post for a day of fund-raising and treasure-hunting. The next post-wide yard sale is scheduled for June 25. For more information on upcoming events check out [www.wainwright.army.mil](http://www.wainwright.army.mil) and click on major events calendar.



The family readiness group of C Company, 1st Battalion, 52nd Aviation Regiment (Air Ambulance), 16th Combat Aviation Brigade raised funds during the post-wide yard sale, Saturday. (Photos by Allen Shaw/Fort Wainwright PAO)

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## Commander's column

Command Sgt. Major Todd Wentland

### Take the time to honor Remembering those who have paid the ultimate price

We will take a break from our daily lives Monday, May 30, to pay tribute to our brothers and sisters in arms who have paid the ultimate price in service to our country.

Memorial Day is a time to honor the servicemen and women who died protecting the rights we enjoy as Americans and fighting to provide those same rights to others around the world.

Originally called Decoration Day, it commemorates U.S. service members who died while serving in the armed forces. It was first enacted to honor Union and Confederate Soldiers after the Civil War and was extended after World War I to honor Americans who died in all wars.

For many people Memorial Day is the start of the summer season, a long weekend to enjoy the end of school and a time to grill some burgers and hot dogs.

But I ask you to take the time Monday to stop and think about all the servicemen and women who lost their lives while they served on active duty. That number has grown dramatically over the past 10 years as we have waged a war on terror in Iraq and Afghanistan. Our military installations and our civilian communities in Alaska have mourned the loss of Soldiers, airmen, sailors and Marines.

Monday is an opportunity for us to remember them and their sacrifices. It's a time for us to honor them and their families. It is a day for us to reflect on the rights and freedoms we enjoy thanks to these brave men and women.

While we honor those who gave their lives in service, we also think of and pray for those who now serve in combat zones in Iraq and Afghanistan, and for their families. I think it's appropriate to offer special thanks Monday for the Soldiers, airmen, sailors and Marines deployed today, and to honor them as well.

We have a special place here on Fort Wainwright - Monterey Lakes Memorial Park - that honors our own local heroes from the 172nd Stryker Brigade Combat Team; 1st Stryker Brigade Combat Team, 25th Infantry Division and the 16th Combat Aviation Brigade.

We honored veterans - living and dead - of the Alaska Territorial Guard, World War II, Korean and Vietnam wars in a ceremony at Monterey Lakes Memorial Park yesterday when we dedicated monuments noting their service to our nation.

Fort Wainwright Soldiers will honor all service members who gave their lives while serving on active duty when they join the community of Fairbanks in observance of Memorial Day Monday at various locations in town. The observances start at 11 a.m. at Veterans' Memorial Park, 7th Avenue and Cushman Street. Following that service the group moves to Clay Street Cemetery, Birch Hill Cemetery, Northern Lights Cemetery and Golden Heart Park. A brief service is conducted at each location.

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



## Memorial Day: A time to stop, reflect, pay tribute, remember and honor the men and women who gave their lives

Linda Douglass, Fort Wainwright PAO

A small Memorial Day parade in rural central Pennsylvania stopped its progress to lower the flag to half-staff. A motorist on the three-lane highway that parallels Front Street stopped his car, got out and held his hand over his heart until the flag ceremony was completed. Then he got back into his car and resumed driving.

The parade continued to the cemetery, where a roll call of the veterans of the small town was read. As the narrator called out the names, he added the wars in which those veterans had fought: Spanish-American War; Civil War; World War I; World War II; Korea. I have no doubt he now adds Vietnam, Operation Enduring Freedom and Operation Iraqi Freedom.

Although I was only 10 years old, marching with my Girl Scout troop, that scene - that man with his hand covering his heart - has remained with me ever since. I had never before seen such a display of patriotism.

But it wasn't until I was an adult on active duty with the Women's Army Corps that I truly understood the unique sense of pride American veterans take in this country, its flag and those who died trying to keep it flying.

Residents of towns and cities throughout the nation will gather Monday to honor Americans who gave their lives so others might enjoy freedom.

The first Memorial Day was observed more than 148 years ago,

an opportunity to place flowers on the graves of Soldiers lost in the Civil War. Since that time Americans have paid their respects to casualties of every conflict in which our forces have been involved.

As we honor these men and women who gave their lives, we also remember the Soldiers on active duty today. They too make many sacrifices to help maintain the freedoms we enjoy.

Today many of our own Soldiers are deployed in combat zones. They are working in adverse conditions in a hostile territory. They are separated from their families. They are working long hours and staying up late to make contact with their families via Skype and telephone, when it is available. They face danger every day, and their supervisors accept nothing less than the best the Soldiers can give.

Many of them have had multiple deployments to Iraq and Afghanistan. But they continue to reenlist and make these sacrifices. They take great pride in the uniform they wear and in their service to their country. And they carry on the traditions of their predecessors, preparing to fight to ensure those who will come after them will enjoy the freedoms we enjoy today.

So I ask you to take a few minutes Monday to honor these men and women and their sacrifices. It was their service and sacrifice that keep us free today.

