

ALASKA POST

Home of the Arctic Warriors



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Fort Wainwright, Alaska

August 31, 2012

Military Appreciation Day at Pioneer Park



Brian Schlumbohm,
Fort Wainwright PAO

Pioneer Park's Military Appreciation Day took place Aug. 25, when military members and their Families, with proper ID, were treated to a day of free train rides, mini golf, carousel and free admission to the Pioneer Air Museum.

Though the day was a mix of drizzling rain with spots of sunshine, those who came out for the event still found it doable and took advantage of both inside and outside events.

When the rain came down, Families found shelter in the riverboat S.S. Nenana that houses scale-model towns of Alaska's past and a walk through the mechanical room of the steamboat.

Visitors also took advantage of the free admission to the Pioneer Air Museum, which holds many aircraft, photos and memorabilia from the early years of Alaskan aviators and from military units such as Ladd Field, Fort Wainwright and Eielson Air Force base.

During sunny spells, Families strolled about the park and visited many of the food stands and organizational booths. Free mini golf games, carousel and train rides, live music, a car show and a dog pull competition were all on display.

Sgt. Adam Lundy, B Company, 1st Battalion, 5th Infantry Regiment, 1st Stryker Brigade Combat Team, 25th Infantry Division, and his wife Kowen brought their boys out to the event and after spending a few hours at the park, decided to let them enjoy the time-honored practice of puddle-wading before heading home. Cameron (left), 3, and his little brother Colin, 2, found a perfect way to finish off their day at the park with a rousing romp through a Pioneer Park puddle. (Photo by Brian Schlumbohm/Fort Wainwright PAO)

Water survival and safety training

Sgt. Thomas Duval,
U.S. Army Alaska PAO

Soldiers from Headquarters and Headquarters Company, Brigade Troops Battalion, 1st Stryker Brigade Combat Team, 25th Infantry Division put away their snowshoes and cold-weather gear and hit the water for a combat water-survival training course at Melaven Gym here Aug. 23.

"Being a Pacific-aligned force we have a lot of water to cover and right now we don't know where we may be asked to go next, so we have to be ready for anything," said Capt. Joshua Withington, commander of HHC, 1-25th SBCT.

"The purpose of CWST is to get back to the basics while building confidence and esprit de corps," 1st Sgt. Robert Whiteley, senior noncommissioned officer for HHC, 1-25 SBCT, said. "The training allows Soldiers to focus on the basic things people don't get to do every day and gives them something to talk about."

CWST tests a Soldier's ability to swim carrying the standard Army combat load, to jump from a high dive into a pool wearing gear and to remove gear while under water.

"A lot of these guys have never jumped in the water with all their clothes on, equipment on, boots on and carrying their weapons and this gives them the confidence to know that they can do it," Withington said.

"It was fun but it was tiring," said Sgt. 1st Class Armando Torres, an internment/resettlement specialist with HHC, 1-25th SBCT.

Whiteley said the training carried a special importance, when during multiple deployments to Iraq and Afghanistan he witnessed firsthand how dangerous the water can



Sgt. 1st Class Rick Whitney, a senior noncommissioned officer assigned to Headquarters and Headquarters Company, Brigade Troops Battalion, 1st Stryker Brigade Combat Team, 25th Infantry Division, swims 15 meters wearing a combat load and carrying his weapon during a combat water survival training event held at Fort Wainwright's Melaven Gym, Aug 23. (Photo by Sgt. Thomas Duval, U.S. Army Alaska PAO)

be without the proper training.

He said he saw several Soldiers in Afghanistan get swept away by fast-moving rivers and streams while on patrol. The Soldiers survived those incidents because of water training similar to CWST, he added. Whiteley and Withington agreed that Soldiers' lives lost due to preventable water-related incidents is unacceptable.

With a recent surge of young Soldiers reporting to the unit, they said, the training will benefit the overall mission-effectiveness

of the entire unit.

"We have about 40 new Soldiers out here today that have never done this before, so this allows them to get familiar with the process," Withington said.

The training allowed the company leadership to assess individual skills and to identify which Soldiers need more training.

"The guys who said they couldn't swim came out here and jumped in the water and at least tried to accomplish the mission and to me that says

a lot," Withington said. "No one is giving up and that's impressive."

Soldiers who had little experience at swimming weren't the only ones feeling the effects of the training.

"Even though I know how to swim the weight made it more difficult," Torres said. "Being able to finish the training gave me a lot of confidence."

See more images at <http://www.dvidshub.net/news/93773/arctic-soldiers-conquer-water-during-survival-course#ixzz24mjplQGK>.

WEEKEND WEATHER



Friday
Cloudy, chance of rain
Highs: Lower 60s
Lows: mid-40s
Southeast winds to 10mph



Saturday
Cloudy
Highs around 60
Lows around 40
Chance of rain



Sunday
Cloudy, chance of rain
Chance of rain
Highs in the 50s-60s
Lows around 40



BRIEF

Road Construction

Crews will close Neely Road between 9th and 10th streets to repave. The 10th-Neely intersection (AAFES gas station) will remain open throughout the work. The 9th-Neely intersection will be closed for the duration of the project. Work is expected to continue through Sept. 16. Motorists are encouraged to use Gaffney Road or Alder Avenue.

Late Ad
BIRCHWOOD
6 x 1.0

Medical Department Activity - Alaska

Suicide prevention resources – widely available, easy to use

Brandy Ostanik,
Medical Department
Activity-Alaska PAO

The statistics are sobering. Twenty-six active-duty Soldiers are believed to have committed suicide in July, more than twice as many as were reported in June. During the 2012 calendar year, the active-duty Army has reported 116 suspected suicides, with July representing the highest monthly total ever recorded since the Army began keeping comprehensive data in 2009.

September is National Suicide Prevention Month and throughout the Army we are encouraging Soldiers and Families to speak up and reach out for help. As we all know, military life is both physically and mentally stressful for both Soldiers and Families. At times, this stress can seem overwhelming and individuals may see no way out and turn to suicide.

Medical Department

Activity-Alaska, also known as MEDDAC-AK, wants you to know we are here, we are available and we care.

We offer assistance through our emergency room and behavioral health programs both at Bassett Army Community Hospital and at the Troop Medical Clinic at Joint Base Elmendorf-Richardson which provides daily emergent, acute and routine care. Additionally, local Tricare behavioral health providers do not require a referral from your primary care manager to begin care for Family members. The latest list of participating providers is available at www.triwest.com. Today I wanted to take the opportunity to also highlight four additional programs which are available.

