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#### WEEKEND WEATHER

##### Friday

Sunny.  
Low 36 High 66

##### Saturday

Mostly sunny.  
Low 42 High 66

##### Sunday

Partly sunny.  
Low 45 High 72

Unrestricted visibility  
NE winds 5 -10 mph

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

## Three Stryker Brigade casualties identified

Staff report, USARAK PAO



Spc. Bradley Louis Melton



Pvt. Cheizray Pressley



Pvt. Lamarol Jerome Tucker

The names of the three Fort Wainwright Soldiers who died in Afghanistan Monday were announced Wednesday by the Department of Defense.

Spc. Bradley Louis Melton, Pvt. Cheizray Pressley and Pvt. Lamarol Jerome Tucker were killed during an attack on their mounted patrol by insurgents using an improvised explosive device. The three combat engineers were assigned to the 73rd Engineer Company, Brigade Troops Battalion, 1st Stryker Brigade Combat Team, 25th Infantry Division.

Melton, 29, of Rolla, Mo., joined the Army in October 2000, served at Fort Hood, Texas, and Fort Leonard Wood, Mo., before arriving in Alaska in May 2008.

Pressley, 21, of North Charleston, S. C., joined the Army in September 2010 and served at Fort Leonard

Wood, Mo., before coming to Alaska in January 2011.

Tucker, 26, of Gainesville, Fla., entered the Army in January 2009 and served at Fort Leonard wood, Mo., before arriving at Fort Wainwright in April 2009.

The attack took place in the city of Spin Gbarga, in Zabul Province, Afghanistan, Monday afternoon.

The 4,000-Soldier brigade began deploying to Afghanistan in mid-April for a one-year tour in support of Operation Enduring Freedom.

The brigade's last deployment was to Iraq from September 2008 to August 2009 during which the unit experienced five combat deaths and two non-combat deaths.

The next of kin have been notified.

## Monuments to be dedicated at Monterey Lakes Memorial Park

Trish Muntean, Fort Wainwright PAO

New monuments will be formally dedicated during a ceremony Thursday at 10 a.m. at Monterey Lakes Memorial Park.

The monuments being dedicated, however, are different than those already placed at the park.

Monuments in place honor Soldiers from the 172nd Stryker Brigade Combat Team, Task Force 49 (now 16th Combat Aviation Brigade) and the 1st Stryker Brigade Combat Team, 25th Infantry Division who paid the ultimate price in defense of freedom.

The first was erected in 2007 to memorialize the 30 Soldiers from the 172nd Infantry Brigade who perished during their deployment from 2005 to 2006. There are 30 black granite pillars, one for each Soldier lost, in addition to the brigade's memorial.

In 2010, two more brigade memorials were created and black granite pillars representing the seven Soldiers of Task Force 49 and seven Soldiers from 1-25th SBCT stand near those memorials. Soldiers attached to the Stryker brigade at the time of their deaths have their names etched on the back of the brigade memorial.

The four monuments to be dedicated are Ladd Army Airfield from 1942 to 1945; the Alaska Territorial Guard from 1942 to 1947; a Korean War monument and Vietnam War monument. The monuments are located in the southwest area of the park.

The monuments are not just to memorialize the fallen, but to honor all those who served.

"This is not a memorial, this is a monument dedication," said Command Sgt. Major Todd Wentland, garrison command sergeant major. "We are not doing a memorial; we are not playing taps or calling names off a roster of folks killed in action. This is wholly a dedication to all of the people who were lost and the people who served and survived it."

"We at Fort Wainwright haven't forgotten," said David Arlie Nethken, who along with many others worked on the project. "The legacy of Soldiers just doesn't start from conflict to conflict, it is never-ending. It is always evolving. The periods of peace are just as important as the periods of war."

"We decided it would be a good idea to do another project over in Memorial Park, to pay tribute to the Soldiers and

airmen and the Alaskan Territorial Guard," Wentland said. "The service men and women who have committed themselves to serving their country, all of us in uniform now, followed in their footsteps, so I think it is important to pay tribute to those who have gone before us."

"This has been a collaboration of some different folks who have been involved in some other projects previously," he said. "I know quite a few of the veterans around town. We have talked to these different groups, as we have had each of these different projects placed in Memorial Park and just talking to them and seeing their commitment to what we are doing, I just thought it was important to do something to honor them as well."

"We got together a group of folks that had been previously involved in some of the different projects in the park: A few folks that I knew that were especially into military history, who had done some previous research into Ladd Field; people that I knew that could outreach in to the community to tie back in to some of the Territorial Guard folks. I asked everyone to come together. I think they did a great job."



## Swing into summer

## Chena Bend Golf Course opens

Staff report, Fort Wainwright PAO

Chena Bend Golf Course celebrates a new golfing season with an open house Saturday. Located on the far east side of Fort Wainwright, the open house will start at 10 a.m. and last until 3 p.m. The 18-hole golf course will be open to the public with prices of \$20 for all unauthorized civilians and \$10 for military; carts and rental equipment are extra. During the event free hotdogs, chips and sodas will be served from the outdoor grill. Close-out merchandise will be for sale under the outdoor tent and all items at the pro shop can be purchased 10 percent off.

For more information, call the Chena Bend Golf Course pro shop at 353-6223.

Col. Timothy Jones, garrison commander, and Mary Jo Lorenz, director of Family and Morale, Welfare and Recreation, commemorate the opening of the Chena Bend Golf Course's driving range with a few practice swings. Tokens for golf balls for the driving range are available at a dispenser under the pavilion for those golfers who come after the clubhouse closes. The golf shop is open Monday through Friday from 10 a.m. to 5 p.m. and the Chena River Café serves lunch Monday through Friday from 10 a.m. to 2 p.m. (photo by Linda Douglass/ Fort Wainwright PAO)

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## Commander's column

Col. Timothy A. Jones, Garrison commander

### Keep it safe this summer

Summer is coming fast. The kids will be out of school in just over a week. Construction sites will be active and construction vehicles – including big trucks – will be moving around the post. We'll be doing outdoor activities like hiking, biking and barbecuing. We're all looking forward to celebrating summer.

We can enjoy the season much more if we keep it safe. Safety experts call the time between Memorial Day and Labor Day the "101 Critical Days of Summer." It's the time of year when we are going full-tilt to squeeze in all the travel, swimming, boating, camping, barbecuing and other fun we possibly can.