## MEDDAC commander

Col. George Appenzeller, MEDDAC-AK commander

### MEDDAC-AK Q & A

**Question:** Do they have to ask about insurance every time I come for an appointment?

The simple answer is yes. In 1986 congress passed Public Law 99-272 which requires Department of Defense medical treatment facilities to collect costs from third party payers (insurance companies) for the inpatient, outpatient, or ambulatory surgical care of DoD health care beneficiaries. The implementation of this law is known as the Third Party Collection Program, or TPCP. Additionally, The Consolidate Omnibus Budget Reconciliation Act requires beneficiaries to disclose insurance information.

The TPCP applies to anyone, other than active duty, who has health insurance other than Tricare. This is why you get asked to either fill out an insurance status form - the DD 2569 - or the front desk staff goes into the computer system to verify your status each time you seek care at Bassett Army Community Hospital. Either of these takes up your valuable time.

In an effort to speed up the process of providing patients care and to comply with these congressionally mandated requirements, beginning in July, we will introduce the Bassett Care Card. The card will function much like an insurance card and will eliminate having to fill out the DD 2569 more frequently than annually or when insurance status changes. At your appointments you will still be asked to show your Identification Card. Now, however, rather than waiting for the staff to look up if there is a completed DD Form 2569 in the system or completing the lengthy form, you will just show your Bassett Care Card. If there are no changes to your information, then you are done.

The TPCP is very important to Bassett and the community we serve. The money collected, more than \$2.4 million last year, goes straight to providing services at Bassett. This money is above our standard budget and is used to enhance patient care and to maintain or expand existing services.

What is important to know is that there is no additional cost to you. First, health insurance premiums are not like car insurance. They do not rise simply because they are used. Second, if the care received at Bassett is not a covered benefit, or if your insurance does not pay in full because of a co-pay or deductible to meet, you are not billed for the balance-but it does generally go towards meeting your annual deductible. The bottom line is that you, as a beneficiary, are never billed by Bassett for any costs not covered by your insurance. Remember, if you or your employer pay for insurance and you don't participate in the TPCP, the only one who benefits is the insurance company, they keep the additional profit.

So, in July, we will begin issuing the Bassett Care Cards so you won't have to wait and fill out paperwork until your next annual review. If you have any questions please call Bassett's Patient Administration Division's Uniform Billing Office at 361-5948.

## Always be aware of unexploded ordnance

Compiled from Fort Wainwright Safety and staff reports

"For decades, Soldiers and weapons developers have gone to ranges and training areas to train with and test bombs, projectiles, grenades, and other munitions. A portion of these munitions did not function as designed, becoming what is known as unexploded ordnance. If disturbed, (touched, picked up, played with, kicked, thrown, etc.) UXO may explode without warning, making it extremely hazardous," said Robert Tanner, Garrison Safety Office.

A newsletter from the Safety Office states that military and foreign munitions come in a variety of sizes, shapes and types and may not be easy to recognize. Some of these items are recognizable, but taken home anyway as souvenirs or war trophies, with sometimes catastrophic consequences causing severe injury to people, property damage and even death.

It is possible to encounter a UXO in the local area. Experts recommend parents teach their children what to do if that happens. Tanner referred to the steps as the 3 Rs. First, recognize the fact that you may have encountered a UXO. Second, retreat the same way you came, without touching or disturbing it. Third, report it to the local authorities.

While talking to your children about UXOs, experts also recommend reinforcing rules about gun safety.

The U.S. Centers for Disease Control and Prevention report that 3,042 children and teens died from gunfire in the United States in 2007 (the latest statistics available). That is one child or teen every three hours, eight every day and 58 every week. These statistics include homicide victims and persons who committed suicide as well as those who died in accidental or undetermined circumstances.

Preventing a firearms accident is easier if the National Rifle Association's three rules for safe gun handling are followed, Tanner said. 1. Always keep the gun pointed in a safe direction. 2. Always keep your finger off the trigger until ready to shoot. 3. Always keep the gun unloaded until ready to use.

The Safety Office also offers these tips and precautions for firearm users young and old.

Know your target and what is beyond.

Know how to use the gun safely. Be sure the gun is safe to operate.

Use only the correct ammunition for your gun.

Wear eye and ear protection as appropriate.

Never use alcohol or over the counter, prescription or other drugs before or while shooting.

Please see GUNS, Page 3

# ALASKA POST

Home of the Arctic Warriors

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[pao.fwa@us.army.mil](mailto:pao.fwa@us.army.mil)

## Motorcycle Safety Awareness Month aimed at saving lives

Art Powell, Strategic Communication Directorate U.S. Army Combat Readiness Safety Center

As the number of motorcycles on the road increases, so does the potential for accidents. The problem is multiplied by the fact riders may not have taken their bikes out on the road since last season.

How should riders prepare for this year's riding season?

"First, ensure your personal protective equipment is in good condition, then, make sure your bike is in good condition," said Lt. Col. Scott Wile, director, Driving Task Force, U.S. Army Combat Readiness/Safety Center. "When you take to the road for the first time this season, take time to 'warm up' and get comfortable with driving skills you may not have used during the winter," he added.

The Motorcycle Mentorship Program at the USACR/Safety Center, Fort Rucker, Ala., set the pace for the 'new' driving season by conducting an inspection before a short group ride April 29.

The standard, industry approved check is the T-CLOCS, a process aimed at ensuring each critical system on a motorcycle is ready for the road.

