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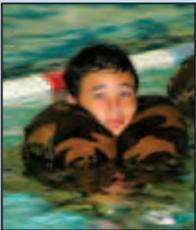
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WEEKEND WEATHER

Friday

Scattered showers
Low 43 High 70

Saturday

Partly cloudy.
Low 45 High 76

Sunday

Cloudy.
Low 48 High 74

Unrestricted visibility
NE winds 5 -10 mph

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

Alaskan Soldier casualties identified

Staff report, USARAK PAO



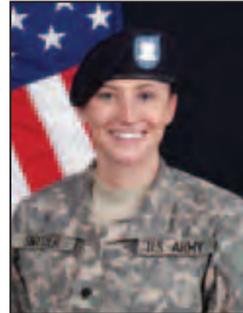
Sgt. Jeffrey C. S. Sherer



Pfc. Robert L. Voakes



Sgt. Joshua D. Powell



Spc. Devin A. Snyder



Cpl. Christopher R. Bell

The name of the Fort Wainwright Soldier who died in Afghanistan last week was announced by the Department of Defense.

Sgt. Jeffrey C. S. Sherer died June 2 of injuries sustained when enemy forces attacked his unit with an improvised explosive device in the city of Shah Joy in Afghanistan while conducting a mounted patrol in a Stryker vehicle. He was an infantryman assigned to the 1st Battalion, 24th Infantry Regiment, 1st Stryker Brigade Combat Team, 25th Infantry Division, Fort Wainwright, Alaska.

Sherer, 29, of Four Oaks, N.C., joined the Army in December 2005 and served at Fort Irwin, Calif., and Fort Campbell, Ky., before arriving at Fort Wainwright in January 2010. He had one previous deployment to Afghanistan from March 2008 to May 2009.

Seven other brigade Soldiers were wounded in the same incident.

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

The next of kin have been notified.

The names of the four Joint Base Elmendorf-Richardson Soldiers who died in Afghanistan Saturday were announced by the Department of Defense. Sgt. Joshua David Powell, Cpl. Christopher Roger Bell, Spc. Devin Arielle Snyder and Pfc. Robert Lee Voakes, Jr. were killed during an attack on their mounted patrol by insurgents using an improvised explosive device. The four military policemen were assigned to the 164th Military Police Company, 793rd Military Police Battalion, 3rd Maneuver Enhancement Brigade.

Powell, 28, of Quitman, Texas, joined the Army in May 2004, and served at Fort Leonard Wood, Mo., and Fort Carson, Colo., before arriving

in Alaska in February 2011. He had two previous deployments to Iraq and Afghanistan.

Bell, 21, of Golden, Miss., joined the Army in July 2008 and served at Fort Leonard Wood, Mo., before coming to Alaska in January 2009.

Snyder, 20, of Cohocton, N.Y., entered the Army in August 2008 and served at Fort Leonard Wood, Mo., before coming to Alaska in February 2009.

Voakes, 21, of L'Anse, Mich., entered the Army in November 2009 and served at Fort Leonard Wood, Mo., before coming to Alaska in April 2010.

The attack took place while on patrol in the Laghman Province, Afghanistan Saturday morning.

The 164th Military Police Company deployed to Afghanistan in late-March for a one-year tour in support of Operation Enduring Freedom.

The next of kin have been notified.

House fires cause damage, no injuries

Staff Report, Fort Wainwright PAO

There were two fires in post housing last week. The first occurred Sunday evening. A single unit, at 4502 Buckeye Lane, was fully involved. No damage occurred in adjacent units and families residing in those units have been able to remain in their homes. The second fire occurred Tuesday evening. A single unit at 3977 Sequoia Drive, was fully involved. Smoke damage occurred in three of

the adjoining units. Families living in undamaged units have been able to return to their homes.

With both fires, the families and all pets living in the homes, as well as all emergency personnel who responded to the blaze are safe and accounted for. No injuries were reported as a result of the fires. North Haven Communities' team members are working to ensure the displaced families have temporary living arrangements until a permanent relocation solution is identified.

The Red Cross of Alaska is assisting families with their disaster-caused needs.

The cause of both fires remains under investigation.

[More on Page 6](#)

5-1 Cav stocks the cupboards at ASYMCA food pantry

Trish Muntean, Fort Wainwright PAO

In early May, the cupboards of the Armed Services YMCA food pantry were looking a bit bare after being hit hard from mid-March to the end of April with about 25 families using the service.

The food pantry assists service members in need, with most people seeking help due to special circumstances or simply problems adjusting to the cost of living in Alaska.

Katrina Sczesny, Fairbanks ASYMCA program coordinator, put out a call for help at the monthly community action council meeting May 4 and the 5th Squadron, 1st Cavalry Regiment, 1st Stryker Brigade Combat Team, 25th Infantry Division answered.

A food drive to help the ASYMCA was a good project for the Soldiers of the rear detachment and the family support group, said Cyndi Raugh, the family readiness group advisor for 5-1st, 1-25th SBCT. "We are always looking to build esprit de corps in the squadron."

"The squadron is family, but it is a great way to pull everyone together and make them feel like they are a part of something bigger than themselves and it supports the community," she said.

Capt. Roger Dallman III, the rear detachment commander for the squadron suggested making it a competition and briefed the Soldiers and spouses at the next FRG meeting. "We said we were going to do it and then just sat back and watched the pile grow."

"We have just a tremendous group of spouses," Dallman said. "Families from the Lower 48 were sending gift cards; we had over \$100 worth of gift cards sent up. Notes saying 'I can't donate cans obviously because of the cost, but here is a gift card to Walmart; go buy some food'. A \$50 gift card to Walmart will buy a lot of baby food. Things like that made it easy."

Lacey Keene, spouse of 1st Sgt. Shawn Keene and the FRG leader for A troop, was excited and proud that her group had won the competition

with about 690 items donated.

"We all just jumped on it and got involved," she said. "The whole squadron did an awesome job."

"Overnight it was just a tremendous amount of support. They were really into it," Raugh said. She plans to organize another food drive when the pantry gets low again.

The Soldiers and families collected over \$4000 in food, about 2,236 items, Dallman said.