To keep it safe and fun, follow a few tips and you can make the most of your Alaskan summer.

When you're swimming and boating, remember the lakes, rivers and streams in Alaska are cold. Hypothermia can set in quickly, so don't venture too far from shore – and always swim with a buddy. If you're in a boat, be sure everyone on board has a protective flotation device. Don't overload the boat – it's a sure way to land everyone in the water.

Are you planning to travel by car? Start after you've had a good night's sleep and are rested. Plan your trip so you have time for rest stops. Don't sleep in the car; get a hotel room. Ensure all passengers use their seat belts when the vehicle is moving.

Camping can be a great way to experience Alaska and the outdoors, whether it's right here on Fort Wainwright, down at Denali National Park or further south like Valdez, Seward or Homer. To keep it safe, check your equipment to ensure you have the right stuff and it is serviceable. Outdoor Recreation rents camping equipment and the staff at the Safety Office can help you determine exactly what you need.

Be aware of wildlife when you're camping and follow all safety rules regarding them. They are wild animals and can be dangerous. Don't try to feed them. Don't get between a mother and her young. Do enjoy them from a distance with a camera.

Campfires and barbecue grills can cause a great deal of damage if left unattended. Runaway campfires have caused wildfires ranging over thousands of acres. Unattended barbecue grills have caused fires that damaged or destroyed homes and belongings. Don't use either too close to a tent or building. Always be sure they are completely extinguished before leaving them.

It's okay to enjoy a drink while you're relaxing. But don't drink and drive any moving vehicle – cars, boats, all-terrain vehicles or motorcycles.

To remind everyone of the importance of safety while enjoying all of Alaska's recreational opportunities, our Safety Office is sponsoring its annual Safety Day next Thursday, May 26, from 10:30 a.m. to 4 p.m. at the exchange parking lot. We'll have experts there from the Safety Office and the Fort Wainwright Fire Department. The Fire Prevention staff will sponsor a bouncy hut for the kids and some of our Family Readiness Groups will have snacks for sale.

Come out to visit the displays and talk with the experts. More importantly, practice their safety tips to ensure your summer is a safe one. For more safety tips, visit our Safety Office's website at [www.wainwright.army.mil/safety](http://www.wainwright.army.mil/safety).

If you have a question or issue you would like to see addressed in the Garrison Commander's column, please e-mail the Public Affairs Office at [linda.douglass@us.army.mil](mailto:linda.douglass@us.army.mil).



## MEDDAC commander

Col. George Appenzeller, MEDDAC-AK commander

### MEDDAC-AK Q & A

What should I do to protect myself from the sun?

It is obvious that the sun has returned after the long winter and we are all ready to get outside to explore and enjoy the great Alaskan outdoors. With daylight already breaking the 17 or 18 hours point, overexposure to the sun's ultraviolet (UV) rays is a concern. Besides the immediate effect of sunburn, over time excess UV radiation can cause skin cancer, eye damage, immune system suppression, and premature aging. Children are highly susceptible to harmful UV radiation, and about 23 percent of lifetime sun exposure occurs before the age of 18. Just one or two blistering sunburns in childhood may double the risk of developing melanoma.

Sunburn, skin cancers, and other sun-related adverse health effects are largely preventable. It requires practicing sun protection early and consistently, and not just on the beach or out on the boat.

Effective sun protection habits include:

- \* Limit sun exposure during the hours when the sun's rays are the strongest, typically 10am to 4pm.

- \* Use Shade: structures such as trees and umbrellas provide year round protection. Although trees do not offer complete sun protection, they provide about 60 percent blockage from the sun's rays.

- \* Wear long-sleeved and tightly woven clothing when out in the sun for extended periods. Clothing can physically block out the sun's harmful rays and hats are the best way to minimize UV radiation exposure to the face, head, ears, and neck.

- \* Use sunscreens whose active ingredients block UVA and UVB rays. The Sun Protective Factor (SPF) should be a minimum of 15. Sunscreens should be used every day, including cloudy days. They should be applied liberally and evenly before going out into the sun and should be applied frequently, especially after swimming.

- \* Avoid tanning salons: Artificial UV radiation is just as bad for your skin as sunlight. Most tanning devices use UVA rays which have been shown to go deeper into the skin and contribute to premature wrinkling and skin cancer.

- \* Refer to the daily UV index when planning outdoor events. The UV Index is a daily forecast of the intensity of the sun's UV rays. The Index indicates the risk of overexposure to skin-damaging UV radiation and can be used to help plan outdoor activities to minimize overexposure.

- \* Limit exposure to the reflective surfaces like snow and water. UV rays can be reflected off of sand, tile, water, snow, and buildings. It is important to practice all the sun protective behaviors even when you are in the shade.

- \* Pay special attention to your eyes, they are very susceptible to sun damage. Wear sunglasses that block UVA and UVB rays and don't be fooled by the price tag or the color of the lens. Check the label and make sure it blocks both forms of UV rays.

Simple precautions can ensure a safe and healthy summer. Children are of particular concern because they spend a lot of time outdoors. Perhaps most importantly, skin cancer and other UV-related adverse health effects are largely preventable if sun protection practices are followed early and consistently. If you have concerns about overexposure or would like more information, please contact your Primary Care Manager to make an appointment or call the Arctic Health Link at 361-4148.



## GI Jane laughs, cries, rides the roller-coaster of emotion, but stays strong

Commentary by **GI Jane**, Alaska Post Contributor

It began when my husband left for a week in the field. It was our first winter here and it had just started to get ridiculously cold. I walked by the garage door shortly after my husband pulled out of the driveway. I noticed a strange hissing sound coming from the garage and went out to investigate. I found the boiler filling the garage with steam. This was not a good sign. I went back into the house and felt our baseboard registers; they were cold. This was a bad sign. Our boiler was broken.

The second instance happened when my husband left for some training in another state. The same day he flew out our house got cold – really, really cold. When I checked the boiler it was completely lifeless. Our boiler was broken, again.

The third time, the day my husband deployed, I realized the house was colder than it should have been and discovered we had no hot water. Fantastic. We had run out of fuel. To make it even better, on the way to our house to fill our tank the fuel truck broke down and wouldn't make it out again until the next day. So far, every time my husband has gone away we have lost heat. It's a little distressing.

