



INSIDE

SECTION ALPHA

- Deployment continues
- Spouse appreciation
- Signal employee retires
- Comander's column
- MEDDAC Q & A
- Early diagnosis
- GI Jane
- Bin Laden's death
- Friefighter remembered
- 1-25th takes charge
- Warrior 100K
- Best Warrior Competition

SECTION BRAVO

- Enjoying Alaska
- Sports and Fitness Month
- Birth announcements
- Community calendar
- For your information
- Photo exhibit

AT A GLANCE

MILITARY SPOUSE



The Great Alaska Experience, Spouse Appreciation Day, is today at the LFCAC from 10 a.m. to 2 p.m.

More on Page 7

INCREASED SECURITY



Drivers continued to park along the road Wednesday. Many were diverted to the visitor center to obtain an installation pass or vehicle decal.

More on Page 3

ONLINE

FACEBOOK
FortWainwrightPao

TWITTER
twitter.com/PAOFWA

USARAK
usarak.army.mil

FLICKR
flickr.com/usarak
flickr.com/fortwainwright

ARMY NEWS
army.mil

ARMY SERVICES
myarmyonesource.com

DEFENSE VIDEO
dvidshub.net

WEEKEND WEATHER

Friday
Cloudy. Rain likely.
Low 29 High 53

Saturday
Mostly cloudy.
Low 24 High 46

Sunday
Mostly clear.
Low 28 High 50

Unrestricted visibility
NE winds 5 -10 mph

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



A moment in time: Staff Sgt. Roy Nichols, B Company, 1st Battalion, 5th Infantry Regiment, 1st Stryker Brigade Combat Team, 25th Infantry Division, holds his 7-month-old daughter, Eleanor, while waiting to load buses for deployment from Fort Wainwright to Afghanistan in support of Operation Enduring Freedom April 19. (Photo by Maj. David Mattox, USARAK PAO)

Military recognizes role of spouses

IMCOM Public Affairs

Today is the day to recognize the wives and husbands of more than one million active-duty servicemembers, Guardsmen and Reservists.

Military Spouse Appreciation Day is today, which the Department of Defense will mark with ceremonies and celebrations on installations worldwide.

President Barack Obama noted that spouses are part "of the force behind the force" during his remarks last month to announce a national initiative tagged "Joining Forces," which is aimed at increasing the support of U.S. military families.

"They, too, are the reason we've got the finest military in the

world," he added.

Military Spouse Appreciation Day has been observed since 1984, with a standardized date later declared to be the Friday before Mother's Day. This year, the Army reaffirms its steadfast commitment to supporting the hundreds of thousands of wives and husbands of Soldiers stationed overseas and stateside - and those deployed to combat zones.

Additionally, the Army community is recognizing surviving spouses, whose loved ones made the ultimate sacrifice.

"For any leader, the loss of a Soldier is hard," said Lt. Gen. Rick Lynch, commander of Installation Management Command. "But the loss

that survivors experience is magnitudes deeper and wider."

"To honor the fallen Soldier's service and sacrifice for our nation," Lynch added, "we can do one last thing: Offer support for the loved ones the Soldier left behind."

It is this type of tribute to spouses that is part of Joining Forces, which was launched April 12, 2011, by First Lady Michelle Obama and Jill Biden, wife of Vice President Joe Biden. Their efforts, based on conversations with military families, will focus on three key areas: employment, education and wellness.

Please see SPOUSES, Page 3



Spouses of Soldiers from 5th Squadron, 1st Cavalry Regiment, 1st Stryker Brigade Combat Team, 25th Infantry Division road-march back to the squadron headquarters after completing Fort Wainwright's obstacle course during the Spouse Spur Ride last summer. (File photo)

507th Signal employee retires after 50 years of government service

Trish Muntean, Fort Wainwright PAO



Tom Bennett retired May 1 after completing 50 years of government service, 20 in the United States Air Force and 30 as a U.S. Army Civilian. Here Bennett is shown relaxing in his off time at the Ice Park in Fairbanks. (Courtesy photo)

If you have had reason to encounter Tom Bennett, a 507th Signal Company tele-communications technician, during his time at Fort Wainwright chances are he left you with a smile on your face and a better knowledge of the workings of your telephone.

Bennett retired May 1 after 50 years of government service. The first 20 were spent in the Air Force and 30 were spent as an Army civilian employee, the last 20 at Fort Wainwright and Fort Greely.

"It was time," said Bennett. "After I had open heart surgery, the recovery time, I didn't think it was fair to the guys. I'm getting close to 70. I am at the age I ought to retire."

Bennett started his career when he joined the Air Force in 1960. "I got kicked out of high school. The city of Pendleton (Oregon) thought it would be a good idea for me to find a way to get out of town. I didn't do very well in school, in fact I didn't finish the 10th grade."

The Air Force gave him a chance to turn his life around and he did. "I got my high school GED. I took lots of courses in the Air Force. I kind of finished high school in the Air Force," Bennett said. "Never got an Article 15, never got called in front of the commander, always kept my nose clean. I got 32 credits for college."

After completing basic training he was on his way to a blind date with a woman named Rose, when he met her sister Ida. They have been together ever since, marrying in March 1962. They have three children, Douglass, Christopher and Barbara, 11 grandchildren (with another on the way) and five great-grandchildren.

"She spent the whole 20 years with me in the Air Force. She raised the kids while I went off to Viet Nam, to Goose Bay, Labrador. She was raising

the kids alone by herself," Bennett said.

"I admire his love for his family and his wife," said coworker Casey Heustess.

He retired from the Air Force with the rank of technical sergeant and as the ranking Engineering and Installation Team chief from Vandenberg, Air Force Base, Calif.

Bennett began his Army civilian career in 1981 at the Umatilla Army Depot, Oregon. From there he moved to Dugway, Utah, and Fort Lewis, Wash., as part of the mobile maintenance team. In 1991, he arrived at Fort Greely and became part of the 507th Signal Company, 59th Signal Battalion as a telephone mechanic. In 1997 he moved to 507th Signal Company here where he became known as a dedicated, hard-working employee.

"On any given day Tom could be counted on to give 110 percent, ensuring Fort Wainwright telephone customers' services were never compromised," said Celine Johnson, IT Services chief. "During periods of personnel shortages, while maintaining all his normal telephone switchman duties, he assumed TMS (Telephone Maintenance System) duties, entering, editing, closing and compiling work orders and providing weekly stats to the command. Many days Tom would be juggling four or five issues at a time, helping customers with telephone troubles and voice mail requirements, aiding technicians in the field, assisting walk-in customers, programming telephones and providing Defense Information Systems Agency support. His expertise and thorough knowledge of telecommunications concepts will be missed for years to come."

Please see BENNETT, Page 4

17375774

SN/ BIRCHWOOD HOMES

Commander's column

Col. Timothy A. Jones, Garrison commander



We will recognize and honor military retirees of all branches of the armed forces May 14 at the annual Retiree Appreciation Day at the Last Frontier Community Activity Center from 8 a.m. to 2:30 p.m.

Interior Alaska is home to 2,250 military retirees. These men and women have served their country honorably, in peace and in war, most of them here at Fort Wainwright.

They have served in major conflicts like World War II, Korea, Viet Nam, the first Gulf War, Operation Iraqi Freedom and Operation Enduring Freedom.

They served in conflicts without the ability to contact loved ones via telephone or email. They had to write letters, and wait for replies, sometimes for weeks – and all of that correspondence went through censors, some with entire paragraphs redacted. They did not have the ability to e-mail, chat or Skype their families.

