

ALASKA POST

Home of the Arctic Warriors

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Warriors come from warriors: a mother's perspective

Jessica Overbeck,
Armed Services Blood
Program PAO

Marilyn Durso cherishes a Mother's Day gift that she calls "a sweet acknowledgment from a son to his mother."

It's a shirt with the words "Warriors Come From Warriors" sprawled across the front that her son, 1st Lt. Greg Durso, gave her a few years ago while he was attending the United States Military Academy at West Point, N.Y.

At the age of 23, Marilyn's son, an Army ranger, deployed for the first time.

"Wearing it meant more to me personally than wearing it for show," she said, explaining why she wore the shirt under sweaters during her son's deployment.

When her son returned home, Marilyn donated blood for warriors and their Families through the Armed Services Blood Program and would meet several warriors and another "Warriors-Come-From-Warriors" mother.

A platoon leader with the 10th Mountain Division at Fort Drum, N.Y., 1st Lt. Durso led 40 American and about 30 Afghan soldiers. One day while on patrol, his platoon encountered several roadside bombs. When the platoon stopped, Pfc.

Rex Tharp took a knee and triggered a pressure point. After he hit the first one, Spc. Joe Mille ran to help him, but in the process triggered a second bomb.

"They never cried out, they never lost their cool," Marilyn said. "They were more concerned about the other one."

Both Tharp and Mille lost their legs from their injuries.

"But because they were so poised and had it together, the medic and the rest of the team were able to attend to them more efficiently," Marilyn said. "It's survival, spirit and camaraderie. Who wouldn't want to belong to a group of people who live under that code?"

Not long after, 1st Lt. Durso learned that another friend of his had been severely injured during a separate mission.

One month into his deployment, 1st Lt. Nicholas Vogt's platoon also struck several roadside bombs. Moments after the first detonation, Vogt pushed one of his Soldiers out of the way of a second bomb, and took the brunt of the blast himself. Vogt survived, but before his ordeal would be over, he would require nearly 500 units of donated blood.

"Nick's story is a heart-wrenching account of survival and what people are



Marilyn Durso donates blood at the Walter Reed National Military Medical Center, Bethesda, Md., with her son, 1st Lt. Greg Durso, a platoon leader with the 10th Mountain Division from Fort Drum, N.Y., by her side. Durso recently returned to the U.S. from deployment in Afghanistan. He and his mother visited three of his friends recovering from severe injuries at Walter Reed. (Photo by Vicki Fernet/Armed Services Blood Program)

willing to do keep others alive," Marilyn said. "Once you have an intimate knowledge of the experience, you can't just sit there."

"Even though I had never met Nick, when I heard from Greg about what happened, in that moment, everyone becomes your son and daughter," Marilyn said. "You quickly learn that the military

Family is large, and it's not just the people in uniform; it's friends, the community and the people who are willing to donate blood."

Marilyn said her son had wanted to become a Soldier from childhood.

"As a mother, you don't want him to do anything that puts him in harm's way, but you have to rely on his confidence, his training," she

said. "It's roulette out there, you worry from [the time they enlist]."

But for Durso, knowing the Armed Services Blood Program is able to provide lifesaving blood to ill or injured service members worldwide helps alleviate some of her fears of sending her son off to war.

See MOTHER on page 5

New Commander for U.S. Army Alaska

Staff Report, U.S. Army Alaska PAO

Maj. Gen. Michael X. Garrett became the 36th commander of U. S. Army Alaska in a change of command ceremony on Pershing Parade Field Thursday.

Maj. Gen. Garrett replaces Maj. Gen. Raymond P. Palumbo, who has been the senior Army commander in Alaska and deputy commander of Alaskan Command since July 12, 2010.



Maj. Gen. Michael X. Garrett
Commanding General, U.S. Army Alaska

Secretary of Defense Leon E. Panetta announced in February that the President nominated Palumbo for appointment to the rank of lieutenant general and assignment as Deputy Under Secretary of Defense (Intelligence) for Joint Coalition and Warfighter Support at the Pentagon. Palumbo is scheduled to be promoted in early June at the Pentagon.

Lt. Gen. Francis J. Wiercinski, the commanding general, U. S. Army Pacific at Fort Shafter, Hawaii, was the reviewing officer for the change of command ceremony.

Garrett came to Alaska from Fort Bragg, N.C., where he was the chief of staff, XVIII Airborne Corps and Fort Bragg since July 2010.

The general brings a broad spectrum of experience to Alaska with 18 assignments, four overseas and 14 stateside, in his 28-year Army career.

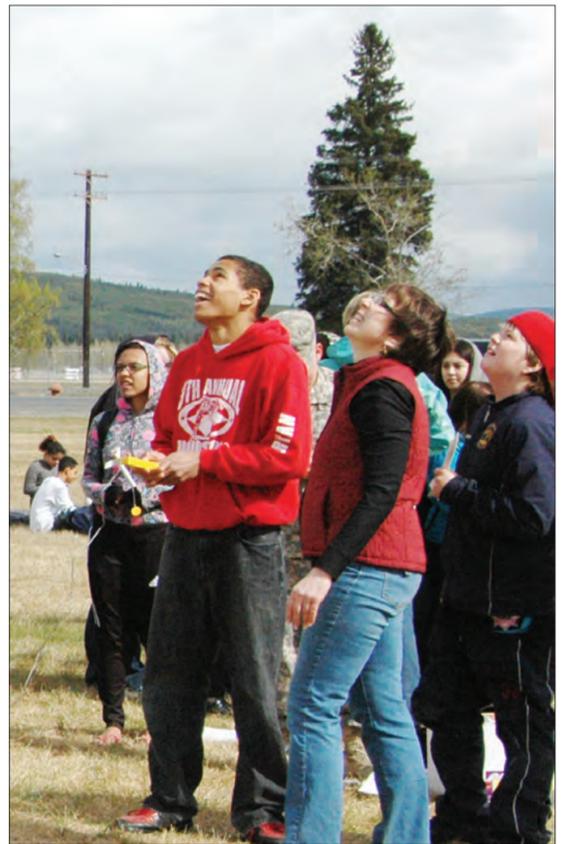
He was the first commander, from February 2006 to July 2008, of the newly formed 4th Brigade Combat Team (Airborne), 25th Infantry Division at Fort Richardson and led the brigade through its first combat deployment, from October 2006 to December 2007. This is his second tour of duty in Alaska.