When faced with situations like this my first reaction is, I have to admit, to sit down and cry a little. But during my time as a G.I. Jane, with all the uncertainty this life brings, I have learned that sometimes laughter brings a much sweeter release than a few desperate tears ever could. Take last night for example. When I went to check on my three-year-old son before heading to bed I discovered he was not in his bed. This is not highly unusual so I was mostly just irritated at this point. I checked his closet where he likes to hide when he is being

naughty but there was no mischievous munchkin in sight. Still not concerned, I checked our hall closet. Nope. I checked under his bed, my bed, my closet, the bathrooms, upstairs, even his sister's room. No boy! I have to admit at this point full panic had set in. I began checking the windows to be sure they were locked while my mind filled with unthinkable scenarios of what could have happened to my son. After checking all of those same places again I stopped by the small linen closet near his sister's room. I opened the door to find him sound asleep, curled up under the bottom shelf surrounded by blankets and towels. Seeing him safe and oblivious to my anxiety, I realized I had forgotten to breathe. Trying to catch my breath, I carried him back to his bed. I went to my room, collapsed on the bed and waited for my panicked heart to start beating again. Overwhelmed, I felt hot tears fill my eyes. I was faced with a decision. I could cry, which would be completely understandable, or I could laugh. I chose to laugh. In that moment all the stress and strain of the day melted away and I sat renewed and able to look toward tomorrow and all the adventure it would bring. I could breathe.

During deployments, those of us left behind have to deal with countless stresses. Even little things like broken appliances, misbehaving kids (or hiding ones) and financial strain can be completely overwhelming. One of the best resources in learning to laugh is other G.I. Janes. We all have some wild stories and hearing another's heart-stopping tale can quickly put life into perspective. I am not alone. You are not alone. Choosing to surround yourself with spouses in the same life situation can be lifesaving.

There will be times when you need your friends to cry with you but no one needs a pity party. We need to get up and move on, for ourselves, our children and our hero Soldiers. Many times I have difficulty accepting with grace the well-meaning words of those who don't understand the way we live. The most trying of statements is, "I don't know how you do it." Really? What are my options? I either deal or die and since dying is not really something I aim for, I deal. Choosing to laugh rather than cry can instantly put little disasters into perspective. Friends sharing your same experience will allow you to see that you can do this thing called life and laughing really helps.

Sometimes, tears are the only option. But when I am overcome with the need to cry I try, though sometimes unsuccessfully, to give laughter a chance to heal the raw parts of my soul. As life in the military brings us challenges and heartache many "outside" will never understand, let's consider the strength and healing laughter brings. Besides, laughter is so much prettier than teary, swollen eyes.

So, if you are looking for me while my husband is away, try the garage. I'll very likely be staring at a broken boiler feeling overwhelmed. Oh, and I'll be laughing.

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

## Fire safety is a must for a fun summer

Sarah Chapman, Fort Wainwright Fire Prevention Office

It is the time of year again for barbecues and grilling. Summer is here and with that comes our favorite activities. The Fort Wainwright Fire Prevention Office would like to share a few fire safety tips to keep you and your family safe this summer.

Keep barbecue grills at least 15 feet from all structures, and do not leave them unattended. Ensure all barbecue grills and outside cooking appliances are placed on non-flammable surfaces. Do not grill on wooden decks or under eaves or overhangs. Never grill or barbecue in enclosed areas because carbon monoxide is produced. Before using a grill, check the connection between the propane tank and the fuel line. Make sure the venturi tubes – where the air and gas mix – are not blocked. Be careful when using lighter fluid, and never add fluid to an already lit fire because the flames can flashback up into the container and explode.

If using a charcoal grill dispose of hot coals properly, always douse them with plenty of water and stir them

to ensure that the fire is out. Never place them in plastic, paper or wooden containers. Do not throw hot coals in the garbage or in a dumpster.

Loose clothing can easily catch fire while cooking at a barbecue. It is safest to avoid this type of clothing while cooking. Make sure everyone knows to stop, drop and roll in case a piece of clothing does catch fire. Call 911 if a burn warrants serious medical attention.

If your summer plans involve campfires, keep them small and don't let them get out of hand. Build campfires where they will not spread, away from dry grass and leaves. Keep plenty of water and a shovel around to douse the fire when you're done. Stir it and douse it again with water. Never leave campfires unattended.

Summertime should be a time for fun and making happy memories. Knowing and following a few fire safety tips will help everyone have a safe summer. The Fort Wainwright Fire Department would like to wish everyone a fun and safe summer.

## ALASKA POST

Home of the Arctic Warriors

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## Bad behavior is a stain not easily removed: Don't be stupid



Commentary by **Allen Shaw**, Fort Wainwright PAO

Soldiers and families are members of the community. Although everyone has an individual story, we are human beings, Americans and we represent the United States Army. We may have started out someplace else and call someplace else home, but we are now Alaskans. Some of us live on post, some live in North Pole or Salcha, while others live in Fairbanks or Fox. We are one community and we are neighbors.

I can talk the talk, because I have walked the walk. I was born on Fort Richardson, lived different places and grew up in military housing. I was even a young Soldier living in the barracks right here on Fort Wainwright years ago. At first I thought I was away from home, until I realized this was home. I have now been a member of this community 37 years. I have learned that cooperation is the heart, communication is the soul and support for, and from your neighbor is the backbone that keeps our society strong.

Having experienced life on both sides of the gate is a luxury I treasure and am anxious to share insights with readers. Soldiers and their families are extremely special. They sacrifice to serve. They train hard, they are resilient and resolute. That is their job and they do it well. Ninety-nine point nine percent are the good neighbors. They are the ones who live and breathe Army values and appreciate the support they receive. Unfortunately not every Soldier or family member falls into that category. It is disheartening when a stupid mistake or poor judgment puts a blemish on our Soldiers.

Over the years, I have seen change. With a growth in population, we have acquired great citizens, as well as the neighbor who really needs to stay on his or her side of the fence. Fortunately the good far outweighs the bad and the local civilian communities thoroughly embrace the military. When it comes to "Support the Troops" it's much more than a bumper sticker or magnetic ribbon.