"Seeing the soldiers and their families carrying in two truckloads of food is an amazing feeling," Sczesny said in the June edition of the ASYMCA newsletter. "Our hearts are touched and words cannot accurately express our gratitude."



In early May, the cupboards of the Armed Services YMCA food pantry were looking a bit bare, but not anymore. Thanks to 5th Squadron, 1st Cavalry Regiment, 1st Stryker Brigade Combat Team, 25th Infantry Division the shelves are full once more. The Soldiers and their families donated food worth \$4,000 after holding a squadron food drive in May. (Courtesy photo)

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Commander's column

Col. Timothy A. Jones, Garrison commander

U.S. Army's 236th Birthday



At the outbreak of the Revolutionary War, June 14, 1775 the Army was established by a resolution of the Continental Congress of the 13 colonies that would become the United States of America. The strength of our infant nation was the Army. The strength of our Army was the Soldiers and their families who fought tyranny and oppression to form a more perfect union the United States of America.

Brave militiamen fought to defend freedom and defeat injustice for a new nation to rise up from oppression. Wives and daughters tended the wounds of the injured and even manned the cannons of the new Continental Army. In their hearts, they carried a spirit of revolution – a sheer determination and the will to sacrifice for their freedoms.

Today, Soldiers and their families continue to serve, sacrifice and defend freedom and defeat injustice, in Iraq, Afghanistan and the world. The sacrifice of the families of more than 4,000 U.S. Army Alaska and Fort Wainwright Soldiers should be celebrated Tuesday, June 14, 2011, the U.S. Army's 236th Birthday, and every day.

This year's Army Birthday celebration theme is "America's Army: The Strength of the Nation."

Local celebrations begin Sunday in Fairbanks with a riverboat cruise hosted by the Association of the United States Army at 6:30 p.m. Tickets are \$30 for adults and \$15 per child 12 to 18; kids 11 and younger are free. The cost includes a barbecue and cake. Door prizes will be given. For cruise information or tickets contact your unit AUSA representative or Linc Hawkes at 378-1217.

Next week, I encourage Fort Wainwright's Soldiers, family members and civilian personnel to join in the United States Army's 236th birthday celebratory events around post.

Beginning Monday and continuing throughout the week, Child, Youth and School Services will assist our Army Family members in making crafts, reading and sharing stories and learning about the Army's proud history.

There will be an Army-themed scavenger hunt, patriotic art projects, kite-making, an exhibit of the artworks at the Youth Center; an obstacle course for the children will be set up at Child Development Centers 1 and 2 and the Youth Center. In Family Child Care homes look for a "Hero" board display created by the children.

Parents will be invited to participate in many of the activities, such as "talk about your Army job" day, Wednesday; and the Parent Social, Friday at the School Age Center.

Parents can check with their child's providers for information on CYSS Army Birthday activities.

What would a birthday celebration be without cake? Birthday cake will be available at each of the CYSS facilities Thursday and at the dining facility during lunch, Tuesday.

Fort Wainwright's Soldiers, family members and civilian employees are all invited to come out for lunch Tuesday, at the North Star Consolidated Dining Facility. The celebratory feast includes eggplant parmesan, pulled pork sliders, grilled steak with onions, Asian barbecue turkey, chicken fajitas and calzones as well as a wide array of salads. Festive desserts include red, white and blue parfait and peach shortcake. The Army Birthday lunch will be available from 11:30 a.m. to 1 p.m. Tuesday.

Save room for birthday cake.

If you have a question or issue you would like to see addressed in the Garrison Commander's column, please email the Public Affairs Office at linda.douglass@us.army.mil.

MEDDAC commander

Col. George Appenzeller, MEDDAC-AK commander

MEDDAC-AK Q & A



Question: How do I keep from getting E. coli food poisoning?

Answer: E. coli has hit the news once again as a dangerous and potentially deadly source of food poisoning. We have all heard the stories and remember the hamburger, apple juice and other episodes of contaminated food and water, but it is probably best to talk about what E. coli is first. E. coli is the abbreviated name of the bacterium in the Family Enterobacteriaceae named Escherichia (Genus) coli (species). It is present in virtually every human and animal intestinal system. The bottom line is that E. coli is everywhere that animals are so every time we eat, drink or touch anything, there is a chance that it will be there with us. It is not all doom and gloom though because most strains of E. coli cause no issues or only mild illness, such as "traveler's diarrhea."

However, a rare strain of E. coli that gets a lot of "press" because it can cause severe disease is E. coli O157:H7. Most strains that cause problems adhere to the intestinal wall and produce toxins or damage the microvilli, generally causing the intestines to secrete more fluids and water, causing diarrhea. E. coli O157:H7, on the other hand, invades the intestinal wall, resulting in inflammation, bloody diarrhea and even frank hemorrhage. Additionally, it can lead to what is known as hemolytic-uremic syndrome, or HUS, which can cause destruction of red blood cells, bleeding, kidney failure and sometimes seizures and liver problems. HUS is more common in children, but can happen in adults, as well.

Just remember, if you like your meat and especially hamburgers, rare, you are taking a significant risk. It is also important to realize that meat may not be the only source of contamination with E. coli or other dangerous bacteria - any contaminated water source or contaminated person can load these bacteria onto vegetables, etc. So, it is a good idea to be careful with everything - wash fresh fruit, vegetables or other fresh foods thoroughly before eating.

Simple things to reduce the risk of infection from E. coli O157:H7:

1. Always clean any surface that has come in contact with raw meat, before any other item is placed on that surface.

2. Always thoroughly wash your hands after handling raw meat, and before you handle any other utensils or other food items.

3. Never use the same plate, tray or utensils for the cooked meat that you use for the raw meat - unless you thoroughly wash the plate, tray or utensils in-between.

4. Always cook meat, especially ground meat, until the juices run absolutely clear - pink is not good enough. In fact, it is necessary for the internal temperature of a hamburger patty to reach 160 degrees F to kill all of any contaminating E. coli.

5. In daycare centers, schools, etc., any small children with diarrhea should be carefully handled and kept separate from all well children. All diapers, and any soiled clothing should be kept separate from all well children. Caregivers, teachers, and healthcare personnel should practice strict hygiene at all times, regardless of the health of the children.

Your health is very important to us and we are always happy to help you stay well.

