

# ALASKA POST

Home of the Arctic Warriors

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## WEEKEND WEATHER

### Friday

Mostly Cloudy  
Rain likely  
Low 50 High 75  
East winds to 10 mph

### Saturday

Sunny  
Low 54 High 85  
West winds 10 to 15 mph

### Sunday

Sunny  
Low 50 High 75

Forecast courtesy of the National Oceanic and Atmospheric Administration

## Stryker Soldiers killed in Afghanistan

Staff Report, U.S. Army Alaska PAO

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



Master Sgt. Kenneth B. Elwell

Sgt. 1st Class Kenneth B. Elwell and Pfc. Tyler M. Springmann were killed during an attack on their dismounted patrol by insurgents using an improvised explosive device. The two infantrymen were assigned to the 3rd Battalion, 21st Infantry Regiment, 1st Stryker Brigade Combat Team, 25th Infantry Division at Fort Wainwright.

Elwell, 33, of Holland, Pa., joined the Army in October 1997 and served at Fort Riley, Kan., Korea and Fort Benning, Ga. before arriving at Fort Wainwright in March 2011. He had two previous deployments

to Iraq, as well as a deployment to Bosnia.

Springmann, 19, of Hartland, Maine, joined the Army in June 2010, completed basic training at Fort Benning, Ga. and arrived at Fort Wainwright in October 2010.

The attack took place at 11:35 a.m. (Afghanistan time) in Kandahar Province, Afghanistan. Seven other Soldiers from the brigade 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.

Elwell was posthumously promoted to Master Sergeant.

The next of kin have been notified.



Pfc. Tyler M. Springmann

## Soldier dies in plane crash near Delta Junction

Staff Report, U.S. Army Alaska PAO

A Fort Wainwright Soldier died Sunday of wounds suffered when the privately owned airplane he was flying crashed near Delta Junction.

Chief Warrant Officer 2 Eric C. Corl, 28, of Fairbanks was pronounced dead while enroute to Anchorage via MEDEVAC.

Corl, a UH-60 Blackhawk pilot, was assigned to D Company, 123rd Aviation, 1st Battalion, 52nd Aviation

Regiment at Fort Wainwright. He joined the Army in June 2004, attended the Warrant Officer Candidate School and UH-60 Aviator Qualification Course at Fort Rucker, Ala., before arriving here in February 2006. He had one combat deployment to Iraq from July 2008 to July 2009.

The incident is under investigation by the National Transportation Safety Board.

The next of kin have been notified.

## Fort Wainwright garrison employees to conduct emergency response exercise

Fort Wainwright garrison agencies will conduct an exercise next week to assess their ability to exercise emergency response plans, policies, and procedures.

This exercise will focus on the following objectives:

1. Evaluate the capability of Fort Wainwright garrison employees to prevent, respond and recover from All Hazards events, including a terrorist event.
2. Assess the plans and capability to activate, staff and operate the local Emergency Operations Center (EOC).
3. Determine the adequacy of local plans.
4. Assess the capability of response

personnel to respond to a terrorist event.

People traveling around the post may notice increased activity by emergency personnel and Giant Voice activation. Expect delays at installation access points and potential detours may be required.

This is a good time for all soldiers, civilians and families to review plans for the home and workplace. Information on shelter in place procedures and emergency kits can be found at <http://www.acsim.army.mil/readyarmy/index.htm>.

The Exercise Planning Team selected objectives that focus on evaluating emergency response procedures, identifying areas for improvement and

achieving a collaborative attitude. The goals and objectives of the exercise will be consistent with functional area operations and technical plans and procedures, whenever possible, without compromising safety, cost effectiveness and prudence.

The active portion of the exercise is expected to run from July 26-28. Drivers are asked to exercise patience and caution around the increased activity.

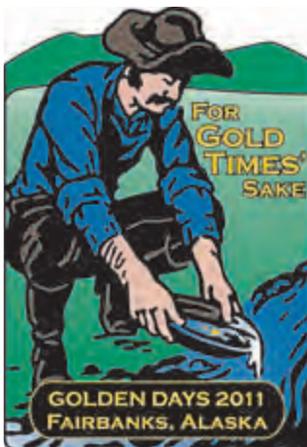
To help prevent the spread of rumors, anyone with questions about the exercise or activity should call the Fort Wainwright Emergency Manager at 353-9755.