A reasonable and prudent individual realizes that being friendly with your neighbors can make your life easier and enjoyable, and although we try, we have been unable to stamp out stupid. It occasionally rears the ugly head and we do what we can to cut it off. There are those who take their mud-bogging trucks to public parks and tear up

playgrounds (happened recently); there are those who get drunk, belligerent and assault other individuals (happened recently) and there are those who are just vulgar, loud and obnoxious in public settings - like on an airplane (happened recently). These are all examples of a few jerks casting a poor reflection on many others. It is disrespectful, it is wrong and it tarnishes everything that shines. It's a shame that while so many brave men and women from our community are facing danger every day, military leadership has to publicly apologize for the foolhardy behavior of a few nitwits. Be ashamed.

Being a good citizen, embracing values and caring for others is expected, it is the duty of all Soldiers. Lead by example and make an effort to be a good neighbor, whether to the person in the room down the hall, the family that lives across the street or the person in front of you at the grocery store. If more of us make an effort, perhaps it will be contagious.

By swearing the oath and wearing the uniform, Soldiers have an even greater responsibility to do the right thing. Like it or not, a Soldier represents the Army values of loyalty, duty, respect, selfless service, honor, integrity and personal courage. Those of us who believe in and live our lives by higher standards must set the example. It is our mission to show what a good neighbor should be, at home and in the community.

There are so many aspects to neighboring and it all requires prudent decision-making, patience and empathy. Army living conditions are often rigid, but problems can be alleviated by a good citizen. Being on bad terms with your neighbor can make life frustrating. Make the effort, the community will be friendlier, the neighborhood safer and the area a nicer place to live.

Whether you're new to the neighborhood or the barracks, introduce yourself. If someone new moves in, take a few minutes to make them feel welcome. Take the opportunity to establish community. If nothing else, just say hello and provide some helpful information. Open communication will help stamp out stupid.

Get to know your neighbors. Sometimes, you can remedy problems before they even start. Provide information that'll help them be more considerate of your lifestyle.

If you're in the barracks, quarters or any structure neighbors share adjacent living spaces, exercise consideration, position noisy household appliances such as washing machines and tumble dryers, even televisions and speakers away from partition walls. If you live above someone, remember that they are downstairs and can hear you walking around.

If you have animals, be a responsible pet owner. Keep your dog on a leash and always make sure to clean up after it. Simply use common sense and exercise the golden rule.

Another issue that can start an unnecessary ruckus is rude vehicle owners and improper parking. Be sure not to block anyone's access or make them have to pull out of a very tight spot. Don't over-rev the engine of your car or motorcycle early in the morning or late at night, and by all means, don't bump your tunes. Believe me, the neighbors with the newborn are not impressed. Park in your designated area, don't slam your doors and avoid shining your headlights into your neighbor's windows late at night.

Another downer for neighbors is the crummy yard. Mow your lawn regularly and keep your flowers maintained appropriately. Put equipment away as soon as you're finished with it. Be the responsible one.

Keep the area around your trash can tidy and only put it out on the day it's due for collection. If you accidentally miss the collection, bring it back onto your property immediately and try to contain it well. Garbage can attract pests and is unsightly.

Above all, communicate with your neighbors regularly and keep them in the loop. Treat people the way you would like to be treated. If anything you are planning may affect them, minimize the impact by letting them know in advance.

Keep your eye on anyone you don't know acting suspiciously around your neighbor's property. When in doubt, call the police so they can quickly curtail any criminal activity.

It's also the little things that make us good neighbors. A smile, a nod, picking up some litter or shoveling some snow can make the difference. You have values, you have common sense and you know how to be a good neighbor. Represent, no matter where you are or what you are doing.

## Foot frustrations: Take care of your feet so your workout isn't a pain

Heidi Watkins, Fort Wainwright Sports and Fitness

The foot is our platform for power. It balances us, propels us and bears heavy loads. The foot is an amazing component and foundation for a kinetic chain that allows us to lift, race, crossfit, spin and "ruck." Developing pain in one or both feet can be debilitating and frustrating. In most cases, foot pain will be chronic or have a gradual onset. The key to alleviating foot pain and avoiding the dreaded de-conditioning is to have an understanding of anatomy and mechanics, be aware of the cause of the pain and utilize a few simple goals of rehabilitation.

There are many foot issues that can come up due to genetics, improper foot wear, disease or injury to the foot. While you are winning the battle on pain by talking to your doctor and treating your foot conservatively, there are still a few goals to keep in mind that will help you to continue to train at a level you are comfortable with.

First, you will want to avoid de-conditioning. There is nothing worse than finally reaching peak physical condition, only to be set back with an injury. There are a couple of options for cross-training that take the impact off your foot. For example, swimming and aqua jogging is an excellent choice for its non-weight bearing, cardiovascular benefits. Biking requires more load bearing to the foot, but still a good choice if it is tolerable. If non-weight bearing is the order of the day, then try the Upper Body Ergometer. The "UBE" is a bike for

the upper body, where there is zero impact to the foot. Finally, weight-training is an excellent way to maintain a high level of fitness. Try circuit training in the weight room. It is a style of weight training that has cardiovascular benefits as well.

The second goal is to avoid irritating the main injury or developing a secondary injury. With any injury, there is a process of healing the part has to go through to get back to normal. A classic mistake is going out for a run again a day or so later to test out and see if the pain is still there. If you continue to aggravate the injured part you run the risk of prolonging the healing process, or worse, cause an over-use or compensatory injury further up the kinetic chain. Be in tune and trust your body; it will tell you when to stop. However, any exercise you can do with normal function and with no pain should be done to avoid de-conditioning.

A third goal is to fix the problem. Chronic pain can be caused by a variety of factors; treatment will depend on the cause and may involve rest, massage, stretching and strengthening along with the use of heat and or ice application. Genetics and the structure of your feet may play a big role in foot pain. The foot has 26 bones, 33 joints and over 100 muscles and it needs to be taken care of. The following are just a few tips to keep your feet happy and healthy.

1. Wear shoes that fit, are comfortable and that suit your needs. Wearing the proper shoes

and possible orthotic inserts may help foot pain significantly.

2. Keep yourself in good health and take the time to practice good hygiene for your feet. That means keep your weight in check, your feet clean and toenails trimmed.

3. Your feet change with age. Be sure to check your arches, shoe size, skin changes or any other abnormal changes to your feet at least once a year.

4. If you are experiencing pain in the morning when you first step out of bed, stretch and gently massage feet prior to getting out of bed.

5. You can also fill a water bottle with water and freeze it. Use it to roll your foot over. The effects of the ice and massage can relieve some pain.