If you have any questions, do not hesitate to call or come by the hospital, or visit Arctic Health Link in the medical library. The hospital information line may be reached by calling 361-5172.

June is National Men's Health Month

By Karen A. Fell, RNC, Bassett Army Community Hospital



The month of June is National Men's Health Month, focusing on improving the health and wellbeing of men, boys and their families. The goal of National Men's Health Month is to heighten the awareness of preventable health problems and encourage early detection and treatment of disease among men and boys. This year, wear blue, to help promote awareness and support Men's Health Month, reminding men of the importance of staying healthy.

Men die at higher rates than women from the top 10 causes of death including heart disease, stroke, cancer and diabetes (Centers for Disease Control). On average, American men live sicker and die younger than American women. Men typically do not take care of themselves as well as women and are more likely to engage in unhealthy behaviors, meaning that more than half of premature deaths among men are preventable.

Men can take many steps to improve the quality and length of their lives. First, they should eat a healthy diet with plenty of fruits,

vegetables, whole grains and low-fat foods. Men should also be careful to limit cholesterol intake and avoid saturated fats. Second, increasing physical activity to 30 minutes a day five times a week benefits overall health and reduces the risk of developing chronic conditions. Physical activity also helps men to maintain a healthy weight. Third, drinking eight 8-ounce glasses of water per day and limiting alcohol to two drinks per day also improves health. Additionally, quitting tobacco and minimizing exposure to second-hand smoke are two important steps to take in improving health. Fourth, engaging in safe practices like wearing a seatbelt in the car or wearing a helmet on a bike or motorcycle, in addition to practicing safe sex will also have a positive impact on overall health. Finally, managing stress or depression and getting appropriate help when needed goes a long way in reducing health risks.

Starting at age 20, there are several early screening exams that men should get, including a physical exam every two years, blood-pressure measurement every year,

a skin test for tuberculosis every five years, rectal exams every year, screenings for sexually transmitted infections and self testicular exams. Beginning at age 40, men should perform the above screenings as well as a baseline electrocardiogram, a hemocult testing for blood in the stool, a chest x-ray for smokers and blood tests for testosterone levels, diabetes, cholesterol, kidney and thyroid dysfunction. At age 50, in addition to the above screenings, men should add a prostate specific antigen (PSA) test to detect abnormal levels. Of course, if you have a family history of a specific disease, earlier screening, in collaboration with your healthcare provider, is always recommended.

Just by making small changes in health practices, men can enjoy a huge benefit to overall health and wellness. Take control of your health, take care of your body and seek treatment when needed. Improve your quality of life through healthy living. For more information call 361-4148 or go online to www.menshealthmonth.org/.

LEGAL NOTICE

Anyone having claims against or who is indebted to the estate of Spc. Bradley L. Melton, 73rd Engineer Company, 1st Stryker Brigade Combat Team, 25th Infantry Division, may contact 1st Lt. James S. Desjarlais, 2nd Battalion, 8th Field Artillery Regiment, 1-25th SBCT, by calling 353-1630.

Anyone having claims against or who is indebted to the estate of Pvt. Cheizray Pressley, of 73rd Engineer Company, 1st Stryker Brigade Combat Team, 25th Infantry Division, may contact 1st Lt. Krystel Harrell, Headquarters and Headquarters Company, 1-25th SBCT, Fort Wainwright, Alaska 99703, by calling 353-3477.

Anyone having claims against or who is indebted to the estate of Pvt. Larmarol J. Tucker of 73rd Engineer Company, 1st Stryker Brigade Combat Team, 25th Infantry Division, may contact 2nd Lt. Jonathan Stafford, 5th Squadron, 1st Cavalry Regiment, 1-25th SBCT, by calling (703) 986-9796.

The address for 1-25th SBCT points of contact: 3450 Ile de France, Fort Wainwright, Alaska, 99703.

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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:

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Mr. Rock and Roll (Cushman Street)
1452 Cushman Street

Mr. Rock and Roll II
2016 College Road

Still Smoking Tobacco and Gifts
516 Old Steese Highway

The policy letter is available at www.wainwright.army.mil.

ALASKA POST
Home of the Arctic Warriors

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pa.o.fwa@us.army.mil

The ALASKA POST - Home of the Arctic Warriors

Soldier, civilians join fight against cancer

Trish Muntean, Fort Wainwright PAO

Soldiers, family members and civilian employees from Fort Wainwright made a difference in the fight against cancer by participating in the American Cancer Society Relay for Life held at West Valley High School last weekend.

For Jeff Turkel, a dispatcher with the Fort Wainwright Fire Department, it was an emotional event. His wife, Janice lost her three-year battle with breast cancer April 7.

"It was really important for me to be here today. It was hard when I first saw all the memorials for my wife. I almost left. But it is important for me to be here. Janice couldn't be here this year so I'm here for her. If she could be here she would. It is just a special event for her."

"When she was first diagnosed and was doing her treatments in Anchorage, right off the bat the American Cancer Society in Anchorage reached out to her with wigs, books on dealing with cancer and debit cards to use for expenses, he said. "They were, especially in the early days, such great support. The money that is being raised here stays in Alaska. It is going to benefit other cancer patients and their families."



Lacie, daughter of Terri and Sgt. First Class Buford Mitchell, and Analicia, daughter of Cyndi and Lt. Col. David Raugh, walked and talked together at the Relay for Life June 3rd and 4th. The fathers of both girls are from 5th Squadron, 1st Cavalry Regiment, 1st Stryker Brigade Combat Team, 25th Infantry Division. (Photo by Trish Muntean/Fort Wainwright PAO)

"Janice was 48 when she passed," he said. "Almost exactly three years and a month since she had been diagnosed, three years since starting treatment."

Turkel said that she had led the survivor walk last year. "The first year when she was being treated in Anchorage she wasn't able to be here. The second year she didn't feel up to it. Last year, I wish you could see pictures."

"She marched in front of the survivor walk with even a bigger smile than she usually has and I hadn't seen her that happy in a long time," Turkel said. "She was very proud, acknowledging at that time that she was a survivor. She walked with a team, thought she was only going to do one lap. She did six laps and then stayed out here until like two in the morning, cheering people on and encouraging them."