Overseas, the general has served in Afghanistan, Iraq (twice) and Korea.

In the United States, he has served at Fort Stewart, Ga., Hunter Army Airfield, Ga., Fort Benning, Ga. (twice), Fort Leavenworth, Kan., Fort Lewis, Wash., Camp H.M. Smith, HI, Fort Bragg, N.C. (three times), West Point, N.Y., Fort Richardson, AK, Washington, DC and Fort Knox, Ky.

Garrett is a 1984 graduate of Xavier University, in Cincinnati, where he received a Bachelor of Science degree in criminal justice and was commissioned in the U. S. Army as a second lieutenant of Infantry. He also is a graduate of the U.S. Army Command and General Staff College and has served as a Senior Military Fellow at the Center for New Security in Washington, D.C.

Rocket launch



Ryan Pickney, 14, son of Heather and Sgt. 1st Class Daniel Madrano, 73rd Engineer Company, 1st Stryker Brigade Combat Team, 25th Infantry Division watched with Tanana Middle School 8th grade science teacher Frida Shroyer and classmates Tuesday as the class gathered in the field at Montgomery and Meridian Roads to fire rockets as a year-end project. (Photo by Allen Shaw/Fort Wainwright PAO) See more photos, page 5.

WEEKEND WEATHER



Friday
Mostly sunny
Highs: 60s to 70s
Lows in the 40s
Light winds



Saturday
Mostly sunny
Highs in the lower
to mid-60s
Lows in the 40s



Sunday
Partly cloudy
Chance of rain
Highs in the 60s
Lows in the 40s



Spring Into Summer

For new arrivals or those who are experiencing their first spring and summer at Fort Wainwright. Activities and information on safe driving practices, water safety, camping safety, four-wheeling safety, what to do if you encounter wildlife and more. The event takes place Thursday, 6 to 8 p.m., at the Last Frontier Community Activity Center, Bldg 1044. For more information, call 353-4227.

BRIEFS



Welcome Home Soldiers

Next week: Welcome Home Soldiers! A special, pull-out section in the Alaska Post will include Fort Wainwright units in Salute To Our Military Parade - STOMP, and the redeployment and memorial ceremonies, and events celebrating the return of the 1st Stryker Brigade Combat Team, 25th Infantry Division.

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SN/ BIRCHWOOD HOMES

Medical Department Activity - Alaska

May is National High Blood Pressure Education Month

This is a chance to talk about what high blood pressure is, what effects it has and what you can do about it.

High blood pressure, or hypertension, is very common. About one in three American adults have it, and one in four of everyone else has "pre-hypertension" or blood-pressure measurements that are higher than normal but not yet in the hypertension range.

Blood pressure is a measurement of the amount of blood that the heart is pumping and the amount of resistance the blood flow meets in the arteries, just like water pressure in your household pipes or garden hose.

Blood pressure though, is measured in two numbers. The first number,

called the systolic pressure, is the measurement of the pressure within the artery when the heart beats (or peak pressure) and the second number, called the diastolic pressure, is the measurement of the pressure within the artery when the heart is at rest, between beats when the pressure is lowest. The systolic blood pressure should be lower than 120 and the diastolic blood pressure should be less than 80.

Hypertension is often called the "silent killer" because there are essentially no symptoms associated with increased blood pressure. If left untreated there is an increased risk of a heart attack, stroke and damage to the eyes and kidneys. It can also lead to aneu-

rysms, a bulge in the arterial walls, like a balloon. The bulge can then burst leading to life-threatening bleeding.

Untreated hypertension can also lead to problems with memory and concentration. So you see why it is important to make regular visits to your primary care physician to measure and monitor your blood pressure over the course of time.

Of course, some of the risk factors for hypertension are things that cannot be changed such as age, race, gender and a family history of high blood pressure. However, there are many things that you can change to decrease the risk of developing hypertension. Eating a healthy diet and getting plenty of exercise will go a

long way toward improving your blood pressure and your overall health. In particular, restricting sodium in your diet plays a large part in blood pressure control. Most processed foods contain large amounts of sodium so read the labels carefully.

Another way to control blood pressure is by exercising. Physical activity makes your heart stronger and a stronger heart can pump more blood with less effort. Any activity that increases your heart and breathing rates is aerobic exercise including household chores, mowing the lawn or raking leaves. Walking, swimming and biking are also effective in reducing blood pressure. Aim for 30 minutes of activity most days of the week.

If you can't carve out 30 minutes, try for three 10-minute blocks of time.

If you do anything, don't smoke. Smoking causes a narrowing of blood vessels, affects the heart's ability to pump blood and is the number one cause of preventable death in the United States. Quitting can reduce your risk of a heart attack by more than 50% within 5 years. While there are some studies out there that show minimal alcohol use may raise HDL (the good cholesterol), excessive or frequent use of alcohol has been clearly associated with heart failure, elevated blood pressure, obesity and cardiovascular disease. Additionally, alcohol does not mix well with most medications



Col. George Appenzeller
MEDDAC-AK commander

used to control blood pressure, so if you have high blood pressure, alcohol should be avoided or only used very minimally.

For more information on hypertension or any other medical condition that you would like to know more about see your primary care provider or contact Arctic Health Link at 361-4148 or visit us at Bassett Army Community Hospital, second floor, co-located with the Library.

Make the most of your summer in Alaska

Trish Muntean, Fort Wainwright PAO

The Fort Wainwright Safety Office and Army Community Service are once again sponsoring the "Spring into Summer" series again this year.

