

ALASKA POST

Vol. 2, No. 22

Home of the Arctic Warriors

Fort Wainwright, Alaska

www.wainwright.army.mil/alaskapost

June 3, 2011

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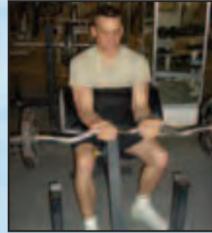
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WEEKEND WEATHER

Friday

Mostly sunny.
Low 48 High 72

Saturday

Cloudy.
Low 47 High 68

Sunday

Partly cloudy.
Low 47 High 65

Unrestricted visibility
NE winds 5 -10 mph

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

Memorial service held for fallen "Arctic Wolves"



Fort Wainwright Soldiers, families and local community members paid tribute to three Soldiers of the 1st Stryker Brigade Combat Team, 25th Infantry Division, during a memorial ceremony yesterday at the Northern Lights Religious Education Center. Spc. Bradley L. Melton, Pfc. Cheizray Pressley and Pvt. Lamarol J. Tucker died May 16, while serving in Afghanistan. (Photos by Brian Schlumbohm/Fort Wainwright PAO)



Monuments dedicated at Monterey Lakes Memorial Park

Trish Muntean, Fort Wainwright PAO

Fort Wainwright dedicated monuments to past wars in a ceremony May 26 at Monterey Lakes Memorial Park. Soldiers, civilian employees and members of the Fairbanks community in attendance.

Four monuments were dedicated: the Alaska Territorial Guard monument and those who served in the ATG from 1942 to 1947, one for persons who served at the Ladd Army Air Field during the Lend Lease program from 1942 to 1945. Monuments were also dedicated for people who served in the Korean War and the final one was for individuals who served in the Vietnam War.

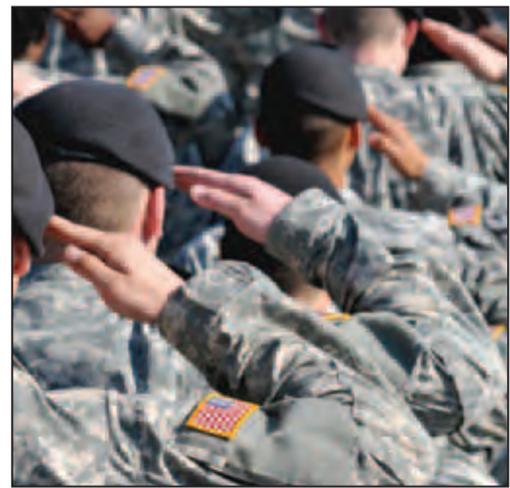
Holger Jorgensen was an original member of the Alaska Territorial Guard and spoke during the ceremony.

He joined the Alaska Territorial Guard Jan. 26 1942, about a month and a half after the attack on Pearl Harbor. He was recognized and accepted Feb. 2, 1942 despite the fact that he was only 15 years old at the time. However, he had two things

that the guard needed. The first was his family's dog sled team, which was needed to move equipment. The second thing he had to offer was that he had studied Morse Code and a radio operator who could understand Morse Code was needed.

One of his primary duties during the winter was patrolling with his dog teams along the coast of the Bering Sea, near where he was raised. He said that his most memorable patrol may have been in March 1943 when he was running along the river when a single airplane came in and landed on a straight stretch of the river. The pilot had separated from his group which was flying from Fairbanks to Nome. When the plane landed Jorgensen made contact only to find that he was a Russian pilot and that neither could speak the other's language. Using hand motions and a map, Jorgensen gave him directions.

Please see DEDICATION, Page 3



Soldiers present at the monument dedication May 26 honored past heroes with a salute.(Photo by Brian Schlumbohm/Fort Wainwright PAO)

Working on the front lines with 'man's best friend'

Spc. Thomas Duval, 1-25th SBCT PAO



Rex, a military working dog belonging to Combined Team Zabul, attacks the training sleeve of Air Force Capt. Craig Phelps at Forward Operating Base Lagman, Afghanistan, May 24. Rex is just one of many working dogs at FOB Lagman that train daily for combat missions. Phelps is deployed with the 1st Stryker Brigade Combat Team, 25th Infantry Division from Fort Wainwright. (Photo by Spc. Thomas Duval/1-25th SBCT PAO)

ZABUL, Afghanistan - As the war in Afghanistan enters its tenth year, improvised explosive devices remain a major threat to the thousands of men and women in the armed forces.

The military continuously seeks to employ the latest technology to counteract this hazard with creations such as specialized vehicles including Mine-Resistant-Ambush-Protected vehicles and innovations such as electronic countermeasures.

While such technological advancements undoubtedly contribute to save the lives of many U.S. and coalition warfighters, soldiers stationed in at Forward Operating Base Lagman, in Zabul, Afghanistan, don't hesitate to put their faith and ultimately their lives in the hands, or more specifically, the paws of "man's best friend."

Studies have shown that a dog's sensitivity to smell to be greater than 10 times that of a typical human. The U.S. military's current crop of the canine (K9) corps can follow their noses to smell concentration levels 100 million times lower than the human nose which allows them to protect soldiers in a way that no man-made equipment can.

"There isn't a piece of equipment that can do what a dog can do," said Tech. Sgt. Richard Duvall, a Tulsa, Okla., native and kennel master assigned to the 48th Security Forces Squadron, of the U.S. Air Force.

According to Duvall, a dog's ability to interact with its handler and its ability to adjust to the surroundings puts them a "paws and shoulders" above even the most advanced of today's robots.

Although there are a number of breeds of dogs that make the perfect pet, there are very few that can perform at the intense level the military requires.

Some of the more popular breeds

selected by the military for combat operations include the German shepherd, Dutch shepherd and Belgian Malinois. K9s, or military working dogs can detect chemicals used to make IEDs, narcotics, mines, and weapons caches better than any other animal, especially with the addition of their specialized training, Duvall said.

An average military working dog spends more than a year training to detect such hazards before being assigned to a unit. From there the pups receive more advanced training to hone in on one of nine military specialties, many of which are highly guarded to maintain operational security.

Once equipped with the right training and skills, Duvall said our four-legged allies can help change the outcome of any mission.

Duvall recalls during a previous deployment to Iraq, one MWD whose mere presence was enough to strike fear in the hearts of insurgents who were known to refer to the all black German shepherd as the "grim reaper."

Despite being perceived as aggressive animals because of the nature of their job MWDs are also highly disciplined, something the military puts great emphasis on whether it comes to soldiers or canine counterparts.

"Our dogs are very disciplined...we treat our dogs just like a new airman or new private in the army," said Staff Sgt. April Lorah, a dog handler assigned to the 673rd Security Forces. "The more they behave during our training and the longer we work with a dog the more we can release them without a leash and trust them with more responsibility. Kind of like an airman or private works to become a NCO," She laughed.

Please see DOGS, Page 3

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Commander's column

Col. Timothy A. Jones, Garrison commander

Fun under the Midnight Sun

Outdoor activities in Interior Alaska summers are virtually limitless. There are so many things to do that it seems we go nonstop from May through August to get as much as we can out of our wonderful sunlit days.