## Golden Days 2011 underway, "For Gold Times' Sake"

Allen Shaw, Fort Wainwright PAO

Members of the Fort Wainwright community can follow the lead of the 395th Army Band by joining the Golden Days activities scheduled for today at Pioneer Park including Young Pioneers Day from noon to 3 p.m. The event is free of charge and there will be hot dogs, chips and drinks for the first 600 people, a wide variety of activities and displays to including pony rides, as well as music and entertainment. This evening's program will be geared toward the 21 and older crowd as Jerry Evans and Glen Anderson emcee the 2011 Comedy night from 7 to 10 p.m. The line-up includes music from Marc Brown and the Blues Crew, the world-famous Grizzly Alaskan contests and comedian John DiCrosta. The Grizzly Alaskan contests award prizes to the hairiest chest, the bushiest beard, craziest mustache, hairiest legs and what seemed to be the crowd favorite and the hardest on the panel of judges, the ugliest "frontier feet" contest.

"Between our headliner comedian and the Grizzly Alaskan contests this year, the crowd should be in stitches the whole night," said Lisa Herbert, executive director of the Fairbanks Chamber of Commerce. "Jerry and Glenner always bring quality comedians to Golden



Days."

The weekend will be filled with community activities for Fort Wainwright Soldiers and Families to enjoy. Saturday will feature a street fair with food and retail vendors and the annual Grande Parade with more than 80 entrants including the 395th Army Marching Band. The parade starts at 10 a.m. from the Carlson Center and winds through downtown, where it ends at Gaffney Street and Airport Way.

The 395th Army Band will perform again at noon during the street fair. The highlight of the day will be the 24th annual rubber duckie race that starts at 2:30 p.m. when 6,000 yellow rubber ducks are dumped into the Chena River from the Wendell Street Bridge and float to the finish line at the Cushman Street Bridge. There is no charge to watch the race and Golden Days patrons and Fairbanks visitors can participate.

The five-day celebration will conclude Sunday with the Red Green River Regatta, touted as the "flotilla of fun" as participants launch something that floats in the Chena River at Graehl Landing and attempt to float to Pioneer Park. The only requirement is that the vessel be adorned with the handyman's secret weapon, a roll of duct tape.

Other events at Pioneer Park throughout the day are the Alaska State Barbecue championships, the Governor's Picnic starting at noon, where Gov. Sean Parnell hosts an afternoon of entertainment, food and refreshments and finally the Gold Rush Town bathtub races at 3 p.m. The race is open to anyone who can construct a tub on wheels. For more information, contact the Pioneer Park office at 459-1087.

See GOLDEN DAYS, on page 3

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## Mass transit: Ownership costs make for thoughts of parking

Commentary by **Dave Bedard**, Joint Base Elmendorf-Richardson Public Affairs

I am a motorhead and have been since birth. When I was 2 years old my parents awoke to find I had created a wall mural in crayon of cars and trucks. They were not impressed with their budding artist and his automotive homage.

My first memory is riding in my dad's red '65 Mustang

car into the shop with complaints of a screeching front end. I gave the service advisor my keys and walked to the nearest bus stop to catch a ride home.

I hadn't been on a municipal bus in nearly 20 years and was pleasantly surprised by the cleanliness, comfort and ... enjoyment of riding the bus.

Gasoline is hovering at around \$4 a gallon and isn't showing signs of returning to the \$2 range anytime soon. My insurance runs around \$1,400 a year due to the sportiness of my car.

A 90,000-mile service which is forthcoming should cost \$1,400. I need to replace my clutch soon and that will cost another \$1,200.

I purchased my car new, but have since vowed never to have another car payment after squaring off the loan five years ago. However, with increasing maintenance costs, I am seeing a tradeoff between owning an aging car versus owning a warranted new vehicle. There seems to be no saving money either way.

So, with potential costs of about \$6,500 annually including gas, insurance, services and repairs, my paid-for car is getting pretty expensive.

You know, \$575 is beginning to sound like a pretty good deal to get around town.

Though it can be difficult to connect from the bus stop at Government Hill Gate, municipal buses have racks to stow bicycles for pedaling the rest of the way to work. The benefits of cycling to work are manifold and are detailed in the Community Section this week by Chris McCann.

With the cost of even an expensive top-tier bicycle, I am seeing great savings could be realized over the life of the bike, not to mention

the fitness benefits of cycling in conjunction with using public transportation.