"She looked forward to being here. As a matter of fact, this year she said, 'even if you have to put me in a wheelchair, I'm going to be there.' Unfortunately two months before that, she passed. It was so important for her to be here last year, amongst the survivors. She knew she had beaten the odds."

"Most people when they hear the word cancer and they have a spouse or a family member diagnosed with cancer, all you want to think is that is a death threat or a death sentence. We knew Janice's prognosis wasn't good but we didn't let that stand in the way of being positive. She never stopped fighting," Turkel said. "Even when we put her in the hospital and she did not have much longer to live, her attitude was 'I'm going to beat this'."

"She stayed positive through the whole thing. If we could just encourage people to stay positive, encourage them that cancer isn't necessarily the end. Yes, Janice only lived three years, but we had three years we never thought we would have," he said. "The doctors didn't think she would be around to see our grandson born, she got to cut his umbilical cord. She got to be there when Kaiden was born. She got to be there at my daughter and son-in-law's wedding. She got to be there and see Kaiden when he was almost two years old. Things that the doctors didn't think she would have."

"Every day that someone who has cancer is still alive, it is a gift," Turkel said. "We looked at it as a gift from God."

Many units from Fort Wainwright were represented, with 5th Squadron, 1st Cavalry Regiment, 1st Stryker Brigade Combat Team, 25th Infantry Division the most visible in their tent with the Greco-Roman columns and the red and white guidon in front.

"I am always a great fan of Relay for Life. It is a great opportunity for fundraising and exercise and something you can do with the family," said Cynthia Raugh, the Family Readiness Group advisor for 5-1.

"I have always participated wherever I've gone, whichever duty station. It is always a wonderful event to come out and share. Having had family members who have lost their battle with cancer, it is a great way to remember them."

"It is tradition at this point; it is what the CAV does," said Capt. Roger Dallman, III, the squadron's rear detachment commander.

"It is one of those things that the command team believes firmly that if you keep the Soldiers on rear d occupied, doing positive things, you keep a positive attitude," he said.



Walking with friends made the evening a bit easier for some at the Relay for Life. Jeff Turkel lost his wife Janice to breast cancer April 7 and George Rimiller's mother Wanda died of complications of lung cancer five years ago. Turkel is a dispatcher at the 911 Center on Fort Wainwright and Rimiller is the 911 Center supervisor. (Photo by Trish Muntean/Fort Wainwright PAO)

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Father-son team deploys to Afghanistan

Spc. Thomas Duval, 1-25th SBCT PAO

FORWARD OPERATING BASE LAGMAN, Afghanistan – For as long as there has been an Army there have been stories of triumph, stories of loss and often time-embellished stories told by a grandfather to his grandchildren or a father to a son or daughter who sat wide-eyed hanging on every word.

Many children will grow up to remember these stories for what they truly were, a faint memory embroidered with heroics and relived at family gatherings. But for the Crist family the stories told and memories cherished will be those of a deployment shared by a father and son.

Like many children, Spc. Daren Crist followed in his father's footsteps making sure not to fall too far behind.

"I wanted to follow the same path as my dad," he said.

After enlisting in the Army in 2008, nearly 20 years after his dad Master Sgt. Brian Crist, the soon-to-be imagery analyst was shipped off to basic training in Fort Leonard Wood, Mo., followed by advanced individual training at Fort Huachuca, Ariz., and then his first permanent duty station at Fort Sam Houston, Texas.

Daren's path was headed in a different direction than his father's, who had enlisted in 1987 to be a wheeled-vehicle mechanic, but it wasn't long before the two paths would realign.

As his original commitment to the Army entered its final two years, a window opened for Daren to serve next to his father. He jumped at the opportunity despite the fact that his dad's unit, the 1st Stryker Brigade Combat Team, 25th Infantry Division was gearing up for a deployment to Afghanistan.

"It's not every day a Soldier gets the opportunity to deploy with [his] dad," the 20-year-old said.

"He left his cushy assignment at Fort Sam to re-enlist and come to the Stryker Brigade and deploy to Afghanistan," the 24-year Army veteran and senior career counselor for the 1/25 SBCT said. "It makes me feel great."

Since deploying to southern Afghanistan in April the two have continued their commitment to one another, making sure to see each other every day.

"It's awesome," said Daren, a Governor, N.Y., native. "I get to see my best friend every day."

"If he was in another location and I didn't have eyes on him I would worry," Brian said. "Knowing that we have the ability to see each other every day makes it easier."

On June 1, Daren and his dad shared a once-in-a-lifetime experience for them as the young specialist pinned his dad with the rank of master sergeant.

"It's the best feeling in the world to have your son promote you in a combat zone," Brian said.

The promotion not only symbolized a lifetime of dedication by Brian but also set the bar for Daren.

"Seeing how everyone in my dad's office respects him and how they view him is definitely motivating," the imagery analyst said. "[His promotion] definitely gives me something to work toward."

Although they both agree that the deployment together has strengthened their bond there are still times where the line between being a dad and a senior noncommissioned officer is tested.

"Growing up I would get the NCO talk and then five minutes later I would get the dad talk," Daren laughed.

"There are the normal things you see as a dad that you want to step in and help but I know I can't. I have to let him find his way," Brian said. "At the same time I haven't ever had to intervene because of his outstanding leaders."

No matter how gray or thin the line may get for the Crist battle-buddy team, the expectations from father to son are still clear.

"As a parent you want your child to do the best they can," Brian said. "As an enlisted soldier I want him to be master of his craft, know what his [military occupational specialty] is and strive to be the best."

Just like every story, the Crist family deployment will have an end but it's a story they look forward to retelling in the years to come.

"To be able to sit down in 10 or 15 years and talk about our deployment is going to be an exciting experience," Brian said.



Master Sgt. Brian Crist, the senior career counselor for the 1st Stryker Brigade Combat Team, 25th Infantry Division, wraps his arm around son Daren Crist, an Imagery Analyst for the 1/25th SBCT at Forward Operating Base Lagman, June 6. The Crists' are deployed to Afghanistan together. (Photo by Spc. Thomas Duval/1-25th SBCT PAO)

Students participate in leadership camp, discover military opportunities

Allen Shaw, Fort Wainwright PAO

Junior Reserve Officer Training Corps students from Lathrop and North Pole high schools were on Fort Wainwright Saturday for military day. The group came together for a leadership camp June 1 through 8. They spent eight days at Lost Lake Camp near Fairbanks with a variety of instructors and mentors to work on leadership skills and test their abilities.