Some of them helped build Fort Wainwright from a small cold-weather test station called Ladd Field to the major installation it is today. All of them helped build our armed forces into the organizations they are today.

They paved the way for today's Soldiers, airmen, sailors and Marines. They are the ones whose experiences, successes and failures led to updated technology and to improvements within the military system.

They are the ones who were told, "If the military wanted you to have a wife, it would have issued you one." Today, our families are a critical component of the healthy Soldier.

Today some of those retirees are enjoying a second retirement, from the jobs they held after they left the armed forces. Others are quietly working at their second careers in various fields, supporting the people of Interior Alaska and the Soldiers and airmen stationed here. Still others are local community leaders, making decisions that affect all of us – civilian and military.

Every one of them is proud of his or her service. Every one of them has at least one story to tell about what it was like "back when..."

And every one of them deserves this day of appreciation.

We hope to make it easy for them to take care of some errands that must be done annually and to provide them some information on their benefits and on services we at Fort Wainwright provide.

The retirees visiting our event may update ID cards, renew post vehicle registrations and gather information from a number of post agencies at the Information Bazaar and Health Fair from 12:20 to 2:30 p.m. Agencies include the exchange, commissary, Army Community Service, Army Career and Alumni Program, Airman and Family Readiness Center from Eielson Air Force Base and the Red Cross, among others.

Attendees at the Health Fair can get visual acuity screening; basic dental screening; immunization services and information on other medical programs.

The day kicks off with cholesterol screening from 8 a.m. to 10 a.m. A medical panel comprised of representatives from Medicare, Medicaid, TRICARE and Fairbanks Memorial Hospital will advise the retirees on benefits and entitlements starting at 10 a.m. Lunch at the dining facility starts at noon and costs \$4.30. The ID card renewals are done at the Welcome Center, Building 3401, room 125, from 10 a.m. to 2 p.m. The visitors can get a tour of the Battle Command Training Center or do some skeet-shooting at Fischer Range.

All military retirees and their families, regardless of branch of service, are invited to attend. The event is open to anyone who is interested in what is happening in the military retiree community, and a special invitation is extended to those who are approaching retirement.

For more information, call Carlos Garcia at 353-2099.

It is our pleasure to serve these retirees and their families. They are strong supporters of our service members. If you happen to be near the Last Frontier Community Activity Center May 14, be sure to stop and thank them for their service.

MEDDAC commander

Col. George Appenzeller, MEDDAC-AK commander



QUESTION:

I hear the hospital is closed on Thursdays. Is that true?

ANSWER:

The short answer is yes we were, but that is changing.

As you know, historically across the Army, medical treatment facilities have closed on Thursdays. This was generally to get hospital training, administrative tasks and other items done in conjunction with Sergeants' Time training in the units. But we also know that kids still get sick on Thursdays, Sergeants' Time is a good time to get to the clinic and the families don't do Sergeants' Time anyway. So it seems to me that closing on Thursdays does not really make a lot of sense.

I also believe that empowering the different hospital departments to take care of business in the way that works best in each section will ultimately lead to better care for our patients. With good guidance, the "boots on the ground" will always find the best way to make things happen and that is no different in the hospital. So Bassett is empowering the departments here to manage their training and administrative tasks without putting an artificial requirement or mandate on when they will do it. Instead they can look at their individual patient flows, operating systems and individual requirements and come up with the procedures and processes that will maximize availability to our patients. This is about being a patient-focused organization that embraces change and develops the next generation of leaders for the Army Medical Department.

Additionally, we have made major changes to all of our meeting schedules and committee structures in order to maximize our time available to you.

So, the bottom line is that beginning in May we will be open for patient care on Thursday mornings. It will be bumpy the first couple of months as we adjust, so please have patience as we get through the growing pains. The current plan is to begin seeing patients at 9:30 a.m. on the first and third Thursdays of the month and at 8 a.m. on the others. These changes should ultimately open up an average of more than 100 appointments a week over the course of the next couple of months.

MEDDAC-AK remains dedicated to ensuring all of your medical needs are met, and working as a team we can accomplish the mission of increasing your access to healthcare. Please, never hesitate to drop by or give us a call if you have any questions. "Arctic Medic!"

What if you were diagnosed? Four ways to survive cancer

Shari Lopatin, TriWest Healthcare Alliance

Nearly 12 million Americans are living today, after being told they have cancer, according to the Centers for Disease Control and Prevention.

That's as many people who live in the state of Ohio.

Due to medical advances, the word "cancer" is no longer a death sentence. More and more people are surviving because of early detection methods. However, this fact remains true: If you choose not to get your Tricare-covered screenings, cancer can kill.

Tricare covers a variety of preventive

screenings to help catch cancer early—at no cost to you.

Here are four ways you can catch cancer early through screenings and save your life, for you and your family:

1. Breast cancer screening
2. Cervical cancer screening
3. Colon cancer screening
4. Prostate cancer screening

For more cancer prevention information, visit www.triwest.com/prevention.

GI Jane waits for phone calls, looks forward with optimism and support

GI Jane, Alaska Post Contributor



This is the first installment of a year-long column dedicated to military spouses experiencing deployments at Fort Wainwright. GI Jane is for you and about you. The goal is that readers will find comfort in knowing they are not alone during this year of deployments and find insight, humor, courage and help for themselves and other spouses in their lives. In this week's column, GI Jane looks at the initial goodbye and all the importance of phone calls and communication after Soldiers leave until they are back home safely. She waits for each phone call, email, and that joyous homecoming day, continuing to live life to the fullest now, but GI Jane remains looking forward.

The too-short ride to drop our Soldier off. Hugs, tears, words left unsaid. Then the long ride home. We made it through the hard goodbye. Around my house we don't call it a goodbye. We say it's our "see you soon." We've gone through this before. It's not easy but we know that there is a certain relief that comes after having done such a hard thing. I have GI Jane friends who have sent their Soldiers off for the first time. To their surprise they now understand the sense of relief of having made it through the goodbyes. Now we're looking forward.

We've moved on to the waiting period; waiting for a call from our Soldier to find out where he is traveling, that he makes it to his destination safely and for any opportunity to hear his voice. We have no idea when the phone call will come so we carry our phones with us; everywhere we go. You might think

it strange that I carry my phone to the bathroom or that it is in my hand or my back pocket rather than in my purse. But if you're also waiting, then you understand why I go to great lengths not to miss the call.

Thank goodness for cell phones. I remember when my husband deployed and we didn't have cell phones and we barely had access to email (yes, I am dating myself). It was hard to leave the house because I might miss his call. I remember the sinking feeling when I returned home to see the message light blinking on the answering machine. It was him. I would listen to the message repeatedly and save it for as long as I could.

Even with cell phones sometimes there are missed calls. That sinking feeling comes back again. I save the message and pray that I won't miss the next call. And I become a little more careful not to lay my phone down or to be out of listening range. In this, I know I am not alone. I have one friend who is carrying three cell phones and one who has learned she needs to keep the phone with her even when tucking her children into bed.

There's a mutual understanding among GI Janes. It's not considered rude to step out of a meeting, to arrive late for a party or to excuse yourself from a church service when your husband is calling. We all know how valuable it is to stay connected with our Soldiers.

The more difficult aspect to understand or accept is why some Soldiers call home more often than others. This is sometimes a hard reality and can be frustrating. There are numerous reasons for the varying degree of communications. Location of the Soldier is often a factor. Some forward operating bases are bigger and may have more phones. Even Soldiers assigned to the same battalion might have different access if companies and platoons are spread around the area. Other factors might include the Soldier's particular job. Maybe they prefer email over phoning or they've tried but were unsuccessful at getting through. If it has been a while since a friend has heard from her husband, we should be extra considerate and temper our excitement when we hear from ours.