We cram our calendars full of activities, from fishing and camping to gardening and outdoor sports. We haul out the bikes and the barbecues. We welcome our families from the Lower 48 who come to see us and experience Alaska.

But don't block out every weekend and holiday yet. Take a look at what Fort Wainwright has to offer before filling in all the dates.

A sure sign of summer is the return of the post-wide yard sales. We hold one yard sale each month. You can sell from your homes, unit areas or – for the low fee of \$10 in the payment booth there – you can set up a table at the Lemon Lot. The yard sales this summer are scheduled for June 25, July 9, Aug. 20 and Sept. 17. All yard sales are from 8 a.m. to 4 p.m.

For more information, contact Felicia Jackson at 353-6612.



File photo

The Directorate of Family and Morale, Welfare and Recreation has a lot of musical entertainment in store for this summer.

June 4 - Summer Concert Series "Jazz on the Hill" - FMWR Special Events presents a free jazz festival open for the community. The festival will feature four national acts from the Lower 48, including Gail, T.K., The Straight Ahead Band, local band Ron Veliz Group, the 9th Army Jazz Band and special guest "Yancy." The event is from 4 to 10 p.m. at Birch Hill Ski and Snowboard Area.

June 30 to July 1 - FMWR's Child, Youth and School Services presents Grammy nominated children's entertainer "Red Grammer." He will visit the Child Development Center in the morning of June 30 and School Age Services in the afternoon. He will perform July 1 on the grassy area outside of Nugget Bowling Lanes at 5:30 p.m. open to all military ID cardholders.

July 16 - Summer Concert Series "Battle of the Bands" - FMWR Special Events presents a concert featuring local bands and music of all genres in a competition. The Fairbanks BBQ Association will hold a competition in conjunction with the festival. Event hours are from 4 to 10 p.m. at Birch Hill Ski and Snowboard Area.

July 22-23 - FMWR Special Events will host the United States Army Soldier Show at Pioneer Park Center for the Performing Arts in partnership with the Golden Days Celebration. The show will start at 6 p.m. July 22 and at 4 p.m. July 23.

For more information on these events, call Megan Brown at 353-6043.

The Outdoor Recreation Center (ODR) is sponsoring several trips you won't want to miss.

The 115-mile trip to the Arctic Circle July 4 includes a van ride up the Dalton Highway, also known as the "Haul Road" to the Arctic Circle wayside and sign. The van will stop at the Trans-Alaska oil pipeline, travel along the foothills of the Brooks Range at Gobbler's Knob and cross the mighty Yukon River over the 2,290 foot E.L. Patton Bridge. At Latitude 66 degrees, 33 minutes, you will receive a certificate stating that you have journeyed above the Arctic Circle. You may experience wildlife along the road including bears, moose, Dall sheep and fox. Lunch is provided.

The ODR anglers have scheduled trips for pike and salmon to the Dall River drainage, Valdez, Delta Junction and on our own Chena River. You can opt for a day trip or an overnight while you get your fill of fishing.

Hikers and backpackers will have a number of treks to choose from. You can take your pick of overnight glacier trips and day hikes.

Frisbee golf, boat rides on the Chena river, canoe and kayak floats and rock climbing are a few of the other activities you can enjoy with Outdoor Rec.

Outdoor Rec will assist you in customizing your own Alaskan adventure, whether it's fishing, a float trip, backpacking or just a night or two in a backcountry cabin.

In addition to the scheduled activities, the center has various boats, camping equipment, trailers and other sporting equipment available to rent.

For information on their trips and rentals, call 361-6349 or 361-6350.

There are also numerous of activities in Fairbanks. Don't miss the Summer Solstice events from June 18 to 21. The July 4th celebration at Pioneer Park has activities for the whole family and Golden Days, from July 20 to 24, include the Rubber Duckie Race and the Grande Parade.

Don't stay inside all summer – come out and join the fun.

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.

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, Alaska, 99703.

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.



MEDDAC commander

Col. George Appenzeller, MEDDAC-AK commander

MEDDAC-AK Q & A

How do I protect myself and my family during the mosquito season?

With the start of the summer season people all over Alaska are heading outdoors to go camping, fishing, hiking, hunting, or just hanging out around the barbecue. If you spend any time outdoors, chances are that you will run into the "Alaska State Bird" and by that I mean mosquitoes.

As most already know, these little pests are already out and about, looking for meals, and you probably already have many standard ways to try and repel them-from sprays to candles to any of the plethora of methods you can find in the stores and on the internet.

However, according to the Center for Disease Control, there are only four repellents registered with the Food and Drug Administration on the market and of those, the best documented and commercially available method is DEET. DEET works by throwing off the insect's receptors and disorienting it so that it cannot bite the skin.

If you have concerns about using DEET, especially when it comes to children, you can follow the guidelines put forth by the American Academy of Pediatrics.

According to the Academy, if you use DEET on your children, don't use a product containing more than 10 percent, always apply it to yourself first, and never apply it to your child's hands. The AAP also states not to use DEET on children younger than 2 months and for older kids, the academy says parents should only apply repellents containing DEET once a day. As for adults, it depends on how much time you plan spending in the great outdoors.

The percentage of DEET you should look for in a product depends on your exposure and how long you will be outside. Here are some guidelines from the Centers for Disease Control and Prevention:

A product containing 23.8 percent DEET provided an average of 5 hours of protection from mosquito bites. A 20 percent DEET product would protect for approximately 4 hours. Lower concentrations protect for a shorter amount of time. A product with 6.65 percent DEET provided almost 2 hours of protection and a 4.75 percent DEET product provides roughly 1 and a half hours of protection.

Other ways to improve your defense against biting insects is to avoid the prime biting times of dawn and dusk, though we all know that is somewhat relative here in Alaska. Additionally, the use of permethrin on mosquito nets, cloths, tents etc when used as per manufacturer's instructions are highly effective. You should wear protective clothing (long pants and sleeves) and use mosquito nets for infant carriers. However, remember that mosquitoes can bite through thin clothing. Lastly, help decrease the overall population by removing containers with standing water from around your home as that is prime breeding territory.

Despite the effectiveness of insect repellents and other measures, nothing is 100 percent. If you do get bitten, the results can range from next to nothing in most people, to bites that are painful and itchy in others. Generally, you can treat a bite with warm soapy water, over-the-counter cortisone creams, ice and cool compresses. If you begin to get hives, itchiness in areas other than where you were bitten, tightness in the chest, swelling of the tongue and throat, or dizziness, you should seek immediate medical attention, as these are signs of a severe reaction. If you have known severe allergic reactions to insects, speak to your medical provider about whether you should carry an anaphylaxis kit when you are partaking in outdoor activities.

If you have any questions, please call or come by the hospital and we will take care of you. The Bassett Army Community Hospital information line is 361-5172.



Interior Alaska is home to what some refer to as the Alaska State Bird, the dreaded mosquito. Mosquitos are not only annoying and can be a pain, but can cause more severe reactions. For more information on repellents and remedies for bites, go to www.cdc.gov. (Photo by Brian Schlumbohm/Fort Wainwright PAO)

ALASKA POST

Home of the Arctic Warriors

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pao.fwa@us.army.mil

DEDICATION: Four new monuments placed at memorial park

Continued from Page 1

Michael Ferguson spoke about the history of Ladd Army Air Field at the ceremony and told how it was a transfer point for aircraft that the United States provided to Russia under the Lend Lease Program for their operations on the Eastern Front.