T-CLOCS breaks down to the following systems: T-tires and wheels, C-controls, L-lights and electric, O-oil and other fluid, C-chassis and S-side stand.

"What we did is something we encourage other

riders and clubs around the world to do, get ready for the season by checking your ride," said Maj. Henry Washington, president, Motorcycle Mentorship Program, USACR/SC. "It's a smart thing to do and is a good investment in safety."

"The T-CLOCS checklist guides the rider to check specific parts of their motorcycle prior to riding," said Steve Kurtiak, Driving Task Force, USACR/SC. "If a problem is found, the rider should consult their Motorcycle Owner's Manual for specific tolerances. A recommended practice is to have your riding buddy check your motorcycle while you check theirs. This inspection should also include a check of the rider's license/endorsement, insurance, motorcycle training card and PPE.

"Riders shouldn't be shy about conducting a T-CLOCS several times a year. Just because you're good to go after your first safety check, doesn't mean your bike won't develop problems later."

Safety checks such as those conducted prior to the MMP ride at the USACR/SC are an example of how to do things 'right,' and similar actions by other riders and clubs could have been a factor in a decrease in motorcycle fatalities in 2010.

According to a report issued April 19, 2011, by the Governors Highway Safety Association, motorcycle

fatalities declined in 2010 by at least 2 percent. Based upon preliminary data, GHSA projects that motorcycle fatalities declined from 4,465 in 2009 to 4,376 or less in 2010. The projection is based upon data from 50 states and the District of Columbia. The decline comes on the heels of a dramatic 16 percent drop in 2009, which followed 11 straight years of steady increases in motorcycle deaths.

While on the surface the national decline is good news, says GHSA, deeper analysis of the data reveals some areas for concern. First, 2010's decrease of at least 2 percent is far less than 2009's dramatic 16 percent decrease. Second, the 2010 decrease was concentrated in the early months of the year, with fatalities actually increasing by about 3 percent in the third quarter compared with the same quarter in 2009.

Additionally, with the improving economy and surging gas prices, motorcycle travel is expected to increase, thus increasing exposure to risk.

For additional motorcycle safety information, visit <https://safety.army.mil/povmotorcyclesafety/MOTORCYCLE/tabid/365/Default.aspx>

Fort Wainwright Soldiers driving motorcycles on or off post are required to attend a motorcycle safety course. Call 353-7083 for more information.



## 2-8th Field Artillery begins Afghanistan mission

Spc. Thomas Duval, 1-25th SBCT PAO

ZABUL PROVINCE, Afghanistan — The 2nd Battalion, 8th Field Artillery Regiment became the latest unit from the 1st Stryker Brigade Combat Team, 25th Infantry Division to begin combat operations in Afghanistan May 17.

The unit, led by Lt. Col. Sean Bateman, assumed command in Afghanistan's Daman district during a transfer of authority ceremony in Kandahar.

"We have some of the best trained soldiers in the United States Army," 2-8th Command Sgt. Maj. Alexis Shelton said. "They've trained hard for this mission and they're ready to do whatever is necessary to accomplish our goals."

The 2-8th takes over command from Fires Squadron, 2nd Stryker Cavalry Regiment, based in Vilseck, Germany.

The artillery regiment will support the government of Afghanistan in an effort to combat insurgents and will work with coalition forces to provide stability throughout the district, according to Capt. Angela Chipman, unit public affairs representative for the 2-8th.

During the deployment the 2-8th and the 1-25 SBCT will work for Regional Command South and will partner with the local Afghan national police and Afghan national army to conduct daily operations.

"Our Soldiers are excited for the opportunity to work with such dedicated individuals and we are looking forward to our joint operations and the growing partnership between U.S. and Afghan forces," Bateman said.

## WOLVES: Take command

Continued from Page 1

"Welcome to the RC-South team. Col. (Todd) Wood and Command Sgt. Maj. [Bernie] Knight, you are in command of one of the most versatile, powerful and mobile fighting brigades in the Army. You have a proven history and have sustained a legacy of combat in the proud 25th Infantry Division, 'Tropic Lightning', and I know you will carry Task Force Dragons mission forward through the pending fight."

After the speech, Col. James Blackburn, 75th Regimental commander of the 2nd Cavalry Regiment, expressed his admiration for his Afghan counterparts and introduced his successor, 1-25th SBCT Commander Col. Todd Wood.

"The 1st Stryker Brigade is committed to working with the government and leaders to assist the security forces to protect the people of Zabul province and to assist the province in its growth," Wood said.

The 1-25th SBCT will operate throughout southern Afghanistan as they establish security and stability to increase the capacity of the Afghan government and mentor its national security forces. The 1-25 SBCT's most recent deployment was to Iraq where they also relieved the 2nd SCR.

International Security Assistance Force service members joined the 2nd SCR for a moment of silence to honor soldiers of the regiment who gave the ultimate sacrifice in defense of freedom during their time in southern Afghanistan in support of Operation Enduring Freedom.

## LEGAL NOTICE

Anyone having claims against or who is indebted to the estate of Spc. Bradley L. Melton, 73rd Engineer Company, 1st Stryker Brigade Combat Team, 25th Infantry Division, may contact 1st Lt. James S. Desjarlais, 2nd Battalion, 8th Field Artillery Regiment, 1-25th SBCT, by calling 353-1630.