One of the activities included an obstacle course known as the COPE course, which stands for Challenging Outdoor Personal Experience. The students rappelled off a 60-foot tower, slid down zip-lines, walked over wire bridges and climbed 30-foot-high telephone poles. "The idea is to test their abilities so they can achieve greater things than what they think possible," said Chief Warrant Officer 3 Myron Garrett, Lathrop Army JROTC.

Besides the instructors during military day



Sgt. Ike has Lathrop student Jason Crook contained during a K9 demonstration at Fort Wainwright June 4. The handler, Spc. Sergio Alba, 472nd Military Police Company was there to demonstrate for a group of high school students attending a leadership course June 1 through 8. "It felt great," Crook said, "It is good to know we have such strong animals willing to stop a running criminal. You run away from one of these dogs and you don't have a chance. They will take you down," he said. (Photo by Allen Shaw/Fort Wainwright PAO)

at Fort Wainwright, four Soldiers from the 1st Battalion, 52nd Aviation Regiment, 16th Combat Aviation Brigade served as mentors during the course. Spc. Louis Rosen, 1-52nd, said the Soldiers were demonstrating self-discipline and showing the students that with a proper education "the sky is the limit." "It's a privilege

to watch young people build a bond, push themselves and try to better themselves," Rosen said, "It's one of the best things you could ever see."

The Army JROTC at Lathrop High School and the Air Force JROTC at North Pole High School combined to have more than 40 students participate. They ranged from 8th graders going into 9th grade, sophomores, juniors and seniors. Col. Mike Rauenhorst, senior aerospace instructor at North Pole High School, explained that JROTC is an elective class in school. "They can sign up, they have certain requirements they have to meet and they must have a satisfactory grade to pass the program," he said. "If they fail the program standards, instructors have the right to discipline and could keep them out of the program the following year."

"We do everything in our power to help them succeed," he said. "We are not a military recruitment program; our goal is to show them all the different opportunities available in the state."

During military day, the students spent time with Stan Olszewski, Melaven pool manager, for water survival training. They learned what to do in unexpected water situations and how to use military clothing as flotation devices. "We are doing this to prepare them for a two-day, overnight float trip," said Rauenhorst.

Other activities the students participated in during military day, was a tour of the aviation brigade, an Alaska Fire Service smokejumper demonstration and a demonstration by the military police K9 corps. Students watched intently, asked questions and were then given the opportunity to don the protective gear and run from Sgt.

Ike, a German shepherd narcotics detection dog. Lathrop student Jason Crook experienced what it was like being on the wrong end of the law in a flee situation. "It felt great," he said. "It is good to know that we have such strong animals willing to stop running criminals. You run away from one of these dogs, you don't stand a chance,



JROTC students from Lathrop and North Pole high schools stand in formation outside Melaven Physical Fitness Center Saturday preparing for military day at Fort Wainwright. The students who attended a week-long leadership course were on post to receive water survival training before taking an overnight float trip on the Delta Clearwater River. (Photo by Allen Shaw/Fort Wainwright PAO)

they will take you down."

Sgt. 1st Class Timothy Kirby, kennel master, 472nd MPs, said he realized that a lot of these students may be interested in joining the military at some point in their lives and it's good to get the information out to them. "It's a chance to clarify what we do and how we train. It's great to get them (the students) out here to see us in action and see that there are different opportunities in the military."

The students seemed to enjoy the program and the activities. They were polite, attentive and respectful. Olszewski said, "Training young people like this has unspeakable rewards."

"Military-yes, education-definitely, showing the different things available-absolutely, but our main goal is building better citizens," said Rauenhorst.

Performer visits Fort Wainwright, rocks Fairbanks

Allen Shaw, Fort Wainwright PAO

Country superstar Trace Adkins brought most everyone to their feet during a concert at the Carlson Activity Center in Fairbanks Wednesday. Adkins, whose Brentwood, Tenn., home was destroyed by an electrical fire Sunday, decided to keep his commitments and perform as scheduled. No one was injured in the blaze and although he received an outpouring of support, asked friends and fans through his website www.traceadkins.com to direct their generosity to those who have lost everything in the wake of recent floods and tornadoes in the South.

When Capt. Charlea Allen, company commander, B Company, Warrior Transition Battalion presented Adkins with a plaque to show appreciation for his visit, she said, "It isn't much."



The family of Pfc. Bradley Melton, Veronica and daughter D'lyla, 3, get Trace Adkin's autograph during his visit to Fort Wainwright, Wednesday. D'lyla holds a doll with a picture of her father's face on it. "She carries around the doll, everywhere," Melton said. She said her husband will be excited to see the photo of them with Adkins, "we're going to put in our scrapbook so we can show him all the pictures when he gets back." Pfc. Melton serves with 1st Battalion, 5th Infantry Regiment, 1st Stryker Brigade Combat Team, 25th Infantry Division. (Photo by Brian Schlumbohm/Fort Wainwright PAO)

He smiled and said, "It is, because it's the only one I got," referring to the fact that all his numerous awards were lost in the fire.

"It does a lot for the morale of the Soldiers," Allen said, "It means so much to us. He's such a great guy." She told Adkins he was a wonderful advocate of the troops, a true patriot and "one of our brothers."

Adkins, who is a huge supporter of the military and spokesperson for the Wounded Warrior Project, took time out of his busy schedule to meet and greet Soldiers and family members at the Chena Bend Golf Course before the concert. Katherine Armon, whose husband Spc. Nicholas Armon, 25th Brigade Support Battalion, 1st Stryker Brigade Combat Team 25th Infantry Division, currently deployed in Afghanistan said, "It's just surreal. With (the Soldiers) being deployed, I didn't think that many cool things would be going on. It is just super nice of (Adkins) to come out and meet the families, even in the rain."