The idea for the program came about because the people at the Installation Safety Office wanted to give people a place to find out what they can do in the interior of Alaska during the long days of summer, and how to do it safely.

Greg Sanches, installation safety office said it is similar to a summer version of their very successful "Welcome to Winter" program.

"This is one-stop shopping for information on some of the exciting activities you and your Family can get into this summer," he said. "This will whet your appetite for getting out and exploring the Interior, be it riding your bicycles, hiking or camping. The information we provide will give you the basics of where to go and where to find more information for other activities in the state."

In addition to ideas about Alaska activities, the program provides information about staying safe while exploring the great outdoors with Family and friends.

"We talk about the geographical features of Alaska, the weather and how to be ready for its ever-changing patterns while you are out in it" Sanches explained. "We go over basic ATV riding safety and some of the great trails one can find all over the Interior. We also talk about the great places you can go camping with your Family be it car camping or the more adventurous back country camping and hiking."

One of the subjects the safety experts spend a lot of time talking about is water safety. Boating is one of the biggest threats to people's safety in summer months.

"We try and make everyone aware that the water here is cold and swift moving, this is not like your lake down in the Lower 48 which is always warm and inviting," Sanches said. "Falling into the water here can take your breath away and sweep you downstream quickly out of reach of Family and friends."

"People are very concerned about the bears here," he said. "Rightly so, but if you follow the basic bear safety rules we talk about and you will find elsewhere you will have a safe back-country experience."

Another threat to people's safety is not knowing when to stop and take a break when driving due to the extended daylight.

"As you know with the extended daylight we have here people, myself included, who tend to keep going and going because you don't realize how late it is getting," Sanches said.

"You want to keep driving to get to that favorite fishing hole no matter how tired you are. Take the time to stop, take a break, a nap. Learn not to push it. You need to get you and your Family to your destination safely so you can enjoy your time away from the office and the house this summer."

For more information on this program call 353-7079. The next presentation will be Thursday at the Last Frontier Community Activity Center starting at 6 p.m.

Strong Families plan for change

Brian P. Smith,
TriWest Healthcare Alliance

Bumps, cuts and bruises are all part of any kid's life.

Dealing with deployments and multiple moves and school changes are all part of a military kid's life. As a parent, you strive for consistency. You want safety and happiness. But what do you do when your family gets bumped, cut and bruised along the way?

Adapting is a big part of being a military family. Change happens. These changes can be moves, deployments or an ill or injured parent; even a death in the family. You might need help starting a conversation with your kids about the new situation. Maybe you need something to point you in the right direction, or maybe you need someone to help guide you down the path. Whether you are starting out on your own or feel like turning to behavioral health professionals for help, you're not alone. And remember, concentrating on your emotional health is just as important—if not more—than focusing on your physical health.

A good place to start is TriWest Healthcare Alliance's online behavioral health and parenting resource center (TriWest.com/FamilySupport). You can find information, self-assessments and professional resources on a wide variety of family and relationship topics that you can explore at your own pace, 24/7/365.

To get you started, here are three family-friendly tips from TriWest. Are you:

Modeling behavior: Children watch their parents and siblings and "mirror" what they see; it's how they

learn to walk, talk and play with others. It's also how they learn to act in different situations. When the stress starts, how do mom, dad, brother and sister behave?

Dr. Blake Chaffee Ph.D., TriWest Healthcare Alliance vice president of integrated health care services, emphasizes that parents should be aware of how they deal with stress. "Deployment periods are a time when parents are modeling self-care and coping strategies for their children," he says. "This is the time to give your children examples of positive behaviors."

Dealing with it: You'll be adjusting to the new roles, schedules, and relationships, too. Dealing with all those changes can help strengthen the bonds within the family.

"It's helpful to continually remind children that change can help families become stronger, and to recognize and support your child's positive behaviors," Dr. Chaffee adds.

Getting it covered: Behaviors that do not improve over time may need extra attention. You can start by talking to your child's primary care manager. As Tricare beneficiaries, your children will be covered when working with a specialist. Your primary care manager may be able to recommend an appropriate professional.

For most outpatient behavioral health care, your child will not need a referral for the first eight visits each year. Your family has many options under Tricare to get the type of help you need. You can find more information about the Tricare behavioral health benefit at TriWest.com/FamilySupport.

Fly tying for veterans



Senior Airman Justin Hendrick volunteers his time April 12 at the Healing Waters fly tying class. Healing Waters is a project sponsored by Alaska Fly Fishers that provides recovering veterans a change of pace from the often daily routine of medical and physical appointments. (Photo by Juana M. Nesbitt/2nd Engineer Brigade PAO) **See story on Page 4.**

ALASKA POST

Home of the Arctic Warriors

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The ALASKA POST - Home of the Arctic Warriors

Leaders say Network Integration Evaluation improving Army acquisition

Claire Schwerin, U.S. Army

As the Army aims to balance budget cuts with critical modernization needs, the Network Integration Evaluation is setting the pace for a more efficient acquisition process, senior leaders said.

During visits with Soldiers and leaders at the White Sands Missile Range, N.M. last week, Secretary of the Army John McHugh and Lt. Gen. Bill Phillips, military deputy to the Assistant Secretary of the Army for Acquisition, Logistics and Technology, stressed the value of the Network Integration Evaluation, or NIE, construct to obtain Soldier feedback and rapidly field network equipment to meet their needs.

"We have economic challenges in this nation, and the military budget reflects those as well, but it's critical that we continue to modernize and give our Soldiers the best possible equipment, the best possible platforms with which they can do the hard work of freedom in to the future," McHugh said. "Key to that is doing it effectively, yes, but also doing it efficiently. And this NIE is a critical component to make sure that we can, in an affordable way, continue to modernize and give our Soldiers the best available equipment."

Launched in June 2011, the NIEs are semi-annual evaluations designed to quickly integrate and mature the Army's tactical communications network, the ser-

vice's top modernization priority. To date, the NIEs have yielded more than \$6 billion in cost savings and cost avoidance from the restructure of Army programs and the consolidation of test practices.