Although Nancy Baker, a recipient of the Congressional Gold Medal did not fly into Ladd Army Airfield, she did ferry aircraft. She shared her story after the ceremony.

She served for about a year and flew several types of fighter aircraft. She had grown up wanting to fly and took advantage of a program called Civil Pilot Training Program which was required to accept one woman for every ten persons trained.

Following her training she took a job with Piper Air Craft to build up her time and when the Women's Air Force Pilots opened she was accepted. Following Cadet School she trained on multiple aircraft and then went to Wilmington Delaware as a ferry pilot, flying primarily P-47s from the nearby manufacturer

to wherever they were needed. She said it was it was the best part of her life.

Arlie Nethken talked to the audience about the Korean War and reminded them that although a "cease fire" has been in place since 1953, there are still American Soldiers serving in Korea and that between 1966 and 1968, 43 Soldiers were killed in action there and more than 100 were wounded in action from combat in the DMZ.

A veteran of the Vietnam War, who served two tours there, dedicated the monument for that war. Joe Fields returned to Fort Wainwright in 1967 and spoke briefly about his experience, not just of his training and tour, but also coming home to a community very different than the one today. Instead of coming home as honored guests, they found that they were alienated from the community. He noted the differences for Soldiers who serve today and those who served in the Vietnam War.

Following the speakers, wreathes were laid at each monument and the audience was invited to walk around the park.

Memorial Day brings people together

Fairbanks community, veterans and active military, pause to remember



Col. Timothy A. Jones addressed a crowd of veterans, families and community members in Fairbanks at the Veterans' Memorial Park Sunday. Services were held at area cemeteries and parks throughout the morning.

"We memorialize their deaths but we remember their lives. ... lives of promise, of hope. Lives that lead each one to don our nation's uniform.

They've served for over 200 years and continue to answer the call today. And sadly, continue to make the ultimate sacrifice. Rejoice in the freedom and liberties our country offers, but remember the cost.

A year ago, this community lost Sgt. Joel Clarkson, born and raised here in Fairbanks.

Two weeks ago today we lost three Soldiers from Fort Wainwright: Spc. Bradley Melton, Pvt. Cheizray Pressley and Pvt. Lamarol Tucker. We mourn with their families and we honor their service.

We ask for God's grace to protect those fighting in distant lands and we renew our promise to support our troops, their families and our veterans.

Their unwavering devotion inspires us all. They are the best of America.

Let us pause today to remember, to remember those who have served and sacrificed and those who continue to serve and sacrifice."

U.S. Senator Lisa Murkowski, Tom Moyer of U.S. Sen. Mark Begich's office and North Pole Mayor Doug Isaacson also spoke during the ceremony.

The 9th Army Band performed for the community during a separate event on Memorial Day at Pioneer Park. (Photos by Connie Storch/Fort Wainwright PAO)



DOGS: K9 team able to detect weapons caches, chemicals used to make IEDs

Continued from Page 1

Together Duvall, Lorah, and the rest of their team mates have more than twenty years of experience handling dogs making Combined Team Zabul's K9 team one of the best. They have also managed to bring together almost every military service to include the Air Force, Army and the Navy.

Down through history, the K9 teams of the U.S. military have easily

helped save the lives of thousands of soldiers, sailors, airmen, and Marines. However, the mission of freedom's forces far from home continue, so this is no time to celebrate and Lorah feels confident that the future is much brighter with the help of her combat canine companion.

Although MWDs have been receiving some long-overdue headlines since

September 11, 2001, the concept of using dogs in war is definitely not new. Many historians have pointed out that dogs have been used in combat as early as 628 years before Christ.

Between 1525 and 1580, Henry VIII and Queen Elizabeth I sent more than 1,200 dogs to war.

Fast forward to May 2, 2011 and another MWD, or perhaps more

appropriately, a canine commando burst into the spotlight. U.S. Navy SEALs, on that day of infamy, accompanied by a Belgian Malinois, by the name of Cairo, executed their now-world-renowned raid to kill 9/11 mastermind, Osama Bin Laden, making Cairo the poster pup for a star-spangled success in the war on terror.

GI Jane examines loss, fear during deployment

GI Jane, Alaska Post contributor

It has been one of those weeks. Actually, it has been a tough few weeks for the Fort Wainwright community. Three Soldiers from 1st Stryker Brigade Combat Team, 25th Infantry Division were killed a few weeks ago in Afghanistan. A stunned and sorrowful community officially mourned their loss in a memorial ceremony Thursday. This Memorial Day profoundly reminded us that there is a very high cost to war and deployments; there always has been and as long as any Soldier, Marine, airman or sailor fights for freedom overseas, service members and families will continue to pay a steep price.

Contrary to Hollywood adaptations, war is not glamorous. The loss is real, painful and long-lasting. No one knows this better than the families of fallen Soldiers.

The name, GI Jane, suggests that we're tough, capable and ready for anything in this military adventure. But as I approached Memorial Day last weekend I realized that it's not so much that any of us are exceptionally tough and always capable; it's that we, as a community, are linked by our common experiences, our concern for each other and our commitment to the amazing hero Soldiers with whom we share life. We find strength in our affiliation as military families; as a military community. Many of us also find strength in our faith, friendships and even in the structure the Army has created through family readiness groups and the orderly flow of information.

Facing loss in our community might create fear for some military spouses, but I hope that instead of being afraid we will embrace a commitment to honor the fallen and their families. One way I choose to do that is in how I react immediately after a casualty. With modern communications like Facebook, email and a 24-hour news cycle it is unrealistic to think that the news of a death or injury will not leak out before the Defense Department has officially released the information. But I refuse to be a part of causing more grief or pain to the family of a Soldier who gave his or her life for our country. I won't do it. I would never want to learn about the death or injury of my Soldier through Facebook or a friend or neighbor's well-meaning gossip. I owe it to every Soldier and his or her family to let the process work; to honor them by being still and quiet until the information is officially released. Many spouses are not familiar with the official casualty notification process and panic when news of a casualty hits the airwaves, posting frantic Facebook messages and calling friends, desperate for more news. The best cure for fear and anxiety can often be an understanding of



the process. Knowledge really is power. If you don't know what the casualty notification process is ask your FRG leader or Rear Detachment commander to explain it to you. Getting involved as an FRG volunteer can also help combat the feelings of helplessness during times of tragedy and make a real difference to other GI Janes in our community. The Survivor Outreach Services program here works full-time to ease the pain and suffering of families of the fallen. Is there really any better way to honor the fallen than to care for their families? Becoming an SOS volunteer could provide an outlet and perspective that we often need during times like this.

The bottom line is that we are a part of an extraordinary community. We're members of a somewhat exclusive club. We are joined to amazing men and women who live by the ideals that some things really are worth fighting for and that living life in pursuit of something bigger than self is the only way to live; no matter what the cost.