The first program is Military One Source. This free and confidential program is designed to help Families with day-to-day stress. It offers short-term counseling that can be face-to-

face, telephonic or online with professionals who either have prior military experience or have received training about the military lifestyle. The counseling is designed to address issues such as adjustment to situational stress, stress management, decision making, communication, grief and Family/parenting-skills issues. Soldiers and Family members are eligible for up to 12 sessions, per issue at no cost. Military One Source can be accessed via the web at www.militaryonesource.com, or by phone at (800) 342-9647.

Military and Family Life Consultants are free, licensed clinical counselors with masters or doctorate degrees who augment the existing military support services for Soldiers, Family members, and DA civilians. MFLCs provide a wide range of non-medical counseling services and education. MFLC consultants do not maintain records, and contact with the agency is kept

confidential. They are easily accessible and frequently meet with their clients in community settings such as dining facilities or coffee shops. MFLC contact numbers include: Fort Richardson: (907) 382-1407, Fort Wainwright: (907) 388-2553, and Alaska National Guard: (907) 382-1408.

Another excellent resource available is the National Suicide Prevention Lifeline, which is available 24 hours-a-day, seven days-a-week, toll-free call, (800) 273-8255.

An extension of the Suicide Prevention Lifeline, the Veterans Crisis Line, connects veterans in crisis and their families with qualified Department of Veterans Affairs responders through a confidential toll-free hotline, online chat or text. Veterans and their Family members can call (800) 273-8355 and press 1 or send a text message to 838255 to receive confidential support.

A final program available is the Tricare online

behavioral healthcare. This website, www.triwest.com/en/beneficiary/behavioral-health/triwest-online-care, provides online educational resources, access to a 24-hour, 7 day-a-week crisis line at 866-284-3743, and the Tricare Assistance Program. TRIAP is a confidential counseling and therapy program providing a full range of behavioral health assistance and non-medical counseling with licensed therapists via video chat from your home computer. This service is available to all Tricare members and can be used wherever you have a web connection. Additionally, the Tricare Behavioral Health Center can be contacted via online chat at the website or phone at (866) 874-9378.

U.S. Army Alaska Families have several options available beyond the traditional office visit, some of which can be accessed from home. If you or someone you know needs help, the most important thing

you can do is to speak up and get it, or encourage those you care about to do so.

To further increase awareness, enhance resilience and improve the overall health of our Army Family, we will be conducting a stand down day Sept. 27. Keep an eye out for information on the activities and training opportunities that will be offered throughout the month; especially on Sept. 27.

Behavioral Health is located in Building 4066, at Fort Wainwright and may be reached by calling 361-6059. The Troop Medical Detachment and behavioral health assistance is available at Joint Base Elmendorf Richardson in Building 786 and may be reached by calling 384-0405.

MEDDAC-AK is committed to continually improving behavioral health care and reducing stigma. We stand ready to assist. Never hesitate to call or come by if you or someone you care for needs help.

Women's Equality Day – celebrating women's right to vote



Dr. M. Kayt Sunwood, Ph.D., Women's Center manager, University of Alaska Fairbanks, was the guest speaker for Fort Wainwright's 2012 Women's Equality Day observance, held at the Physical Fitness Center Aug. 26. Sunwood's speech attested to the fight for liberty we practice every day as Soldiers, as women and as Americans. "Celebrate women's right to vote today, and every day," Sunwood said. (Photo by Brian Schlumbohm/Fort Wainwright PAO)

Brian Schlumbohm,
Fort Wainwright PAO

Soldiers, Families and members of the Fairbanks community gathered to celebrate the 2012 Women's Equality Day observance Aug. 26. The event hosted by the 1st Battalion, 52nd Aviation Regiment, 16th Combat Aviation Brigade (Alaska) and Fort Wainwright's Equal Opportunity Office brought together a community to share in the recognition of liberty and pursuance of attaining it.

Guest speaker, Dr. M. Kayt Sunwood, Ph.D., Women's Center manager, University of Alaska Fairbanks, started her speech by intoning words of a suffragette. "Failure is impossible," Sunwood said, quoting Susan B. Anthony. "I've had a special place in my heart for this quote for as long as I can remember."

It has only been 92 years since women won the right to vote in America and the 19th Amendment made it possible. Passed by Congress on June 4, 1919, and ratified August 18,

1920, the hard-fought battle made it possible for today's women to actively participate in its freedoms.

Sunwood pointed out at the audience and said, "Look around at the people sitting next to you, notice how many in this room would not have the right to vote if it hadn't been for suffragists like Susan B. Anthony...or Carrie Chapman Catt."

Speaking of her own realizations of liberty seekers in her own family and others well-known in the suffragist movement, Sunwood said, she understands that those present have fought and continue to fight for liberties just as those women who fought for liberties years ago.

After ending with the quote from suffragist Carrie Chapman Catt, "Roll up your sleeves, set your mind to making history and wage such a fight for liberty," Sunwood closed with saying, "Celebrate women's right to vote today, and every day."



Soldiers from the 1st Battalion, 52nd Aviation Regiment, 16th Combat Aviation Brigade (Alaska) serve cake after the events of the 2012 Women's Equality Day observance, held at the Physical Fitness Center Aug. 26 where guest speaker, Dr. M. Kayt Sunwood, Ph.D., Women's Center manager, University of Alaska Fairbanks, spoke on the topic of celebrating the anniversary of women winning the right to vote in America 92 years ago. (Photo by Brian Schlumbohm/Fort Wainwright PAO)

ALASKA POST

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The ALASKA POST – Home of the Arctic Warriors

USARAK commander's holiday safety message

Maj. Gen. Michael X. Garrett,
U.S. Army Alaska commanding general

Labor Day is the day we honor the hard work and dedication of the men and women who keep the United States at the forefront of global prosperity. It also marks the end of summer and the transition to fall. Whatever your holiday plans are, keep safety a priority.

Command Sgt. Maj. Knight and I expect leaders at every level to be involved with their Soldiers to ensure safety awareness and individual discipline and responsibility are exercised to prevent accidents.

Soldiers need to look out for each other and speak up when their 'Buddy' takes unnecessary risks.

With this in mind, don't 'rush to recreate.' Anticipate and plan for an increase in highway traffic and overcrowded recreational areas.

Start planning and preparing for this holiday weekend and the summer season far in advance.

Safety measures you can use to reduce the risk of being injured or involved in an accident are:

Drive defensively.

Always be aware of the other guy, do not drink and drive and avoid driving while fatigued. Watch your speed and adjust for road conditions. Use seatbelts and child safety restraints. Motorcyclists must wear required protective clothing and equipment.

Camping and recreation.

Do not hike or camp alone and do not exceed your limits or abilities. Inspect, repair or replace damaged equipment, let someone know your plans, and keep an eye on small children at all times. Stress safety around open flames or campfires.

Use alcohol responsibly.