The NIEs are part of the Agile Process, the Army's new quick-reaction acquisition methodology to address defined capability gaps and insert new technologies into the overall network at a lower cost. By putting equipment in Soldiers' hands in a realistic operational environment every six months, the Army and industry can make necessary changes and arrive at a solution that can be integrated and procured in months rather than in years, Phillips said.

"That's changing the paradigm, and changing the thinking about how acquisition works," he said.

For example, to meet Soldiers' needs for a more complete and user-friendly common operating picture of the battlefield, the Army is working to converge its networked mission command and intelligence systems, Phillips said.

But the Soldiers' imprint reaches beyond what gear the Army will eventually purchase. The NIEs are also helping establish the necessary doctrine, training and procedures so when capabilities are fielded, troops can get the maximum benefit out of the network, Phillips said.

"That's why it's so important," he told Soldiers from

the 2nd Brigade, 1st Armored Division who are now executing the NIE 12.2. "You're going to set your buddies up for success."

This fall, Army brigade combat teams will begin to receive Capability Set 13, the first group of advanced tactical communications technologies that for the first time deliver an integrated voice and data capability throughout the brigade combat team formation down to the tactical edge, even while units are moving across the battlefield.

Synchronized fielding of capability sets every two years will allow the Army to buy the right amount and type of gear for the brigades that need it first, then incrementally modernize it -- instead of spending resources on technology that may be out of date by the time it is needed.

"One of the challenges the Army has faced in recent years is an acquisition process that hasn't always worked as efficiently and effectively as we'd like," McHugh said. "What these NIEs are intended to achieve is to streamline that process, to make it more agile, to get real-time feedback from those who are going to use (the equipment), and perhaps as important as anything, to integrate it ourselves in a competitive way with the private sector."

Private companies play a critical role in the Agile Process by bringing forward emerging technologies for evaluation at the NIE to determine whether they meet the Army's defined capability gaps, the leaders said. In response to industry feedback following the first two NIEs, the Army is now taking several steps to ensure participating companies see a tangible return on investment.

For NIE 12.2, the Army is providing NIE assessment reports and laboratory feedback within a matter of weeks from the end of those evaluations -- allowing industry enough time to adjust systems and to better align their research and development resources.

The Army is also working processes to help lower the bar for small businesses to participate in NIE. These include taking steps to potentially buy prototypes when multiple systems are needed for evaluation, instituting methods to offset labor and field service representative costs and working with the Army's science & technology community to explore small business grants and development agreements to help offset small business costs.

NIE 12.2 is also the first time the Army was able to employ all early phases of the Agile Process prior to the NIE start, including using new laboratories at Aberdeen Proving Ground, Md., to their full capability conducting assessments and mitigating risk prior to executing the NIE.

"We have made tremendous strides since we started the NIEs," Phillips said.

McHugh agreed, describing the NIE as "one of the most important things strategically that this Army has taken up in recent years" in delivering enhanced capability and laying the groundwork for broad acquisition improvements.

"These are tough economic times, and we owe it to the taxpayers, as well as to the Soldiers, to make sure we're working in ways that get them those most advanced platforms, and in this case communications equipment, as quickly and as affordably as possible," he said.



Secretary of the Army John McHugh sits in an up-armored vehicle, while listening to a 2nd Heavy Brigade Combat Team, 1st Armored Division, Soldier explain new equipment being tested during Network Integration Evaluation 12.2 at Fort Bliss, Texas, May 9, 2012. McHugh and Lt. Gen. Bill Phillips, military deputy to the Assistant Secretary of the Army for Acquisition, Logistics and Technology, stressed the value of the Network Integration Evaluation construct to obtain Soldier feedback and rapidly field network equipment to meet their needs, during their visit to White Sands Missile Range, N.M., last week. (Photo by Sgt. Edward A. Garibay/16th Mobile Public Affairs Detachment)

SOLDIERS AGAINST DRUNK DRIVING

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Tying healing to recovery

Spc. Juana M. Nesbitt,
2nd Engineer Brigade PAO

A local branch of a much larger group is promoting fly-fishing as a way to help combat veterans recover from their physical and emotional wounds.

Project Healing Waters is a nonprofit organization that provides fly-tying, fly-casting, and fishing instruction classes to wounded service members and veterans every Thursday from 4 until 6 p.m. in the JBER Soldier and Family Assistance Center.

The classes give participants a chance to do something and focus on other things besides the daily routine of their medical and physical appointments, said Project Healing Waters co-director Jan Schnorr.

It's also an opportunity for wounded warriors to talk to other fishermen,

learn a new hobby and get connected with the community, she said.

"They're taking thread and putting it on a hook so it takes muscle memory, hand-eye coordination - it's a therapy situation for the shoulder, the arm and hand," said co-director Damon Blankenship.

"It's therapeutic because they actually see something developing," Blankenship said. "As they work with it, they make them faster and easier, and they make a better product, they make a better fly."

As a former volunteer, now a participant, Air Force Staff Sgt. Brent Allen has seen both sides of the program.

Due to complications with a pinched nerve in his neck, Allen recently endured a second neck surgery. He said he is trying to rehabilitate his arm.

"Just using these fine motor skills is helping me

rehabilitate," Allen said.

Guided fly-fishing outings to the Kenai River, Green Lake, Cantwell, Glennallen, the Russian River, Clear Creek, Nena, Middle Kenai and the Anchor River are scheduled throughout the summer months, all at no cost to participants.

The trips cover a wide variety of fishing styles which provide different avenues of experience and therapy to the participants.

Family members are welcome to attend some of the trips.

The fishing trips tend to have a calming effect on the service members allowing them to relax and meditate, said Warrior Transition Battalion Operations Supervisor Maj. Raul Rovira.

Active duty members who have experienced physical or emotional trauma are often referred to Project Healing Waters by doctors involved in their treatment, Rovira said.

The program can be geared to each participant's specific needs, according to Blankenship.