It is important to remember, whether acute or chronic, if you are experiencing prolonged pain that interferes with your normal daily activities, you should talk to your orthopedic or podiatric doctor. Addressing painful problems, having body-awareness and treating those amazing feet like gold can keep them happy and healthy for years of activity to come.

### Army holds four courts-martial

U.S. Army Alaska held courts-martial at Fort Wainwright May 9 and at Joint Base Elmendorf-Richardson from May 10 to 12.

On May 9, Spc. Tyler Gould, 1st Battalion, 52nd Aviation Regiment, 16th Combat Aviation Brigade, was found guilty of aggravated assault of a child under 16 years of age, child endangerment and willfully damaging government property. He was sentenced to reduction to private, confinement for 42 months and a bad conduct discharge.

On May 10, Sgt. Edgar Pena, 3rd Battalion, 509th Parachute Infantry, 4th Brigade Combat Team (Parachute), 25th Infantry Division, was found guilty of AWOL, making numerous false statements and wrongfully wearing a basic Parachutist Badge. He was sentenced to reduction to private, confinement for 60 days and a bad conduct discharge.

On May 11, Sgt. 1st Class Russell Wilson, 59th Signal Battalion, USARAK, was found guilty of AWOL, making a false official statement, larceny of government property and making false claims against the government. He was sentenced to reduction to staff sgt. and confinement for 45 days.

On May 12, Staff Sgt. Benjamin Barnes, Warrior Transition Battalion, MEDDAC-AK, was found guilty of unauthorized use of a government telephone, larceny, AWOL and unauthorized use of a government credit card. He was sentenced to reduction to private, three months confinement and a bad conduct discharge.

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## Annual water main and hydrant flushing begins

Staff report, Fort Wainwright PAO



An employee of Doyon Utilities opens the valve on a fire hydrant to flush water through the lines. The process began Monday and will continue into the early part of June. (Photo courtesy Patrick J. Endres/AlaskaPhotoGraphics)

Doyon Utilities began the semi-annual water main and hydrant flushing Monday. This flushing process helps to provide clear and cooler water to customers on post.

The flushing started last week along Neely Road near Building 3562, gas station, and went west into the areas of the Southern Cross housing, Bassett Army Community Hospital, Bear Paw housing, Northern Lights housing, and into the Gertsch Heights neighborhoods as well as areas north of Gaffney Road around Tamarack and Denali Village housing.

Beginning Monday, they will work through the central portion of post along Neely Road, Santiago Avenue and MacArthur Road, and around Monterey Lake along Rhineland, Isle de France and Luzon avenues. In addition, Montgomery Road south of the airfield will be flushed beginning this week also and continuing into the following week.

On May 30 the North Post areas shall be flushed and includes North Town housing, Chena Bend housing, barracks 1001, 1003 and 1004 as well as buildings around the Freeman Loop and Marks Road areas, as well as that portion of Montgomery Road not done the previous week.

All flushing will be conducted during the daytime hours of 9 a.m. until 3 p.m. Monday through Friday. Water in these areas may become discolored temporarily and usually clears in a few minutes. This discoloration is caused from the iron deposits within the piping stirred up by the pressure fluctuations and high flows during flushing activities. This water is not harmful for drinking purposes and again, should clear up within minutes.

Extended periods of cloudy or "yellowish" water should be reported to the Doyon Utilities office and they will investigate to determine what further action may be required. The phone numbers to call are: 455-1571 or 455-1568. After hours please call 455-1539.

### Commissary heralded for promoting produce benefits

Compiled from staff reports

As summer approaches, commissary shelves and bins are filling with seasonal produce, more watermelons, fresh corn, blueberries, strawberries and raspberries, according to Eleanor Atkin, produce manager for Fort Wainwright's commissary said. Mangoes too, Atkin said, "are usually very good during summer season."

Grocers can provide fruits and vegetables year-round thanks to modern farming and global distribution methods. In spite of the increasing accessibility, sometimes encouragement to make healthier food choices is needed, a choice to include more fruits and vegetables into the diet is something the Defense Commissary Agency does and they've been recognized along with six industry peers.

The Fort Wainwright commissary promotes healthy food choices just as the other military stores in the Defense Commissary Agency. Promoting the benefits of eating more fruits and vegetables to its customers has placed the Defense Commissary Agency in select company. DeCA was one of seven retailers to earn top recognition as a "Role Model" by the Produce for Better Health Foundation.

DeCA joined Ahold USA Inc., Food Lion Stores Inc., The Kroger Company, Safeway Inc., Schnuck Markets Inc. and SuperValu Inc., as retailers achieving role model status for 2010. This level of recognition goes to stores that demonstrate commitment to increasing their customers' health awareness of the benefits of eating fruits and vegetables.

Karen Hawkins, the DeCA dietician, accepted the award for the agency during the foundation's Role Model/Champion Recognition Luncheon April 1 in Monterey, Calif.

"DeCA has been actively promoting health, wellness and nutrition education and awareness through in-store events and online," said DeCA director and chief executive officer Joseph H. Jeu. "This recognition validates our hard work to exceed our customers' expectations in produce quality, variety, presentation and personal service."

DeCA promotes fruits and vegetables year round, including holding its own annual produce merchandising competition with the winning commissaries excelling in quality and team performance in areas such as creative displays, customer education events and increased produce sales.

"Whether customers are stocking up for family meals, school lunches or healthy snacks, or just making a quick stop for items at the peak of freshness, produce remains central to most shopping trips," said Chris Burns, DeCA's sales director.

Customers usually give the produce sold in military commissaries high marks. Results of DeCA's 2010 Commissary Customer Service Survey, completed by more than 20,000 customers, rated produce as 4.62 on a 5-point scale – its highest mark in the agency's history.

Commissary shoppers save an average of 31.7 percent on their overall grocery bills, compared to commercial prices. In addition, fresh produce frequently takes center stage at case lot sales or special "farmers market" events, which can deliver savings of 50 percent or more.

"Eating at least two-and-a-half-cups of vegetables and fruits per day has been shown to reduce risk of heart disease, stroke and certain types of cancer," Hawkins said. "And, if you are trying to lose or maintain weight, eating fruits and vegetables instead of higher-calorie foods is helpful."

Finding fresh produce can sometimes be a challenge, as the commissary is thousands of miles from the U.S. mainland, but DeCA is up to the challenge.