Anyone having claims against or who is indebted

to the estate of Pvt. Cheizray Pressley, of 73rd Engineer Company, 1st Stryker Brigade Combat Team, 25th Infantry Division, may contact 1st Lt. Krystal Harrell, Headquarters and Headquarters Company, 1-25th SBCT, Fort Wainwright, Alaska 99703, by calling 353-3477.

Anyone having claims against or who is indebted to the estate

of Pvt. Larmarol J. Tucker of 73rd Engineer Company, 1st Stryker Brigade Combat Team, 25th Infantry Division, may contact 2nd Lt. Jonathan Stafford, 5th Squadron, 1st Cavalry Regiment, 1-25th SBCT, by calling (703) 986-9796.

The address for 1-25th SBCT points of contact: 3450 Ile de France, Fort Wainwright,

## GUNS: Safety first when guns, ammo are involved

Continued from Page 1

Store guns so they are not accessible to unauthorized users.

Be aware that certain types of guns and ammo and many shooting activities require additional safety precautions.

Cleaning and lubrication are important for a gun to operate correctly and safely.

Go to a firearms safety class and send children to hunter education.

Tanner recommended checking now to see if households are in compliance with local policies, rules and regulations.

Garrison policy 19 establishes the procedures for privately owned firearms on post. The policy covers anyone who might possess a weapon on Fort

Wainwright, not just those residing on the installation. This includes those accessing the installation for recreational activities. Authority granted by the State of Alaska to carry a concealed weapon is not valid on Fort Wainwright. The garrison firearms policy can be found at: [http://www.wainwright.army.mil/publications/scr/fwaGarPolicyletters/fwa\\_garrison\\_policy\\_19\\_21jul09.pdf](http://www.wainwright.army.mil/publications/scr/fwaGarPolicyletters/fwa_garrison_policy_19_21jul09.pdf)

North Haven residents should check their resident's guide for information on weapons in the housing area.

Keep families safe this summer by talking about UXOs and weapons. For more information contact the Fort Wainwright Safety Office at 353-7083.

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## Family readiness group members decorate memorial park

Story and photos by **Brian Schlumbohm**, Fort Wainwright PAO



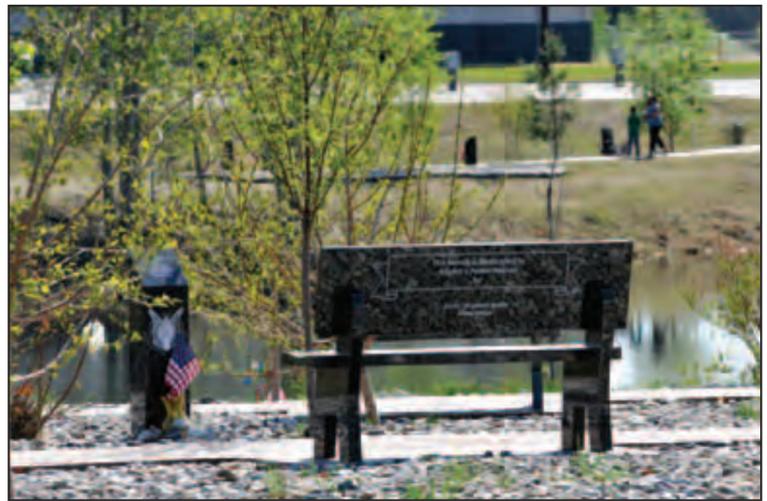
The FMC, 25th BSB, FRG and family members brought decorations May 22, to Monterey Lakes Memorial Park. Scout Mitchell, daughter of Donna and Sgt. 1st Class Eric Mitchell places a flag at the base of one of the memorial markers found throughout the memorial park on Fort Wainwright. The group's efforts add fresh decorations and flags for the Memorial Day holiday this weekend.

Members from the Forward Maintenance Company, 25th Brigade Support Battalion, 1st Stryker Brigade Combat Team, 25th Infantry Division's family readiness group visited to Monterey Lakes Memorial Park, May 22, to decorate for Memorial Day. Placing American flags and other decorations at the base of each memorial marker. Families took time to remember the sacrifices which were and are made for freedom.

Cindy McCrary, wife of Lt. Brian McCrary with the FMC, 25th BSB is one of the FRG coordinators for the event and with flags and decorations to place throughout the park and drinks for those who participate she feels it's important for families to come together. "We're here to decorate the memorial walk for Memorial Day, and to bring out families," said McCrary. "One of our ladies came up with the idea, so it may become a yearly thing."

Before moving out to the memorial walk, Wendy Castillo, wife of FMC, commander, Capt. Phillip Castillo spoke to the families. "We'd like to say a little prayer for the Soldiers who are over there...what they're doing for us and to pay tribute," she said. After a moment of silence they began to place flags throughout the memorial park.

Donna Mitchell wife of Sgt. 1st Class Eric Mitchell, 25th BSB and daughter Scout helped decorate as well. They have a few markers in mind they feel especially drawn to, Mitchell said, as Scout carefully placed each flag in place while they made their way down the walkway.