There is much more to membership in this club than tearful farewells and jubilant homecomings. The long and sometimes painful time in between is where we are now. But just like our namesake - GI Jane - we really are strong. There will be dark moments on this adventure, but what we do during those times will often define us and can make a real difference to ourselves and others. Even when it's difficult I choose to rely on the strength I find in my faith, fellow GI Janes, family, military community and love for my Soldier.

There's no denying that the last few weeks were really tough and that more difficult days could lie ahead. I will not forget the sacrifice of the fallen and their families. I see that as part of my duty. Memorial Day really is every day for us.

Finding the balance between honoring the sacrifice of the fallen and embracing a joyful life is difficult for military families. But I owe it to my Soldier, friends, family and community to move forward on this journey, while still honoring the sacrifice of the fallen.

This is challenging, but each day gets a little easier. I'm GI Jane. I can do this. So can you.

After all, the sun is shining today and hope has found its way back into my heart and mind. I hope it finds you today, too.

Editor's Note: The Alaska Post features the GI Jane column every other week. GI Jane is a composite character of many different military spouses and offers a wide variety of viewpoints and perspectives. Submit column ideas and feedback to pao.fwa@us.army.mil.

Fire in the hole

Brian Schlumbohm, Fort Wainwright PAO

On Fort Wainwright's Small Arms Range Complex a larger than normal blast was experienced May 25 when a year long accumulation of unexploded ordnance was detonated. Soldiers from the 65th Ordnance Company, which activated March 10, 2010 on Fort Wainwright, brought its expertise and personnel out to make safe the training ranges for Soldiers to practice.

"This was a range clearance for Fort Wainwright's Small Arms Range Complex, range control office," said, Lt. David Garcia, 65th EOD Company, operations officer and officer in charge of the day's business of disposing of the UXOs. "The end goal is to make it go away, if we can do that, then we're successful."



Two Soldiers, from the 65th Ordnance Company, prepare unexploded ordnance for destruction on Fort Wainwright's Small Arms Range Complex, May 25. Staff Sgt. John Renna (Left) and 1st Lt. Michael Filipek, wearing protective gear, make connections to wireless equipment which will activate counter charges already placed on the unexploded ordnance. (Photo by Brian Schlumbohm/Fort Wainwright PAO)

Deployed Soldiers dedicate free time to improve fitness

Spc. Thomas Duval, 1-25 SBCT PAO

ZABUL PROVINCE, Afghanistan - Soldiers deployed to Zabul, Afghanistan are trading in their fast food and french-fried habits for free weights and fitness.

Since deploying from Fort Wainwright to Zabul in April many of the nearly 4,000 Soldiers from the 1st Stryker Brigade Combat Team, 25th Infantry Division, have replaced their late night snack runs with an extra visit to the gym.

"On a typical Wednesday night I would probably just be sitting around in my room watching TV and eating pizza," Pfc. Bernard Knolle, a fire support specialist with the Brigade Troops Battalion, 1-25th SBCT said. "I try to spend any free time in the gym getting sexier for the ladies."

This trend is becoming popular as local gyms, located on the individual forward operating bases, struggle to house the Soldiers flocking to the bodybuilding hubs.

"It's a lot easier, when your deployed, to get motivated whether you want to get buff to impress your friends and family when you go home or just trying to pass the time away," Knolle said. "It seems like all my friends are motivated to make some kind of physical improvement and have dedicated a lot more time than they would have back home."



Army Pfc. Bernard Knolle, a fire support specialist assigned to the 1st Stryker Brigade Combat Team, 25th Infantry Division based out of Fort Wainwright, Alaska, curls weights during his daily workout routine. Knolle and his battle buddies have used their free time during their deployment to southern Afghanistan to focus on improving their physical fitness. (Photo by Spc. Thomas Duval/1-25th SBCT PAO)

Although many Soldiers share the desire to have rock hard abs and bulging arms reports state that by increasing physical fitness and an improving an individual's diet, can help in more ways than just improving physical appearance.

According to the Center for Disease Control, physical activity can help reduce the risk of getting some cancers, Type 2 Diabetes and can even have an effect on a Soldier's mental health.

Army leaders understand that a Soldier's mental health can play a factor in their performance on the battlefield.

"Working out helps me forget about everything that is going on around me and gives me a break from reality," Knolle said. "I feel more refreshed and ready to go to work the next day."

Exercise can play such a large factor in a Soldier's well being that the combat stress experts located at FOB Lagman have integrated visits to the gym into their recovery process.

Maj. Sherri Passarell, a psychiatrist with the 883rd Combat Stress



Soldiers from the Brigade Troops Battalion, 1st Stryker Brigade Combat Team, 25th Infantry Division, pose for a picture after completing the 5K Memorial day run at Forward Operating Base Lagman May, 29. (Photo by Spc. Thomas Duval/1-25th SBCT PAO)

Control unit, said that although each Soldier handles the challenges of deployments different, getting time at the gym can increase many Soldiers' motivation and self esteem.

Combined exercise with the right diet and amount of sleep and many Soldiers could find themselves to be less stressed during missions.

Research done by the CDC, shows regular physical activity can help keep a person's thinking and judgment skills sharp and can dramatically change ones chances of becoming depressed.

Because Soldiers often times isolate themselves during depression, Passarell said that hitting the gym with battle-buddies could also help Soldiers deal with stress management.

Whether it's to get rid of the love handles or to just let off some stress, the 1-25th SBCT Soldiers have bought in and are making sure that they return back to Alaska a little more "Army Strong."

Service members from all branches of the military participate in the 5K Memorial Day run at Forward Operating Base Lagman, in southern Afghanistan, May 29. (Photo by Spc. Thomas Duval/1-25th SBCT PAO)

Information pertaining to the benefit of physical activity in this article was gathered from the website, www.cdc.gov.

Fishing begins, the Alaskan Summer

Brian Schlumbohm, Fort Wainwright PAO

Fishing is on again in Alaska. Local rivers and streams are ice free and the local fish species are making their way up from the Tanana into the higher reaches of the Chena and other local rivers and tributaries. Soon, in mid to late July, salmon will be reaching the interior and their runs will last into fall. It's time to get fishing.

The Interior of Alaska supports many lakes and streams, many within reasonable traveling distance to visit. Make sure to have a good map and directions, be safe and don't forget your fishing license. All residents and nonresidents 16 or older must purchase and have in their possession, a sport fishing license in order to participate in the Alaska sport and personal use fisheries. In addition, a king salmon stamp is required to fish for



Staff Sgt. Ian Martinez, from the 1st Battalion, 24th Infantry Regiment, 1st Stryker Brigade Combat Team, 25th Infantry Division successfully lands and releases a nice sized Whitefish at the local park near the Chena River on Fort Wainwright, last year. Along with an Alaskan Fishing permit he also needs to have in his possession the Fort Wainwright Recreational Access Permit or RAP Card. (File photo)

king salmon. These laws apply on all Alaskan waters, fresh or salt.

Sport fishing licenses and king salmon stamps can now be purchased online at www.admin.adfg.state.ak.us/buyonline or most sporting goods stores, and at Fish and Game offices. For updates on local fishing news, events and regulations for this fishing season visit www.adfg.alaska.gov/index.cfm?adfg=fishing.main.