Drinking alcohol impairs more than driving ability, it impairs judgment and reduces inhibitions toward indiscipline. Never handle weapons while drinking.

Weapons and alcohol do not mix!

Have a safe holiday weekend.

Arctic Warriors! Army Safe is Army Strong!



Maj. Gen. Michael X. Garrett,
U.S. Army Alaska commanding general

Know your surroundings: See something, say something

Allen Shaw, Fort Wainwright PAO

Acts of terrorism and random acts of violence are very real in our world. It is as important now than ever Americans remain vigilant, connected and aware of our surroundings. As the United States Army focuses on Antiterrorism Month, citizens are reminded that a single observation, a single report, can lead to the actions that may stop a terrorist attack.

The Army iWATCH program is likened to the neighborhood watch on a much larger scale. By sustaining awareness, the community acts as sensors and an extension of the police and security forces. Everyone is encouraged to report abnormal circumstances or suspicious behavior. If you see something, say something, and let the authorities determine whether it is an actual threat or not.

Members of the Army community need to focus on that mission, always remain alert and always ready, because someone is counting on you to lead the way. It is important to

promote proactive awareness of one's surroundings and sense potential threats. "Antiterrorism is the defensive element of combating terrorism and relies upon both you and me to deny the enemy surveillance opportunities and information needed to carry out a terrorist attack plan," said Maj. Gen. Michael X. Garrett, commander, United States Army Alaska.

There are a number of peculiar or unusual activities that could be considered suspicious behavior. If it makes you feel uncomfortable, report it. Some of those activities could be strangers wandering around important buildings, a briefcase or backpack left unattended, abandoned vehicles left in No Parking zones or unidentified chemical smells or fumes. Remember, if it doesn't look right, smell right or sound right, report it.

Remaining ever vigilant and practicing iWATCH ARMY gives citizens the power to make a difference. In a proclamation signed by Col. Ronald



M. Johnson, commander, U.S. Army Garrison, Fort Wainwright, he said, "Adults must invest time and resources to understand and support effective terrorism prevention, deterrence, detection, and defense; adults must also engage our youth to ensure they adopt a proactive mindset of personal protection."

Trust your instincts and report. Give as many details

as possible, such as date and time, where it happened, what you witnessed, a description of who was involved; male or female, hair color, skin color, age, English speaking or another language and if there was a car, note the license-plate number.

For more information regarding iWATCH ARMY or antiterrorism contact Dan Gilson, Fort Wainwright Garrison Force Protection, at 353-

6094 or Ron Kendall, USARAK Force Protection at, 384-2142. There are also materials online to provide guidance and help heighten awareness in your community. Visit www.army.mil/standto and search *antiterrorism*.

For immediate assistance or to report suspicious behavior on post, call 353-7535; off post call 459-6500 or 451-5100, or in case of an emergency, dial 911.

Movin' on: 539th Transportation Company gets back to the basics

Maj. Joel Anderson,
U.S. Army Alaska PAO

After a year of running gun-truck missions and theater sustainment in Afghanistan, the women and men of the 539th Transportation Company "Punishers" are getting back to the basics of line-haul truck missions right here on the Alaska highways.

Last year at this time, the unit was serving in southern Afghanistan in support of the Marine Corps at Forward Operating Base Leatherneck, as well as other International Security Assistance Force units.

This year it's time to get back to basics as Master Sgt. John Docev, the company's senior truckmaster, explained.

"We are setting up a truck rodeo for ourselves, so we can get some of our younger, more inexperienced Soldiers some much-needed time behind the wheels of some vehicles they haven't operated for quite a while," Docev said.

The Soldiers of the "Punisher" Co. had been pressed into service in Afghanistan operating MRAP-based gun trucks and palletized load systems, according to the unit's

assistant truckmaster Staff Sgt. Darrell Doby.

"Since our sister company from south-of-the (Alaska) Range is about to deploy to Afghanistan themselves, we are about to pick up the home-station mission to haul cargo from the Anchorage bases and the Port of Valdez up to our units here at Wainwright and possibly even Eielson [Air Force Base]."

The "Punishers" will tackle these missions, known collectively as "Operation Polar Express," using the Army's old cargo-hauling standbys, the M-915 tractors and M-872, 40-

foot cargo trailers, according to Doby.

"This is a big switch from what our Soldiers were used to down-range," said Staff Sgt. Albert Morales, a 539th Squad Leader. "Plus we have a lot of new people, young Soldiers who need additional work behind the wheel in a controlled environment prior to us picking up the Polar

Express; but they'll be ready. We all will be."

The truck rodeo consisted of nine events involving a tractor-trailer combination more than 40 feet long: staging, preventive-maintenance checks and services, a serpentine course, the offset alley, the right-angle turn, stop line, parallel parking, straight-line backing to a loading dock,

alley docking, trailer uncoupling, and trailer tie-down.

"It's a pretty challenging course, especially backing a 40-footer through the cones, but it will pay big dividends for us to make sure that our Soldiers can safely make the trips they need to so we can complete the missions between here and down south," Doby said.



Spc. Edmund J. Debary, a motor transport operator or 88-Mike, assigned to the 539th Transportation Company, 17th Combat Sustainment Support Battalion, 2nd Engineer Brigade, painstakingly backs an M872 trailer through the serpentine portion of the truck rodeo course Aug. 22. (Photo by Maj. Joel Anderson/ U.S. Army Alaska PAO)

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CARLSON CENTER
AK POST/GLEN BECK AK
3 x 7.0

Meet the new 3-21st battalion command team

Sgt. Michael Blalack,
1-25th SBCT PAO

Seven battalion changes of command took place within the 1st Stryker Brigade Combat Team, 25th Infantry Division this summer, the last being 3rd Battalion, 21st Infantry Regiment, July 12.

Lt. Col. Scott Schumacher replaced Lt. Col. Stephen Miller as commander of the of the 3-21st and Command Sgt. Maj. Frank Hacker replaced Command Sgt. Maj. Sherwood Gatts as the battalion's top enlisted leader.

Miller and Gatts led the 3-21st 'Gimlets' through operations deep in the Horn of Panjwa'i, one of the most dangerous and volatile areas of Afghanistan.

Schumacher and Hacker come to the Gimlets as the battalion goes through the process of reset and begins training for future missions.

Schumacher, originally from North Little Rock, Ark., comes to Fort Wainwright from Joint Base Lewis McChord, where he served as the director of the Stryker Warfighter Forum.

This is the first time in Alaska for both Schumacher and Hacker.

"It's nice, it's got that small town feel to it," Schumacher said. "It's a big change coming from the Seattle area to this."

For Hacker, it's just the opposite. "Alaska is beautiful.

Fairbanks is a small town, but coming from Louisville, La., it seems like a metropolis."