A freshly decorated marker stands across from a memorial bench at Fort Wainwright's Monterey Lakes Memorial park. The bench is inscribed with the words, "This bench is dedicated to Alaska's Fallen Heroes" and was dedicated by the Arctic Sergeant Major Association; one of many in the park provided by local organizations. May 22, members of the FMC, 25th BSB, FRG came out in remembrance of our military and to place flags. Their efforts add to the upcoming Memorial Day and other ceremonies which are taking place during the following weeks.

## Monuments at Monterey Lakes Memorial Park dedicated to the Alaskan men and women who served



A dedication ceremony took place yesterday at Fort Wainwright's, Monterey Lakes Memorial Park. Four new monuments were unveiled as Soldiers, families, local officials and representatives came to honor the heroism, devotion to duty, and sacrifice made by the men and women who served. The four monuments represent; Alaska Territorial Guard, defending Alaska's coastline between 1942 and 1947; Ladd Field's participation of the Lend Lease Program between 1942 and 1945, the Korean War, and the Vietnam War between 1955 and 1975. See next week's Alaska Post for more on the monument dedication. See next week's Alaska Post for more on the monument dedication. (Photo by Brian Schlumbohm/Fort Wainwright PAO)

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## Fort Wainwright Soldiers run in Army 10-miler qualifier

Brian Schlumbohm, Fort Wainwright PAO



"On your mark, get set, go!" Stephanie Jilek, sports and fitness director said as she signals the start of the 2011 Fort Wainwright Army 10-Miler Qualifier Run, at Chena Bend Golf Course, Friday, May 20. There were 29 runners competing to be a part of the two combined Joint Base Elmendorf-Richardson and Fort Wainwright teams representing U.S. Army Alaska at the Army 10-Miler scheduled for this Oct. 9, in Washington D.C. (Photo by Brian Schlumbohm/Fort Wainwright PAO)

An Army 10-Miler Qualifier Run was held for Fort Wainwright Soldiers last May 20. Twenty-nine runners ran a ten mile course which started and ended at the Chena Bend Golf Course parking lot. They were competing for the chance to take part in this year's Annual Army Ten-Miler, scheduled to take place in Washington D.C., in October Stephanie Jilek, sports and fitness director said this qualifying run determined who will compete as part of two combined teams from Fort Wainwright and Joint Base Elmendorf-Richardson to represent U.S. Army in Washington D.C. There will be two teams, with five Soldiers on each team.

The first Army 10-Miler was in October 1985 to promote the Army, build esprit de corps among the Soldiers, support fitness and to enhance community relations. The proceeds from the run

go to support Army Morale, Welfare and Recreation programs; enhancing services to Soldiers and their families.

The first event had on 1,379 runners but has since grown considerably. There were more than 30,000 runners registered for last year's event and more than 225,000 have participated since its beginnings in 1985.

The fastest time, set so far, in the male category was captured in 2009 by Alene Reta, with a time of 46:59. In that same year the women's time record was broken by Samia Akbar with a time of 55:25.

Following the qualifier run on Fort Wainwright five Soldiers received awards for their times.

In the women's bracket, first place went to Spc. Melody Wright, 472d Military Police Company with a time of 1:17:22. Staff Sgt. Amanda Draeger,

507th Signal Company, placed second with a time of 1:40:12.

Spc. Marcos Munoz, 472d Military Police Company took first place in the men's bracket with a time of 1:07:25, Staff Sgt. Joshua Richardson, Northern Warrior Training Center took second place with a time of 1:10:02 and 1st Lt. Adam Zerr, C Company, 123rd Aviation Intermediate Maintenance, 16th Combat Aviation Brigade placed third with 1:11:12.

USARAK officials will determine which participants from the JBER and Fort Wainwright 10-mile qualifier will make up this year's two USARAK teams within the next few weeks, said Jilek.

For a complete listing of participants and photos of the event, go to Fort Wainwright's Flickr page at [www.flickr.com/photos/fortwainwright/](http://www.flickr.com/photos/fortwainwright/). To find out more about the Annual Army 10-Miler event go to [www.armytenmiler.com](http://www.armytenmiler.com).



Spc. Fred Hill, C Company, 123rd Aviation Intermediate Maintenance, 16th Combat Aviation Brigade and Spc. Joshua Wright, 6th Squadron, 17th Cavalry Regiment, 16th CAB make their way along the 10-mile course on Fort Wainwright, May 20. They are running to be part of either two teams of five Soldiers each that will represent U.S. Army Alaska at this year's 27th Annual Army 10-Miler scheduled for this Oct. 9 in Washington D.C. (Photo by Brian Schlumbohm/Fort Wainwright PAO)



Col. Timothy Jones, Fort Wainwright garrison commander presents Specialists Melody Wright and Marcos Munoz, both Soldiers in the 472d Military Police Company, with 2011 Fort Wainwright Army 10-Miler qualifier run first place trophies. Wright won in the women's bracket with a time of 1:17:22. Spc. Munoz took the men's bracket with a time of 1:07:25. (Photo by Brian Schlumbohm/Fort Wainwright PAO)

## Indy 500 car sports Fort Wainwright's 16th Combat Aviation Brigade crest

Compiled Staff Report, Fort Wainwright PAO

Andretti Autosport announced May 20, that it had signed with Grime Boss to a sponsorship agreement in a salute to America's armed forces. The sponsorship began with the 100th anniversary of the Indianapolis 500 and will continue through the 2011 IZOD IndyCar Series season.

