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AT A GLANCE

FURRY VISITORS



Fort Wainwright meets Sesame Street.

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ARMY STRONG



Fort Wainwright athletes prepare for state bodybuilding competition.

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REMEMBER:

STUDED TIRES MUST BE OFF BY SUNDAY

ONLINE

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FortWainwrightPao

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witter.com/PAOFWA

USARAK

usarak.army.mil

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ARMY NEWS

army.mil

ARMY SERVICES

myarmyonesource.com

DEFENSE VIDEO

dvidshub.net

WEEKEND WEATHER

Friday

Mostly sunny.
Low 29 High 58

Saturday

Mostly sunny.
Low 32 High 60

Sunday

Partly cloudy.
Low 33 High 54

Unrestricted visibility
NE winds 5 -10 mph

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



Making memories - Sgt. Kyle Kaneris, Medical Department Activity-Alaska, Fort Wainwright, stopped at the USO Sesame Street photo backdrop with wife, Justine and son, Gage 2, Saturday. Approximately 3,800 Soldiers and military family members attended the Sesame Street USO Experience and Month of the Military Child Carnival. When Fort Wainwright was offered the opportunity to be the first military installation to host the new version of the traveling show, "we jumped at the chance," said Mary Jo "MJ" Lohrenz, director of Family and Morale Welfare and Recreation, noting the timing of the show was right with so many Fort Wainwright Soldiers being deployed or preparing for deployment in May. The show will visit Eielson Air Force Base and Joint Base Elmendorf-Richardson before leaving Alaska. Full story on Page 4. (Photo by Mona Hillstrand/Family and MWR)

472nd Military Police Company received Command Sgt. Major Mark Farley Award

Trish Muntean, Fort Wainwright PAO

The Command Sgt. Major Mark L. Farley award was presented to the 472nd Military Police Company April 21.

Over the past year the 472nd Military Police Company has deployed in support of Operation Iraqi Freedom where the unit trained more than 700 Iraqi police, provided critical site security and was instrumental in the drawdown of forces from Iraq.

Upon redeployment the unit successfully completed reintegration and reset as well as law enforcement certification 30 days ahead of schedule.

"It speaks to the dedication and training of the Soldiers here in Alaska," said Farley who had traveled to Alaska for the award presentation.

1st Sgt. Matthew Ivacic was the company first sergeant during the recent deployment.

"I love them all, they are an outstanding company, they are still an outstanding company. It is due to them that they received that award."

"The company's biggest accomplishment was that no Soldiers were injured or died during the whole deployment," he said.

"The Soldiers, prior to the deployment, had a dramatic change with myself and the first sergeant coming in and they reacted really well," said Capt. Anthony Howell, the 472nd MP commander during the deployment. "We were accepted by the Soldiers and they followed our lead and did everything we asked of them up to and through the deployment."

During the deployment the Soldiers had some major challenges, but they accepted them, made the most of them and did missions that other units could not accomplish, he said.

"Our Soldiers stepped up to the task, were able to take every mission that was handed to them, to include some."

Upon redeployment, the unit was able to go two weeks before and two weeks after without an incident, a first for any unit according to Howell.

"This says something about their discipline and their dedication to professionalism," he said.

"I hope I was as good of a leader to them as they were Soldiers to me"

"This is big. It took a lot of hard work to earn this award," said Spec. Ezequiel Martinez, 472nd Military Police Company.

The award for the best Military Police Company in USARPAC is named after Command Sgt. Maj. Mark L. Farley, who served as the USARPAC senior noncommissioned officer from 2002-2006 and was known for his caring professionalism, intellect, ability to see the big picture and passion for taking care of Soldiers.

Selection for the Command Sgt. Maj. Mark L. Farley Award is based on a unit's performance between the period of Oct. 1 to Sept. 30, as measured by recorded accomplishments, achievements, and command programs that best exemplify the intent of U.S. Army Pacific Command.



Spc. Timothy Clousing a dental assistant from the 360th Medical Company Dental Support of Twinsburg, Ohio chooses the right instrument for the dentist during a cavity filling procedure during the Arctic Care 2011 mission in Tanana. (Photo by Sgt. Craig Anderson/807th MDSC Public Affairs)

Joint operation provides quality healthcare to remote Alaskan communities

Sgt. Craig Anderson, 807th MDSC Public Affairs

Two hours north of Fairbanks via Blackhawk helicopter sits a remote village far removed from major roads, airports and basic medical and dental care.

The 230 residents of Tanana, though far off the beaten path, are not forgotten, nor will they ever be forgotten by the specialized dentistry team volunteering their time and skills in support of Arctic Care 2011.

Arctic Care is the largest medical reserve joint operation training exercise and is supported by the 807th Medical Detachment Support Command from Ft. Douglas, Utah. The mission in Tanana is to provide medical and dental care to the Native Alaskans.

"It is unique that we are working with the Army, but together we can provide more healthcare service," said Cmdr. Lee Minh, a dentist with the United States Public Health Service. "We are also meeting a lot of new people and that makes it more interesting," he said.

Other medical, dental and veterinarian teams are deployed to other small villages throughout northern Alaska. Each has the same mission: provide quality healthcare to those in need.

"Arctic Care is a mission that requires a lot of cooperation, involvement and planning to make it work, Minh said. "I like the dynamics that make an operation like this work. It creates the challenges I like to overcome and it develops a communication link between the other services."

Working in a remote location with extreme temperatures, the dentistry team faces challenges even Minh might find difficult to overcome. With few resources and limited electricity to run all the equipment it is not easy to perform even the basic dental procedures. And if the equipment breaks down, flying a bio medical technician out to repair it presents a logistical challenge in itself.

Please see ARCTIC CARE, Page 4

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SN/ BIRCHWOOD HOMES

Commander's column

Col. Timothy A. Jones, Garrison commander

It's time for spring cleaning

Warmer temperatures and sun-filled days have individuals and small groups out cleaning around their homes and work areas. Springtime is the season and the Fort Wainwright cleanup season begins May 9 and continues through May 13.

Efforts extend from Soldiers, to civilians, to families, as everyone pitches in to clean up the entire post and the training areas.

In addition to installation and barracks cleanup, housing areas should receive additional attention during cleanup week.

All USARAK and tenant units are responsible to clean their assigned areas, including motor pools and parking lots, May 9 through 13. In addition, units will police and groom all areas that are considered common use within their assigned areas.

Training areas and ranges will be cleaned up by units or agencies in coordination with Range Control.

For scrap metal recovery and turn-in, complete a Maintenance Request DA Form 2407.

Scrap metal, class IX repair parts, TA-50 and major end items should be turned in to the Directorate of Logistics at the turn-in point at Building 3030. For additional information about scrap-metal handling, call 361-6177.