Their experience with Strykers also differs.

"I'm a new Stryker guy," Hacker said. "I've known that I was coming to this unit for 16 months now, and purposely didn't step into a Stryker. I'm going to allow the Soldiers and the NCOs here to teach me about the Stryker, and I will continue to teach them about leadership. It's also different because I'm coming from an airborne unit for the last 20 years to this type of unit. The tempo here is a little slower. It's something new for me."

Despite their different backgrounds and experiences they have the same goals for the direction they're taking the battalion and how to get it there.

"I understood the brigade from my previous job, so I knew that overall it was a good unit," Schumacher said. "And I knew it had great leadership across the board from what I could see as the director of the Stryker Warfighter Forum."

Now, Schumacher said, the focus is going to be on the individual Soldier and small unit operations.

"When we come out of NTC we will have lethal fighting Stryker platoons. Stepping backwards from that there is the battalion's trip to Korea, the focus coming out of that is that we have trained pla-

toons and company command teams," he said. "It's a stair-stepped approach right now."

"Before I came here I knew the 1-25th SBCT, and as I've come into command, it's more apparent every day that every Soldier wants to do the right thing, and they're trying to do the right thing every day. Everyone around here has heart," Schumacher said, "and it's our job to focus that heart in the direction we want to go."

"Right now we're doing our best to get out with the Soldiers," he said. "Sergeant Major [Hacker] is doing a great job of that. I need to improve a little, getting the Soldiers to understand that this is a profession, it's not just a job, and conveying that message as much as I can, so it influences their decision-making process both on and off duty. Everyone here has the best intent, and that is accomplishing the mission, and that's the important piece."

Hacker plans on taking full advantage of the fact that the 1-25th isn't scheduled to deploy any time soon.

"For the past 10 (to) 11 years the Army has been on such a rapid deployment cycle that some of the things we were doing prior to 9/11 have kind of dropped off," Hacker said. "When you only have a year to turn around and head back into the fight some things get overlooked. So now we have a



Sgt. Maj. Frank Hacker



Lt. Col. Scott Schumacher

while to be on the ground before we go back over; if we go over. [There's] time to do the training correctly, to be able to crawl, walk and run at every phase, to be able to step back and do some good after-action reviews ... go back and retrain if necessary.

Another important focus for Hacker is getting Soldiers and leaders to the appropriate schools at the right time in their career progression.

The new commander said he has clear expectations for the battalion's leaders and Soldiers.

"I expect leaders to lead by example, and Soldiers to do their job and provide honest feedback," Schumacher said. "Nothing more, nothing less."

I'm going to lead by example, give them the moral path as best as I can. Do the best job I can every day. I grew up when a handshake meant something, where you would put your name against something and people knew it would get done, and that's where I'm coming from."

"It's not about us," Hacker said. "It's about the mission and the men and the NCOs and officers need to understand that. It's about the Soldiers that are depending on us to take care of them. That's it in a nutshell. I expect the leaders to take care of their Soldiers and the Soldiers to do their job to the best of their ability, and we will provide purpose, direction and motivation."

Wainwright range dedicated to WWII hero

Maj. Joel Anderson,
U.S. Army Alaska PAO

The post's Small Arms Range Training Complex was dedicated Aug. 21 to the memory of Donald E. Rudolph Sr., who was awarded the Medal of Honor in World War II.

Rudolph served with the 20th Infantry Regiment, 6th Infantry Division throughout the Pacific campaign, most notably in New Guinea and the Philippines.

He received the honor as a result of a fierce combat action on the island of Luzon, Philippines.

Rudolph's original Medal of Honor citation states:

"2nd Lt. Rudolph (then Tech. Sgt.) was acting as platoon leader at Munoz, Luzon, Philippine Islands. While administering first aid on the battlefield, he observed enemy fire issuing from a nearby culvert. Crawling to the culvert with rifle and grenades, he killed three of the enemy concealed there. He then worked his way across open terrain toward a line of enemy pillboxes which had immobilized his company. Nearing the first pillbox, he hurled a grenade through its embrasure and charged the position."

That was not the end of the engagement for Rudolph and the Japanese troops he fought that day, as the citation notes:

"With his bare hands he tore away the wood and tin covering, then dropped a grenade through the opening, killing the enemy gunners and destroyed their machinegun. Ordering several riflemen to cover his further advance, 2nd Lt. Rudolph seized a pick mattock and made his way to the second pillbox. Piercing its top with the mattock, he dropped a grenade through the hole, fired several rounds from his rifle into it and smothered any surviving enemy by sealing the hole and the embrasure with earth. In quick succession he attacked and neutralized six more pillboxes. Later, when his platoon was attacked by an enemy tank, he advanced under covering fire, climbed to the top of the tank and dropped

a white phosphorus grenade through the turret, destroying the crew. Through his outstanding heroism, superb courage and leadership, and complete disregard for his own safety, 2nd Lt. Rudolph cleared a path for an advance which culminated in one of the most decisive victories of the Philippine campaign."

Maj. Gen. Michael X. Garrett, United States Army Alaska commanding general, said, "when I think about what Donald Rudolph did (to earn the MOH) and especially after having an opportunity to meet with the family, I can tell he was the kind of man who did what needed to be done...he didn't walk by or walk away when something needed to be done."

Rudolph, a Minnesota native, continued to serve in the Army after the war following a brief break in service and retired as a master sergeant in 1963.

"Having the legacy of Donald Rudolph, Sr., finally memorialized properly at the entrance of the range complex is making good on a promise that dates back all the way to 1986, when the range was originally dedicated to him. It's a great addition to our facility and we are very proud to share that legacy and this event with his son and daughter-in-law here with us today," said Range Operations Manager, Greg Swallows.

Rudolph's legacy was also reflected through his son, Donald Rudolph Jr.'s, Army career.

Rudolph's son, Donald, Jr., now retired and living just outside Fort Myer, Va., said, "My father was a simple man who, like other MOH recipients I've met, didn't consider himself a hero. He considered those who didn't come home the true heroes. I thank you from the bottom of my heart for bestowing this honor on my father."

The generations of American warriors who fought and won the Second World War were a truly great generation and they continue to be a shining example for our warriors today as they hone their war fighting skills.



Mike Beck unveils the 2nd Lt. Donald E. Rudolph monument at the Small Arms Range Complex entrance, simultaneously as another monument was unveiled at the front entrance of the range's headquarters building. (Photo by Maj. Joel Anderson/U.S. Army Alaska PAO)



Maj. Gen. Michael X. Garrett, United States Army Alaska commanding general, with Donald Rudolph, Jr., and wife Kimberly unveil the plaque dedicating the Fort Wainwright's Range Complex to Donald Rudolph's father, 2nd Lt. Donald E. Rudolph. (Photo by Brian Schlumbohm/Fort Wainwright PAO)

Pigskin prognostication: That's what I'm talking about

Allen Shaw, Fort Wainwright PAO

The National Football League regular season officially kicks off Sept. 5 as the Dallas Cowboys take on the New York Giants. If a Wednesday opener seems a little bizarre to you, that's okay, you can record "So you think you can dance." It's time to get ready for some football.