Adkins signed autographs and posed for pictures with the Soldiers and family members who greeted him with resounding applause and cheers. When asked why he felt it important to visit Fort Wainwright and bring awareness to the Wounded Warrior Project, he said, "It's a somewhat selfish endeavor on my part. I enjoy being in the company of heroes."

According to the website, Adkins is one of country music's most versatile and accomplished entertainers. His instantly recognizable baritone has earned 30 charted singles and 15 top ten hits gold, platinum and multi-platinum albums with total sales surpassing 10 million. He is a sought-after television personality, an accomplished actor, a world-class voiceover narrator and commercial spokesman and a successful author.

Literally an entertainment mega-star (he's 6' 6"), Adkins's stint on The Celebrity Apprentice earned him recognition beyond country music and his recent supporting role in The Lincoln Lawyer has carried that even further.

A member of the Grand Ole Opry, Adkins was raised on country and gospel and is known as a traditionalist who speaks his mind and honors the past. Hits such as "Every Light in the House Is On," "This Ain't No Thinkin' Thing" and "You're Gonna Miss This," feature the heart-felt sentiment that country music is known for. However, as his fans know, his range also extends to the rowdy side. Having played his fair share of honky tonks on his way up, it was obvious from the start that the rowdy barroom anthem, "Honky Tonk Badonkadonk" would become an across-the-board phenomenon, while his "All I Ask For Anymore," is a moving modern masterpiece that earned Grammy nominations for Best Male Country Performance and Best Country Song.

As his latest and rapidly-charting new single, "Just Fishin'" introduces a new album to be released by Show Dog - Universal Music in the Summer of 2011, Adkins continues to criss-cross the U.S. on tour, after a well-received jaunt to the Last Frontier.

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Crack goes the bat, and this year's softball season is in full swing...

A ball is launched towards the fence during a close game between the B Company, 5th Squadron, 1st Cavalry and the 1st Battalion, 52nd Aviation Regiment. Men's and Women's softball league games started Tuesday evening at the sports complex softball fields on Fort Wainwright. At the end, the 1-52 AVN won over Bravo Troop 5-1. In other games, MEDDAC won over DES/Fire Dept., C123 AVN won over the 9th Army Band and HHC 16th Cab won over AAFES. In the Women's league, Red Leg Hotties won over the Strikes and the 1-52 AVN lost to AAFES. Games will be played Tuesdays and Thursdays starting at 6:30 p.m. from now until mid-July. (Photo by Brian Schlumbohm/Fort Wainwright PAO)

what is it? when is it? where is it? *find it here!*

"Jazz on the Hill" proves to be fun for all



Directorate of Family, Morale, Welfare and Recreation hosted a special musical event, "Jazz on the Hill" at Birch Hill Ski and Snowboard Area on Fort Wainwright last Saturday evening. Open to the public and free of charge, the audience was entertained by the 9th Army Jazz Band, the Straight Ahead Band with drummer Gayelynn McKinney, Marion Hayden on bass and pianist Alina Morr. Gail Johnson played with the Straight Ahead band as well as internationally-known jazz saxophonist, Lord Yancy (pictured). Having just arrived in Alaska for the first time, Yancy shared some of his first impressions. "We were introduced to your state birds," said Yancy, "(mosquitos) that's one of those things you don't warn anybody about, right." (Photo by Brian Schlumbohm/Fort Wainwright PAO)

NAF sale

There will be a sale of Non-Appropriated Fund items today from 5 to 9 p.m. for all DoD cardholders. The sale will be open to the public tomorrow from 9 a.m. to 2 p.m. at Building 3020. For more information call, 361-7258.

North Haven Communities commits to the safety of Army families

Betsey Wooley, North Haven Communities

North Haven is committed to the safety of our residents, making the safety of Fort Wainwright Soldiers and their families a top priority. Since North Haven partnered with the Army to create and manage residential homes on Fort Wainwright, resources have been focused on fire safety.

North Haven has a fire safety plan for all of our residents which include fire extinguishers in all homes, resident fire safety training, and smoke detectors. In the two recent fires the fire suppression design worked effectively, preventing any damage to neighboring units. The families in all adjacent units experienced no damages and were able to remain in their homes. In addition to North Haven's preventative efforts, Fort Wainwright Fire Department is available for free fire inspections. For more information on Project Safeguard, call 353-9164.

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Friday - 10th

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

BOSS BIRCH LAKE CAMPING TRIP, June 10 to 12, Birch Lake, open to all active military and their families. Participants will need to bring camping gear and food. Call 353-7684.

NAF SALE, 5 to 9 p.m., Building 3020. Open to DoD cardholders only. Call 361-7258.

5 LOVE LANGUAGES, 10 to 11:30 a.m., Northern Lights Inn conference room, Building 3402. Call 353-4248.

Saturday - 11th

NAF SALE, 9 a.m. to 2 p.m., Building 3020. Open to the public. Call 361-7258.

FATHER'S DAY SHOOT, noon to 5 p.m., Fischer Skeet Range, Building 1172. Call 353-7869.

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

ZUMBA FITNESS, 1 to 2 p.m., Physical Fitness Center, Building 3709. Cost is \$7 per class. Call 353-7223.

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

MIDNIGHT SUN GOLF TOURNAMENT, 6 p.m., Chena Bend Golf Course, Building 2092. Cost is \$50 per person and includes commemorative shirt, cart and dinner. Green fees not included. Call 353-6223.

Sunday - 12th

CATHOLIC EDUCATION CLASSES, 9:30 a.m., Southern Lights Chapel

SUNDAY SCHOOL, 10 a.m., Northern Lights Chapel

ROMAN CATHOLIC MASS, 11 a.m., Southern Lights Chapel

PROTESTANT WORSHIP, 11 a.m., Northern Lights Chapel

GOSPEL BIBLE STUDY, 11 a.m., Bassett Army Community Hospital Chapel

PROTESTANT YOUTH OF THE CHAPEL, 5 p.m., Northern Lights Chapel

Monday - 13th

GROUP CYCLING, noon to 1 p.m., Physical Fitness Center, Building 3709. Call 353-7223.

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 the Northern Lights Inn at 9 a.m. Call 361-7713 or 361-7372.

THE LIBRARY AND THE DRAGON, 1 to 3 p.m., Last Frontier Community Activity Center, Building 1044. Call 353-4137.