"Produce is delivered three times a week, Atkin said, "we're always trying to obtain the freshest produce." In addition to local and Alaska-grown produce, the commissary receives deliveries from South America, New Zealand and California.

### ASIAN-PACIFIC AMERICAN CELEBRATION



Fia Fonoti and Latoya Jackson (not shown) provided dance presentations at the Asian-Pacific American Heritage Month observance at Fort Wainwright's Physical Fitness Center, Tuesday. Guests were also addressed by local officials and key speaker Ulanda "Yoly" Ganacias, employee of the Fort Wainwright, Contracting Command, who spoke of the empowerment of freedom to unite the people. (Photo by Brian Schlumbohm/Fort Wainwright PAO)

### RETIREE APPRECIATION DAY OFFERS CARE



Cpl. Heather Laymon, Medical Department Activity-Alaska draws blood from Zella Hall for cholesterol testing at Retiree Appreciation Day Saturday at the Last Frontier Community Activity Center. Hall said she likes to come to the information fair to get the latest news on medical care and other issues that may affect her. (Photo by Trish Muntean/Fort Wainwright PAO)



**Ruffled feathers** - Yet again, two nesting pairs of osprey have taken up residence on man-made nesting platforms, along the banks of the Chena River, May 10. One pair which settled into a nesting site along River Road recently had a run-in with four local rowdies. An unkindness of ravens, which is the term used to describe a flock of ravens or crows, found it necessary to give the newly arrived pair a hard time. Well into nesting season for the ospreys, the aggressive antics of the ravens provoked an aerial retaliation from one osprey while the other stayed to protect the nest. Wildlife Biologist, Amal Ajmi, natural resources office of the Department of Public Works suspects that a clutch of eggs may have already been laid in the nest, as one osprey refused to leave throughout the ordeal, even as one of the ravens gathered enough courage to land on the rim of the nest. Ajmi said the ravens were probably a group of young immature birds which had no mates and were not nesting themselves. Apparently the adolescents had nothing better to do than cause trouble and test the osprey couple's limits. With one too many close calls from the talons of the osprey, the ravens gave up their game and moved on. (Photos by Brian Schlumbohm/Fort Wainwright PAO)

## Tour De Desert: Showing support, bolstering morale, building a team

Trish Muntean, Fort Wainwright PAO

As a way to show support for Soldiers deployed from Fort Wainwright, the Sports, Fitness and Aquatic program and Army Family Team Building is sponsoring "Tour De Desert", a program that allows community members to work towards being physically fit, reduce stress and socialize while bolstering the spirit of troops abroad.

The Tour De Desert is a cycling challenge that began May 1 and will end April 30, 2012. It is very similar to "Walk to Iraq and Back," the challenge from the previous deployment.

Riders can do their mileage outdoors on a road or mountain bike, or indoors on a stationary bike. They can ride as individuals or as part of a team. The goal is to bike the distance from Fort Wainwright to Kabul, Afghanistan, and then to Baghdad, Iraq, with a total one-way distance of 5,503 miles. The round trip is a total of 11,006 miles.

For those who don't want to ride, mileage can be accumulated in other ways. Participants earn one mile for every 30 minutes of sustained physical activity other than cycling. That can be aerobics, kick boxing, strength exercise, elliptical training, weight lifting, walking, running or any other organized sports activity.

To add even more mile points to the journey, attend a class or event at ACS (25 miles), utilize a Family and Morale, Welfare and Recreation facility (10 mile points) or attend a Soldier-related function (Family Resource Group meetings or socials) for five mile rewards.

Registration is required to get credit for participating and can be done at ACS. Each participant will receive a log book at the time of registration.

Jessica, a Family Advocacy educator and the spouse of 1st Lt. Conor McKeown, 2nd Battalion, 8th Field Artillery Regiment, 1st Stryker Brigade

Combat Team, 25th Infantry Division, is participating in the program and accumulating her miles through elliptical and aerobic workouts.

"I really like the whole premise behind Tour De Desert, of let's travel the distance to where our loved ones are and come back," she said. "I think of it in a symbolic way as well. As in, I'm making this trip, this effort with him. This is just another way I can do that."

Natalie Rhodes, the functional administrator at FMWR, has accumulated over 500 miles since May 1.

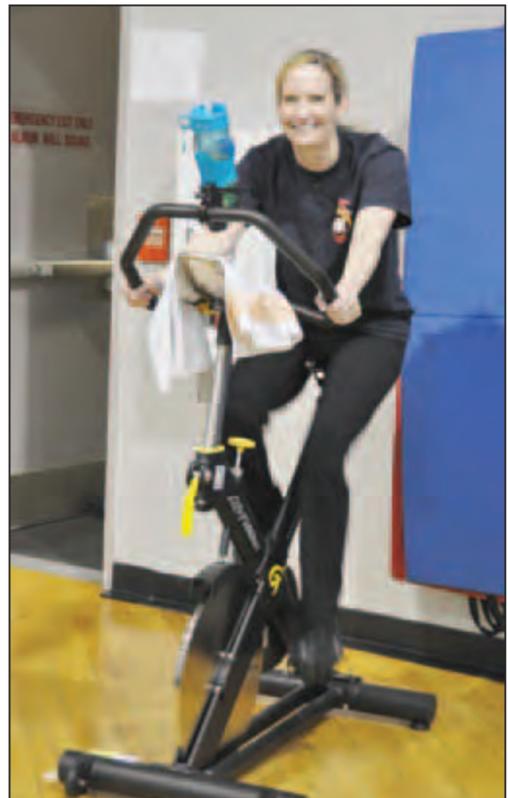
"I heard about the program through MWR channels and I thought 'wow, that sounds a lot like the Walk to Iraq and Back', which was a lot of fun," she said. "I am just participating to show my support for those troops who have deployed."

"I think that it is great because it is a self-directed program and it is how much you can put into it. I think it is a wonderful motivator for folks in our community just to get out there and ride, be active, stay healthy over the next year and maybe even start something that will last the rest of their lives."

"I feel a tremendous indebtedness to the Soldiers and family members and for me, any way that I can give back is a positive thing. I appreciate what you do, I understand the sacrifices that you make and I'm here for you," Rhodes said. "People see you ride your bike, if you can talk to other people about it, get them excited about it."

"I would definitely encourage other people to get involved with the program" McKeown said. "I think it another way to allow us to come together as a community."