This year we are bringing back the solid seven pigskin prognosticating

teams and individuals who submitted picks each week last season in an attempt to claim the Team Wainwright title. But we are always looking for new blood. Anyone interested and committed can email allen.l.shaw6.civ@mail.mil or call 353-6700. Predictions must be submitted no later than 10 a.m. Tuesday.

If you think you know the NFL, don't just sing it, bring it.

Bear, who chooses to remain any-

mous, although his photograph is a dead give-away is the reigning champ. Brain, who admittedly knows very little about football, took second place last year by developing a sophisticated spreadsheet to calculate the bio-rhythms of individual players, divided by the shifting weather patterns of La Nina and multiplied by their uniform number. He was actually pretty darn lucky. Tate finished third, the Jones Bros came in fourth, A-Team fifth, Browbrose Salsa was sixth

and Urbi took the bottom spot. The first and the worst were only separated by 17 games and the top three only by five games. That's what I'm talking about.

Since there is only one game between this issue and the next, our pickers only have one game to deal with and if there is anyone else out there wanting to represent, you have until Tuesday at 10 a.m. to say what's up.

Good luck and may the odds be ever in your favor.

Prognosticators – football predictions for fun and braggin' rights



A-Team
New York Giants



Brain
Dallas Cowboys



Browbrose Salsa
Dallas Cowboys



Bear
New York Giants



Urbi
New York Giants



Jones Bros
Dallas Cowboys



Tate
New York Giants

What in the heck is Fantasy Football?

Allen Shaw, Fort Wainwright PAO

Imagine the first game of the season. You're sitting in the owner's box sipping a frosty beverage watching the debut of the league's leading rusher. You spent a bundle acquiring this guy. The offense has whittled its way down the field in the first quarter and is ready to score from the 10-yard line. Your quarterback comes up behind the center and hollers, "hut, hut" and all 22 men move toward each other. He hands the ball to your star player just as three monsters from the other team crunch the line with a weak-side blitz, hitting your backfield like a wrecking ball. As the melee of destruction unfolds, two players remain on the gridiron. The quarterback lies there holding his separated shoulder and your main guy can't put any pressure on his right knee because of a torn ligament. Your investment is down the drain unless you can salvage some new chess pieces to put on the board. It's a whole lot of pretend mixed with reality on the field - that's fantasy football in a nutshell.

Fantasy football is an interactive, virtual competition in which people manage professional football players versus one another, and that allows them to act as general managers of a pseudo-football team.

The players an individual is able

to manage are professional American football players in the National Football League.

General rules for a basic fantasy football league can be found at www.nfl.com/fantasyfootball or a number of other online sites.

Different actions that are part of the fantasy team management include drafting – putting together a team of random players, trading, adding or dropping players and changing weekly rosters. Due to the growth of the Internet, fantasy football has increased in popularity.

According to www.fantasyfootball-sideline.com, the idea for fantasy football is said to have started in the early 1960's in California.

One of the early developers brought the idea to his sports bar and it slowly spread across the country. Teams would come up with clever names, choose players from around the NFL and track statistics through a designated newspaper to determine the weekly winners.

Today, it is said that more than 19 million people compete in public and private leagues online nationally, and is the single most important marketing tool for the NFL.

With regular season games starting Wednesday, many fantasy leagues will be having a draft this weekend. Just like real football, owners take turns



choosing players in a pre-determined serpentine method.

In an auction draft, each owner has an imaginary budget to purchase players. Owners take turns nominating players open for bid, whoever bids the highest receives that player. The idea is to not run out of money before your roster is filled.

It is considered a great way to follow

the sport and learn about individual players, rather than only following and cheering for a favorite team or teams.

If there are any Fort Wainwright, unit or workplace fantasy leagues out there who are interested in sharing your stories and providing some entertaining football fodder just for the fun of it, call Allen at 353-6700 or send an email to allen.l.shaw6.civ@mail.mil.

Fort Wainwright softball champions



A Company, 1-24 Infantry closed out the 2012 season with an unblemished, 11-0 record as the Fort Wainwright softball champions. Showing off their trophies in this Aug. 9 photo are: Back row, from left: Jeff McDonald, Will Blandin, Gaylord Kelton, Ryan Brown, Melvin Clark and Peyton Simien. Front row from left: Shane Simmons, Josh Krueger, Adam Blount, Andy Hobbs, Bucky Barbour, and Nate Raborn. Front and center is the undefeated A/1-24th's number 1 fan, Otto Barbour, 16-months-old. The team captain sent kudos to another dedicated cheerleader, Ellie Blandin. (Courtesy photo)

Saturday -1st

POOL TOURNAMENT, 6 p.m., Warrior Zone, Bldg 3205. Open to all DoD cardholders 18 and older. Call 353-1087.

COSMIC BOWLING, 8 p.m. to 1 a.m., Nugget Lanes Bowling Center, Bldg. 3702. Call 353-2654.

Sunday -2nd

GOSPEL SERVICES, 9:45 a.m. Gospel Sunday school; 11 a.m. Gospel Worship service, Bassett Army Community Hospital, third floor conference room, Building 4076. Call 353-9825.

PROTESTANT SERVICES, 10 a.m., Sunday school and 11 a.m., Sunday Protestant worship Northern Lights Chapel, Building 3430. Call 353-9825.

CATHOLIC SERVICES, 9:30 a.m. Catholic religious education and 11 a.m. Catholic Mass, Southern Lights Chapel, Building 4107. Call 353-9825.

Monday -3rd

LABOR DAY, Federal holiday honoring the contributions workers have made to the strength, prosperity and well-being of America. Some facilities will be closed, call before traveling. See more on www.usa.gov.

ROMP AND STOMP PLAYGROUP: GREAT OUTDOORS, 9:30 to 11:30 a.m., Last Frontier Community Activity Center, Bldg. 1044. Call 353-7372.

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

ZUMBA FITNESS CLASS, 6 p.m., Physical Fitness Center, Bldg. 3709. Cost is \$7. Call 353-7294.

Tuesday -4th

HOOR OF POWER GROUP STRENGTH CLASS, noon, Physical Fitness Center, Bldg. 3709. Call 353-7223.