To fish on military installations, a Recreational Access Permit or RAP card is necessary and can be obtained at the visitor's centers near the main gates at forts Wainwright and Greely. The cards are also available at the Natural Resources Office at Fort Greely and the Fort Wainwright Outdoor Recreation Office. 16 or older and want to participate in any recreational activity on US Army lands. It is free and valid for two years from the date of issue.

For still water fishing within the local area; Quartz, Birch, Chena and Harding lakes are all stocked either annually or in alternate years, according to Alaska Department of Fish and Game, with Arctic Char, Arctic Grayling, Chinook salmon, Coho salmon and Rainbow trout, with the exception of Harding Lake which is also stocked with Lake trout.

The Tolovana and Chatanika Rivers and Minto Flats opened for Pike fishing June 1.

The Chitina Subdistrict will open dip netting for the first time this season this weekend, a 33 hour period starting 8 a.m., Saturday through 5 p.m., Sunday. For Chitina updates call 459-7382 or visit the Chitina Subdistrict personal use schedule webpage at www.adfg.alaska.gov/index.cfm?adfg=PersonalUsebyAreaInteriorChitina.schedule. Chitina permits, as well as, Glennallen Subdistrict permits are available at ADF&G offices and some local license vendors. The permits are free but for one household only, also a fishing license is required. A permit can be obtained for only one of the two locations per year.

There are numerous wildfires being tracked and fought throughout the state presently. Before leaving on any fishing trips, be sure to check the latest updates on wildfires in the area you may be traveling in. Fire information can be found on the Division of Forestry, Alaska Department of Natural Resources' website at <http://forestry.alaska.gov/fire/current.htm> under the section Alaska Interagency Coordination Center. Current fire reports and maps of current fire locations from around the state can be found there.

Alaska fishing information 24-Hours a day

Reports are maintained by the Division of Sport Fish from April 15 to Sept.15.

Interior Alaska

Fairbanks 459-7385

Copper River Dip Net

Fairbanks 459-7382
Glennallen 822-5224

Southeast Alaska

Ketchikan 225-0475
Juneau 465-4116
Haines 766-2625

Cook Inlet Dip Net

Anchorage 267-2512
Kenai/Kasilof Fish Counts 262-9097

Southcentral Alaska

Kodiak 486-5176
Homer 235-6930
Soldotna 262-2737
Anchorage 267-2510
Palmer 746-6300

www.adfg.alaska.gov/

Army takes Gold at the 2011 Warrior Games championship wheelchair basketball game

Jacqueline M. Hames, Army News Service

COLORADO SPRINGS, Colo. (Army News Service, May 23, 2011) -- The Army beat out the Marines, 44-19, and took home the gold, after fierce competition at the championship wheelchair basketball game, May 20, at the 2011 Warrior Games.

Enthusiastic fans from both sides packed the bleachers at Sports Center I, Olympic Training Center, here. They held up signs, honked horns and cheered for their favorite team.

After the intense game, head coach for the Army, Doug Garner, said he was pleased with the way his team played.

"We got off to a really good start and that helped," Garner said, "We've been kind of slow coming out of our last few games, so we really wanted to come out at a level that we could take sure shots and play good defense, and we did that."

Garner has been coaching wheelchair basketball since 1992. His son was born with a disability, he explained, so he started a junior program in Arkansas.

"Now I'm a commissioner for the junior division for the U.S. for the (National Wheelchair Basketball Association), so I work with junior programs around the country," he said.

He also coaches the collegiate team at the University of Texas, Arlington, Texas. The Army called to ask him to coach their team.

The Army's team benefited from the coach's expertise in the championship game, said team captain Juan Soto, who is at the games for the first time.

"We kept our cool and executed basically everything that coach taught us last week," Soto said.

Soto served in the Army from 1998 to 2002 and was injured in 2003 during a car accident. He has been playing wheelchair basketball for six years, he said, and believes he brings leadership to the court.

"I probably have the most experience," Soto said. "I can decide where the ball goes and who should get it. I know the strengths and weaknesses of my players."

He credits some of the leadership capabilities to his time in the Army.

Coach Garner was humbled to participate in the games because he was able to see the players as service members as well as athletes.

"These guys brought a great attitude in because they remember last year," Garner said. "They came to the pre-camp, all the camps, wanting



The Army wheelchair basketball team cuts down the net on the court of Sports Center I, Olympic Training Center in Colorado Springs, Colo., May 20, after defeating the Marine Corps 44-19, and winning the gold. (Photo by Tom Kimmell)

to learn, and they were really focused."

"I had a blast," Soto said of the games. "It's something I didn't expect for it to be as huge as it is. We have a lot of support from our fellow service members, so I'm hoping to do it next year."

While the Army and Marines battled for the gold and silver, the Navy and Air Force fought for the remaining prize -- the bronze. But Navy proved the winner there, in a close 13-12 game against the Air Force's team.

The 2011 Warrior Games, a joint effort between the U.S. Olympic Committee and the U.S. Department of Defense, is sponsored by Deloitte. Read more on the 2011 Warrior Games at www.defense.gov/home/features/2011/0511_warriorgames/.

Baseball: The boys of summer are back

Linda Douglass, Fort Wainwright PAO

The boys of summer are back and Alaskan baseball fans' winter-long dreams have finally become reality. The sharp crack of the wooden bat connecting with the leather ball, the muffled slap of the ball hitting the pocket of the glove, the fans cheering their team and booing the umpires, homeruns, spectacular catches, well-executed double plays, stolen bases and occasionally even a triple play -- all are signs that it's baseball season once again.

The outfield is a dark rich green, the Astroturf infield a lighter faded yellowish-green. The smell of popcorn permeates the stands and hot dogs are cooking on the grill.

Though the nearest major league team is an overnight flight away in Seattle, fans can watch amateur baseball at its best right here in the form of the Alaska Baseball League.

The six teams comprising the league play in Fairbanks, Anchorage, Kenai and Palmer. After a long cold winter, there's nothing quite like sitting under the Alaska evening sun watching a good game.

The Alaska Goldpanners and Athletes in Action Fire play at Growden Park in Fairbanks. The

Anchorage Glacier Pilots and Anchorage Bucs call Mulcahy Stadium home. The Peninsula Oilers play at the Coral Seymour Memorial Ballpark in Kenai and the Mat-Su Miners host their visitors at Hermon Brothers Field in Palmer.

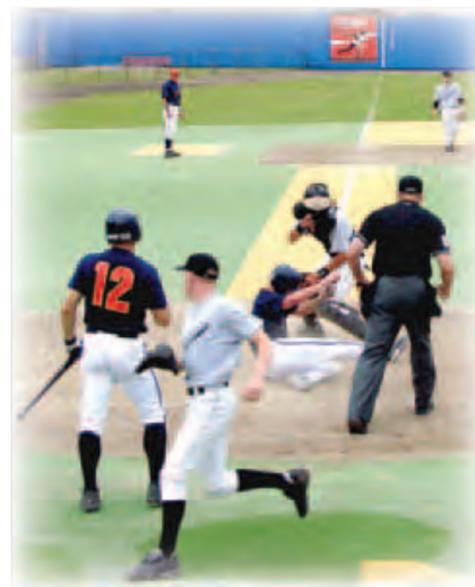
The six teams recruit top college players from around the United States, many of them coming directly from the College World Series.