All of the Andretti Autosport Indianapolis 500 entries will highlight one specific unit within the five different branches of the United States military. Each car displays an associated military emblem just above the numbers on the tub of the race car.



John Andretti's car 43, Window World, wears the crest of Fort Wainwright's 16th Combat Aviation Brigade, the "Born in Battle" crest just above the number on the tub. (Courtesy photo by Andretti Autosport)



Car 43 Window World, wears the "Born in Battle" crest of Fort Wainwright's 16th Combat Aviation Brigade for the 2011 IZOD IndyCar Series season. (Courtesy photo by Andretti Autosport)

John Andretti's car 43, Window World, wears the crest of Fort Wainwright's 16th Combat Aviation Brigade, the "Born in Battle" crest.

John Lopes, Senior Vice President and Chief Marketing Officer, Andretti Autosport said, "Grime Boss and Andretti Autosport are thrilled to have the opportunity to honor our American military heroes, and specifically, some of the very distinguished units that have served the American citizens in recent years. The units represented through this Indy 500 program were carefully selected and their selection was a direct result of the many treasured relationships that our team has had with the American military over the years. We are thrilled that some of these units will be sending representatives to be with us at the Indianapolis 500. We hope the fans will join us in thanking and saluting our American military heroes this Memorial Day weekend and we hope to see one of their unit emblems in the winner's circle on May 29."

For more information and photos, visit the Andretti Autosport webpage at [www.andrettiautosport.com](http://www.andrettiautosport.com)

## Upcoming outdoor events for runners and walkers alike

For the serious runners, those who want to be or those who just want to get out and get and moving with the family, there are various happenings in the local area to attend.

June 5, a Junior Gardeners Nature Walk begins at noon at the Risse Greenhouse, 981 Risse Rd (off 6.5 Mile Chena Hot Springs Road). Free to the public, but call ahead to sign up, 488-6973.

June 11, the Mosquito Meander run-walk starts at 10 a.m. at Pioneer Park. Call 456-4729 or go to [www.fcaalaska.org](http://www.fcaalaska.org) for more information.

June 11, the Delta-Greely Summer Blast Off Triathlon starts at Fort Greely and ends in Delta Junction, Alaska. There is a 8:30 to 9:30 a.m. bib pickup/bike drop-off at the Fitness Center 9:45 a.m. Pre-race meeting in gym and at 10 a.m. Race starts at the pool. For more information email: [courtneydurham@acsalaska.net](mailto:courtneydurham@acsalaska.net) or [brooke.whipple@us.army.mil](mailto:brooke.whipple@us.army.mil).

June 18, the Summer Solstice Nature Walk at Creamer's Field. The event starts at 10 a.m. and is free to the public. For more information can be found at, [www.creamersfield.org](http://www.creamersfield.org).

June 18, the Midnight Sun Run starts at 10 p.m. at the University of Alaska, Fairbanks and ends at Pioneer Park. Parking and shuttles provided from the Patty Center to UAF campus. There is a \$15 entry fee. For more information go online to, [www.midnightsunrun.org](http://www.midnightsunrun.org).

Information on running organizations and events can be found on the web at, [www.runningclubnorth.org](http://www.runningclubnorth.org) for more information.

what is it? when is it? where is it? **find it here!**

## For your information

### SPORTS PHYSICALS

Walk-in patients will be seen for school and summer sports physicals June 4 from 10 a.m. to 2 p.m. Sports physicals will be available to Tricare beneficiaries two and older, first come, first-served. Standard physical forms are available but if the school or program requires special forms, bring those to the clinic. Immunizations will be available; bring shot records if needed.

During the sports physical mini-clinic, Army Community Service will have an information table in the hospital atrium to answer questions. Fairbanks North Star Borough Parks and Recreation information will be available.

### MEET TRACE ADKINS

Soldiers, family members and civilians will have an opportunity to meet Trace Adkins June 8 at the Chena Bend Golf Course. Check next week's Alaska Post for the time. For more information, call 353-6043.

### LODGING RATES CHANGE

Lodging rates on Fort Wainwright have changed for the summer season. A family suite is \$141.50 per night and an extended state guest room is \$131.50. For more information, call 353-3895.

### BIRTH ANNOUNCEMENTS

May 17

A daughter, Margaret Josephine, was born to Sara and Lt. Col. Michael McCurry, 6th Squadron, 17th Cavalry Regiment, 16th Combat Aviation Brigade.

May 19

A daughter, Johana Faith, was born to Cecilia and Staff Sgt. Nicholas Wethington, 73rd Engineer Company, 1st Stryker Brigade Combat Team, 25th Infantry Division.

May 24

A daughter, Sonja Leigh, was born to Melissa and Spc. Nathan Simmons, 2nd Battalion, 8th Field Artillery Regiment, 1st Stryker Brigade Combat Team, 25th Infantry Division.