NATIONAL TRAILS MONTH SPEAKER SERIES, 6 to 7 p.m., Last Frontier Community Activity Center, Building 1044. Call 353-7755.

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

SAFETY CLASS, 6 p.m., Auto Skills Center, Building 3730. Call 353-7436.

ZUMBA FITNESS, 6 to 7 p.m., Physical Fitness Center, Building 3709. Cost is \$7 per class. Call 353-7223.

Tuesday - 14th

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

GROUP CYCLING, 6:30 to 7:30 a.m., Physical Fitness Center, Building 3709. Call 353-7223.

CUDDLE CURE CLASS, 6:30 to 8:30 p.m., Child Development Center I, Building 4024. Call 361-7713.

Wednesday - 15th

CARDIO SCULPT: STRENGTH AND CARDIO, 5 to 6 p.m., Physical Fitness Center, Building 3709. Call 353-7223.

HOUR OF POWER: GROUP STRENGTH, noon to 1 p.m., Physical Fitness Center, Building 3709. Call 353-7223.

BABY AND ME, 2 to 3:30 p.m., Post Library, Building 3700. Call 353-2642.

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

Thursday - 16th

AURORA SPOUSES, noon to 1 p.m., Northern Lights Inn, Building 3402. Call 353-4333.

GROUP CYCLING, 6:30 to 7:30 a.m., Physical Fitness Center, Building 3709. Call 353-7223.

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 the Northern Lights Inn at 9 a.m. Call 361-7713 or 361-7372.

SCREAM-FREE PARENTING, noon to 1 p.m., Northern Lights Inn Conference Room, Building 3402. Call 353-4248.

THE LIBRARY AND THE DRAGON, 1 to 3 p.m., Last Frontier Community Activity Center, Building 1044. Call 353-4137.

THOR ART THURSDAYS, 4 to 6 p.m., Post Library, Building 3700. Call 353-4137.

CUSTOM PICTURE FRAMING CLASS, 5:30 to 8 p.m., Arts and Crafts Center, Building 3727. Cost is \$35 and includes all materials. Participants should bring a 5-by-7 picture to frame. Open to DoD cardholders ages 16 and older. Call 353-7520.

ZUMBA FITNESS, 6 to 7 p.m., Physical Fitness Center, Building 3709. Cost is \$7 per class. Call 353-7223.

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For your information

NORTH HAVEN DAY AT THE BALLPARK

Soldiers and family members are invited to attend the second annual North Haven Day, Sunday at 1 p.m. at Crowden Park. Cheer on the Alaska Goldpanners as they go up against the Anchorage Bucs.

For more information, call 356-7000.

ARE YOU "THAT GUY"?

Representatives from "That Guy" will be on Fort Wainwright during the week to meet with commanders about helping reduce alcohol problems. The Defense Department-funded program is also seeking Soldiers with ranks private through specialist or corporal to record stories of outrageous, alcohol-induced behavior. Volunteers who want to share stories for their "That Guy Busted" website should wear civilian clothes and attend the taping at 6 p.m. Tuesday in the Warrior Zone, Building 3205. Additional information can be found at www.thatguy.com/

For information about telling a story, contact Cheryl Adamson at 353-1381.

BECOME A WARRANT OFFICER

A warrant officer recruiting team from the Special Operations Recruiting Battalion will brief on qualifications and application procedures, June 23 and 24 from 10 a.m. to 2 p.m. at the Education Center Annex, Building 2107, room 106.

For more information contact Master Sgt. Phillips at (312) 536-0458 or Shawn.phillips@usarec.army.mil

POST-WIDE YARD SALE

The next post-wide yard sale is scheduled for June 25 from 8 a.m. to 4 p.m. For more information, about yard sales in housing, call 356-7000. For information about unit and organization sales and selling at the Lemon Lot on post, call 353-6612.

OPERATION: MILITARY KIDS

Operation: Military Kids is the U.S. Army's collaborative effort with America's communities to support children and youth of military families impacted by the Global War on Terrorism. State 4-H military liaisons lead OMK State Teams in 49 states in partnership with Military Child and Youth Programs, the Military Child Education Coalition, Boys and Girls Clubs of America, the National Association of Child Care Resource and Referral Agencies, the American Legion, schools and churches. These and other community organizations are joining Army Child, Youth and School Services to support military youth before, during and after the deployment of a parent or loved one. Visit www.operationmilitarykids.org for more information or call 474-1909.

BICYCLE SAFETY REMINDER

Fort Wainwright friends and neighbors need to watch for bicycle riders: Please drive slowly and be extra-cautious and observant.

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

Garrison Commander's policy #9 states:

- The wearing of helmets that have been approved by the Department of Transportation, Snell Memorial Foundation or the American National Standard Institute is required when operating a bicycle on the installation.
 - During the hours of darkness and restricted visibility, bicycle riders will wear reflective vest or band. It must be worn on the upper body and be visible from the front and rear. They must also be equipped with headlights and taillights that are visible for 300 feet.
 - The use of headphones or earphones is prohibited while riding on roads and streets.
 - Riding on handlebars, carrying racks and center bars is prohibited.
 - Bicyclists must comply with all state traffic laws while operating on an Army Installation.
- For more information on bicycle safety, call the Garrison Safety Office at 353-7085.

LODGING RATES CHANGE

Lodging rates on Fort Wainwright have changed for the summer season. A family suite is \$141.50 per night and an extended state guest room is \$131.50. For more information, call 353-3895.

YARD OF THE MONTH

Each month the North Haven Community staff will be looking for yards that are above community standards and residents who show outstanding care for their individual area. One overall winner and two honorable mentions will be selected from North Post and South Post.

Each winner will display a "Yard of the Month" sign, photos in the newsletter, a signed certificate by the garrison commander and a gift card.