The Alaska League has been well represented in the big leagues over the years, sending up well over 350 hitters, pitchers, fielders and one World Series-winning manager.

The teams have sent up players that include pitchers Randy Johnson, David Bush, Tom Seaver and Floyd Bannister. They faced sluggers and fielders like Chase Utley, Adam Kennedy, Bret Boone, Graig Nettles and Terry Francona, now manager of the Boston Red Sox.

The history of the league is rich with names of former players, rivalries between the cities and traditions.

One such tradition is the annual Midnight Sun Game played on the longest day of the year. As near as Interior baseball historians can estimate, the tradition began in 1906 and the 'Panners



picked it up when the team formed in 1960.

The game begins at 10:30 p.m. and is played entirely without artificial lights. Play stops at the half-inning break nearest midnight for the singing of the Alaska Flag Song and a celebration of the midnight sun. The visitors for this year's classic are the Oceanside (Calif.) Waves.

This season, the Alaska Goldpanners of Fairbanks will be operating a second baseball club. The "Midnight Sun Goldpanners" will be participating in the Fairbanks Adult Amateur Baseball League (FAABL). The creation of the Midnight Sun Goldpanners club is a very ambitious step towards the future of our local baseball scene in Fairbanks, said Todd Dennis, associate general manager of the Alaska Goldpanners.

Midnight Sun Goldpanners players will consist of local Fairbanks boys and men, and the occasional rehab assignment from the parent club. All local military men and merchants are encouraged to attend tryouts for the club June 5 at Growden Memorial Park.

The schedule of play will be consistent with that of the FAABL, including tournament sprints in both Fairbanks and Anchorage.

For more information on the Midnight Sun Goldpanners, e-mail Dennis at todd@goldpanners.com or call 750-0099.

For information on admission or game times, call: Goldpanners 451-0095; Glacier Pilots 274-3627; Bucs 561-2827; AIA 352-1000; Oilers 283-7133 and Miners 745-6401.

The teams' websites have more information on schedules, admission, and the players and coaches. Visit them at:

www.goldpanners.com
www.glacierpilots.com
www.anchoragebucs.com
www.oilersbaseball.com
www.matsuminers.org
www.aibaseball.org/alaska
www.alaskabaseballleague.org



The annual Midnight Sun Game, Fairbanks, Alaska is played each year on Summer Solstice, June 21. It starts at 10:30 p.m. and is played entirely without artificial lights. The Panners take on teams from Anchorage, Palmer and Kenai as well as the Athletes in Action Fire, also headquartered in Fairbanks, in Alaska Baseball League play. (File photo)

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



2011 Car and Bike Show

The Fort Wainwright Directorate of Family, Morale, Welfare and Recreation hosted a Car and Bike show at the Nugget Lanes Bowling Center parking lot Monday. Several classic cars from the Vernon L. Nash Antique Car Club were on display. Visitors enjoyed live music, food, beverage and plenty of sunshine while temperatures reached 85-degrees. (Photo courtesy FMWR)

Friday - 3rd

CELEBRATE SITKA MUSIC FEST STORY HOUR AND CRAFTS, 4 p.m., Post Library, Building 3700. Call 353-2642.

ARCTIC CIRCLE TOUR, 8 a.m. to 9 p.m., Outdoor Recreation Center, Building 4050. Cost is \$25 for adults, \$15 for 12 years-old and younger. Please call ahead to ensure availability. Call 361-6349.

BLENDED FAMILIES, 10 a.m. to 2 p.m., Northern Lights Inn conference room, Building 3402. Call 353-4248.

FIRST FRIDAY ART BASH, 6:30 to 7:30 p.m., Arts and Crafts Building 3727. Call 353-7520.

Saturday - 4th

JAZZ FEST, 4 to 10 p.m., Birch Hill, Building 1172. Open to the community. Call 353-6043.

COMMUNITY CPR AND FIRST AID CERTIFICATION, 9 a.m. to 3 p.m., School Age Services, Building 4391. Participants should bring lunch. Call 361-7713.

ENCORE-CELEBRATE SITKA MUSIC FEST STORY HOUR AND CRAFTS, 10:30 a.m., Post Library, Building 3700. Call 353-2642.

MWR AND DECA FAMILY FUN RUN 5K, 10 a.m., Physical Fitness Center parking lot. Open to participants of all ages. Registration starts at 9:30 a.m. Call 353-7223.

CUSTOM PICTURE FRAMING CLASS, 10:30 a.m. to 2 p.m., Arts and Crafts Center, Building 3727. Cost is \$35. Participants need to bring a 5-by-7 picture to frame. Call 353-7520.

BOATER SAFETY CLASS, 1 to 5 p.m., Outdoor Recreation Center, Building 4050. Open to participants 18 and older. A boater safety card is issued at the completion of the course and is valid for four years. Everyone renting a watercraft from the Outdoor Recreation Center is required to have a boater safety card issued from the ORC on Fort Wainwright. Call 361-6349.

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

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

CHESS CLUB, 3 to 5 p.m., Last Frontier Community Activity Center, Building 1044. Call 353-7755.

Spend a little time in the past at **PIONEER PARK**, and Celebrate Fairbanks!

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- Music: Pantheon Steel Drum Band, Clarence and Friends, Tim Robb, Mean Bone & more entertainment throughout the day
- Kids Games (1-4pm)
- Free Train Rides
- Community Organization Booths (3-6 p.m.) Learn about community events/activities this summer
- Chena Goldstream Fire Department Candy Hose Shoot (1:30 & 3:30 p.m.)
- LOTS of prizes and giveaways

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Sunday - 5th

ROCK CLIMBING TRIP, 8 a.m. to 5 p.m., Outdoor Recreation Center, Building 4050. Cost is \$10. Open to participants 16 and older. Climbers must have a Melaven Gym belay certification prior to registration. Trip will be held at nearby climbing sites. Call 361-6349.

CERAMICS WORKSHOP, 2 to 5 p.m., Arts and Crafts Center, Building 3727. Cost is \$65 and covers all 4 sessions through June. Open to participants ages 16 and older. Call 353-7520.

Monday - 6th

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 or 361-7372.

AFTB LEVEL 2, 9 a.m. to 3:30 p.m., Last Frontier Community Activity Center, Building 1044. Call 353-2382.

THE LIBRARY AND THE DRAGON, 1 to 3 p.m., Last Frontier Community Activity Center, Building 1044. Call 353-4137.

BROOKS RANGE PRE-TRIP MEETING, 5:30 to 6 p.m., Outdoor Recreation Center, Building 4050. Actual trip set for June 24 to 28. Cost for trip is \$110. Open to participants 16 and older. Call 361-6349.

NATIONAL TRAILS MONTH SPEAKER SERIES, 6 to 7 p.m., Last Frontier Community Activity Center, Building 1044. Call 353-7755.

Tuesday - 7th

AFTB LEVEL 2, 9 a.m. to 3:30 p.m., Last Frontier Community Activity Center, Building 1044. Call 353-2382.