I am grateful for every phone call, email and Skype opportunity I might have while my Soldier is deployed. Whenever I get discouraged because I haven't heard from my husband, I

think about the Soldiers and families who served during previous wars in our nation's history. My grandfather served in WWII and was away from his family for more than two years. While my grandmother received sporadic postcards, she never received phone calls.

Despite the difficulty of delivering letters to foreign locations, mail was a vital part of the war effort. Mail call was the high point of a Soldier's day. According to "Postcards from World War II," in 1943 the average Soldier received 14 pieces of mail a week. I imagine that mail call is still an important morale booster for today's Soldiers.

Today's technology has made it far easier for Soldiers and families to communicate. This is a blessing but also calls for a higher level of responsibility. I need to weigh what is important to share with my husband and what I should keep to myself in order for him to stay focused on his job. He doesn't need to know about every crisis I am facing and there are some things that may just be too distracting to share.

My Soldier also needs to be cautious about the information he shares through phone calls and emails in order to protect his unit and their mission. I value the protection of his fellow Soldiers and their families as I value my own.

We are in the waiting period, looking forward to our Soldier's next call but we're not putting our lives on hold. We continue to work hard, taxi our children from one activity to another, meet with friends, volunteer in our community and live life in much the same way as we did before sending off our Soldiers. It's just that now we're a little more aware of our cell phones, make frequent trips to the post office to mail packages and occasionally pen that old fashioned letter to mail to our Soldiers.

We're all looking forward.

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

ALASKA POST

Home of the Arctic Warriors

EDITORIAL STAFF
Fort Wainwright Garrison Commander
Col. Timothy Jones
U.S. Army Garrison Fort Wainwright PAO
Linda Douglass
Command Information Chief
Connie Storch
Editor
Allen Shaw
Staff writers
Trish Muntean
Brian Schlumbohm
Contributor
Sheryl Nix

The ALASKA POST is authorized by Army Regulation 360-1 and is published by the Fairbanks Daily News-Miner, a private firm in no way connected with the U.S. Army, and is under exclusive written contract.

Contents of the ALASKA POST are not necessarily the official views of, or endorsed by, the Department of the Army.

The editorial content of this publication is the responsibility of the U.S. Army Garrison Ft. Wainwright Public Affairs Office.

The ALASKA POST welcomes responsible comments from its readers and will publish letters, articles or photos submitted at least one week prior to the next publication. The ALASKA POST reserves the right to edit or reject submissions. All submitted material will become official Army property unless otherwise indicated.

To advertise call (907) 459-7548

Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, gender, national origin, age, marital status, physical handicap, political affiliation or any other non-merit factor of the purchaser, user or patron.

The Editorial office is located on Ft. Wainwright in Building 1047 #1; Mailing address is Public Affairs Office, 1060 Gaffney Road, 5900, Ft. Wainwright, AK 99703. Call 353-6700 or 353-6701, or send emails to

pao.fwa@us.army.mil

The ALASKA POST - Home of the Arctic Warriors

Task force assesses likely impact of Osama bin Laden's death

Karen Parrish, American Force Press Service

FORWARD OPERATING BASE SHARANA, Afghanistan -- News of Osama bin Laden's death raced through the tents and plywood buildings that make up the headquarters of the 101st Airborne Division's 4th Brigade Combat Team, Monday.

Within minutes of the president's televised announcement brigade leaders met in their daily battle update briefing, and Soldiers checked in by cell phone with buddies on other parts of the post: "OK, just wanted to be sure you heard."

Task Force Currahee is on its second deployment to Afghanistan, responsible for counterinsurgency operations in Paktika province. Soldiers here smiled as they discussed the death of the terrorist responsible for

murdering nearly 3,000 Americans and other nations' citizens in the Sept. 11, 2001, attacks in the United States.

Maj. Rob Born, brigade operations officer, said bin Laden's death won't require the task force to change its operations significantly.

"The assessment was in many ways (that) he was more of a symbolic, moral and figurative leader than he was involved in the command and control of day-to-day operations," Born said. "I think we will find out whether or not that hypothesis was true, and what the impact is."

He said the task force will analyze the effects of the al-Qaida leader's death within its area of operation over the coming days and weeks.

"We definitely expect and anticipate retaliatory

attacks," he said. "[But] if they're hasty and not well planned, it's not going to work out well for the insurgents."

Born said bin Laden's death is a validation of the nation's efforts to combat terrorism.

"I think it's a tremendous achievement," he said. "It shows that persistence and attention to detail, agility, flexibility, working together with special operations forces and the intelligence community - it pays off."

The positive demonstrations outside the White House and in New York City during Obama's announcement were encouraging, Born said.

"It just shows that the American public is really engaged in what's going on, and they take pride in the achievements of

their armed forces," he said. "That really was the best thing that I saw."

Capt. David McKim, the brigade's assistant intelligence officer, termed bin Laden's death an example of how his profession operates.

"That's truly how it does work for us," he said. "Things don't happen instantly, sometimes. A lot of our successes take time to build."

He said for his shop, the mission in Regional Command East remains finding the enemy in Paktika and protecting the Soldiers and population.

Enemy forces the task force faces in Paktika are not necessarily closely linked to al-Qaida, McKim said, though many in Regional Command South are.

Insurgents in Paktika are likely to respond to bin Laden's death in one

of two ways, McKim said: their morale could suffer, or their activities could increase in retaliation.

The al-Qaida leader's death comes at a time when I think everybody had given up," he said. "They thought, 'He's either dead, or we're not going to find him.' But that's how things work in our business - you don't know when."

The fact that the military did find bin Laden "gives you that justification that yes, we are doing the right things," McKim said.

In the overall counterinsurgency campaign, McKim said, bin Laden's death is a powerful counter to enemy propaganda, which claimed America would never capture him.

There is no likely successor to bin Laden who will have the same

stature, McKim said.

"He was tall, he spoke very eloquently, [he had] power, influence, money," McKim said. "Granted, there are lots of other bad guys out there that will try to take his place."

Other insurgents may now think twice about attacking U.S. and coalition forces, he said.

"I think this is definitely a good thing," McKim said.



Spc. Donald P. Hyde

Fort Wainwright Soldier, firefighter remembered

Trish Muntean, Fort Wainwright PAO

Forty years after his line-of-duty death, the Fort Wainwright Fire Department remembered Spc. Donald P. Hyde at a ceremony sponsored by the Fort Wainwright Firefighters Association April 27.

Firefighter Donald P. Hyde was a 19-year-old firefighter who gave the ultimate sacrifice while fighting a structure fire in post housing on Fort Wainwright April 27, 1971. He died of injuries received while attempting to rescue occupants of the residence. His is the only line-of-duty death on Fort Wainwright.

Local departments North Star Fire Department, City of Fairbanks Fire Department and Steese Fire Department were in attendance. The fire chief from University Fire Department also attended to honor Hyde.

Deputy Chief Ernie Misewicz, City of Fairbanks Fire Department, was the guest speaker. He is a former Soldier and firefighter at Fort Wainwright and spoke about the changes from when he served to what the fire department is today and what it means to the community outside the gates.

The event took place at Fire Station One, which is named for Hyde, and included the traditional ringing of the bells to mark the loss of a firefighter.

"They used to ring the bells for firefighters to respond to an alarm. When firefighters die in a line-of-duty death, or at their funeral, they ring the bells to sound their last alarm for those firefighters," said Capt. Casey Linton "Here at Fort Wainwright, what we do for the Donald P Hyde Day is have our senior captain (Andrew Harkness) ring the bell (three sets of three) for the last call for Donald P Hyde every year. We also have a plaque on the front of the building dedicating this building as the Donald P Hyde building. We pull that plaque from the front of the station each year and our newest member (this year Firefighter Derek Flemon) cleans that plaque and during the ceremony places it back on the building."