BACK-TO-SCHOOL PARENTS MEETING, 1 p.m., Youth Center, Bldg 4109. Call 361-9377

Wednesday - 5th

FINANCIAL READINESS TRAINING FOR FIRST TIME SOLDIERS, 9 a.m. to 4 p.m., Post Library, Bldg. 3700. Call 353-4223.

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

BOOT CAMP, 5 p.m., Physical Fitness Center, Bldg. 3709. Call 353-7223.

NATIONAL CHEESE PIZZA DAY, Nugget Lanes Bowling Center, Bldg 3702. Call 353-2654

Thursday - 6th

ROMP AND STOMP PLAYGROUP: GREAT OUTDOORS, 9:30 to 11:30 a.m., Last Frontier Community Activity Center, Bldg. 1044. Call 353-7372.

HOOR OF POWER GROUP STRENGTH CLASS, noon, Physical Fitness Center, Bldg. 3709. Call 353-7223.

FAMILY MOVIE NIGHT, 5:30 to 7:30 p.m., Last Frontier Community Activity Center, Bldg. 1044. Call 353-7755.

ZUMBA FITNESS CLASS, 6 p.m., Physical Fitness Center, Bldg. 3709. Cost is \$7. Call 353-7294.

Friday- 7th

EMOTION COACHING, noon to 12:45 p.m., Last Frontier Community Activity Center, Bldg 1044. Call 353-7713.

OUTDOOR ALASKA, 5 p.m., Post Library, Bldg 3700. Call 353-2642

COSMIC BOWLING, 8 p.m. to 1 a.m., Nugget Lanes Bowling Center, Bldg. 3702. Call 353-2654.

MOVIE NIGHT, 7 to 9 p.m., School Age Center, Bldg 4166. Grades 3-6. Space is limited to 50 children. Pre-registration required. Call 361-7394

Saturday- 8th

CLEARWATER UPPER CHENA RIVER CANOE/KAY- AK, 9 a.m., Outdoor Recreation Center, Bldg 4050. Cost is \$20. Ages 16 and above. Call 361-6349.

ZUMBA FITNESS CLASS, 1 p.m., Physical Fitness Center, Bldg. 3709. Cost is \$7. Call 353-7294.

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

TEXAS HOLD'EM TOURNAMENT, 6 p.m., Warrior Zone, Bldg 3205. Open to all DoD cardholders 18 and older. 353-1087.

COSMIC BOWLING, 8 p.m. to 1 a.m., Nugget Lanes Bowling Center, Bldg. 3702. Call 353-2654.

Sunday -9th

GOSPEL SERVICES, 9:45 a.m. Gospel Sunday school; 11 a.m. Gospel Worship service, Bassett Army Community Hospital, third floor conference room, Building 4076. Call 353-9825.

PROTESTANT SERVICES, 10 a.m., Sunday school and 11 a.m., Sunday Protestant worship Northern Lights Chapel, Building 3430. Call 353-9825.

CATHOLIC SERVICES, 9:30 a.m. Catholic religious education and 11 a.m. Catholic Mass, Southern Lights Chapel, Building 4107. Call 353-9825.

Monday -10th

ROMP AND STOMP PLAYGROUP: GREAT OUTDOORS, 9:30 to 11:30 a.m., Last Frontier Community Activity Center, Bldg. 1044. Call 353-7372.

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

ZUMBA FITNESS CLASS, 6 p.m., Physical Fitness Center, Bldg. 3709. Cost is \$7. Call 353-7294.

LEGAL NOTICES**ESTATE NOTICE**

Anyone having claims against or who is indebted to the estate of Spc. Marvin K. Scott of 1st Battalion, 52nd Aviation Regiment, 16th Combat Aviation Brigade (Alaska), contact Capt. Cody Blair, 1-52nd, 2088 Montgomery Road, Fort Wainwright, Alaska 99703 or call 353-9075.

ESTATE NOTICE

Anyone having claims against or who is indebted to the estate of Spc. Ethan Martin of C Troop, 1st Squadron (Airborne), 40th Cavalry Regiment, 4th Brigade Combat Team (Airborne), 25th Infantry Division, may contact 2nd Lt. Daniel Mullins, E Troop, 1-40th, 4-25th, 724 Postal Service Loop, 8400 Fort Richardson, AK 99505, or call (907) 384-1862.

Gardening children, growing knowledge

With vegetables towering overhead, Child and Youth Program Assistants Maria Benbow (upper left) and Fiao'o Fonoti (lower right) pose with the School Age Center 4-H club gardening students in front of this year's garden project at the Fort Wainwright's SAC building. This year's crop brought home numerous ribbons from the 2012 Tanana Valley State Fair, including the 4-H Grand Champion ribbon in the Division II Plant Science category for their prize rose. (Photo by Brian Schlumbohm/Fort Wainwright PAO)

Brian Schlumbohm, Fort Wainwright PAO

Maria Benbow, Child and Youth Program assistant with Fort Wainwright's School Age Center, brought the love of gardening to her students as this year's 4-H gardening club raised a ribbon-winning crop of flowers and vegetables.

In all, Benbow had 30 students participating in the 4-H project and was able to show kids the art of gardening from plant-

ing to harvest.

Benbow said this year's garden project turned out to be a great success and allowed the children to learn and explore the process involved in gardening with the planting and sprouting of seeds in the spring, to the harvesting of flowers and vegetables happening now, this fall.

Early this spring students learned the Alaskan way of planting seeds to germinate indoors where it was warm, using planting flats and lights.

Once the temperatures outside became warm enough and the small plants were ready to be moved, students went to work outdoors, learning to prepare soil for planting by filling the above-ground garden beds located just outside the SAC building.

As the plants began to grow larger, the students were introduced to gardening skills, such as identification of various types of vegetables and flowers, caring for the special needs of certain plants and how to properly water them. Potatoes, sweet corn, tomatoes, squash and radishes were just a few of the types of

vegetables grown this year.

As the growing season began to peak, the 4-H club took some of their best flowers to the Tanana Valley State Fair and brought home the 4-H Grand Champion Award for Division II Plant Science with their rose and many other ribbons for flowers.

Jordan Lewis, director of the School Age Center said, "We do the 4-H curriculum every year, but this was the first year at the new facility." And looking at the placement of the gardening beds, with all of this year's sun shine and rain, it was a great place for a garden.

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EASY PROFILE UPDATES

MilConnect is a website provided by the Defense Manpower Data Center (DMDC) that allows sponsors, spouses, and their children (18 and older) to access information regarding their personal information, health care eligibility, personnel records and other information from a centralized location. At <https://www.dmdc.osd.mil/milconnect> you can update your address and/or phone number on your DEERS record by signing into, choosing "My Profile Information" and clicking "Update Address". Scroll to the bottom and click "Submit" to add or update any of your contact information.