For more information on the program contact Charles Lyons at 353-2382.



Fort Wainwright fire inspector Sherry Vockert is one of the Fort Wainwright civilian employees who signed up for Tour De Desert and is keeping track of the miles she does in spin class for the program. "I think it is a good way to support our troops," she said. "I think it's a great way to keep in shape, keep active and includes everyone on post not just people who work for Fort Wainwright." Spouses, family and friends can participate too. (Photo by Trish Muntean/Fort Wainwright PAO)



**Glass Park camping sites are now open for camping.** Just inside and to the left of the main gate at Fort Wainwright is the Outdoor Recreation Center, Building 4050, where guests can now register for camp sites. Facility summer hours are 11 a.m. to 7 p.m. Thursday through Monday and camp hosts will soon be on site for after-hour registration. The grounds have pavilions, grills, picnic tables, bathrooms and playgrounds. There are 20 RV camping sites, ranging in sizes up to 40 feet and even more areas for pitching tents. Sites are \$20 per night, \$110 per week and \$400 per month. There are various trails and playgrounds throughout the park with bathrooms nearby. Bordering the Chena River, the park also has access to a free boat launch area and fishing. Camping and outdoor sports equipment are available for rent from the Outdoor Recreation Center. To rent a boat, all operators must take the Boaters Safety Clinic which starts at 1 p.m. in the Outdoor Recreation Center on May 21; June 4, 18, 19; July 9, 16, 30 and August 6, 27. Chuck Dixon, operations assistant, said the classes consist of an hour and a half of classroom information, the class then moves outside for a detailed introduction to boats and equipment and then onto the river for a practical hands-on application and experience of boating. A boater safety card is issued at the completion of the course and is valid for four years. The course is conducted regardless of weather, so be prepared when attending. Staff are removing trees and brush and the Directorate of Public Works are testing water and electricity, Dixon says soon the park will be fully functional with electrical hookups and water. To get up-to-date information, contact the Outdoor Recreation Center at 361-6349. (Photo by Brian Schlumbohm/Fort Wainwright PAO)

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## Military athletes compete in 2011 Warrior Games

Jacqueline Hames, Defense Media Activity

COLORADO SPRINGS, Colo. (Army News Service, May 17, 2011) -- The 2011 Warrior Games kicked off Monday evening at the U.S. Olympic Training Center when Medal of Honor recipient Staff Sgt. Salvatore Giunta lit the torch to start the games.

Giunta, who has served in the U.S. Army for almost eight years and is stationed at Fort Collins, Colo., became the first living recipient of the Medal of Honor -- the nation's highest military decoration for valor, since the Vietnam War.

Throng of people gathered along the walkways of the training center and watched the procession of more than 200 wounded, injured, ill and special operations forces athletes from across the services compete. After the National Anthem, a pair of F-18s flew over the crowd in salute.

Athletes will compete in seven sports over the course of the week: archery, wheelchair basketball, cycling, shooting, swimming, track and field, and sitting volleyball.

"I think it's impressive," Giunta said of the athletes' participation. "Just to be able to stand amongst these people and to be able to wear the jacket with the 'Warrior Games' on it ... the heart on them is absolutely incredible, on every single one of them, regardless of the disability or the action that caused it -- the perseverance. They keep on coming back."

The torch relay began with an Army triple amputee, who passed the torch to the oldest servicemember, who handed it on until the youngest passed it to a Special Forces athlete. Giunta received the torch last and lit the cauldron.

Pfc. Joshua Bullis, the Army's torchbearer, was very honored to have been chosen for the relay.

"It made me proud; it made me very humble," he said.

Bullis competes in the standing and prone rifle shooting competitions, and he hopes to win the gold in the finals on Thursday.

"Don't be discouraged by (your injury)," Bullis told his fellow Soldiers. "I'm a triple amputee and I'm still out here doing it, and hopefully we just show other wounded guys that might be too scared to come out or something like that, that it's a great event. You get all the support you need and you have fun."

"Thank you," Giunta said to the athletes. He said the games show Americans what they are capable of doing. "Thank you for showing us that, because we needed to see that. That motivates the heck out of me."

A joint effort between the U.S. Olympic Committee and the U.S. Department of Defense, the Warrior Games are sponsored by Deloitte, an international accounting and consulting firm.

For a complete schedule of the competition which continues through Saturday, visit [www.usparalympics.org](http://www.usparalympics.org).



An Army athlete kicks off the wall while swimming laps during a training session on Fort Carson, Colo., May 10. (Photo by U.S. Air Force Staff Sgt. Christopher Griffin)

### Friday - 20th

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

**ARMY 10-MILER QUALIFIER RUN**, 6 a.m., Chena Bend Golf Course parking lot, Building 2092, qualifier run for active duty personnel. Registration begins at 5:30 a.m. For more information, call 353-7223.

**ADULT SWIM CLINIC**, 11:30 a.m. to 1 p.m., Melaven Swim Center, Building 3452. For more information, call 353-1995.

**EVENING BIKE RIDE**, 6 to 9 p.m., Outdoor Recreation Center, Building 4050. Cost is \$5. Call 361-2652.

**FREE MAKE AND TAKE**, 6 to 7 p.m., Arts and Crafts Center, Building 3727. Open to participants ages 16 and older. Call 353-7520.

### Saturday - 21st

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

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

**CUDDLE CURE CLASS**, 10 a.m. to noon, Child Development Center I, Building 4024. Call 361-7713.

**BOATER SAFETY COURSE**, 1 to 5 p.m., Outdoor Recreation Center, Building 4050. Cost is \$10. Certification is required from the prior to boat reservation. Open to participants 18 and older. Call 361-6349.

**SUMMER SIZZLER FITNESS WORKOUT**, 10 a.m. to 2 p.m., Physical Fitness Center, Building 3709. Classes are offered at no cost except Zumba which is \$7. Call 353-7223.

### Sunday - 22nd

**DENALI WILDERNESS PRE-TRIP MEETING**, 10 to 11 a.m., Outdoor Recreation Center, Building 4050. Call 361-4089.

**LADIES SKEET SHOOT**, noon to 5 p.m., Fischer Skeet Range, Building 1172. Standard costs apply. Call 353-7869.

**ATV SAFETY COURSE**, 1 to 5 p.m., Outdoor Recreation Center, Building 4050. Open to participants ages 18 and older signed up for ORC trips. Call 361-6349.