To drop off barrier material and wire in rolls or spools, go to the landfill transfer facility on River Road. The LTF is open from 8 a.m. to 4 p.m. Monday through Thursday and 8 a.m. to 3 p.m. Friday.

The landfill for yard waste is across from the Landfill Transfer Facility on the south side of River Road.

No one should attempt to handle hazardous or suspicious waste or materials or dispose of hazardous waste or materials in dumpsters. For disposal of materials or waste suspected to be hazardous, contact the Environmental Office at 361-6220. Units with hazardous waste or materials for disposal should call 361-9949 or 361-9195.

If you have questions about

post cleanup, call 353-9715.

Fort Wainwright housing residents will find maintenance and cleaning requirements in their housing handbooks. Housing occupants' minimum standards include:

Lawn and grounds should be watered, mowed, edged.

Shrubs should be trimmed.

Yards must be policed of all trash and have all dead bushes, shrubs, leaves and plants removed.

No vehicles should be parked in seeded areas.

The structure's carport or garage should be neat and clean, as should the porch, decks and patios.

Residents should remove all flammable and hazardous materials.

Questions and concerns regarding housing-area cleanup may be addressed to the community center in the area you reside or visit North Haven Community's website at www.nhcalaska.com.



Help take trash out of the picture - With the snow melting trash is popping up all over post. Please take the time to pick it up. (Photo by Connie Storch/Fort Wainwright PAO)



Serious safety hazards could be hiding in the puddles, caution - children and adults at play

Staff report, Fort Wainwright PAO

A child bicycling to Ladd Elementary School on the bike path near Siku Basin housing area rode through a puddle earlier this week. The puddle was deep and the child fell off the bike and under the water. A passing adult helped the child up.

Fort Wainwright personnel have blocked the hole and will attempt to pump the water from it, but the fact is there are puddles and potholes all over post at this time of year. It is difficult to see just how deep they are and they can present a serious safety hazard to children.

Please take the time to talk with your children about biking and walking safety.

* Standing water is just one hazard and should be avoided if possible.

* Ice, potholes and other objects are not

always evident to children or adults.

* Standing water may obscure the view; other times children (of all ages) may be distracted and not paying attention.

* Fort Wainwright friends and neighbors, watch for children: Please drive slowly and be extra-cautious and observant.

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

Garrison Commander's policy #9 requires:

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

installation.

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

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

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

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

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

Army values don't include sexual assault, domestic violence, abuse

Commentary by Allen Shaw, Fort Wainwright PAO



April is National Sexual Assault Awareness and Prevention Month, and sexual harassment, sexual assault and domestic violence are real issues that trouble Army officials. Heightening awareness is an opportunity for the Army to re-emphasize its ongoing commitment to eliminate sexual harassment and assault. It has been well publicized that sexual harassment and assault in the military continues to be a devastating issue and Fort Wainwright is not immune to this disease.

Although the Alaska Post through its ongoing articles shows that much is being done to correct these problems and emphasize the values we - as Department of Defense representatives - have sworn to uphold are firmly in place, violence perpetrated against the innocent continues.

It is important our readers realize these problems exist. The statistics are extremely disturbing. For Soldiers and support staff who have volunteered and vowed to right the wrongs, we must take a serious stance and do whatever we can to be responsible law-abiding citizens. Soldiers, regardless of gender must always look out and watch out for others. By upholding Army values and a core belief of decency, United States Soldiers have chosen to protect freedom; not be responsible for evil. To coin a national advertising campaign, "Friends don't let friends drive drunk," friends should not let friends harm and victimize one another.

On March 17, the Department of Defense released the "Fiscal Year 2010 Annual Report on Sexual Assault in the Military." This year's report incorporated results from the quadrennial "2010 Workplace and Gender Relations Survey of Active Duty Members," an anonymous and voluntary survey conducted by the Defense Manpower Data Center, which measures gender issues among members of the armed forces. Over the last two years, according to the release, the department has made significant efforts to prevent and respond to sexual assault. While it appears these efforts are beginning to pay off, there is still work to do to integrate and continue our efforts across the department and the services.

"The department's position on sexual assault is clear: one sexual assault is one too many. Sexual assault has absolutely no place in today's armed forces. We are firmly committed to doing our best to ensure that those who have stepped forward to protect our country are themselves protected within the ranks," said Clifford L. Stanley, under-secretary of defense for personnel and readiness. Currently, DoD is reviewing and analyzing the Sexual Assault Prevention and Response Office organizational structure and programs to develop a more comprehensive approach to prevent and handle sexual assaults in an integrated and uniform manner across the services.

The military is radically changing the way it handles sexual abuse in particular by expanding access to treatment and toughening rules for prosecution, but the reported incidents remain truly horrible and inexcusable.

The stories about female Soldiers deployed

overseas who stop drinking water after 7 p.m. to reduce the odds of being raped if they have to use the bathroom at night or the Soldier who was assaulted when she went out for a cigarette and was afraid to report it for fear she'd be demoted for having gone out without her weapon are sickening.

"There are 200,000 active duty women serving alongside their band of brothers," Katie Couric said in a CBS news report, "but one in three female Soldiers will experience sexual assault while serving in the military, compared to one in six women in the civilian world." Rep. Jane Harman, congresswoman from Calif., was quoted in a Time magazine article last year. She said, "A female Soldier in Iraq is more likely to be raped by a fellow Soldier than killed by enemy fire."

The Pentagon estimates that 80 to 90 percent of the sexual assaults go unreported. A Government Accountability Office report concluded that victims stay silent because of "the belief that nothing would be done; fear of ostracism, harassment, ridicule and concern that peers would gossip."

In a recent Time magazine article on the subject, the GAO stated that more than half feared they would be labeled troublemakers. They worry they'll be removed from their units for their own "protection" and talk about not wanting to undermine their missions or the cohesion of their units.

Nearly every major news organization has found someone willing to tell this story. All are extremely disheartening and can be found with a simple Google-search on sexual abuse in the Army. The pages are loaded with the voices of female Soldiers, wives, girlfriends, daughters who suffered the abuse, felt the pain and continue to feel the grief that they had not only been violated by someone they trusted, but often feel betrayed because the appropriate justice has not been delivered.

A recent article by Jesse Ellison published in Newsweek magazine April 3, reported on "The Military's Secret Shame" a story about men in the military raping other men in the ranks.

Fortunately it is not something that is being swept under the rug, candy-coated or understated. The Army is aggressively addressing these issues and we, as Soldiers and the supporters of

Soldiers, desperately need to make the change. Change begins with you and me.

Each of us has the opportunity to take lead, set an example as an individual, stand up for the Army's core values and take responsibility to establish a command climate where safety is promoted, where Soldiers and civilian employees are educated on sexual assault risk reduction techniques and where all personnel feel free to report incidents.