SPENARD GOLF TOURNAMENT, 8 a.m. to 1 p.m., Chena Bend Golf Course, Building 2092. Call 353-6223.

GROUP CYCLING, 6:30 to 7:30 a.m., Physical Fitness Center, Building 3709. Call 353-7223.

STRESS MANAGEMENT, 3 to 4:30 p.m., Northern Light Inn Conference Room, Building 3402. Call 353-4248.

Wednesday - 8th

AFTB LEVEL 2, 9 a.m. to 3:30 p.m., Last Frontier Community Activity Center, Building 1044. Call 353-2382.

CARDIO SCULPT: STRENGTH AND CARDIO, 5 to 6 p.m., Physical Fitness Center, Building 3709. Call 353-7223.

HOOR OF POWER: GROUP STRENGTH, noon to 1 p.m., Physical Fitness Center, Building 3709. Call 353-7223.

FATHER'S DAY CARD MAKING, 3 to 6 p.m., Post Library, Building 3700. Call 353-4137.

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Thursday - 9th

GROUP CYCLING, 6:30 to 7:30 a.m., Physical Fitness Center, Building 3709. Call 353-7223.

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 or 361-7372.

TEEN DATING SAFETY, 11 to 12:30 p.m., Northern Lights Inn Conference Room, Building 3402. Call 353-4248.

GROUP CYCLING, noon, Physical Fitness Center, Building 3709. Call 353-7223.

SCREAM FREE PARENTING, noon to 1 p.m., Northern Lights Inn Conference Room, Building 3402. Call 353-4248.

THE LIBRARY AND THE DRAGON, 1 to 3 p.m., Last Frontier Community Activity Center, Building 1044. Call 353-4137.

THOR ART THURSDAYS, 4 to 6 p.m., Post Library, Building 3700. Call 353-4137.

CHENA RIVER BOAT RIDE, 5:30 to 7:30 p.m., Outdoor Recreation Center, Building 4050. Please call ahead to ensure availability. Call 361-6349.

WOODSHOP SAFETY QUALIFICATION CLASS, 6 to 7 p.m., Arts and Crafts Center, Building 3727. Cost is \$20 and includes all materials. Call 353-7520.

Chapel services

Northern Lights Chapel

Sunday

10 a.m. - Sunday School
11 a.m. - Protestant Worship
5 p.m. - Protestant Youth of the Chapel

Thursday

9:30 a.m. - Protestant Women of the Chapel

Every other Saturday

8 a.m. - Protestant Men of the Chapel

Southern Lights Chapel

Sunday

9:30 a.m. - Catholic Education Classes
11 a.m. - Roman Catholic Mass

Thursday

5 p.m. Adoration of the Blessed Sacrament
Bassett Army Community Hospital Chapel

Sunday

11 a.m. Gospel Bible Study

Tuesday and Thursday

Noon - Roman Catholic Mass

Wednesday

Noon - Catholic Liturgy of the Hours

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PROTESTANT WOMEN OF THE CHAPEL

PWOC's June "First Friday" Hawaiian Luau event, 6:30 p.m. today at the Northern Lights Chapel - free event with food and activities for spouses of deployed Soldiers, plus free childcare and games and activities for school-age children. Call Joanna Hart at 356-9205 for more information.

SPORTS PHYSICALS

Walk-in patients will be seen for school and summer sports physicals tomorrow 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.

TRACK AND FIELD EVENT

The Fairbanks North Star Borough Parks and Recreation Department is hosting a track and field competition, tomorrow starting at 9:30 a.m. at the Lathrop High School track.

The event is open to anyone born between 1998 and 2005. Prizes will be awarded to the top finishers.

For more information call 459-1068 or 459-1104.

COMMISSARY CLOSURE

The commissary will close Sunday at 3 p.m. to reset shelves and remain closed for the next two days. Normal operations will resume Wednesday at 10 a.m. Some items will be in new locations.

MEET TRACE ADKINS

Soldiers, family members and civilians will have an opportunity to meet Trace Adkins Wednesday at the Chena Bend Golf Course. 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.

BICYCLE SAFETY REMINDER

Fort Wainwright friends and neighbors need to watch for bicycle riders: Please drive slowly and be extra-cautious and observant.

* Cyclists should ensure they are wearing the proper equipment (helmets, reflective clothing, etc.) and are following the rules and laws for riding in traffic.

Garrison Commander's policy #9 requires:

- The wearing of helmets that have been approved by the Department of Transportation, Snell Memorial Foundation or the American National Standard Institute when operating a bicycle on the installation.

- During the hours of darkness and restricted visibility, bicycle riders will wear reflective vest or band. It must be worn on the upper body and be visible from the front and rear. They must also be equipped with headlights and taillights that are visible for 300 feet.

- The use of headphones or earphones is prohibited while riding on roads and streets.

- Riding on handlebars, carrying racks and center bars is prohibited.

- Bicyclists must comply with all state traffic laws while operating on an Army Installation.

For more information on bicycle safety, call the Garrison Safety Office at 353-7085.

ACS IS MOVING

Army Community Service is moving offices. Please bear with us as telephone and computer access will be interrupted. The new ACS center will open soon in Building 3451.

ACAP EVENTS FOR THE WEEK

The TAP Employment Workshop is Monday through Wednesday. Day 1 and 2 from 8:30 a.m. to 4:30 p.m. and day 3 is from 8:30 to 11:30 a.m.

The VA Benefit Brief is Wednesday from 12:30 to 4:30 p.m. Both the workshop and the brief will be at the Education Center Annex, Room 106.

How to Apply for Federal Jobs is Thursday from 1 to 3 p.m. and Starting a Small Business is Friday from 9 to 11 a.m. The location of these classes have not yet been determined.

For more information, call 353-2099.

UAF TOURS

The Robert G. White Large Animal Research Station at the University of Alaska Fairbanks will offer public tours throughout the summer.

The tours will be held three times per day at 10 a.m., noon and 2 p.m. on Tuesdays, Thursdays, and Fridays through September 2nd.

General admission for tours is \$10. Senior citizens are \$9 and students are \$6. Children 5 and under are free.

For more information or to schedule a group tour, visit www.uaf.edu/lars or call 474-5724.

COMMAND CHANNEL

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<http://alaska.jobcorps.gov>

"Jazz on the Hill" kicks-off summer concert series



Internationally-known jazz artist Yancy headlines "Jazz on the Hill" tomorrow from 4 to 10 p.m. at the Birch Hill Ski and Snowboard Area. The event is hosted by the Directorate of Family, Morale, Welfare and Recreation, is open to the public and is free of charge. Also scheduled to perform are Gail Jhonson, The Straight Ahead Band (below), Destiny T.K. Pivonka, The Ron Veliz Band and the 9th Army Jazz Band of Fort Wainwright. (Courtesy photos)

Staff report, Fort Wainwright PAO

The Fort Wainwright Directorate of Family, Morale, Welfare and Recreation is hosting a blend of smooth, delightful funk, food and fun on Birch Hill tomorrow with the first in a concert series of the summer season. "Jazz on the Hill" is a jazz-fest of nationally known artists whose music will take you on an adventure from 4 to 10 p.m. and there is no admission fee. FMWR special events coordinator, Megan Brown said, "Our one and only 9th Army Jazz Band will start off the festivities. All you need for this concert is a love of great music and a chance to relax in the beautiful Alaskan summer with your family. Don't forget your lawn chair, or blanket."