"We had some folks that did not want to be with a big group - they were just stressed, so we got them with a smaller group," Blankenship said. "They tied and then after a while they could be with the big group; that's growth."

"There's more to it than just the fishing: the camaraderie, the development, the anticipation of the season," Blankenship said.

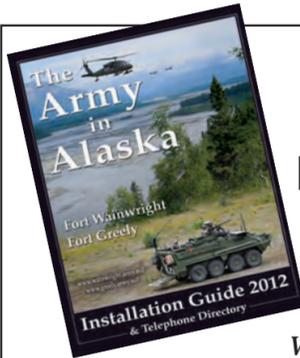


Veterans and volunteers work together during the Healing Waters fly-tying class April 12 at Joint Base Elmendorf-Richardson. Healing Waters is a project sponsored by Alaska Fly Fishers that provides recovering veterans a change of pace from the often daily routine of medical and physical appointments. (Photo by Juana M. Nesbitt/2d Engineer Brigade PAO)

Asian-Pacific Heritage Month observance



Patricia Kira Tapua`i Marsh (front) and Misty Nelson, of Tafa'ifa Polynesian Dance Productions were among the dozen dancers who entertained guests at the Asian-Pacific American Heritage Month observance at Fort Wainwright's Physical Fitness Center May 11. The event, hosted by Medical Department Activity-Alaska, featured Dr. Shiva Hullavard from the University of Alaska Fairbanks, who spoke about this year's theme, "Striving for Excellence in Leadership, Diversity and Inclusion." The observance also offered a slideshow featuring prominent Asian and Pacific Islander leaders who have influenced American society along with different types of cuisine for participants to enjoy. (Photo by Brandy Ostanik/Medical Department Activity-Alaska PAO)



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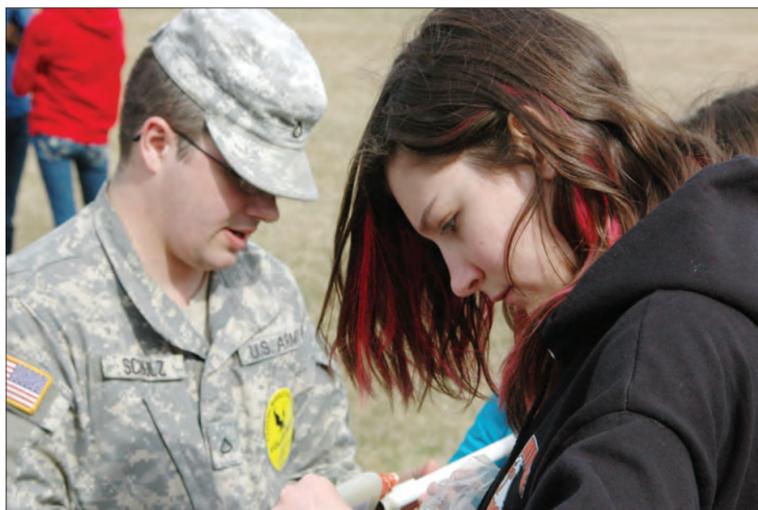
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3-2-1 Launch!



Ryan Pickney, 14, son of Heather and Sgt. 1st Class Daniel Madrano, 73rd Engineer Company, 1st Stryker Brigade Combat Team, 25th Infantry Division and Tanana Middle School 8th grade science teacher Frida Shroyer prepare for launch Tuesday as the class gathered in the field at Montgomery and Meridian Roads. (Photo by Allen Shaw/Fort Wainwright PAO)



Emily Baer repairs her rocket prior to launch with the assistance of Pfc. Joseph Schulz, 5th Squadron, 1st Cavalry Regiment, 1st Stryker Brigade Combat Team, 25th Infantry Division, Tuesday in a field at Montgomery and Meridian Roads. Baer, 13, is the daughter of Connie and Sgt. 1st Class Mike Baer, Headquarters and Headquarters Troop, 5-1st, 1-25th SBCT. Tanana Middle School science teacher Frida Shroyer taught students how to build and then fire the rockets as a year-end project. Fort Wainwright Soldiers Sgt. Dustin Mullins and Pfc. Joseph Schulz, 5th Squadron, 1st Cavalry Regiment, 1-25th SBCT met the students at the school, walked with them onto the installation and assisted with the activities as part of the School Partnership Program. Mullins said, "It was a great opportunity work with the kids and give back to the community." Members of the Directorate of Emergency Services were also on hand, with a fire truck and extinguisher in case anything went awry. (Photo by Allen Shaw/Fort Wainwright PAO)



After pushing the launch button an electric wire attached to a rocket booster ignites and sends the vessel skyward. Students from Tanana Middle School partnered with Soldiers from the 5th Squadron, 1st Cavalry Regiment, 1st Stryker Brigade Combat Team, 25th Infantry Division, Tuesday in a field at Montgomery and Meridian Roads to fire rockets as a year-end science project. (Photo by Allen Shaw/Fort Wainwright PAO)

Mother: Donates to Armed Services Blood Program

Continued from page 1

"When I hear the story of Nick's injuries and the story that led to his survival, I know in my mind what [our sons and daughters] are doing is real. And it reminds me that there are men and women over there right now who still need our help," Marilyn said.

Vogt, Tharp and Mille are all recovering at the Walter Reed National Military Medical Center in Bethesda, Md. When 1st Lt. Durso returned from Afghanistan, he, his mother and his grandmother, Nancy McCauley, went to visit them.

Marilyn and McCauley were able to donate blood while they were there.

At first, Marilyn said she worried the visit would make her worry more, but she said "it brought me peace and confidence instead."

"It was an emotional feeling to experience how truly dedicated the Durso-McCauley Family was to the well being of those

who do so much to serve and protect us all," said Vikki Fernetto, blood donor recruiter from the Walter Reed National Military Medical Center.

During her visit, Marilyn was able to meet and spend some time with Vogt's mother, Sheila, and said she could see where Vogt got his strength.