If you are guilty perpetrating such a heinous crime, taking your temper to an uncontrollable place or just turning a blind eye to injustice, you are disgracing the Army and the honor of every Soldier.

Like many veterans, patriots and Americans, I am extremely proud of our Soldiers and that's the way it should be. It hurts when we are embarrassed by them. But, mostly, my heart aches knowing that there are those among us who do not demonstrate control, live by the standards they have sworn to uphold, and are hurting their fellow Soldiers and others.

To paraphrase George Orwell, "We sleep safe in our beds because rough men and women stand ready in the night to visit violence on those who would do us harm." We also feel discomfort, disgust and are discouraged when those sworn protectors exhibit vicious behavior towards the ones who trust them to protect their freedom and preserve their well-being.

ALASKA POST

Home of the Arctic Warriors

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The ALASKA POST - Home of the Arctic Warriors

Kiowas keep the roads safe for Iraqis and U.S. forces

Capt. Isaac Yancey, 40th Combat Aviation Brigade PAO



Chief Warrant Officer Khristian Kitselman, a pilot for the 6th Squadron, 17th Cavalry Regiment, 16th Combat Aviation Brigade is seen here in an OH-58 Kiowa Warrior. (Photo by Spc. Daniel Flood/40th CAB PAO)

KIRKUK, Iraq – The actions taken by Kiowa Warrior pilots last month prevented the triggerman for an improvised explosive device from harming Americans and Iraqis.

Four pilots in two OH-58 Kiowa Warrior helicopters were conducting an aerial reconnaissance mission in northern Iraq March 11 in conjunction with U.S. and Iraqi ground forces when they observed and engaged an IED emplacer along a major route frequently used by Iraqi civilians and U.S. forces.

The pilots were part of a scout weapons team from the 6th Squadron, 17th Cavalry Regiment, 16th Combat Aviation Brigade based out of Fort Wainwright. The 6-17th is currently attached to the 40th Combat Aviation Brigade, which is deployed to Iraq in support of Operation New Dawn.

Chief Warrant Officer Khristian Kitselman and Chief Warrant Officer Cory Burggraff, were conducting reconnaissance in the lead aircraft of the flight. The air mission commander, Chief Warrant Officer Abimael Hernandez of Fort Wainwright, and Platoon Leader 1st Lt. Brian Borkowski of Fairbanks, were in the second aircraft.

The scout weapons team's

primary mission is to ensure the safety and freedom of movement for Iraqi civilians along major Iraqi roadways.

Recently, terrorist attacks on U.S. forces have declined as Iraqi military and police forces have increased their numbers and taken over security missions.

"We've shifted our focus from fighting a war to assisting the Iraqis as they protect civilians and infrastructure," Kitselman said. "Now that the Iraqis are protecting themselves, we contribute in a more indirect fashion. We try to make it easier for them to take care of themselves."

After receiving an initial report of hostile activity from the ground force commander, Kitselman and his team gained visibility on a suspicious male along a major Iraqi highway in the vicinity of Iraqi Security Forces and a small element of U.S. forces. Reconnaissance from the air in conjunction with U.S. ground forces confirmed the suspicious male was a triggerman for a nearby IED that endangered the lives of military forces and Iraqi civilians alike.

Once the scout weapons team received positive identification on the target and clearance of fires, Kitselman maneuvered his aircraft to a safe position and engaged the triggerman.

"I decided to make my engagement from south to north to avoid any possibility of collateral damage along the route," Kitselman said.

Kitselman's initial volley of rockets was followed by an engagement by Hernandez with his .50 caliber machine gun.

The triggerman survived the engagement and was taken into custody. Further intelligence gathered by U.S. and Iraqi forces confirmed he was an IED cell leader from a nearby town responsible for supplying and directing several previous IED attacks on both U.S. forces and Iraqi civilians.

"The actions taken by these four pilots are a direct contribution to ensuring a peaceful transition of authority for the security of Iraq from U.S. forces to Iraqi Security Forces," said Task Force Saber Commanding Officer, Lt. Col. Michael C. McCurry. "Their actions support the protection of Iraqi civilians in the northern provinces of the country."

"As a part of Task Force Saber, Alpha Troop, 6-17 CAV provides the primary Scout Weapons Team support for operations there to help bring peace and security to the region and enable the Government of Iraq's development into a stable and enduring strategic partner," McCurry said.

Get ready for summer with National Physical Fitness and Sports Month

Trish Muntean, Fort Wainwright PAO

This past winter was long and miserable, with record-breaking temperatures, snow and ice. Maybe you spent too much time in front of the fire reading instead of cross-country skiing. Now that it is time to put on the spring clothes, you realize just how much weight you've put on and need to do something about it. No need to worry, May is National Sports and Fitness Month and the Family and Morale, Welfare and Recreation gyms have many options for exercise to help get that weight off and get on the road to good health and fitness.

National Physical Fitness and Sports Month has been observed since 1983. Its purpose is to make people aware of the value of physical activity in the pursuit of happier, healthier and more productive lives.

Fifty-nine garrisons from around the world, including Fort Wainwright, will participate in the "Strong B.A.N.D.S" promotion in support of National Physical Fitness and Sports Month.

B.A.N.D.S. stands for Balanced lifestyle, Actively motivated, Nutritional health, Determined to excel, Strength and conditioning. The MWR promotion is designed to energize and inspire community members to live a healthy lifestyle.

"National Sports and Fitness Month is a chance to get geared up for summer, try something new," said Stephanie Jilek, sports and fitness director.

"We have something going on almost every day in May. Some activities are in the morning, some in the afternoon or evening. We also have weekend events, so no matter what your schedule is, you can fit exercise into your day," she said.

In addition to ongoing classes, such as group cycling, aerobics, Cardio Sculpt, the Hour of Power and Zumba classes, the PFC will offer special events in May, including National Employee Wellness Day May 18 with a full day of group exercise opportunities such as aerobics and Pilates.

Please see FITNESS, Page 6

40381132
AFC/UNIVERSAL PICTURES
AK POST/FAST FIVE
3 x 10.5

18380164
RISSE GREENHOUSE
AK POST/TOUR OF GREE
3 x 11.0

ARCTIC CARE: A unique mission of selfless-service

Continued from Page 1



Maj. Kevin Madjarac a dentist with the 360th Medical Company Dental Support of Twinsburg, Ohio, reviews a patient's dental x-ray in the remote village of Tanana during Arctic Care 2011. Although a few hundred miles from a fully equipped dental facility, Madjarac was able to x-ray and develop film to assist in the dental treatment of the villagers. (Photo by Sgt. Craig Anderson/807th MDSC Public Affairs)

Still, Minh remains confident that the two dentists and three dental assistants will see all their patients before departing at month's end.