The jazz tour for troops and family members is open to the public, there is no charge and will feature Yancy, who is described as a soulful jazz saxophonist. His recent record album *Sax Chronicles, Volume 1*, has been said to generate excitement. The resulting style is authentic, rich, highly polished, melodic and a great addition to libraries of jazz aficionados. He plays interwoven Jazz, Funk and soul music that speaks, uplifts and makes you want to dance.

Gail Jhonson, who can be heard on the air at www.111eastpraise.com, began piano lessons in elementary school and by 14 played her first gigs with local funk, rhythm and blues bands, and eventually received a Bachelor of Arts degree in composition from Berklee College of Music in Boston,

Mass. Jhonson is a contemporary jazz artist embedded in the international spotlight.

A sultry jazz-trio of ladies with musical backgrounds brings beauty to both the eyes and ears. The Straight Ahead Band is Marion Hayden, heralded as one of the nation's finest proponents of the acoustic bass. Alina Morr, pianist and arranger who entered the jazz scene via the blues, before immersing herself in jazz. She also studied at the prestigious Berklee College. Gayelynn McKinney is the drummer and a member of a musical dynasty which helps explain her powerhouse style. Her

father, the legendary Harold McKinney, was a formidable pianist and composer.

Another up-and-coming musician who promises to leave a lasting impression is Destiny 'T.K.' Pivonka. Pivonka hit the Windy City by storm in 2008 and was quickly vaulted into the music scene, playing with several different bands before hitting the Smooth Grooves Tour, entertaining troops throughout the world. T.K. believes her saxophone to be without genre and has tried her hand in styles from acid jazz to zydeco, leaving no opportunity to play untouched.

The program will also

include performances by the Ron Veliz Group, a local Fairbanks band.

Brown said, "We are going to have an exciting fun filled summer packed with activities for all age groups. Some events to come are the Summer Concert Series "Battle of the Bands", Bowling Center Opening, Grammy Nominated Red Grammer for a children's event, The Army Soldier Show, Teen Fest, and Oktoberfest to name a few."

For more information on the jazz artists, check out www.f-rose.com. For more information on the concert or upcoming events, call 353-6043.



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Saturday - 1st Session \$100 Pull Tabs
 2nd Session \$250 Cash
 Monday - Mystery 7 up to \$1000

\$5,000 To Go Each Session
 Pull Tabs • Non-Smoking Area • Café
 Friday & Saturday Ramas
 7:30 p.m. & 10:30 p.m.
 634 5th Avenue • 451-0433 • Open 7 Days a Week at 6:00 p.m.

Critters enjoy the wild life on Fort Wainwright



This red fox was hanging out with a shrew in its mouth near Ladd Army Airfield around 11 p.m. May 23, when Elizabeth, wife of Master Sgt. Harold F. Gonzalez, Headquarters and Headquarters Detachment, U.S. Army Alaska caught this one having a midnight snack. Elizabeth said, "We'll be pcs'ing soon and I'll miss Alaska and the opportunity to see the wilderness like this." (Courtesy photo by Elizabeth Gonzalez)

National Trails Month speaker series

Shawn Johnson, Family and Morale, Welfare and Recreation

In celebration of National Trails Month the Last Frontier Community Activity Center will host a speaker series to discuss the unique and wonderful outdoor recreational opportunities that exist in and around the Fairbanks area. Each Monday in June from 6 to 7 p.m. a different agency will present information on opportunities under their jurisdiction and be available for any questions that you may have. Please join us and be prepared to learn about outdoor fun just a few steps from your front door.

June 6 - An Alaska State Parks representative will talk about the huge opportunity right in our own backyard. They will talk about day hikes, multiday backpacking trips, backcountry cabins availability, the Chena River Recreation Area and many other things. Come and learn about the huge opportunity right in our own backyard.

June 13 - Family and Morale, Welfare and Recreation's very own Outdoor Recreation Center staff will be on hand to discuss the many things that they offer right here on our very own installation. They will discuss their Women in the Wilderness Program, recreational trips and vehicles they can help you out with, and even highlight a trip that they make available. Drop by to learn about the exciting outdoor experiences offered by FMWR.

June 20 - The U.S. Army Environmental Division will tell us about the land and many different opportunities that await us here on Fort Wainwright, Fort Greely and other training areas under their care and management. They will be available to answer questions about the Recreational Access Permit process and tell you about what you can expect on the thousands of acres available to us.

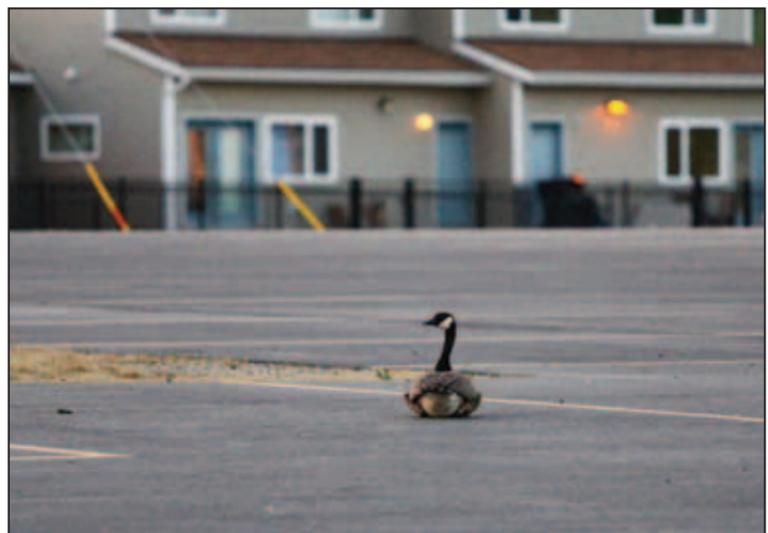
June 27 - Interested in off-road vehicle areas around Fairbanks? The Bureau of Land Management will be here to discuss the many motorized trails available for those of you that love to zip around and feel the wind against your skin. The BLM will also have information available for those of you who may want to get away on a non-motorized trail and see what kind of areas your own two feet can carry you to.

All National Trails discussions are free of charge.

For more information, call Shawn Johnson, Last Frontier program manager, 353-7758.



Moose are a common sight around post and in the surrounding areas. Newcomers should note Alaskan moose are not friendly like cartoon moose, they have been known to kick and trample, and yes, to kill in defense of their young or if they feel threatened. This one scurried off into the woods after spotting the photographer Monday. (Photo by Connie Storch/Fort Wainwright PAO)



Elizabeth, wife of Master Sgt. Harold F. Gonzalez, Headquarters and Headquarters Detachment, U.S. Army Alaska took this photo of a Canadian goose relaxing in the parking lot of the Last Frontier Community Activity Center May 29. She said, "He was there the whole weekend... like he knew nobody was going to disturb him." (Courtesy photo by Elizabeth Gonzalez)

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