HOLLY DAYS AHEAD

The time to reserve table space for the 30th annual Holly Days Bazaar is now. This is a unique event as all of our vendors sell only handcrafted items. A wide variety of artisans and crafters attend this event every year. There are 92 spaces available and applications will be taken until spaces are filled. The registration is online at www.wainwrightcsc.org or on Facebook; look for the 30th annual Holly Days Bazaar. For more information about the bazaar, contact 30thhollyday-sbazaar@gmail.com

FOR FAITH, FELLOWSHIP

Protestant Women of the Chapel fall semester starts this month. PWOC Fall Kickoff begins Thursday, 9:30 to 11:30 a.m. at the Northern Lights Chapel. Join women of the Fort Wainwright community for some great food and fellowship. Childcare and home school room is available. Evening bible study will start in September. Find us on Facebook by searching: Fort Wainwright PWOC. For more information, email wainwright@pwoc.org.

ROAD CONSTRUCTION

Crews will close Neely Road between 9th and 10th streets to repave. The 10th-Neely intersection (AAFES gas station) will remain open throughout the work. The 9th-Neely intersection will be closed for the duration of the project. Work is expected to continue through Sept. 16. Motorists are encouraged to use Gaffney Road or Alder Avenue. For more information, call the Directorate of Public Works, 361-4753.

PREVENTIVE MEDICINE

Arctic Health Link offers an online, self care class to enable Army Families to receive over the counter medications from the pharmacy at no charge. Find the link by clicking Arctic Health Link at www.alaska.amedd.army.mil. Arctic Health Link aims to decrease medical appointments by providing preventive health education along with community outreach programs. AHL provides the "link" for beneficiaries to other agencies on Fort Wainwright that provide community health resources and education. Arctic Health Link is a part of Preventive Medicine in Building 4077, across the parking lot from Bassett Army Community Hospital. For more information call 361-4148.

TERRORISM AWARENESS

August is Antiterrorism Awareness Month. Schedule an antiterrorism briefing for your unit or Family Readiness Group. For more information contact your unit antiterrorism officer or the garrison ATO at 353-6094.

THRIFT STORE

For children's clothes, coats, boots, uniforms, sports and recreational equipment, check the Thrift Store. The Thrift Store is located in Building 1031 at the corner of 102nd and Chestnut in north post housing. For more information call 356-1211.

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Have a Plan, Call Someone. 353-6610

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EASY PROFILE UPDATES

Applications for the 2013 American Red Cross Dental Assistant Training Program are available at the Fort Wainwright Red Cross office. Applicants must be 18 or older, a military spouse or authorized Family member to apply. Applicants should complete at least 20 hours of volunteer time with the American Red Cross or with any organization that uses the automated, Volunteer Management Information System. VMIS training is available at www.myarmyonesource.com. Packages are due by Sept. 28. Interviews will be scheduled for Oct. 17. Space is limited. Training begins immediately after New Year's Day. For more information contact the American Red Cross at 1024 Apple Street, 353-7234.

TOOLS FOR CHILD'S SUCCESS

Preparing for the Journey: Giving Your Young Child a Head Start on the Road to Academic Success - Parent Conference is a course for parents of children birth through age 5. The process of building a foundation for reading and language begins at birth. Parents of children from birth to five years of age will come together to explore facts about early learning and to develop a plan to build literacy, science, and math activities into the fun activities that they do around the house with their young children. Kindergarten readiness will also be addressed. Participants will receive the Military Child Education Coalition book, "Chart Your Course: Preparing for the Journey," along with other early literacy resources. The process of building a foundation for reading and language begins at birth. Parents of children from birth to five years of age will come together to explore facts about early learning and to develop a plan to build literacy, science, and math activities into the fun activities that they do around the house with their young children. The free class is offered by the Military Child Education Coalition. The class is scheduled for 9 a.m. to noon Sept. 12. Register for the free session online at www.planetreg.com/E72619392408320.

OPEN BURNING PROHIBITED

Open burning is not permitted on Fort Wainwright property. Campfires, use of portable fire pits and outdoor fireplaces are prohibited in all areas including housing. For more information, call the fire safety inspector, Sarah Chapman at 353-9140.

SUCCESSFUL STUDENTS

Chart Your Course for Success in High School and Beyond Seminar for parents and their middle and high school students will focus on a suggested curriculum that will insure both an on-time graduation (despite multiple school transitions) and a competitive resume for college applications. Research indicates that planning for post-high school education needs to begin in middle school. The college application process, admissions portfolios, and financial aid will be addressed. Participants will receive a Chart Your Course kit which includes a planning guide, a calendar outlining college admission and financial aid tasks and an interactive DVD. The free class is offered by the Military Child Military Child Education Coalition, Sept 12. The class is open to parents and their teens. Register at www.planetreg.com/E72619392408320

TWO-MINUTE WARNING

All units and organizations on post are required to develop a fire-evacuation plan, including assembly area occupant-accountability procedures and complete evacuation of structure within two minutes. Evacuation plans should include a location for Soldiers and civilians to assemble in a designated area for 100 percent accountability of personnel. Questions? Contact your unit safety officer, Fort Wainwright Safety at 353-7079 or Emergency Services at 353-7889.

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DIVORCE BRIEFING

Questions and concerns about divorce are addressed at weekly briefings offered by the Legal Assistance Office Tuesdays at 9 a.m. The divorce briefing is available to military members and spouses and is located in Building 1562 on the corner of Gaffney and Freeman Roads. For more information about legal services or an appointment, call 353-6534.

PREVENT ABUSE AND NEGLECT

Help for abused and neglected children is available locally and through a toll-free hotline. The 24-hour Child help National Child Abuse Hotline at (800) 4A-CHILD and on post, call Army Community Service at 353-7317. If you suspect a child is being hurt or neglected, contact the local police. Tips and resources are available for parents, educators, caregivers and volunteers at www.myarmyonesource.com.

MILITARY CHILD, FAMILY THERAPY

Family members of active and retired military can consult the Child and Family Assistance Center for assistance with youth and Family issues. Individual and group therapy is available. Referrals are not required. For more information or an appointment, call 361-6284 or 361-6059.

PRE-RETIREMENT BRIEFING

A monthly summary of retirement benefits for those who are one to two years from retirement is presented by the Army Career and Alumni Program. To schedule Survivor Benefit Plan or SBP counseling and to register for the pre-retirement briefing call 353-2099.

OFFICIAL INFORMATION

Fort Wainwright's official Facebook page for installation news such as road closures and reporting status is www.facebook.com/FortWainwrightPAO. The unofficial page will no longer be updated. Like us on Facebook.