Linton was one of the coordinators for the event. He said this year's ceremony was different than in previous years. "Last year we got a hold of a cousin of his and now we have some pictures, and a journal entry from a family member."

Firefighter Nick Wood who also coordinated the event said "Prior to this year's surprise contact made by his cousin, we knew essentially nothing about him. It's been a very special year for us and for his family since we've made contact."

1-25th SBCT assumes authority

Staff report, Fort Wainwright PAO

A transfer of authority ceremony took place Monday at Army Strongpoint Tarnak in Kandahar Province, Afghanistan. The 1st Stryker Combat Brigade Team, 25th Infantry Division uncased their colors as the 1st Squadron, 2nd Stryker Cavalry prepares to deploy to its home base in Vilseck, Germany.

In a Defense Video and Imagery Distribution System video clip produced by Sgt. Audrey Glen, Lt. Col. Douglas Sims, 1-2nd, said his Soldiers leave the area with "a great deal of optimism" about conditions in the central Afghanistan province.

As reported in the Fairbanks Daily News-Miner Tuesday, Sims, in a story in an online media service provided by the U.S. military, referenced the preparedness of the Fort Wainwright Soldiers.

"Dand district and Eastern Panjwai are in exceptional hands. In the past several weeks, we have learned the Bobcats of 1-5 Infantry (part of the Fort Wainwright Stryker brigade) are

well-led and well-trained and have the exact right attitude and direction to join the team here, in southern Afghanistan."

The story on the military's Defense Video & Imagery Distribution System says the Fort Wainwright personnel "are taking over at the beginning of the fighting season at the possible tipping point for the war in Afghanistan." It says the Dand district was reported as being close to operating independently.

The deployment of roughly 4,000 troops from Fort Wainwright to the base is still under way, with roughly half of those troops in Afghanistan as of late April.

The entire group of local Stryker Soldiers is expected to be in place by mid-May.

The Fort Wainwright Strykers will also help offset the planned late-summer departure of a 2,800-member Canadian battle group.

It's the third wartime deployment for the Fort Wainwright Stryker Brigade, which also served twice in Iraq.

Increased security measures continue

All vehicles entering the post must have either a DoD decal from an Alaskan installation or a visitor pass due to heightened security measures.

The change in security levels also means more frequent vehicle searches and longer times getting through the gates. Until further notice, the pedestrian gate at Siku Basin will be manned by a law enforcement officer and open for use from 7 to 9:30 a.m. and 3:15 to 4:30 p.m. daily.

Parents accompanying children to and from school will need to carry their DOD ID cards.

You are so close to getting the information you need

Command Channel
GCI cable 5 or
wainwright.army.mil

18380159
MIDNIGHT SUN CATERING
AK POST/CATERING/AK
1 x 4.0

52372836
ALASKA JOB CORPS.
AK POST/AP/AK JOB CO
1 x 2.0

13382411
FAIRBANKS ANTIQUE ASSOC.
AK POST/SPRING SHOW
2 x 3.0

SPOUSES: Appreciating the whole team

Continued from Page 1

In the area of employment, the first lady said she and Biden will be champions for military spouses as they pursue jobs and advance careers. On education, they'll help spouses continue their education and obtain degrees.

And on wellness, "we're going to remind our nation that just as our troops deserve the best support when dealing with the stresses of war and long deployments, so do military spouses," the first lady said.

And they'll join forces with private industry. Some companies will inform military spouses working at their stores that they'll have a job when they move to a new duty location.

Plus the Chamber of Commerce also is stepping up, Obama said, by encouraging members to hire military spouses and veterans and to find mentors for military wives. The Chamber has agreed to host more than 100 job fairs across the country.

Technology companies, she added, will help connect military spouses and veterans with companies that are hiring and train them in new technologies so they can start their own businesses.

Please see information on local event, Page 7

18381486
ALASKA DOLLAR PLUS
FF/AK POST/AK POST
1 x 1.0

16376066
NEW HOPE METHODIST
AK POST/AK POST
1 x 2.0

11382634
PERFECT PARTY, THE
AK POST/AK POST
1 x 2.0

BENNETT: A man who gave phone service a whole new meaning

Continued from Page 1

"Tom's drive and desire to ensure the Fort Wainwright community could always count on communicating via a telephone was outstanding, right up to his very last work day," said DJ Ingebrigtsen, 59th Signal Battalion. "With Tom there was no 'retirement glide slope.' Every day thousands of personnel on this post pick up their handset to make a call. It was Tom's job to ensure there was always a dial tone, and there always was." He was also a teacher and

mentor to peers and junior technicians.

"Tom liked to do things the old way," said Norm LeMoine, a former coworker. "He and I were some of the last that remembers working pulp and paper cable. I remember working troubles with him on the range cable at Greely. We didn't have a TDR (time-domain reflectometer) and he showed me how to find grounded pair trouble with an analog voltmeter. It was time-consuming but that was how it was once done.

Now it would be hard to find an analog voltmeter much less find someone who would know how to use it."

"Tom taught me much of what I know about (telephone) cable maintenance," said Natalie M. Newman, 59th Signal Battalion. "Always the patient mentor, Tom let me 'cut my teeth' on the projects. I am grateful for the skilled mentorship Tom provided."

Despite his professional accomplishments, Bennett says he is most proud that "I've been able to support the

family to where they have been fairly comfortable. I wouldn't say super rich, but I have been able to support the family pretty well."

His plans for retirement include ultra-light fishing, leather work, reading, "pitter-pattering" outside and volunteer work at the Fairbanks Rescue Mission where he has been working with the recycling program since it began.

"Now that I am retired, I am probably going to get bored so one of the places I think I

could do a little bit of good is volunteer with the homeless shelter, to help occupy some of my time," he said.

He hopes he will be remembered fondly and missed. "I would hope that no matter what was said, it would be good, that they would have a really difficult time trying to find something bad, that it would be all good things."

He said that what he is looking forward to the most is spending more time with his wife.

USARAK Soldier: "We rode hard, met the challenge"

Commentary by Lt. Col. Marc Hoffmeister, commander, 6th Engineer Battalion/AW2 Soldier

Editor's note: This piece originally appeared on the AW2 blog, the official blog of the U.S. Army Wounded Warrior Program. The original post is online: <http://aw2.armylive.dodlive.mil/2011/04/we-rode-hard-met-the-challenge/>

When John Wordin, director of Ride 2 Recovery, invited me to mountain bike in Texas, I was more than excited at the opportunity. When he informed me that we would be riding with former President George W. Bush, I was speechless. Biking has been one of the greatest means of recovery I've had. It brought me freedom from the hospitals, built back my fitness level and got me back in the fight. And now it brought the opportunity to ride with the president!

As an avid mountain biker, I assumed 100 km of trail with the president wouldn't be all that tough — after all, he's not all that young. As we wrapped up the final miles of the Warrior 100, I can honestly say the man brought his A-game and he knows how to handle a bike.

Fourteen wounded warriors joined the president at the Lajitas Resort in Big Bend Ranch State Park, Lajitas, Texas, for three days of mountain biking, April 25-27 as part of the George W. Bush Presidential Center's Social Enterprise Initiative. The event brought together warriors representing the Ride 2 Recovery, World Team Sports, the Challenged Athletes Foundation, and the Wounded Warrior Project to highlight the continuing commitments they have made to support our wounded.