"Our goal is to treat all the kids here and to provide emergency treatment and dental care for the adults," said Minh.

It is only the second day of operation and the dental team already has 125 villagers signed up for treatment. With a complete dentistry set-up, the team is able to perform tooth extractions, beginning root canals and fix cavities, crowns and x-rays.

Minh is not the only one who finds this mission unique. Dental professionals were brought in from as far away as Texas and Ohio, each with a desire to serve the people of Tanana.

"I think what makes this unique is that we are taken out of our element, our jobs and our daily routines, brought out to a place where we are seeing different people and different cultures and lend a helping hand," said Spc. Timothy Clausing, a dental assistant with the 360th Medical Company Dental Support in Twinsburg, Ohio. "We are able to hone our skills while providing care for the people."

Clausing said this work here is a valuable life lesson in service that he will hold onto and pass along to others.

"The experience here is extraordinarily valuable to my career," Clausing said. "When I become an

NCO and leader I can pass on these values I have learned here to other soldiers."

The Native Alaskan people realize the value of the operation and appreciate the care given by the members of Arctic Care. Many go without healthcare services because they do not have insurance and it is too far for them to travel to see a doctor.

"Without Arctic Care here, people would not be able to get the care they need. They would never go as far away as Fairbanks to get this care," said Fred Nicholia, a member of the Athabascan Tribal Council in Tanana.

"The people's reception of Arctic Care is very good. Of course, if you were just passing through and not providing health care they would still welcome you - that is just how the people are here," Nicholia said.

"The Native Alaskans have been very supportive and very friendly - I like them very much," Minh said. "They even prepare a lunch for us each day to show us their appreciation."

"The professionals here are a great group of people and great representatives of Arctic Care," Nicholia said.

The experiences of the Arctic Care Soldiers, airmen and sailors in this remote but friendly town have been overwhelmingly positive. The memories and experiences will last a lifetime - with both the service members and Native Alaskans benefitting in many ways.

HOLOCAUST: Remembering the tragedy, honoring the victims

Trish Muntean, Fort Wainwright PAO

The Fort Wainwright Holocaust observance will take place Thursday as part of the Days of Remembrance which begins Sunday and continue through May 8. The event will be hosted by Medical Department Activity-Alaska and the Equal Opportunity office at the Physical Fitness Center from 1 to 3 p.m.

The theme for this year's observance is "Justice and Accountability in the Face of Genocide: What have we Learned?" and the guest speaker will be Rabbi (Col.) Mitchell Ackerman, 3rd Medical Command Deployment Support.

Congress established the Days of Remembrance as our nation's commemoration of the Holocaust. It also created the United States Holocaust Memorial Museum as a permanent living memorial to the victims. Their website, www.ushmm.org was the source of information for this article.

Holocaust is a word from Greek translation of Hebrew scriptures and originally meant a sacrificial offering. Some people object to the term, since it suggests a religious significance to the event. Shoah is the word used by some Jews, which when translated means "a great catastrophe."

The Jewish population of Europe was over nine million in 1933 when the systematic, state sponsored persecution and murder by the Nazis began. Most of those lived in countries that Nazi Germany would occupy or influence

during World War II.

By 1945, the Germans and their collaborators killed nearly two-thirds of European Jews.

But the Jews were not the only ones targeted. Gypsies and some groups of Slavic descent were targeted because of their perceived inferiorities. Other groups, such as Communists, Socialists, Jehovah's Witnesses and homosexuals were persecuted on political, ideological and behavioral grounds.

At least 200,000 mentally or physically disabled patients, mostly Germans who lived in institutions, were murdered in a so-called euthanasia program.

Between two and three million Soviet Prisoners of War were murdered or died of starvation, neglect or disease.

During the last months of the war, SS guards moved camp inmates of concentration camps by train or forced marches (often called death marches) attempting to prevent the Allied forces from liberating them.

The marches continued until May 7, 1945, when German armed forces surrendered unconditionally to the Allies. World War II officially ended in Europe the next day for western Allies and Soviet forces announced their "Victory Day" May 9, 1945.

In the aftermath of the Holocaust, the world was faced with a challenge: How to seek justice for an unprecedented, almost unimaginable scale of criminal behavior. An international

military tribunal was held at Nuremberg, Germany, involved with judges from the Allied powers presiding over the hearings of 22 major Nazi criminals.

Adolf Hitler, the Nazis' leader, was not tried. He had committed suicide in the last days of the war as had some of his staff. Twelve prominent Nazis received the death sentence. Most defendants admitted their crimes, but claimed they were only following the orders of their superiors. Those persons directly in the killing received the most severe sentences. Others people who played key roles, including government officials and business executives who used concentration camp inmates as forced labor, received short sentences or no punishment at all.

"The observance isn't really just for the Jewish community. It's not just for the victims. It's really for all of America to understand what happened and to some way participate," said Scott Miller, director, Curatorial Affairs, United States Holocaust Memorial Museum:

Civilians who want to attend but do not have access to Fort Wainwright are required to obtain a post pass from the visitors' center (located just before the front gate) prior to entering the post. Drivers must present their license, proof of insurance and the vehicle registration.

For more information, contact Sgt. 1st Class Elliot Hardee at 353-9264.



Fort Wainwright families enjoy Sesame Street characters, carnival, their own special day

Connie Storch, Fort Wainwright PAO

Thousands of military family members enjoyed carnival games, prizes, and the music, songs and dances by Muppets of the Sesame Street USO Experience Saturday, courtesy of Family and Morale, Welfare and Recreation, the United Service Organization and their sponsors.

The post's fitness center was transformed for the Month of the Military Child Carnival and the Sesame Street USO Experience, a show featuring powerful messages and tips for military families through dialog and songs performed by Grover, Cookie Monster, Elmo and other Muppets.

This year a new Sesame Street character was introduced during the show.

The newest character is a young military family member, Katie. Her family is going through some changes as they move to a new place. The show introduces topics of relationships and making connections.

"I liked how it was for little kids and military families" said Iman Allen, a young military family member. Sporting the red, white and blue USO bandana provided to all who attended the show, her sister Isis said, "I liked how they talked about moving so (children) can understand what it's like to move."

Fort Wainwright families and Soldiers had the unique opportunity to see the show, first as it was kicked off in Interior Alaska. The USO tour will go on to Eielson Air Force Base and Joint Base Elmendorf-Richardson before departing Alaska.

This season, the Muppet crew will bring the show to 10 countries and will be performed 140 times, Megan Brown, FMWR's special events coordinator said.