## UPCOMING events

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Wed, Jun 8, 8 pm

Tickets \$25



**Reggae Artist PATÓ BANTON**  
Wed, June 29, 8 pm

Tickets \$25



**Brandi Carlile**  
Fri, July 15, 8 pm

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### OFF-LIMITS TO MILITARY PERSONNEL

At the direction of the commanders of U.S. Army Alaska, Fort Wainwright and Eielson Air Force Base, the following Fairbanks locations are declared off-limits to military personnel assigned or attached to Fort Wainwright and Eielson AFB:

- Buy Our Stuff Incorporated**  
3550 Airport Way #201B
  - Mr. Rock and Roll** (Cushman Street)  
1452 Cushman Street
  - Mr. Rock and Roll II** (College Road)  
2016 College Road
  - Still Smoking Tobacco and Gifts**  
516 Old Steese Highway
- The policy letter is available at [www.wainwright.army.mil](http://www.wainwright.army.mil).



### Friday - 27th

**RAINBOW STORY HOUR AND CRAFTS**, 4 p.m., Post Library, Building 3700. Call 353-2642.

**JUST FOR THE HALIBUT**, 8 a.m. to 5 p.m., Outdoor Recreation, Building 4050. Call 361-4089.

**ROCK CLIMBING**, 8 a.m. to 5 p.m., Outdoor Recreation, Building 4050. Call 361-4089.

### Tuesday - 31st

**THAT'S THE TICKET**, 2 to 3 p.m., Northern Lights Inn conference room, Building 3402. Call 353-4248.

**STRESS MANAGEMENT**, 3 to 4:30 p.m., Northern Lights Inn conference room, Building 3402. Call 353-4248.

**F.A.M.E. EXERCISE CLASS**, 9:15 a.m., Melaven Physical Fitness Center, Building 3452. Call 353-7223

**GROUP CYCLING CLASS**, 6:30 a.m. and 5:00 p.m., Physical Fitness Center, Building 3709. Call 353-7223

### Saturday - 28th

**RAINBOW STORY HOUR AND CRAFTS**, 10:30 to 11:30 a.m., Post Library, Building 3700. Call 353-2642.

**COMMUNITY GAME DAY**, 1 to 6 p.m., Post Library, Building 3700. Call 353-4137.

**JUST FOR THE HALIBUT**, 8 a.m. to 5 p.m., Outdoor Recreation, Building 4050. Call 361-4089.

**DENALI DAY ADVENTURE**, 9 a.m. to 5 p.m., Outdoor Recreation Center, Building 4050. Call 361-4089.

**ZUMBA FITNESS CLASS**, 1 to 2 p.m., Physical Fitness Center, Building 3709. Cost is \$7. Call 353-7223.

### Sunday - 29th

**JUST FOR THE HALIBUT**, 8 a.m. to 5 p.m., Outdoor Recreation, Building 4050. Call 361-4089.

**CHENA RIVER CANOE AND KAYAK**, 9 a.m. to 5 p.m., Outdoor Recreation Center, Building 4050. Call 361-4089.

**SKREET RANGE**, noon to 5 p.m., Fischer Skreet Range, Building 1172. Standard costs apply. Call 353-7869.

### Monday - 30th

**CAR AND BIKE SHOW**, noon to 6 p.m., Nugget Lanes Bowling Center in the Outside Area, Building 3702. Call 353-3893

**MEMORIAL DAY BOAT RIDE**, 11:30 a.m. to 2 p.m., Outdoor Recreation Center, Building 4050. Call 361-4089.

**ZUMBA FITNESS CLASS**, 1 to 2 p.m., Physical Fitness Center, Building 3709. Cost is \$7. Call 353-7223.

### Wednesday - 1st

**F.A.M.E. EXERCISE CLASS**, 9:15 a.m., Melaven Physical Fitness Center, Building 3452. Call 353-7223

**STRESS MANAGEMENT**, 8:30 to 10 a.m., Soldier and Family Assistance Center, Building 4056. Call 353-4248.

**CARDIO SCULPT: STRENGTH AND CARDIO**, 5 to 6 p.m., Physical Fitness Center, Building 3709. Call 353-7274.

**HOOR OF POWER: GROUP STRENGTH**, noon to 12:45 p.m., Physical Fitness Center, Building 3709. Call 353-7274.

**BLOOD PRESSURE CHECKS**, 11 a.m. to noon., Physical Fitness Center, Building 3709. Call 353-7274

**PERSONAL FINANCIAL READINESS**, 8:30 a.m. to 5 p.m., at Post Library, Building 3700.

**ANGER MANAGEMENT**, 3 to 4:30 p.m., Behavioral Health Conference Room, Building, 4066.

### Thursday - 2nd

**LEVY BRIEFING**, 9 to 11 a.m., Military Police Department basement conference room.

**ROMP AND STOMP PLAYGROUP**, 9:30 to 11 a.m., Youth Center, Building 4109. Transportation for families to and from Romp and Stomp is available at Northern Lights Inn at 9 a.m. Call 361-7713.