ALASKA POST SUBMISSIONS

To submit a photo, place an event or class on the calendar, send an email to pao.fwa@us.army.mil no later than close of business Monday prior to the print week. The name of the event or class, date, time, location and a contact phone number must be included. For display advertising contact the Fairbanks Daily News-Miner at 459-7548.

ALASKA POST HOME DELIVERY

Housing residents who no longer want home delivery of the Alaska Post should e-mail the Public Affairs Office at pao.fwa@us.army.mil or call 353-6780.

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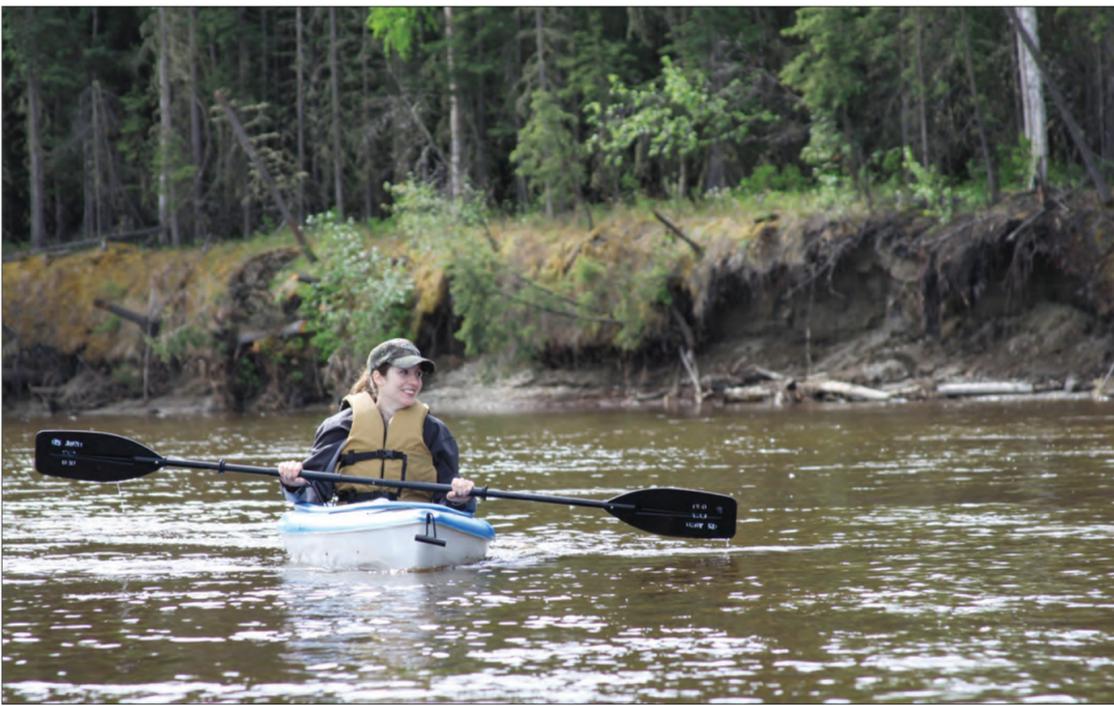
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Fall fun on Fort Wainwright and in Fairbanks



Fall in Fairbanks, Alaska is the perfect time to break out the camera and practice your photography skills. There is no need for a fancy camera or to drive far, Mother Nature makes it almost impossible to take a bad picture this time of year. (File photo by Linda Douglass, Fort Wainwright PAO)



Family, Morale, Welfare and Recreation will offer many trips and classes in September including a kayak and canoe trip Sept. 8. For more information about this trip or other activities, visit the FMWR website at www.ftwainwright-fmwr.com for links to their calendar, magazine and Facebook. (File photo by Trish Muntean, Fort Wainwright PAO)

Trish Muntean,
Fort Wainwright PAO

Although the fall equinox is fast approaching, there is still plenty to do in September before winter in Fairbanks truly sets in.

If you have always wanted to be a star, Fort Wainwright Family and Morale, Welfare and Recreation is offering an opportunity to make your dreams come true with the annual Operation Rising Star competition.

Operation Rising Star contestants must be active duty, National Guard or Reserve from any branch of service, or a family member of aforementioned. Contestants must also be 18 or older by November 13, 2012 with valid military ID card.

The deadline to apply is Sept. 20. Information is available at www.armymwr.com or call 353-6043.

For those who prefer spending time in the kitchen instead of on stage, show off your cooking skills at a salsa competition Sept. 15. This event will be held at the Last Frontier Community Activity Center from 1 to 4 p.m. There are four categories, and the first place winner will receive a trophy and other prizes. For more information, call 353-7755.

Registration is required at least one week prior and the event will be cancelled if there are not enough people signed up prior to deadline. For more information call 353-7755.

Those who don't compete are welcome to come out and enjoy the festivities.

The annual Equinox Marathon is celebrating its 50th anniversary this year and if you're up to the challenge there is still an opportunity to get in on the fun. Considered to be one of the most challenging courses in North America, the event offers several distance options. For more information, check out the Running Club North website: www.runningclubnorth.org/runsequinox.php.

What is the equinox you may ask? According

to www.timeanddate.com, it is the date where day and night are exactly the same length, 12 hours. However, although this idea is widely accepted, it isn't completely true.

The September equinox occurs the moment the sun crosses the celestial equator – the imaginary line in the sky above the Earth's equator – from north to south.

Soldiers and Families who want to get out into the community and enjoy sports, but as spectators instead of participants may want to attend the games of the University of Alaska Fairbanks. Nanooks sports include basketball, hockey, volleyball and more. Information about sports, schedules, and tickets can be found on their official website: www.alaskananooks.com/.

Family and Morale, Welfare and Recreation offers something for everyone this month with the canoe and kayak trip on Sept. 8, the opening of the ice rink of Sept. 21 and several classes to improve the quality of your family's life. For information about these activities visit www.calendarwiz.com/ftwainwrightfmwr.

While curling may look a bit boring on television, it can be a lot of fun when you're trying it on the ice yourself. It is a chance to get out into the community and meet some really cool people.

The Fairbanks Drama Association is celebrating its 50th year, with shows like "The Diary of Anne Frank," "Smokey Joe's Café," "Barefoot in the Park" and three more shows. The shows each run for three weekends and offer discounted tickets for military, students and senior citizens. For more information, call 456-7528.

For more about what is happening in the world of entertainment, food, stage, dance, music and nightlife, check out the Fairbanks Daily News Miner's Latitude 65 pull-out section every Friday.

In addition to leisure activities and special events volunteer opportunities in the local area are sometimes included.

The Morris Thompson Cultural Center offers free films on Alaska history, nature, etc. Learn about auroras, reindeer, living in Fairbanks at 40-below and more.

For all who say there is nothing to do in Fairbanks, it is more a matter of trying to decide what to do first.

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PAO website:
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