FMWR Director, MJ Lohrenz said the opportunity to host the show was too good to pass up. Because Alaska is separated from the continental U.S. but not 'overseas,' entertainment opportunities are rare for the Army in Alaska. "So we jumped at the chance," Lohrenz said. She noted the family-centered show was well-timed as thousands of U.S. Army Alaska

Soldiers are deploying to Afghanistan and Iraq, or are already deployed.

Since 2008 the USO Sesame Street Experience has helped families deal with the challenges of deployments and homecomings. According to the USO website, the tour brought its message to more than 192,600 troops and military families and performed 315 shows on 90 military bases in 33 different states and nine countries. Additionally, the tour has logged more than 61,200 miles and distributed more than 1,455,000 giveaways.

The USO's Sesame Street Tour and related Talk, Listen, Connect themes have been available to military families for years, but this year the tour offers something new - a new Muppet character and a new message for military families.

"The show couldn't have come at a better time with so many of our families going through the deployment process right now," Brown said. The cooperation among directorates and volunteers from "all over," helped make the day a success, she said. The crew of 60 FMWR staff and volunteers assisted with the show and ran the carnival.

Throughout the fitness center, outdoors and in the racquetball courts, carnival games and activities for children filled the space. Above the frenetic carnival action, on the second floor running track, the 9th Army Band's jazz combo provided light, toe-tapping music to complete the sensory experience for face-painted, prize-laden, carnival-goers who moved from mascots like McGruff the Crime Dog and Sparky the Fire Dog to craft-making to games like duck pond fishing, all free-of-charge to military families.

"The show was absolutely brilliant for our Soldiers and their families," Brown said. "Every show was unique with the excitement levels of the crowd," she said of the three shows performed in a single day.

And the high point? "Listening to the cheers of the children when Elmo made the initial appearance-what a thrill."

Elmo and friends grasped the attention of the crowd Saturday, at the Physical Fitness Center, as the Month of the Military Child Carnival and the Sesame Street USO Experience presented Sesame Street. The day was filled with fun carnival activities, friends, family, volunteers, and Sesame Street characters. (Photo by Mona Hillstrand/Family and MWR)

Fort Wainwright athletes train hard for bodybuilding competition

Allen Shaw, Fort Wainwright PAO



Staff Sgt. Emily Beers, Replacement Detachment, Fort Wainwright Garrison, checks her form in the mirror during a shoulder workout at Melaven Physical Fitness Center, April 20. Beers is competing at the National Physique Committee Alaska State Championships, Saturday in Anchorage. (Photo by Brian Schlumbohm/Fort Wainwright PAO)

Two athletes will represent Fort Wainwright at the 2011 National Physique Committee sanctioned Alaska State Bodybuilding competition and national qualifier Saturday in Anchorage. The event will showcase men's and women's fitness, a women's figure and bikini category, men's and women's bodybuilding in different categories, mixed-pairs bodybuilding and junior fitness. The winners will capture the Last Frontier title and then have an opportunity to compete at the next level.

This will be the second competition for Staff Sgt. Emily Beers, U.S. Army Garrison Replacement Detachment noncommissioned officer, who placed first in the 5-foot 4-inch and under figure class at the Crystal Cup Fitness Expo in November 2010.

Nathaniel Missimer, a Fort Wainwright police officer, started competing in 2008 and in 2010 took first place in his weight class. He chose to be a bodybuilder because, "I wanted to continue to do something that would bring me fulfillment and continue to make my family and friends proud of me," he said. "Plus it is a challenge to prepare for something like competitive bodybuilding and I wanted to do something that was challenging for me."

"(Nate) is a great person," Beers said. "We are supportive of each other, he gives me tips, we compare what we are eating and train on a daily basis. It's nice to have a friend that knows what you're going through."

Beers started bodybuilding when she entered the Army in 2004. "When I came in the military I wasn't the best at PT," she said, "but through the inspiration of my senior NCO at Fort Bragg I worked hard to achieve my goals."

Beers, from Emmaus, Penn., was admittedly nervous the first time around, she said, "I just knew I had to go out the on stage and show how hard I worked." As for now, "My body has gained some good muscle and I feel as if I look way better," Beers said.

This time around she has been eating higher amounts of carbohydrates on some days and always eats a high amount of protein. "I cut down my cheat meals to once a week or so," she said, "and the

cheat meal consists of yogurt, protein pancakes or a protein roll (sushi)."

Missimer said, "My diet in the off season is normally anything I want, but I stick to healthier food such as skinless chicken breast prepared in a variety of ways, fat-free milk, bell peppers, chocolate, etc, which brings my weight up to 225 pounds." Leading up to the competition though, he cuts out the junk food and sticks to the basics, "vegetables, chicken, whole wheat wraps, fruit and water. I space my portioned meals out every 2 to 4 hours and lean myself down to 190 pounds," he said.

Missimer has worked hard to build up his shoulders and arms since the last show and feels his shoulders are his strongest attribute.

Besides feeling that her overall physique has improved, Beers has another reason to be excited about the show. Her dad is coming to visit. "I can't wait to see him. It has been a long time. He is excited to see me and see what the sport is really about," Beers said.

Along with the change in her dieting, she says she is more focused. "I have more knowledge, dedication and desire. I think I am a stronger person physically and mentally." For the show she has turned her cardio sessions into "high-intense-interval-training sessions," she said. "I do sprints, run for 40 to 45 minutes then walk at an incline. I try to burn 600 to 700 calories each morning." In the afternoon she lifts, focusing on specific body areas and mixes in abdominal work. "I have been doing a lot of drop-sets and super-setting lately to keep my body guessing. I then finish off with another 20 minutes of cardio to burn about 200 to 300 calories," Beers said.

Since her last show, Beers attended the Army's Advanced Leader's Course and won the Distinguished Leadership Award and had a high PT score as well. "ALC was a turning point in my career," Beers said. "I met some great (people) that really motivated me to step up my game and focus on making that next rank. I always pride myself on being a strong person and showing my Soldiers what is right." While attending the ALC she was offered a position

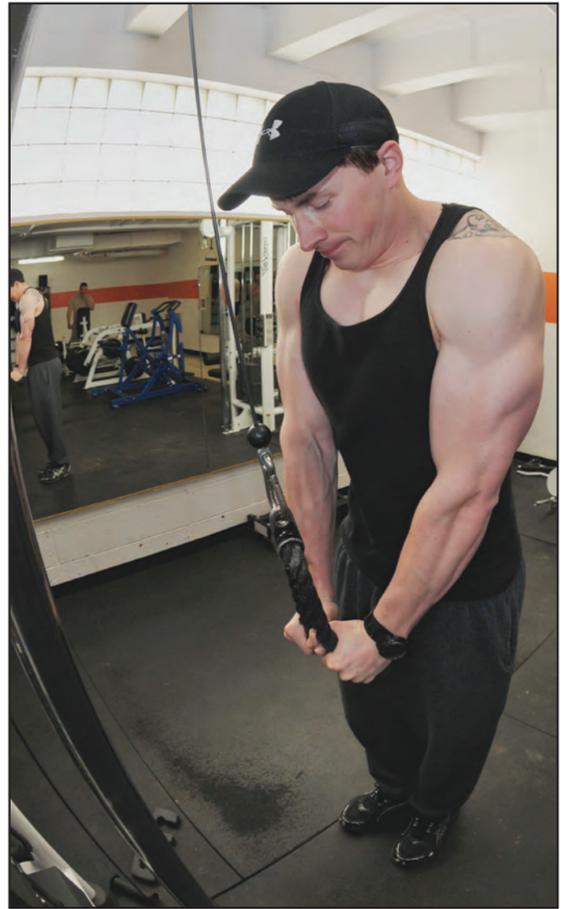
as an instructor and accepted. Beers has already gotten orders to report to Joint Base Sam Houston, Texas.