### Monday - 23rd

**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.

**DIVORCE AND PARENTING**, 1:30 to 3 p.m., Northern Lights Inn Conference Room, Building 3402. Call 353-6286/4248.

**BACKCOUNTRY COOKING CLINIC**, 6 to 9 p.m., Outdoor Recreation Center, Building 4050. Cost is \$5 and open to participants ages 16 and older. Call 361-2652.

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

### Tuesday - 24th

**ISSUES FAMILIES FACE WHEN THEIR MILITARY MEMBER DEPLOYS**, 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 Light Inn Conference Room, Building 3402. Call 353-4248.

### Wednesday - 25th

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

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

**TOUR OF UAF**, 1 to 6 p.m., Participants must be registered with CYSS and in grades 8 to 12. Participants will leave Youth Center, Building 4109 promptly at 1 p.m. Call 361-9377.

### Thursday - 26th

**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.

**MAGIC PARENTING**, 2 to 4:30 p.m., Northern Lights Inn Conference Room, Building 3402. Call 353-4248.

**SPRING IN TO SUMMER**, 6 to 8 p.m., Last Frontier Community Activity Center, Building 1044. Call 353-4227.

Email news to: [pao.fwa@us.army.mil](mailto:pao.fwa@us.army.mil)

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## For your information

### ARMY CAREER ALUMNI PROGRAM

Starting a Small Business class is today at the Post Library, Room 1, from 9 to 11 a.m. Learn specific principles for business success including tips on planning, marketing, record keeping, taxes, insurance, and financing your business. This class is offered once monthly and facilitated by a representative of the Small Business Association of Fairbanks.

A Resume Writing class will be held Thursday at the Post Library, Room 1, from 1 to 3 p.m. Need to write a civilian resume? This two-hour class teaches you the basic principles of writing a resume. Offered once monthly this class is facilitated by ACAP Staff. For more information call ACAP at 353-2113 or visit ACAP Express at [www.acapexpress.army.mil](http://www.acapexpress.army.mil)

### ARCTIC HEALTH LINK CLASSES

There will be a cholesterol class, Tuesday at Basset Army Community Hospital from 2 to 4 p.m. as part of the Arctic Health Link ongoing education and preventive care.

There will be a diabetes class Tuesday from 2 to 3:30 p.m. and a hypertension class Wednesday from 1:30 to 2:30 p.m.

Classes are free for all active duty and Tricare beneficiaries.

Classes are by appointment only and space is limited. For more information or to reserve space, call Arctic Health Link at 361-4148.

### FEEDING OUR FAMILIES

Families of deployed Soldiers are invited to a cookout Sunday at the Southern Lights Chapel from 5 to 7:30 p.m.

### POST-WIDE YARD SALE

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

### OFF-LIMITS TO MILITARY PERSONNEL

At the direction of the commanders of U.S. Army Alaska, Fort Wainwright and Eielson Air Force Base, the following Fairbanks locations are declared off-limits to military personnel assigned or attached to Fort Wainwright and Eielson AFB:

- Buy Our Stuff Incorporated**  
3550 Airport Way #201B
  - Mr. Rock and Roll** (Cushman Street)  
1452 Cushman Street
  - Mr. Rock and Roll II** (College Road)  
2016 College Road
  - Still Smoking Tobacco and Gifts**  
516 Old Steese Highway
- The policy letter is available at [www.wainwright.army.mil](http://www.wainwright.army.mil).



Jacob, son of Meagan and Spc. Matthew Mahler, 2nd Battalion, 8th Field Artillery Regiment, 1st Stryker Brigade Combat Team, 25th Infantry Division, checked a fire truck at last year's Safety Day. To remind everyone of the importance of safety while enjoying all of Alaska's recreational opportunities, the garrison Safety Office is sponsoring its annual Safety Day Thursday from 10:30 a.m. to 4 p.m. at the Exchange parking lot. Meet experts from the Safety Office and the Fort Wainwright Fire Department. The Fire Prevention staff will sponsor a bouncy hut for the kids and some of our family readiness groups will have snacks for sale. We're heading into the 101 Critical Days of Summer. Practice safety to ensure your summer is a safe one. For more safety tips, visit our Safety Office's website at [www.wainwright.army.mil/safety](http://www.wainwright.army.mil/safety) (File photo by Trish Muntean/Fort Wainwright PAO)

### SPORTS PHYSICALS

Walk-in patients will be seen for school and summer sports physicals June 4 from 10 a.m. to 2 p.m. Sports physicals will be available to Tricare beneficiaries two and older first come, first-served. Standard physical forms are available but if the school or program requires special forms, bring those along to the clinic. Immunizations will be available; bring shot records if needed.

School and sports physicals are usually good for a year, so if your child has not had one in the last six months, this is a good place to get them done in preparation for summer and the next school year.

During the sports physical mini-clinic, Army Community Service will have an information table in the hospital atrium to answer any questions. Fairbanks-North Star Borough Parks and Recreation information will be available.

### RETIREMENT CEREMONY SCHEDULED

A retirement ceremony for Sgt. 1st Class Chad M. Szych, 3rd Battalion, 21st Infantry Regiment, 1st Stryker Brigade, 25th Infantry Division, is slated for Thursday at 2 p.m. in the Last Frontier Community Activity Center. For more information, call Retirement Services, 353-2099.

### BIRTH ANNOUNCEMENTS

#### May 9

A son, Eli Phillips, was born to Rissa and Sgt. Joshua Phillips, D Company, 123rd Aviation Intermediate Maintenance, 16th Combat Aviation Brigade.

#### May 13

A daughter, Anneliese Elizabeth, was born to Kristy and Staff Sgt. Michael O'Brien, 1st Battalion, 24th Infantry Regiment, 1st Stryker Brigade Combat Team, 25th Infantry Division.

#### May 14

A son, Vernon Gavin, was born to Mary and Sgt. David Plata, 539th Transportation Company.

#### May 17

A daughter, Catherine Renee, was born to Rachel and Spc. Thomas Combs, 5th Squadron, 1st Cavalry Regiment, 1st Stryker Brigade Combat Team, 25th Infantry Division.

## JIMMADONNA'S ALASKAN PROSPECTORS

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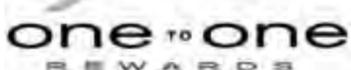
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