Make no mistake, this was no pleasure cruise. The 100 kilometers of trail was rocky and technical, demanding intermediate to expert level bike-handling and a high level of fitness to maintain the demanding pace set by the president and his special guest, Lance Armstrong.

Between the two of them and the dry desert heat along the Mexican border, all of us had our work cut out for us to keep up the pace. But we met the challenge head on, just as we've maintained our strength of purpose in recovering from our wounds—there was no way we were going to be dropped by the president, so we rode hard and met his challenge.

The Warrior 100 was a once in a lifetime experience which reminded me how strong our warriors are in their recovery and how incredible the support we have is, literally from the top down. The support for the event was phenomenal as well. Everything was thought of and perfectly coordinated: lodging, food, transportation, bike maintenance. It was obvious how professionally the president's staff had planned and executed this event. It was a privilege I will not forget and an experience I hope others will share as well. The president stated the goal is to repeat this event in the future, but first you have to get back on the bike.



(Left to right) AW2 Soldier Col. Dave Haines, former President George W. Bush, AW2 Soldiers Lt. Col. Patty Collins and AW2 Soldier Lt. Col. Marc Hoffmeister, 6th Engineer Battalion, Joint Base Elmendorf-Richardson, during the Warrior 100, a mountain biking trek April 25 through 27 in Texas. The ride brought together warriors representing the Ride 2 Recovery, World Team Sports, the Challenged Athletes Foundation and the Wounded Warrior Project to highlight the continuing commitments they have made to support our wounded. (Photo courtesy Paul Morse)

Local medic is Soldier of the Year for Army Reserve in the Pacific

Trish Muntean, Fort Wainwright PAO



Spc. Jessica Storch, a medic with the 1984th U.S. Army Hospital, disassembles an M2-50 caliber machine gun during the weapons demonstration portion of this year's 9th Mission Support Command Best Warrior competition, at Schofield Barracks, Hawaii, April 23. (Photo by Spc. Phil Regina/305th Mobile Public Affairs Detachment)

Spc. Jessica Storch, a medic with the 1984th U.S. Army Hospital, has won the Best Warrior competition in the 9th Mission Support Command and is the new Soldier of the Year for the entire Army Reserve in the Pacific.

The competition was held at Schofield Barracks, Hawaii, April 20 to 24. It determines the Army Reserve Pacific Soldier of the Year and the Noncommissioned Officer of the Year.

It started with an Army Physical Fitness test April 20 and included a board to test Soldiers on their military knowledge; weapons qualifications with both a pistol and a rifle; land navigation and a timed six-mile ruck march carrying a minimum of 41 pounds.

"It was challenging to say the least," Storch said. "The ruck march was the hardest event."

She was the first of the females to finish the event and came in fourth overall.

To prepare for the competition, Storch did a lot of PT and studying for the board.

"I got this work sheet from my squad leader on how to get a 300 on the PT test. So I was just doing that. I was at the gym three times a week," she said. "I did a lot of studying for the board. That was the biggest mental challenge. That is my biggest flaw, I psyche myself out for the board."

In an interview with Spc. Phil Regina, 305th Mobile Public Affairs Detachment, Storch said the event pushed her to her mental and physical limits.

"Going through the competition, there were a lot of moments where it would have been easy to quit," said Storch. "But when it gets tough like that you need to just stay motivated and keep going."

She said thoughts of her mentors motivated her and wanted to thank Sgt. 1st Class Thomas Uptgraft, Sgt. 1st Class Audley Logan, Sgt. Jamie Nobel, Sgt. Gary Olsen-Saville and Sgt. Amber Ross who all helped her train for the event.

Ross was also her sponsor and accompanied her to Hawaii.

"Storch really is one of our best Soldiers," Ross said in an interview with Regina. "She has always been motivated to go that extra mile and to do more than what's expected of her."

Storch is also inspired by her father.

"I love my dad," she said. "When I am doing something really physical, like a ruck march or a PT run or something, my weakest physical aspects, I just think 'well he wouldn't quit.' He always gave me his best and more. He always made sacrifices for me and my sister when we were kids, in his military experience. I just wanted to make him proud. Even if I didn't win, I wanted to give it my all for him and our family."

Olsen-Saville, a health care noncommissioned officer with the 1984th U.S. Army Hospital who won the title of Soldier of the year last year, competed this year as a noncommissioned officer. Although he did not win, he said the experience was a valuable one.

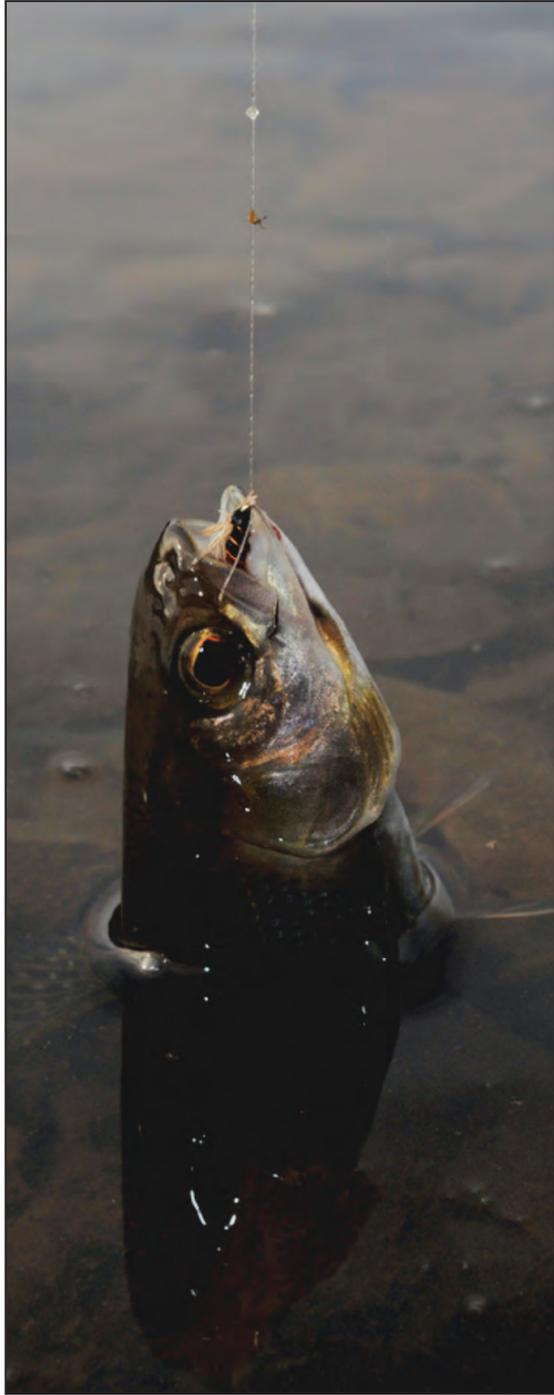
"I highly recommend that anyone who gets a chance to do any of these boards does so," he said. "It is great for career progression and fun to break up the monotony of the day-to-day activities."

Olsen-Saville said the highlight for him was seeing Storch win.

"I was her team leader up until about December. Seeing that training take effect was a good feeling," he said.

Enjoying Alaska doesn't mean you have to spend a lot of sourdough

Linda Douglass, Fort Wainwright PAO



Fishing for Arctic Grayling is fun and can be done with a simple rod, reel and lure. There are several spots along the Chena River on post that are prime fishing locations. Equipment is available through the Directorate of Family, Morale, Welfare and Outdoor Recreation Center. It is also necessary to have all permits and licensing in order before casting. Call 361-6490 or 353-7671 for more information. (File photo)

For many Soldiers and families, their tours in Alaska may be the only chance they have to visit the 49th state.