Beers has struggled to get where she is today. "When I returned from Iraq I hit a low point going through a rough divorce," she said. I struggled mentally for about a year." Beers suffered from bouts of depression and anxiety. "I look back (now) and feel proud that I was able to work through it all and have become a better person who is more focused. I (realized I) couldn't control the past and what happened, but I could control my future as a Soldier," she said.

Beers realizes mental health issues are serious and need to be handled in a delicate manner. "Not every Soldier is the same and everyone heals differently," Beers said. "The Army has a great program to help Soldiers with mental health issues. I think any Soldier facing depression, anxiety and suicidal thoughts should seek help. It is important for the command to ensure their Soldiers get the help they need and not ignore the signs of serious health issues," Beers said.

Beers is an example of that help and her future looks bright. She continues to perfect her fitness routine, is working towards a bachelor's degree in kinesiology and looks forward to taking the next step in her Army career. "After this next tour in Texas I would like to become an officer," she said, I am only 24, I have completed seven years in the military and will most likely do 20. The people I work with at the Replacement Detachment joke around and say I am going to have a workout DVD one day and be famous."

Beers and Missimer will take their fine-tuned physiques to the Alaska State Competition, but then, she said, "We have a list of places we want to eat after the show: pizza, burgers, steak and Girl Scout cookies."



Officer Nathaniel Missimer, Fort Wainwright Police Department, works on his triceps on the cable rope-pull at the Melaven Physical Fitness Center April 20. Missimer is competing at the National Physique Committee Alaska State Championships Saturday in Anchorage. (Photo by Brian Schlumbohm/Fort Wainwright PAO)



Spc. Melody Wright, 472nd Military Police Company slows down long enough to have a photo taken. Wright recently finished the U.S. Half Marathon in San Francisco, Calif., in the top five percentile. (Courtesy photo)

MP Soldier going the distance

U.S. Half Marathon 2 - "a very rewarding experience"

-Spc. Melody Wright

Maj. Dave Mattox, USARAK PAO

A Fort Wainwright Military Police Soldier finished the U.S. Half-Marathon 2 in the top five percentile April 10.

Spc. Melody Wright, a military police officer assigned to the 472nd Military Police Company, United States Army Alaska completed the U.S. Half Marathon 2 in San Francisco, Calif., with a time of 1 hour and 48 minutes, making her the 49th among 1,200 female runners to cross the finish line that day.

More than 2,200 people competed in the half marathon, which led runners through the streets of San Francisco. The race is the sequel to the U.S. Half Marathon which usually takes place in November.

Wright traveled to San Francisco on her off-duty time to compete in the half marathon.

She plans to continue training and run in the Anchorage Mayor's Half-Marathon June 18 and she also has her sights set on Big Wild Life Run, a full marathon set for Aug. 21 in Anchorage.

Wright says she originally found the motivation to take on a marathon during her deployment to Iraq, but she also says she "liked running before the Army and it just made sense to continue running now."

She started training for the half marathon in January, running at least five times a week on a treadmill while she waited for the end of winter in Interior Alaska. She found a long distance training program online and used that to guide her training routine.

Her rigorous training and dedication paid off when she placed 270th out of more than 2,000 contestants and 49th out of 1,200 other female runners.

"If you put your mind to something and prepare hard, you can do anything," said Wright.

Wright said she enjoyed the city of San Francisco and found that running with thousands of other people was unlike anything she had experienced before.

"I was in a mental zone and didn't really think much for the first 10 miles. The last three miles were extremely challenging," Wright said.

Overall, Wright said, she found the half marathon "a very rewarding experience."

In addition to the half marathon and a full marathon she plans to run this summer in Anchorage, she said she is always on the lookout for running events in the Fairbanks area.

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

find it here!

Fitness: A month to get moving

Continued from Page 4

"There are a couple of important points to remember about fitness that I hope will motivate people to get started or to press on," said Heidi Watkins, fitness coordinator. "First, everyone has to start somewhere. Even the most defined and dazzling person in the gym had a first day. Second, anybody who walks through our doors has the physical and mental potential to do great things. Whatever your goals are, with a little patience and dedication you can achieve optimal health."

Watkins said the Physical Fitness Center and Melaven Gym provide several no-cost services that can help users assess their current condition, including biometric testing, body fat testing and fitness evaluations.

"People can access the information they need to set in motion a lifetime of fitness," she said.

"For individuals who are just starting or re-starting a new fitness endeavor, it is important to find someone who can help them learn the basics," Watkins said. To meet that need, Fort Wainwright has two personal trainers available. Watkins is one of them.

"During a first training session, we talk about goals," she said. "If an individual has already set goals, I have them take a closer look and break them down into stair-step goals. Breaking larger or long term goals down in to stair-step goals makes for more positive achievements, more internal motivation and in turn, greater behavioral changes. If a client is starting from scratch, I will have him or her write S.M.A.R.T. goals. In essence, the acronym S.M.A.R.T is a guideline that helps determine what you want and exactly when and how you plan to get it. S.M.A.R.T stands for: Specific, Measurable, Attainable, Relevant, and Time-bound.

"Gym orientation (the how-to's and where's) is always included in my meetings. I feel that it is vital to all clients to become masters of their own health and wellness- educating clients is just one more piece of that puzzle."

On a national level MWR clients have a chance to win health related and fitness prizes through the online "Strong B.A.N.D.S. Every Day in May Prize Giveaway."

A fitness or health question will be posted on the All Army Sports Facebook page at www.facebook.com/TheAllArmySports each day in May. Those who answer the question correctly will be entered into a random drawing for prizes ranging in value from \$15 to \$300.

For more information about National Sports and Fitness Month or Fort Wainwright Sports, Fitness and Aquatics Programs call 353-7275 or 353-9137.