**F.A.M.E. EXERCISE CLASS**, 9:15 a.m., Melaven Physical Fitness Center, Building 3452. Call 353-7223

**GROUP CYCLING CLASS**, 6:30 a.m. and noon, Physical Fitness Center, Building 3709. Call 353-7223

**THAT'S THE TICKET**, 10 to 11 a.m., Northern Lights Inn Conference Room, Building 3402. Call 353-4248.

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

**LIBRARY AND THE DRAGON**, 1 to 3 p.m., Last Frontier Community Activity Center, Building 1044. Call 353-7755.

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## Getting ready to go, getting ready to stay

Trish Muntean, Fort Wainwright PAO



Lt. Col. Brian Payne, 1st Battalion, 5th Infantry Regiment, 1st Stryker Brigade Combat Team, 25th Infantry Division, dances with daughter, Sarah, 11, during the last song of the evening, "Butterfly Kisses," at the fifth annual Military Father-Daughter Ball April 3 in Fairbanks. "I want it to be a special day for them. So should this be the last memories, then these are good memories," Payne said, after the ball. (Photos by JR Ancheta)

When JR Ancheta, a University of Alaska, Fairbanks student attended a journalism lecture last fall it started him down a new life path. The lecture was led by photographer and reporter Cheryl Hatch. She provided the lecture as Snedden Chair for the university, a position funded by donation.

Ancheta switched majors from French and elementary education and is now studying French and photojournalism. He changed his major to photojournalism because of his passion for people, storytelling and images.

Ancheta's photos are available for Soldiers, families and friends to view now at his first exhibit at the Last Frontier Community Activity Center.

"Getting Ready to Go, Getting Ready to Stay," tells the story of the 1-25th SBCT, its training for and deployment to Afghanistan.

"We are very lucky and happy to have JR show his art work at the facility," said Shawn Johnson, LFCAC Manager. "Things like this show how much the community backs the U.S. Army and we back

him as well."

The photos feature Soldiers and their families and how they prepare for the deployment and the impending separation from loved ones. There are three different components on display in this exhibit: "In the Box," training at the National Training Center in Fort Irwin, Calif.; "The Long Goodbye" and "The Departure."

Prior to covering the 1-25th SBCT's pre-deployment training, Ancheta had not been exposed to the Army and what he saw wasn't always what he was expecting. He said he didn't realize the Army was its own culture, with its own customs and that it was sometimes confusing because of all the acronyms.

He did however find it fascinating and beautiful, Ancheta said. So much so that he decided to change his semester project for photography class so that he could continue following the story of the deployment.

Family members who attended the opening of the May 12 exhibit appreciated that Ancheta recognized their sacrifice and they hope that people who see the pictures may have a better idea of the challenges of military life.

"I think it helps them understand more, what families go through. It is harder because we have to wait here, worry about them if they are going to be ok," said Nancy Spears, spouse of Pfc. Joshua Spears 1-5th. "Some people, they leave their kids really young, or like me, I'm still pregnant and they leave. Maybe by looking at the pictures, they will understand a little better."

*"I want it to be a special day for them. So should this be the last memories, then these are good memories."*

-Lt. Col. Brian Payne

Cenni Becher, spouse of Spc. Ryan Becher, 5th Squadron, 1st Cavalry Regiment, 1-25th SBCT, viewed the exhibit with mixed emotions. While

## UAF student opens exhibit at LFCAC

she treasured the photo of her family taken at the deployment ceremony, it also made her cry.

"There is a lot of pain," she said. "Especially when people are out there doing two, three, sometimes four or five tours. It takes a big toll on the family. Especially on the little ones."

Raiden Gaige, the Bechers' eight-month-old son, has not been sleeping well and started walking five days after his father left.

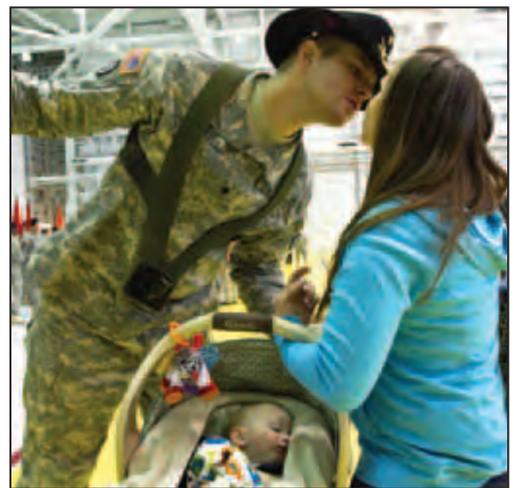
Ancheta hopes to continue telling the story by embedding with the 1-25th SBCT in Afghanistan. "We will see what happens in the next year, but that is what I am hoping to do," he said.

"We have been invited and I think we have a pretty good relationship with the Soldiers of the 1-25th so I am hoping to take this opportunity to meet them down range. I really want to follow the story until they come back home."

Ancheta said he also wants to take photos of families on the home front as part of the project.

"I don't know what it is like to be a family member in the military. Their sacrifice, I don't know what it takes," Ancheta said. "I am speechless when it comes to the sacrifice that they make."

"I don't think a lot of people realize that, about the families in the military and the Soldiers and the sacrifice that they make, what they give to their country."



Spc. Ryan Becher, 5th Squadron, 1st Cavalry Regiment, 1-25th SBCT, kisses his wife, Cenni with eight-month-old son, Raiden Gaige, after the deployment ceremony April 5 at Fort Wainwright. Commanders of the 1-25th SBCT cased the brigade colors before deploying to Afghanistan. This tour will be Becher's second deployment. (Photos by JR Ancheta)



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