They want to enjoy the wildlife, the sporting opportunities, the scenery and the history. But many of them feel apprehensive about the cost of enjoying it. Having a good time doesn't need to strain a family's budget. Alaska offers a multitude of recreational options, many of them affordable even for families watching their spending. So with an eye on budget, we've compiled a list of things to do without breaking the bank.

Soldiers and their families can participate in a large number of activities in Alaska, many of them at little or no cost. You may pay more for other activities, but in some cases it's well worth the extra money.

This is just a small sampling of things to do.

- fishing – there are lakes and streams just minutes from your home. You can bag salmon, trout, burbot and pike locally. (The pike put up a terrific fight.) If you want to spend more money and go for the big ones, try one of the local guide companies who will take you out to more remote sites. Or head down to Valdez or the Kenai Peninsula for halibut.

- boating – try a raft, canoe, kayak or riverboat on Alaska's waterways.

- panning for gold in local streams – check with the Alaska Public Lands Information Center at 250 Cushman Street for locations. Visit their website at www.nps.gov/aplic/.

- checking out the tourist attractions like Gold Dredge 8 in Fox, the Riverboat Discovery or the Little Eldorado

Gold Mine – they may be a little pricy, depending on your family size, but are definitely something you should experience during your tour here.

- learning about mushing – check out the Yukon Quest Museum at 5th and Cushman, or visit one of the local kennels that offer summer tours.

- visiting all the museums in the area – see the Fairbanks Convention and Visitors Bureau at the log cabin with sod roof on 1st Avenue for a list of museums downtown (most of them are free). There are also museums at Pioneer Park, and the University of Alaska Museum is a must-see.

- soaking in a hot springs – visit Chena Hot Springs. It's a great place to enjoy a swim in a mineral spa, or just walk around the place. And the drive is a scenic one with a good chance to see moose along the way.

- smelling the flowers – the Georgeson Botanical Garden at the University of Alaska Fairbanks, Golden Heart Park on First Avenue and nearly every hotel in town offer gorgeous displays of flowers and plants. The university's Georgeson Botanical Garden has paths and can be a nice walk for the whole family. They also feature a kids' garden.

- spending a day at Denali National Park – it's just a two-hour drive from here, and gives you a great opportunity to see moose, bear, caribou, Dall sheep and other wild animals in their natural habitat.

- enjoying sporting activities – baseball, softball, soccer – play or watch. There are numerous leagues both on and off post.

- watching the Midnight Sun Baseball game June 21 at

Growden Memorial Park, where the Alaska Goldpanners play the U.S. military Heroes of the Diamond of the Red, White and Blue Tour. The game starts at 10:30 p.m. and is played without artificial lights.

- playing in the midnight sun on June 21 – visit the Midnight Sun Festival in downtown Fairbanks, or shop the tremendous sales until midnight or have a barbecue at midnight. Be part of the festivities.

- run the 10K Midnight Sun Run June 18 from UAF's Patty Center to Pioneer Park. The run starts at 10 p.m.

- photographing scenery, wildlife, people, activities – there's always an opportunity to get some great shots.

- golfing at courses on and off post.

- hiking at Granite Tors and other local paths/trails.

- biking – the local bike paths link Fairbanks and North Pole.

- visiting a gold-rush town – Pioneer Park on Airport Way features little gift shops housed in buildings that stood in downtown Fairbanks in its early days, many from the red-light district. There's an art gallery and aviation museum on the site, as well as playgrounds, picnic areas, a carousel and a train that makes trips around the park.

- swimming at local pools on and off-post operated by the Directorate of Family, Morale, Welfare and Recreation or the Fairbanks North Star Borough (all indoors) and outdoors at local lakes.

- celebrating our national heritage at ceremonies and observances – Memorial Day, July 4th – join Fairbanks in honoring our nation and our

- going to a parade celebrating the discovery of gold and founding of Fairbanks. The state's largest summer celebration, Golden Days, ends on a high note with the Grande Parade July 23. It starts at the Carlson Center at 10 a.m. and works its way down First Avenue to downtown Fairbanks and on to Noble and Gaffney.

- volunteering at local schools, churches, organizations – get involved in the local community.

- listening to music – there are concerts (indoors and outdoors) featuring a wide variety of music styles throughout the summer.

- soaking in some of the history of Fairbanks – do a walking tour of Fairbanks and see some of the historic homes. Or try a driving tour of the area. Visit Chatanika Gold Camp on the Steese Highway for a close-up look at gold-mining equipment and a quick lunch in the camp's main building.

- enjoying one of the many activities planned by Fort Wainwright's Outdoor Recreation Center – They offer mountain biking trips; hiking trips; rock-climbing certification; bouldering; halibut fishing trips; fly-fishing clinics; boater safety; fishing trips; trips to Denali National Park; Arctic Circle trips; Summer Solstice trip to Eagle Summit and more. For information, call 361-7746.

This is by no means a comprehensive list of things to do in Fairbanks. Only your imagination prevents you from finding something to interest you and ensure your summer is fun and your tour in Interior Alaska memorable.

Please see RECREATION, Page 7



(File photos)

Sports and Fitness Month

Trish Muntean, Fort Wainwright PAO

May is National Sports and Fitness Month and the Fort Wainwright Sports, Fitness and Aquatics program offers something for everyone this month no matter what their schedule, fitness level or interest.

"We have something going on almost every day in May," said Stephanie Jilek, Sports and Fitness director.

In addition to ongoing classes such as group cycling, aerobics, cardio sculpt, the hour of power and zumba classes, the Physical Fitness Center will offer special events in May, including special Saturday events. This week that will include a Cinco de Mayo spin class from 10 a.m. to noon and a zumba class at 1 p.m. Both are at the Physical Fitness Center. All classes are free, except zumba which costs \$7 per class.

"We have a lot of fun fitness activities this month. Specifically on May 18, which is National Employee Wellness Day, we have a full day of events planned," said Heidi Watkins, fitness coordinator.

The schedule is as follows:

8 a.m.	aerobics at the PFC
9 a.m.	gym orientation at the PFC
10 a.m.	biometric and fitness testing at the PFC
Noon	Hour of Power- group strength class at the PFC
1 p.m.	Pilates at the PFC
5 p.m.	Cardio Sculpt at the PFC

"As you can see there are a variety of fitness classes to choose from, allowing people to try something new," Stevens said. "The gym orientation is a great way to get to know the layout of the gym and how to use the different machines. Fitness testing will include tests for strength, cardiovascular endurance and flexibility. Finally the biometric testing includes body fat testing, weight and waist measurement. Again, if a person is just starting out or trying to take their fitness to the next level, this is a great day to start to measure progress."

Fitness testing will include tests for strength, cardiovascular endurance and flexibility. Finally the biometric testing includes body fat testing, weight and waist measurement.

For more information, call 353-7223.