For more information about the Army wide program see www.army.mil/news/2011/04/25/55494-army-mwr-contest-promotes-healthy-lifestyle-resiliency/

Email news to: pao.fwa@us.army.mil

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21380381
DOWNTOWN BINGO
AK POST/AK POST
2 x 4.0

Birth announcements

April 5

A son, Reilly Jonathan, was born to Erin and Sgt. Randall Dennis, 539th Transportation Company.

April 6

A son, Brayden Jefferson, was born to Christine and Spc. Mac Williams, 25th Brigade Support Battalion, 1st Stryker Brigade Combat Team, 25th Infantry Division.

April 7

A daughter, Kaelynn Rae, was born to Ashley and Spc. Randon Soderstrom, 73rd Engineer Company, 1st Stryker Brigade Combat Team, 25th Infantry Division.

A son, Ryan Allyn, was born to Allison and Staff Sgt. Ryan Waldrop, 3rd Battalion, 21st Infantry Regiment, 1st Stryker Brigade Combat Team, 25th Infantry Division.

April 12

A son, Dominic Ray, was born to Marissa and Staff Sgt. Bryan Castellano, 25th Brigade Support Battalion, 1st Stryker Brigade Combat Team, 25th Infantry Division.

April 13

A son, Jayden Tyler, was born to Jessica and Spc. Quincy Martin, Headquarters and Headquarters Company, 1st Stryker Brigade Combat Team, 25th Infantry Division.

A son, Gideon Steven, was born to Tamara and 1st Lt. Matthew Smith, 73rd Engineer Company, 1st Stryker Brigade Combat Team, 25th Infantry Division.

April 19

A daughter, Zoey Isabella, was born to Telia and Spc. Andrew Herndon, C Company, 1st Battalion, 52nd Aviation Regiment, 16th Combat Aviation Brigade.

A daughter, Katie May, was born to Jeanene and Spc. Brandon Cullen, B Company, Warrior Transition Unit.

A son, Connor Keagan, was born to Christina and Pfc. Dustin Asa, A Company, 3rd Battalion, 21st Infantry Regiment, 1st Stryker Brigade Combat Team, 25th Infantry Division.

April 20

A son, Carson Christopher, was born to Mercedes and Spc. Richard Van Horn, 2nd Battalion, 8th Field Artillery Regiment, 1st Stryker Brigade Combat Team, 25th Infantry Division.

Military Spouse Appreciation Day

Trish Muntean, Fort Wainwright PAO

The Great Alaska Experience, Spouse Appreciation Day", hosted by Army Community Service with Family and Morale, Welfare and Recreation Outdoor Recreation will be May 6 at the Outdoor Recreation Center from 10 a.m. to 2 p.m.

"Military Spouse Appreciation Day is a time for us to recognize all that our military spouses do and honor their hard work," said M.J. Lohrenz, Chief of Family and Morale, Welfare and Recreation.

"This year we are encouraging spouses to embrace the great Alaskan experience," she said.

To do this FMWR is hosting the annual event at the Outdoor Recreation Center and will offer rock climbing, a fly fishing clinic and campfire biscuit making. There are also plans for a scavenger hunt.

There will also be representatives from University of Alaska Fairbanks, Alaska Department of Fish and Game, Fairbanks Convention and Visitors Center, Cooperative Extension and Friends of Creamers Field with information about activities in the Fairbanks area.

For more information on Military Spouse Appreciation Day call Denise Mitchell at 353-6267.

Friday - 29th

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

ARBOR DAY CELEBRATION, 3:30 to 5:30 p.m., School Age Services, Building 4391. Call 361-7394.

OPEN ICE SKATING, 5:30 to 7:45 p.m. Physical Fitness Center, Building 3709, Call 353-7223.

SAS BOOK READING, 4 to 5 p.m., School Age Services, Building 4391. Call 361-7394.

Saturday - 30th

ATV SAFETY COURSE, 1 to 5 p.m., Outdoor Recreation Center, Building 4050. This course is required prior to any ORC ATV activities. Call 361-6349 or 361-6350.

ZUMBAFITNESS, 1 p.m., Physical Fitness Center, Building 3709. Cost is \$7 or purchase a 10 class punch card for \$70 and receive the 11th class free. Call 353-7274.

COMMUNITY GAME DAY, 1 to 6 p.m., Post Library, Building 3700. Call 353-2642.

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

Sunday - 1st

OPEN ICE SKATING, 1:30 to 4 p.m. Physical Fitness Center, Building 3709, Call 353-7223.

QUILTING BASICS, 2 to 5 p.m., Arts and Crafts Center, Building 3727, Cost is \$65 and includes all materials. Call 353-7520.

Monday - 2nd

ZUMBAFITNESS, 6 p.m., Physical Fitness Center, Building 3709. Cost is \$7 or purchase a 10 class punch card for \$70 and receive the 11th class free. Call 353-7274.

ROMP AND STOMP PLAYGROUP, 9:30 to 11 a.m., Youth Center, Building 4109. Transportation for families to and from Romp and Stomp is available at Northern Lights Inn at 9 a.m. Call 361-7713 or 361-7372.

INTRAMURAL MEN'S AND WOMEN'S SOFTBALL MEETING, 2 p.m., Physical Fitness Center, Building 3709. Call 353-7294.

Tuesday - 3rd

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

STRESS MANAGEMENT, 3 to 4:30 p.m., Northern Lights Conference Room, Building 3402. Call 353-4248 or 353-6286.

Wednesday - 4th

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

GROUP CYCLING, 6:30 a.m. and 5 p.m. sessions, Physical Fitness Center, Building 3709, Call 353-7274.

PERSONAL FINANCIAL READINESS, 8:30 a.m. to 4:30 p.m., Post Library, Building 3700, Call 353-7438.

BLOOD PRESSURE CHECKS, 10 to noon, Physical Fitness Center, Building 3709. Call 353-7223.

Thursday - 5th

LEVY BRIEFING, 9 to 11 a.m., Military Personnel Division basement classroom, Building 3401. For Soldiers who are PCS-ing to a new duty station. Call 353-4333.

CINCO DE MAYO CELEBRATION, 6 to 10 p.m., the Warrior Zone, Building 3205. Open to DoD cardholders 18 and older. Call 353-1085.

OPEN ROCK WALL CLIMBING, 5 to 7 p.m., Melaven Physical Fitness Center, Building 3452. All ages with adult supervision must be 15 or older for belay training. Call 361-2652.

Alaska Post

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.

For your information

SPRING MIGRATORY CELEBRATION

The spring migration celebration is Saturday from noon to 4 p.m. at Creamer's Field Migratory Waterfowl Refuge, 1300 College Road.

Scheduled to coincide with the peak of bird migration, the program consists of bird and wildlife viewing, information booths of local conservation organizations, nature walks, and activities for the whole family such as puppet shows, crafts, and games.