Diane Wood, wife of Col. Todd Wood, commander, 1st Stryker Brigade Combat Team, 25th Infantry Division, presents her trophy to Hunter Schoen, 14, son of Teresa and Capt. Scott Schoen, 25th Brigade Support Battalion, 1-25th SBCT, after the "FMWR and DeCA Family Fun Run 5K" Saturday at the Physical Fitness Center. Wood, who won the race for her age group, said seeing Hunter, a member of the Exceptional Family Member Program, and his mother participate in and complete the race was a big encouragement to her after some difficult weeks. "Fitness is a big part of how I cope with deployments," Wood said. "It was wonderful to see Hunter and Teresa out there doing the same thing." Teresa Schoen pushed Hunter in his chair for part of the race but he walked across the finish line and was thrilled to receive the trophy Wood gave him. "It was wonderful," Teresa Schoen said. "It really was so great. I had tears in my eyes." (Courtesy photo)

ARMY BIRTHDAY LUNCH

Celebrate the 236th Army Birthday with a special Army birthday lunch at the North Star Dining Facility, Tuesday from 11:30 a.m. to 1 p.m. The cost is \$7 per person and the menu is filled with tasty treats.

For more information visit www.wainwright.army.mil or call 361-6646.

MOSQUITO MEANDER FUN RUN

The 19th Annual Mosquito Meander fun run is tomorrow at 10 a.m. and starts at the East gate of the parking lot area.

This is a 5K fun run/walk and families are encouraged to participate. Strollers, bikes, rollerblades and dogs on leashes are all welcome to join in.

For more information visit www.fcaalaska.org or call 456-4729.

BIRTH ANNOUNCEMENTS

May 26

A daughter, Annika Grace, was born to Grace and Capt. Nicolas Gonzalez, Medical Department Activity-Alaska.

May 28

A daughter, Ava Ann Marie, was born to Yvette and Spc. Christopher Riley, 5th Squadron, 1st Cavalry Regiment, 1st Stryker Brigade Combat Team, 25th Infantry Division.

May 29

A daughter, Peyton Lynn, was born to Jenny and Spc. Jason Marks, Headquarters and Headquarters Company, 25th Brigade Support Battalion, 1st Stryker Brigade Combat Team, 25th Infantry Division.

June 1

A daughter, Kylie Katherine, was born to Allyson and Airman 1st Class Jordon Calhoon, Detachment 1, 3rd Air Support Operation Squadron.

A daughter, Ariyuanna Dezerai, was born to Chelsea and Spc. Adrian Herron, B Company Warrior Transition Battalion.

June 2

A daughter, Emma Marie Margrett, was born to Katie and Pfc. Joshua Bean, 5th Squadron, 1st Cavalry Regiment, 1st Stryker Brigade Combat Team, 25th Infantry Division.

A daughter, Emily Anna-Jane, was born to Nicole and Sgt. Robert McDaniel, 539th Transportation Company.

A son, Landon Cash, was born to Brittany and Pvt. Dean Haniff, 2nd Battalion, 8th Field Artillery Regiment, 1st Stryker Brigade Combat Team, 25th Infantry Division.

ARCTIC HEALTH LINK

Arctic Health Link located and staffed by Bassett Army Community Hospital offers a wide variety of programs to promote healthy lifestyles such as; Asthma and Allergy Awareness, Cholesterol Education Class, Diabetes Awareness Class, Hypertension Management Class, Tobacco Use Cessation Class and the Take Care of Yourself Class. All Tri-care beneficiaries are eligible to utilize the services provided by Arctic Health Link. Eligible beneficiaries can call Arctic Health Link directly to take advantage of the services offered and no referral is needed.

The Arctic Health Link office is located in the medical library at Bassett Army Community Hospital is open Monday through Friday from 7:30 a.m. to 4:30 p.m. The office is closed for lunch from noon to 1 p.m.

For more information, call 361-4148.

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- Tuesday – Triple Tickets

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2009	Ford Expedition E/B 4X4.....	F5211.....	\$34,477
2007	Ford Expedition EL 4X4.....	F5075.....	\$23,777
2009	Ford Explorer 4X4.....	F5212.....	\$25,777
2007	Ford Explorer E/B 4X4.....	F5163.....	\$21,577
2008	Ford F-150 Lariat 4X4 CC.....	F5220.....	\$31,777
2006	Ford Ranger XLT 4X4 SC.....	C5026.....	\$15,277
2003	GMC Yukon 4X4.....	F5049.....	\$11,977
2006	Honda Accord Cpe.....	C5105.....	\$15,977
2008	Kia Optima Sdn.....	F5098.....	\$12,977
2009	Kia Rio Sdn.....	F5221.....	\$11,877

2009 KIA RIO SEDAN
Under Warranty.
Over 37 MPG.
#F5227

\$11,377 or **\$168⁴⁴** Mo \$500 Down
72 Mo @
3.65% OAC

2008	Kia Rondo SUV.....	F5145.....	\$15,777
2009	Kia Spectra Sdn.....	F5112.....	\$12,377
2005	Kia Sportage SUV 4X4.....	F5114.....	\$10,977
2009	Nissan Altima Sdn.....	F5131.....	\$17,777
2008	Nissan Altima Sdn.....	F5144.....	\$18,577
2011	Nissan Altima Sdn.....	F5148.....	\$23,977
2009	Nissan Altima Sdn.....	F5210.....	\$18,777
2008	Nissan Altima Sdn.....	F5140.....	\$18,777
2010	Nissan Altima SL 2.5.....	F5232.....	\$26,877
2011	Nissan Titan SL 4X4 CC.....	F5175.....	\$36,777

2009 NISSAN CUBE
One Owner, Low Miles.
More Than 32 MPG
#F5127

\$16,277 or **\$244³³** Mo \$500 Down
72 Mo @
3.65% OAC

2009	Nissan Cube.....	F5128.....	\$16,777
2009	Nissan Cube S Series.....	F5142.....	\$16,277
2010	Nissan Frontier.....	F5237.....	\$26,577
2009	Nissan Pathfinder SE 4X4.....	F5236.....	\$26,977
2010	Nissan Titan SE 4X4 CC LWB.....	F5204.....	\$29,977
2008	Nissan Titan 4X4 CC.....	C5050.....	\$25,977
2009	Nissan Titan 4X4 CC.....	F3993.....	\$25,977
2010	Nissan Titan 4X4 CC.....	F5004.....	\$30,777
2000	Toyota Tacoma 4X4 Ext Cab.....	F5233.....	\$10,677
2000	Toyota Tacoma V6 4X4 Ext Cab.....	F5035.....	\$9,977

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