"She's amazing," said Marilyn of Sheila. "A mother will do anything to help her children get through a rough time. The mothers of those who are injured stop their lives to support their sons. Visiting them and donating blood is so simple, and it's so humbling."

"It was an honor and a privilege to meet and chat with three generations of patriots who have experienced firsthand the close fight, both deployed forward and in support from back home," said Lt. Col. Robert Pell, chief of blood services at the Walter Reed National Military Medical Cen-

ter. "The Dursos truly define commitment, to each other, their military Family and especially to the Armed Services Blood Program that they support with their selfless blood donations."

Marilyn is eligible to donate blood again in July, and is planning to make the trip down to Walter Reed to do so.

"The facilities are beautiful and you get the chance to thank a Soldier firsthand and see what they are up against, see their spirit and their great attitudes," she said of the hospital.

For Marilyn, knowing that her donation can save up to three members of the military Family, the brothers and sisters in arms of her own son, is well worth the drive from New York to Bethesda, Md., and an hour in a donating chair.

"I can't wait to go back," Marilyn said. "How do you not do something that is so simple? If donating blood can keep

them alive until they get to come back home, it's a privilege."

To find out more about the Armed Services Blood Program or to schedule an appointment, please visit us online: [www.military-](http://www.military-blood.dod.mil)

[blood.dod.mil](http://www.military-blood.dod.mil). To interact directly with some of our staff, see more photos or to get the latest news, visit us here: www.facebook.com/militaryblood, [www.flickr.com/military-](http://www.flickr.com/militaryblood)

[blood](http://www.flickr.com/militaryblood), and www.twitter.com/militaryblood.

[com/militaryblood](http://www.twitter.com/militaryblood).

Pfc. Rex Tharp, Spc. Joe Mille and 1st Lt. Nicholas Vogt are still recovering at the Walter Reed National Military Medical Center in Bethesda, Md.

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AK POST/BEER DINNER
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AFC/UNIVERSAL PICTURES
AK POST/AK POST
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Friday – 18th

ARMY TEN-MILER USARAK TEAM QUALIFIER, 5:30 a.m., Chena Bend Golf Course, Building 2092. No cost. Call 353-7223.

STORY HOUR AND CRAFTS: ARBOR DAY: OUR HEROES' TREE, 4 to 5 p.m., Post Library, Building 3700. No cost. Call 353-4137.

FREE RIDES - SADD, 10 p.m. to 4 a.m., Soldiers Against Drunk Driving Open to DoD cardholders. Call 353-6610.

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

Saturday - 19th

POSTWIDE YARD SALES, 8 a.m. to 4 p.m. Families will sell from their homes on the installation, while units and groups are allowed to sell their goods at the Lemon Lot located at the corner of Neely and Meridian roads.

STRONG BANDS ZUMBA-THON, 1 to 3 p.m., Physical Fitness Center, Building 3709. Cost is \$7. Call 353-7294.

FREE RIDES - SADD, 10 p.m. to 4 a.m., Soldiers Against Drunk Driving Open to DoD cardholders age 21 and older. Call 353-6610.

BOATER SAFETY, 1 p.m., Outdoor Recreation Center, Building 4050. No cost. Call 361-6349 or 361-6350.

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

OPEN MIC NIGHT, 6 to 11 p.m., The Warrior Zone, Building 3205. Open to DoD cardholders age 18 and older. Call 353-1087.

CHESS CLUB, 3 to 5 p.m., Last Frontier Community Activity Center, Building 1044. No cost. Call 353-7755.

REALLY FREE MARKET, University of Alaska, Fairbanks, in the Nenana parking lot. Drop off clean, safe items from 8 to 10 a.m. From 10 a.m. to noon, take what you need. No selling, bartering or swapping. For more information, call 474-7021.

Sunday – 20th

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, 11 a.m., Sunday Protestant worship, Northern Lights Chapel, Building 3430. Call 353-9825.

CATHOLIC SERVICES, 11 a.m., Catholic Mass, Southern Lights Chapel, Building 4107. Call 353-9825.

FAMILY HALF-DAY FLOAT, 1 p.m., Outdoor Recreation Center, Building 4050. Cost is \$5. Call 361-6349 or 361-6350.

ATV SAFETY COURSE, 1 to 5 p.m., Outdoor Recreation Center, Building 4050. Currently offered for participants signed up for ORC ATV trips only. Call 361-6349 or 361-6350.

Monday – 21st

SAC SUMMER CAMP "OLYMPICS" BEGIN, School Age Center, Building 4166. Call 361-7394.

ROMP AND STOMP PLAYGROUP: SUPER SCIENCES, 9:30 to 11 a.m., Last Frontier Community Activity Center, Building 1044. Call 353-7372.

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

GROUP CYCLING CLASS, noon, Physical Fitness Center, Building 3709. No cost. Call 353-7223.

Tuesday – 22nd

HOURLY OF POWER GROUP STRENGTH CLASS, noon, Physical Fitness Center, Building 3709. No cost. Call 353-7223.

BOUNCY HUT NIGHT, 5:30 to 7:30 p.m., Last Frontier Community Activity Center, Building 1044. No cost. Call 353-7755. (ages 4 to 12 with parent).

GROUP CYCLING CLASS, at 6:30 a.m. and 5 p.m., Physical Fitness Center, Building 3709. No cost. Call 353-7223.

GOSPEL SERVICES BIBLE STUDY, 6:30 p.m., Bassett Army Community Hospital, Medical Library, Building 4076. For more information email ac2.claxton@us.army.mil.

Wednesday-23rd

PROTESTANT WOMEN OF THE CHAPEL, 9:30 a.m., Northern Lights Chapel, Building 3430. Childcare provided, for more information email wainwright@pwoc.org.

GROUP CYCLING CLASS, noon, Physical Fitness Center, Building 3709. No cost. Call 353-7223.

MULTICULTURAL STORY HOUR: THAILAND, 4:30 p.m., Post Library, Building 3700. No cost. Call 353-4137.