Fairbanks recreational opportunities May 2011

Chena River Run

May 7 10 a.m. Woodriver Elementary School
register at Beaver Sports or online @ Active.com – 1st 5K of the season – www.fairbanksrotary.org

Chena Clean-up

May 11 6:15 p.m. Graehl Park, Front and Fortymile Sts.
annual clean-up of Chena River through downtown Fairbanks – sponsored by Fairbanks Paddlers Club – 1st float of the season – www.fairbanks paddlers.org

Walk for Charity

May 13 6 p.m. Downtown Fairbanks
3K graze through downtown – food provided by local restaurants – www.alaskacharitywalk.org

Heart Walk

May 14 10 a.m. Veterans' Memorial Park, Cushman St.
1-mile or 2.5-mile – www.fairbanksheartwalk.org

ASAA track and field state championships

May 20-21 all day Lathrop High School
asaa.org/sportsactivities/trackfield

Organized sports

UAF sports	www.alaskanook.com
Fairbanks Grizzlies football	www.fairbanksgrizzlies.com
Roller Derby	www.fbxrg.com
Curling	www.curlfairbanks.org
Running	www.runningclubnorth.org
Goldpanners baseball	www.goldpanners.com

For more information on sport, recreation and leisure activities available in the community contact the Fairbanks North Star Borough Parks and Recreation Department offices at 459-1072 or online at www.co.fairbanks.ak.us/ParksandRecreation/

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

find it here!

Birth announcements

April 26

A daughter, Alyssa Renee, was born to June and Spc. Corey Buffington, Headquarters, and Headquarters Company, 1st Stryker Brigade Combat Team, 25th Infantry Division.

April 30

A son, Wyatt Patrick was born to Brea and Sgt. Keith Cook, 5th Squadron, 1st Cavalry Regiment, 1st Stryker Brigade Combat Team, 25th Infantry Division.

A daughter, Amelia Skye, was born to Esther Mott Manuto and Pfc. Vito Manuto, 25th Brigade Support Battalion 1st Stryker Brigade Combat Team, 25th Infantry Division.

A daughter, Tiffany Ariel, was born to Lydia and Staff Sgt. Ricky Laney, 2nd Battalion, 8th Field Artillery Regiment, 1st Stryker Brigade Combat Team, 25th Infantry Division.

May 1

A daughter, Annalia Grace, was born to Brittany and Spc. Paul Pepper, 3rd Battalion, 21st Infantry Regiment, 1st Stryker Brigade Combat Team, 25th Infantry Division.

Save the date

Installation clean up week is Monday through Friday. Units and organizations will be cleaning their work places and storage areas. Drivers are asked to please be extra cautious as cleanup crews appear on roadsides. Recyclables should be prepared according to installation guidelines at www.wainwright.army.mil. For more information, call Command Sgt. Maj. Todd Wentland 353-7665.

The post's Asian-Pacific American Heritage Month Observance is set for May 17 at the Physical Fitness Center. All Soldiers, civilians and family members are welcome to attend. The theme for the 2011 event is Diversity Leadership Empowerment and Beyond. For more information, call 361-5531 or 353-9264.

The first post-wide yard sale of the season takes place May 21 from 8 a.m. to 4 p.m. Fort Wainwright families sell from their homes on post and units and organizations may host sales at the vehicle resale lot. For more information, call 353-6612.

11382648
BABULA, DR.
AK POST/AK POST
2 x 3.0

18380209
FAIRBANKS MOTORCYCLE RACIN
AK POST/AK POST
2 x 4.0

12381903
UNIVERSITY OF ALASKA
AK POST/IDIDADEGREE
4 x 3.5

18380254
MACS IN ALASKA
AK POST/MAC SUPPORT
2 x 1.5

21380277
DOWNTOWN BINGO
AK POST/AK POST
2 x 4.0

11382657
IMAGE OPTICAL
AK POST/AK POST
2 x 3.0

16380071
GREAT NORTHERN SHEDS
AK POST/AK POST
2 x 4.0

Friday - 6th

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

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

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

FLY TYING CLINIC, 5:30 to 7:30 p.m., Outdoor Recreation Center, Building 4050. Cost is \$5 per person. Open to participants 18 and older. Call 361-4089.

SAS FRIDAY NIGHT ACTIVITY, 7 to 9 p.m., School Age Services, Building 4391. Call 361-7394.

Saturday - 7th

GROUP CYCLING, 10 a.m., Physical Fitness Center, Building 3709. Call 353-7274.

CUSTOM PICTURE FRAMING CLASS, 10 a.m. to 2 p.m., Arts and Crafts Center, Building 3727. Open to participants 16 and older. Call 353-7520.

HIRED! APPRENTICESHIP PROGRAM INFO SESSION, 1 p.m., Youth Center, Building 4109. Open to registered CYSS youth 15 to 18 years old. Call 361-4473.

ZUMBA FITNESS, 1 p.m., Physical Fitness Center, Building 3709. Cost is \$7 or purchase a 10 class punch card for \$70 and attend an additional class for 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.

MEET THE NEW INSTRUCTOR GOLF LESSON, 9 a.m. to 5 p.m., Chena Bend Golf Course, Building 2092. Fifteen minute lesson, no cost. Appointment only. Call 353-6223.

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

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

ATV SAFETY COURSE, 1 to 5 p.m., Outdoor Recreation Center, Building 4050. Open to participants 18 and older. This course is offered for participants signed up on ORC all-terrain vehicle trips. Call 361-4089.

Sunday - 8th

QUARTZ LAKE FISHING, 9 a.m. to 5 p.m., Outdoor Recreation Center, Building 4050. Cost is \$5 per person. Open to participants ages 8 years and older. Call 361-4089.

LEARN TO PLAY POKER, 6 p.m., The Warrior Zone, Building 3205. Open to cardholders 18 and older. Call 353-1087.

OPEN ICE SKATING, 5:30 to 7:45 p.m. Physical Fitness Center, Building 3709, Last day, rink will reopen September 17. Call 353-7223.

Monday - 9th

LEARN TO FIGHT FOR YOUR MARRIAGE, 2 to 4 p.m., Northern Lights Inn Conference Room, Building 3402. Call 353-6286.

ZUMBA FITNESS, 6 p.m., Physical Fitness Center, Building 3709. Cost is \$7 or purchase a 10 class punch card for \$70 and attend an additional class for 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.

BOUNCY HUT NIGHT, 5 to 7:30 p.m., Last Frontier Community Activity Center, Building 1044. Call 353-7755.

Tuesday - 10th

5 LOVE LANGUAGES, 10 a.m. to noon, Northern Lights Inn Conference Room, Building 3402. Call 353-6286.

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

MAINTAINING A HEALTHY MARRIAGE DURING DEPLOYMENT, 10 to 11:30 a.m., Last Frontier Community Activity Center Quiet Room, Building 1044. Call 388-2553.

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

Wednesday - 11th

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

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

NEWCOMERS ORIENTATION, 9 a.m. to 3:30 p.m. Last Frontier Community Activity Center, Building 1044. Mandatory for new Soldiers. Spouses and civilians are strongly encouraged to attend. Call 353-4227.

MAGIC PARENTING, 2 to 4:30 p.m., Northern Lights Inn Conference Room, Building 3402. Call 353-6286.

HOMEMADE BABY FOOD CLASS, 6:30 to 9:30 p.m., Child Development Center, Building 4024. Call 361-7372.

Thursday - 12th

THOR ART THURSDAYS, 4 to 6 p.m., Post Library, Building 3700. Call 353-2642.

INDOOR ROCK CLIMBING, 5 to 7 p.m., Melaven Physical Fitness Center. Open to all ages, under age 18 must be have adult supervision. Must be 15 or older for belay training. Call 361-4089.

WOODSHOP SAFETY ORIENTATION, 6 p.m., Arts and Crafts Center, Building 3727. Open to participants ages 16 years and older. Call 353-7520.

POSITIVELY PREGNANT, 11 a.m. to noon, Northern Lights Inn Conference Room, Building 3402. Call 353-6286.

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.

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.

For your information

SPOUSE APPRECIATION DAY

The Great Alaska Experience, Spouse Appreciation Day", hosted by Army Community Service with Family and Morale, Welfare and Recreation Outdoor Recreation is today at the Last Frontier Community Activity 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.