Activities will take place both at Creamer's Field and Alaska Public Lands Information Center. This free event is cooperatively presented by Friends of Creamer's Field, Alaska Department of Fish and Game, the Alaska Bird Observatory, the Arctic Audubon Society, the Alaska Public Lands Information Center, and Ducks Unlimited.

Spring Migration Film Schedule at the Alaska Public Lands Office located inside the Morris Thompson Cultural and Visitor Center, 101 Dunkel Street.

Arctic Nesting Geese - 12:30 p.m.
Boreal Forest: Spring and Summer - 1 p.m.
Caribou of Northern Canada - 1:30 p.m.
Cranes of the Grey Wind - 2 p.m.

KINDERGARTEN ROUNDUP

Kindergarten Roundup, a registration event, takes place at local elementary schools will be Monday and Tuesday at the school.

Children must be five by Sept. 1 to be enrolled.

A birth certificate and Social Security card are required to complete registration.

Students will also be required to have immunizations records and proof of address like a housing letter, utility or insurance bill.

It is not necessary for the child to accompany the parent to registration.

For more information call Gena Bolton at 356-2038 extension 201.

HOLOCAUST OBSERVANCE

Medical Department Activity-Alaska and the Equal Opportunity office will host the Fort Wainwright Holocaust Observance Thursday at the Physical Fitness Center from 1:30 to 3 p.m.

The theme for this year's observance is Justice and Accountability in the face of Genocide and the guest speaker will be Rabbi (Col.) Mitchell Ackerman, 3rd Medical Command Deployment Support.

For more information, call Sgt. 1st Class Elliot Hardee at 353-9264.

TOASTMASTERS

Members of the community who are interested on honing their speaking skills are invited to join Toastmasters International on Fort Wainwright.

Club members will learn to be more persuasive and confident when giving presentations and will learn ways to improve one-on-one dealings with others.

Toastmasters meets Tuesdays, from noon to 1 p.m. at the Last Frontier Community Activity Center.

For more information on Toastmasters, contact Eileen Wallace at 353-9156 or via email at eileen.j.wallace@gmail.com or Alison Boyce at 750-9223 or ahboyce@gmail.com.

North Haven supports window safety

Staff report, North Haven Communities

Windows play a vital role in home safety, serving as a secondary escape route in the event of a fire or other emergency. The Window Safety Task Force of the National Safety Council reminds parents that, while windows play a vital role, they can also pose a risk for a fall in the home if other safety measures are not followed. To help promote window safety awareness, the National Safety Council celebrates National Window Safety Week each year during April.

To help spread this important message, North Haven Communities launched a window-awareness campaign earlier this week. "Providing our families with information on how they can help keep their loved ones safe has always been a main priority," said Chris Anderson, director of Property Management at North Haven Communities NHC. "We share safety information with families when they move-in, make an effort to keep safety top-of-mind throughout their residency, with monthly tips on our website's Safety Net page, newsletter and with campaigns like this." NHC has conducted similar safety campaigns, such as fire awareness, added Anderson.

Over the next few weeks, NHC community and maintenance teams will distribute safety tips to residents while conducting daily community walks and also following routine services calls. Staff will pass out rack cards with important window safety tips and provide valuable information and resources on its website.

For more window safety tips, log on to www.nhcalaska.com and "click" on "Safety Net," which is located under the "Resident Programs" menu tab.

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SILVER GULCH BREWING
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"Rubber ducky you're the one"



Fort Wainwright children help push the rubber-ducks along in the pond during the Month of the Military Child Carnival. The Carnival was Saturday at the Physical Fitness Center. The day was filled with fun activities, friends, family, volunteers and Sesame Street characters. See story on Page 4. (Photo by Connie Storch/Fort Wainwright PAO)

YOUTH OF THE CHAPEL

Fort Wainwright's youth of the chapel will wrap up the season with a "Minute To Win It" competition and barbecue May 15 from 5 to 7 p.m. at Northern Lights Chapel. Teams of two will compete in exciting games to win great prizes.

For more information, call 361-4463.

TAKU GARDENS TOWN HALL MEETING

U.S. Army Garrison Fort Wainwright invites all residents of Fort Wainwright and the Fairbanks North Star Borough to attend a town hall meeting designed to provide an overview of the environmental clean-up that has been accomplished at the Former Communications Site, also known as Taku Gardens, an unoccupied housing development on post, as well as several other sites on the installation.

The meeting will be Tuesday from 6 to 8 p.m. at the Last Frontier Community Activity Center, Bldg 1044 Marks Road. The doors will open at 6 p.m. A short presentation will begin at 6:30 p.m. with questions and topics of discussion to follow immediately after the presentation.

The meeting will provide attendees a brief overview of the projects and allow them the opportunity to ask questions and interact with representatives from the Army, the US Environmental Protection Agency and the Alaska Department of Environmental Conservation military contaminated sites program managers

Participants will have the opportunity to hear a briefing describing the work that has been accomplished at this site; look at static displays of the types of materials found during the remedial investigation; learn about the types of sampling conducted on the site and see pictures and short movies that chronicle the work completed on post.

Civilian attendees without Department of Defense decals must stop at the visitors' center at the front gate to get a pass. Valid driver's license, vehicle

registration and proof of insurance are required for the pass. Interested attendees should allow some additional time for waiting in line to get the pass.

For more information, contact Joe Malen at 361-4512 or Cliff Seibel at 361-6220.

FREE TUITION FOR SUMMER COURSES

Any community member, high school age and older, who is learning English as a second language can register for two English language proficiency courses offered through Summer Sessions and Lifelong Learning and only pay for fees (approximately \$30 per course) and the costs associated with textbooks. SSLL will cover the cost of tuition for these courses.

This offer applies to the following courses: ENGL F230-F61 (CRN: 51432) taught by Carolyn Kremers and ENGL F231-F71 (CRN: 51867) taught by Patricia Carlson. Both classes are held on the UAF campus in the Gruening Building and are recommended for those for whom English is not their mother tongue. Students can register for one or both of the courses.

ENGL F230-F61 meets Monday through Thursday from noon to 1:50 p.m., May 23 through June 30. ENGL F231-F71 is an evening class meeting Monday through Thursdays from 6-7:50 p.m., July 6 through August 11.

Registration is available at www.uaonline.alaska.edu/ or at www.uaf.edu/summer/registration/. High school students wanting to register for these courses can find the high school student enrollment form at www.uaf.edu/reg/forms/.

For more information call 474-7021 or email summer@uaf.edu.

MYPAY PIN RESET

The Fort Wainwright finance office has the ability to reset myPay PINs.

The office is open Monday to Friday from 8:30 a.m. to 4:30 p.m. Questions can be directed to William French at 353-1318.

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