STRONG BANDS CARDIO KICK-BOXING, 5 to 7 p.m., Physical Fitness Center, Building 3709. No cost. Call 353-7294.

BOOT CAMP, 5 p.m., Physical Fitness Center, Building 3709. No cost. Call 353-7223.

WILD WING WEDNESDAY, 5 to 7 p.m. no-cost (while they last), Nugget Lanes Bowling Center, Building 3702. Call 353-2654.

Thursday – 24th

GROUP CYCLING CLASS, at 6:30 a.m. and 4 p.m., Physical Fitness Center, Building 3709. No cost. Call 353-7223.

ROMP AND STOMP PLAYGROUP: SUPER SCIENCES, 9:30 to 11 a.m., Last Frontier Community Activity Center, Building 1044. Call 353-7372.

PROTESTANT WOMEN OF THE CHAPEL, 9:30 a.m., Northern Lights Chapel, Building 3430. Childcare provided, for more information email wainwright@pwoc.org.

HOURLY OF POWER GROUP STRENGTH CLASS, noon, Physical Fitness Center, Building 3709. No cost. Call 353-7223.
ZUMBA FITNESS CLASS, 6 p.m., Physical Fitness Center, Building 3709. Cost is \$7. Call 353-7294.

EVENING BOAT RIDES, 5:30 p.m., Outdoor Recreation Center, Building 4050. No cost. Call 361-6349 or 361-6350.

SPRING INTO SUMMER, 6 to 8 p.m., Last Frontier Community Activity Center, Building 1044. No cost. Call 353-4227.

Friday – 25th

DENALI DAY HIKE, 9 a.m., Outdoor Recreation Center, Building 4050. Cost is \$10. Call 361-6349 or 361-6350.

STORY HOUR and CRAFTS: UNDER THE SEA, 4 to 5 p.m., Post Library, Building 3700. No cost. Call 353-4137.

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

FREE RIDE - SADD, 10 p.m. to 4 a.m., Soldiers Against Drunk Driving Open to DoD cardholders. Call 353-6610.

Saturday – 26th

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

FREE RIDE HOME SADD, 10 p.m. to 4 a.m., Soldiers Against Drunk Driving Open to DoD cardholders age 21 and older. Call 353-6610.

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

BEAR SAFETY CLINIC, 9 a.m., Outdoor Recreation Center, Building 4050. No cost. Call 361-6349 or 361-6350.

SUMMER ACTIVITY CLINIC, 1 p.m., Outdoor Recreation Center, Building 4050. No cost. Call 361-6349 or 361-6350.

DART TOURNAMENT, 6 p.m., The Warrior Zone, Building 3205. Open to DoD cardholders age 18 and older. Call 353-1087.

CHESS CLUB, 3 to 5 p.m., Last Frontier Community Activity Center, Building 1044. No cost. Call 353-7755.

Sunday – 27th

ROCK CLIMBING, 9 a.m., Outdoor Recreation Center, Building 4050. Cost is \$10. Call 361-6349 or 361-6350.

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, 11 a.m., Sunday Protestant worship, Northern Lights Chapel, Building 3430. Call 353-9825.

CATHOLIC SERVICES, 11 a.m., Catholic Mass, Southern Lights Chapel, Building 4107. Call 353-9825.

SOLDIERS AGAINST DRUNK DRIVING
353-6610
Have a Plan, Call Someone.

16397323
ELFS DEN, THE
AK POST/STV
FREE ADS
1 x 4.5

13397363
VIP CLEANERS
AK POST/STV
FREE AD
1 x 3.0

11397283
AJ AVIATION
AK POST/AP/FOR SALE
2 x 2.0

11394653
BABULA, DR.
AK POST/AK POST
2 x 3.0

11394653
BABULA, DR.
AK POST/AK POST
2 x 3.0

11394614
LOOSE MOOSE CAFE
AK POST/BUCKS AK PO
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16397374
BROW-TINE TAXIDERMY
AK POST/AK POST
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Available to GCI Cable subscribers on post



Also find it online at
www.wainwright.army.mil
under the Command Channel 5 link.

OPEN BURNING PROHIBITED

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

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. The legal office is located in Building 1562 Freeman Road. For more information about legal services or an appointment, call 353-6534.

SPORTS AND SCHOOL PHYSICALS CLINIC

Bassett Army Community Hospital will present a sports and school physicals clinic, Saturday, 10 a.m. to 2 p.m. For an appointment, call 361-4000. Bring any special school forms to the appointment with patient/parent portion already completed. If available, bring immunization records to the appointment. Medical issues will NOT be addressed unless they are directly related to the physical.

CHENA LAKES RECREATION AREA

Chena Lakes, located off the Richardson Highway, between North Pole and Eielson Air Force Base, offers a sandy beach, playgrounds, volleyball pits and picnic areas. Fishing and boating are popular pastimes. Day use and camping is free through the weekend. Day use entry fee for military will be \$1 per vehicle starting May 23. For more information, call 459-1070.

YOUTH CENTER SUMMER CAMPS

Week one of the Youth Center summer week-long theme camps starts Monday. The week's theme is Food, Glorious Food. Participants will learn outdoor cooking, gourmet cooking and how to make delicious dishes for all to devour. The youth will show off their cooking skills on Friday by cooking a dinner for Family and friends. Fees vary based on income categories: Category I, \$20; Category II, \$31; Category III, \$38; Category IV, \$44; Category V, \$51; Category VI, \$55; Category VII, \$56; Category VIII, \$57 and Category IX, \$58. Call 361-5437 for more information.

NATIONAL ARBOR DAY

The Department of Public Works Environmental Division will be give away seedlings of European Mountain Ash (*Sorbus Aucuparia*), Rugosa Rose (*Rosa Rugosa*) and Amur Maple (*Acer Ginnala*). There is a limit of two seedlings per household and the event is open to all personnel at the DPW Environmental Division, Building 3023, Monday from 10 a.m. to 2 p.m.