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. SSSL 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.

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.

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 the Northern Lights Chapel. Teams of two will compete in exciting games to win great prizes.

For more information, call 361-4463.

EMAIL NEWS TO: pao.fwa@us.army.mil

Getting ready to

GO

Getting ready to

STAY

The opening of a summer-long photo exhibit by JR Ancheta will take place Thursday from 6 to 8 p.m. at the Last Frontier Community Activity Center. Ancheta is a University of Alaska Fairbanks student working on a long-term project documenting the 1st Stryker Brigade Combat Team, 25th Infantry Division. He intends to follow the story on the home front and downrange in Afghanistan until the Soldier's return home.

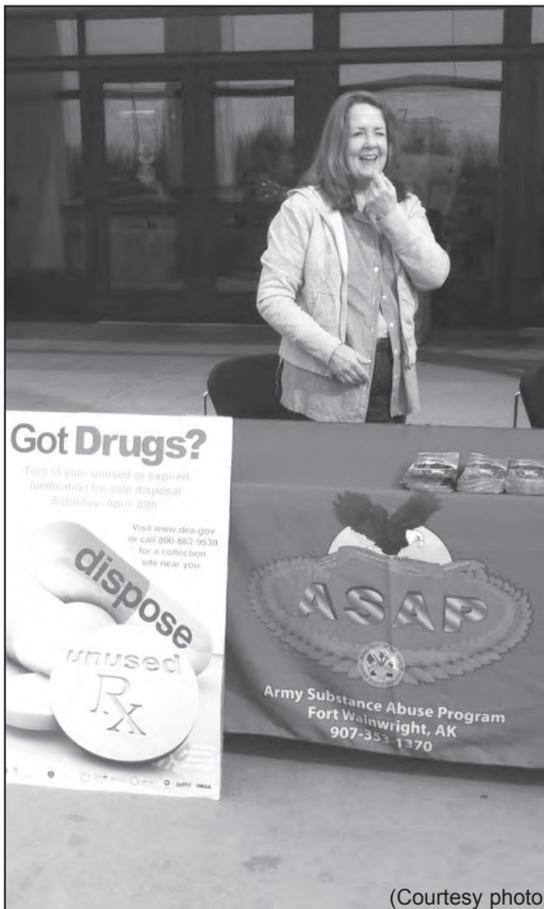
For more, visit www.jrancheta.com.

Maj. Chris Bye, of the 5th Squadron, 1st Cavalry Regiment, 1st Stryker Brigade Combat Team, 25th Infantry Division and daughter, Emma, 8, only have eyes for each other before a portrait session at the fifth annual Military Father-Daughter Ball, April 3. "This is a good chance for Emma and I to have some alone time and not have our little brothers messin' with us," Bye said. About 415 fathers and daughters attended the "Secret Garden" ball. (Photo by JR Ancheta)



Take Back Day: A huge success on Fort Wainwright

Connie Storch, Fort Wainwright PAO



(Courtesy photo)

Lois Holloway, Army Substance Abuse Program Counselor, stands ready to take back unwanted prescription items from Fort Wainwright Soldiers, family members and civilians who joined in "National Prescription Take Back Day," April 30 at the Exchange.

The event, "was a huge success," said David Lemelin, Risk Reduction Program Coordinator with the garrison's Army Substance Abuse Program.

"We received over 50 lbs of expired, unwanted or unused medications. Several individuals commented on what a great program this was and it should be done more often. They were relieved to finally be able to dispose of their unwanted medications.

The coordination efforts between ASAP, AAFES, Bassett Army Community Hospital, (the Drug Enforcement Agency), post law enforcement, and (Alaska) State Troopers was outstanding. All agencies worked together flawlessly to ensure the success of the event," Lemelin said.

ASAP provided informational hand outs to the "Dangers of Prescription Drugs" and gave away water bottles which advertised a website about your Drinking IQ www.drinkingIQ.org for Alcohol Abuse. It was a great opportunity to get information out about alcohol, as it's the gateway drug to other substance abuse drugs.

The national initiative helps make our communities a safer place to live and work, and strongly encourage Soldiers, families and civilians to take advantage of the event and anonymously turn in their unused and expired medications.

The National Prescription Drug Take-Back Day initiative is good for our environment, it keeps the drugs out of waterways and landfills, as many unwanted prescription drugs end up in the garbage or flushed down the toilet. This is a also an opportunity to raise community awareness and educate our Soldiers and family members on the dangers of prescription drug diversion and abuse.

RECREATION: A list of things to see and do that doesn't bust the budget

Continued from Page 4

Outdoor Recreation - Fort Wainwright - has discount tickets to many activities, also offers fishing, boating and other recreational trips at low cost - call 353-6349. Visit their website at www.ftwainwrightfmwr.com/outdoorrec.html for more information.

Birch Lake Recreation Area - about 60 miles from Fairbanks on the Richardson Highway - camping, boating, fishing, wildlife viewing. For more information or to make reservations, visit www.eielsonservices.com or call Outdoor Recreation at Eielson AFB, 377-1232 or 377-2769.

Chena Lakes Recreation Area - North Pole, about 15 miles from Fairbanks on the Richardson Highway - boating, fishing, swimming, camping, picnicking, nature trail - see www.poa.usace.army.mil/co/chena/ch/intro.htm

Denali National Park and Preserve - about 120 miles from Fairbanks on the Parks Highway - camping, hiking, wildlife viewing - check with the Armed Services YMCA about their "Y on Rails" trips to the park - visit the park's website at www.nps.gov/dena/home/

White Mountains Recreation Area - about 30 miles from Fairbanks on the Steese Highway - camping (cabins available), river float trips; hiking, fishing, off-road vehicle trails, goldpanning, hunting - see www.blm.gov/ak/whitemountains/default.html

Chena Hot Springs - about 60 miles from Fairbanks on Chena Hot Springs Road - natural mineral hot springs, fishing, horseback riding, rafting, dog

kennel tours, mountain biking - see www.chenahotspots.com/

Large Animal Research Station - University of Alaska Fairbanks - learn about musk ox, reindeer - see www.uaf.edu/lars/

Pioneer Park - Airport Way, Fairbanks - historic theme park, playgrounds, picnic areas, train, gift shops - open year round - free admission - Gold Rush Town and museums open 11 a.m. to 9 p.m. Memorial Day through Labor Day - call 459-1095 for tourist information or see www.co.fairbanks.ak.us/Parks&Rec/PioneerPark/

Tanana Valley State Fair - Fairbanks - Aug. 5 to 13 - Aug 7 is Military Appreciation Day; \$1 off for each member of the family with ID card - rides, crafts, exhibits, farm animals, food - see www.tananavalleyfair.org/

Golden Days - join the fun helping to celebrate Fairbanks' past - see www.fairbankschamber.org/happening/GoldenDays2011.html

If the cost of gas doesn't deter you, consider venturing a little further afield and take a drive to Anchorage or to the Seward Military Resort. Learn more about the resort at www.sewardresort.com/.

Visit the Goldpanners' website at www.goldpanners.com. See college-level baseball. More than 100 former Goldpanners have left the Alaska Baseball League to play on major-league teams.

For more information on events, visit the Fairbanks Convention and Visitors' Bureau website at www.explorefairbanks.com/index.cfm and take a look at their calendar.

11380416
GULLIVERS BOOKS
AK POST/AK POST
3 x 3.0

50380868
ALASKA FUN CENTER SALES
AK POST/MAKE IT YOUR
3 x 3.0
RED

50380896
STANLEY NISSAN
AK POST/\$19.95 LUBE
6 x 21.0
Full / olor /