VACATION BIBLE SCHOOL

Catholic Vacation Bible School for children from grades kindergarten through sixth will sing songs, watch skits, create crafts and play games during Catholic VBS Monday through May 25. They'll discover Jesus provides what they truly need in every challenge of life. Sessions take place from 12:30 to 4 p.m. at Southern Lights Chapel, Building 4107. Registration packets are available at both SLC and Northern Lights Chapel. Space is limited to 50 participants. Contact Marissa McGrath at 361-4261 or 361-4463 with any questions.

FORE!

Season passes and punch cards for Chena Bend Golf Course will be 10 percent off through May 25 and can be purchased at Murphy Hall, Building 1045, 2nd floor, Suite 30. Call 353-6223 for more information.

RESIDENTIAL SECURITY AND SAFETY TIPS

Most precautions are simple common-sense measures which will help protect you from any criminal activity. Do not display your name or rank on the outside of your residence or mailbox. Have good lighting and limit hiding places by trimming bushes and hedges. Use a six-to-eight foot perimeter wall or fence. Use solid doors with a good deadbolt lock and one-way peepholes. Lock windows and skylights. Use alarm and intercom systems. Have fire extinguishers and first aid equipment available. For more information contact your unit Antiterrorism Officer or the garrison ATO at 353-6094.

WANTED: CRIMINAL INVESTIGATORS

The United States Army Criminal Investigation Command commonly known as CID, is currently seeking qualified applicants to become highly-trained criminal investigators. Special agents are responsible for investigating felony-level crime of Army interest, conducting protective-service operations, and working with other Federal, state and local law enforcement agencies to solve crime and combat terrorism. To qualify, applicants must be U.S. citizens, be at least 21-years-old with at least two years of military experience but not more than 10, have no record of mental or emotional disorders and no record of unsatisfactory credit. Applicants must be able to speak and write clearly, have two years of college or at least 60 semester credit hours (fewer credits may be accepted if applicant meets remaining prerequisites), maximum grade of E-5 sergeant (non-promotable), be able to complete 60 months of service obligation upon completion of the Apprentice Special Agent Course. Soldiers with civilian or military law-enforcement experience are preferred, but it is not a requirement. To apply or for more information visit www.cid.army.mil or contact the Fort Wainwright CID office at 353-6213.

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.

ARMY EMERGENCY RELIEF

The Army Emergency Relief annual fundraising campaign is underway. Soldiers interested in donating to AER should contact AER campaign coordinator, 1st Sgt. Tornald Hall at 353-7617. Soldiers, retirees and their Family members who find themselves in an emergency situation can visit Army Community Service and pick an application or call for information. The AER office is located with Army Community Service in the Welcome Center, Building 3401 Santiago Avenue. For more information about the AER program, call 353-7453.

RECREATIONAL SHOOTING

The Sports Fire Range is available for all active-duty military and DoD ID cardholders. The range began operating under summer hours Wednesday. Summer hours extend the normal operating times of 8 a.m. to 4 p.m. Monday through Friday to include more hours Wednesday evenings from 4 to 8 p.m. and Saturdays from 10 a.m. to 5 p.m. Military training has priority over all other range use. Fees do not apply for normal range use. For more information on safety training, requirements and availability of the Sports Fire Range, call range control, 353-1266.

PREVENT CHILD ABUSE, 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) 4-A-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.

CAFE OPEN 7 DAYS

Chena Bend Café is open for the summer golf season. Under new management, the café is open 7 days a week. Their hours are 7 a.m. to 9 p.m. Friday through Tuesday and 7 a.m. to 7 p.m. Wednesday and Thursday. Offering breakfast, burgers, baskets, hot and cold sandwiches and more, the menu is available www.dw-grill.com. Call DW Grill and Catering for more information or to place an order at 353-6147.

PRE-RETIREMENT BRIEFING

A monthly summary of retirement benefits for those who are one to two years from retirement, presented by Carlos Garcia, retirement services officer. To schedule Survivor Benefit Plan or SBP counseling and to register for the pre-retirement briefing call 353-2099.

SPONSORSHIP TRAINING

Remember what it was like when you moved for the very first time? Remember all the questions you had and the answers you didn't get? Be a sponsor and help another Family with relocating to Alaska. Classes are offered through unit requests. For more information call 353-4227 or 353-7908.

LIBRARY HOURS

The Post Library has new hours of operation. The library is open Monday through Friday from 10 a.m. to 6 p.m. For more information, call the Community Recreation Division, 353-7691.

FOR YOUR HEALTH CLASSES

Arctic Health Link provides classes on diabetes, cholesterol, hypertension and tobacco cessation classes which are offered monthly. For more information or to sign up for a class, call 361-4148.

CIVILIAN CLEARING

All employees terminating employment with the Department of the Army must clear post. Clearing or out-processing is required to ensure final pay is correct. For more information on clearing, contact the Civilian Personnel Advisory Center at 353-7208.

ARMY DISASTER PERSONNEL ACCOUNTABILITY, ASSESSMENT SYSTEM

The Army Disaster Personnel Accountability and Assessment System is the Army's personnel accountability tool used in the event of a natural or man-made disaster. This web-based system is found at <https://adpaas.army.mil/> to account for active duty, Army Reserve, Army National Guard, Department of Defense Civilians, NAF employees, overseas DoD contractors (to include Hawaii and Alaska) and Family members.

AUTO RESCUE OR SELF-HELP

Whether locked out or the vehicle needs towing, the Automotive Skills Center is at your service 24-hours a day. For towing and lock-out service, call 590-1716.

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.

18395698
PURE ESSENTIALS DAY
SPA
AK POST/COME SEE US
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13397433
ALASKA TRANSPORTA-
TION GARAGE
AK POST/AK POST
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ALASKA FUN CENTER
SALES
AK POST/THE POWER OF
2 x 5.0
RED

21395833
CARLSON CENTER
AK POST/CAR SHOW --
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STANLEY NISSAN
AK POST/WELCOME HOME
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