So what are the drawbacks of giving up my car? Well, there's a certain loss of freedom. In America, the automobile has become the symbol and embodiment of our freedom in

many ways. It's a love affair, really, which over the years has made for towering tailfins, acres of gaudy chrome and V-8 engines with enough torque to put the earth off its axis.

Compared to Asia and Europe, we drive far more cars per capita and rely the least upon public transportation to get around. For most of us, the thought of being bound to a bus, subway or train schedule to get around is unappealing to say the least.

It's nice to be able to say, "Hey, I would like a pint of Chunky Monkey," jump into my car and handle my business. That may be difficult to let go of.

Then there's the pain of moving groceries via bus ... not fun.

So I had another thought: parking the car during the week and riding and cycling to work.

As much as I love driving, I hate commuting during rush hour. It takes something I enjoy and makes it a chore - like playing basketball in the middle of an insurance seminar.

Taking the bus would have me forget all about traffic and save me on gas as well as wear and tear on my car. I could get a lower insurance quote based upon much reduced mileage.

I would still have the freedom to jump into my car on the weekend to attend church and go hiking at remote locations.

The point is I don't need to go everywhere using my car, especially in today's economy. There are other ways to get around which are cheaper and perhaps healthier.

This motorhead may be spending considerably less time behind the wheel.

**Editor's note:** Fort Wainwright Soldiers, Families and civilian employees may get more information about mass transit in the area by contacting the Fairbanks North Star Borough. For MACS information, call 459-1011 and for Van Tran information, call 459-1010.



convertible with the top down, accompanied by the automotive icon's sonorous 289 cubic-inch V-8 soundtrack.

So why am I seriously considering trading in my beloved sports sedan for a bus pass or - gasp - a bicycle?

Last weekend, I brought my

Upon picking up my car, I gave the service advisor my debit card for the remittance of \$568 to replace a shot wheel hub.

An annual bus pass costs \$575 (in Anchorage)... eight more dollars than the rather minor repair I had just paid for. It got me to thinking.

## Common sense and courtesy: A little goes a long way

Commentary by **Trish Muntean**, Fort Wainwright PAO

I suspect that if someone took my cell phone away from me I would go through major withdrawals. It allows me to stay in touch with far-away friends and family via texting and email, check CNN (and yes, Facebook) from just about anywhere and sometimes I even use it to make phone calls.

I just hope that I when I am using my cell phone I am doing it without annoying the people around me. I also wish I could say the same about them. In the last few weeks I have seen behaviors from cell-phone users that make me want to reach out and touch someone. Let me share with you a bit of what is annoying me and if you're reading it and think you may be guilty of such behavior, you might want to learn some new habits.

1. Loud ring-tones. Really? You need it that loud? If so, I am surprised that you can carry on a phone conversation without TTY at all. (TTY is a text telephone used by the hearing-impaired, sometimes also referred to as a TTD). I won't even mention how obnoxious some of these ringtones are. Wow!

2. Cell-yell. While it has been annoying me for a very long time, I didn't realize it was bothering enough other people for it to be a real word. Cell-yell is any excessively loud talking on a cellular telephone. What is excessive? In my opinion, any voice louder than the one that you use in casual conversation with someone sitting right next to you. It is simply not necessary, as cell-phone technology is so good that in most conversations you probably could hear a pin drop.

3. Not turning off your cell phone when you are in a meeting. If you're expecting a call and must leave it on, put it on vibrate and let us know you're expecting a call and may have to excuse yourself to do it. And then do leave the room to take the call. I don't want to hear it and I don't think anyone else does either. Also, avoid taking personal calls in public places. You wouldn't believe some of the cell

phone conversations I have overheard and wish I had not. This is not a good time to argue with your significant other or discuss a medical diagnosis. If you must take a personal call while in a public place, please try to put 10 feet between you and the nearest person and keep it short.

4. Do you put whoever you are talking to on hold to check who is on call-waiting? My mother does this all the time. When she gets back to my line she finds a dial tone and I don't pick up when she calls me back. In other words, love the one you're with. Also, I can't imagine a situation in which the person calling is more important than the person sitting there in front of you, so don't pick it up, let it go to voice-mail and call back later. Like most rules, there are exceptions to the above. It doesn't apply if your deployed Soldier is calling or if you had previously explained you are expecting an important call.

5. Take care of your business first and then talk on your phone later. In other words, don't be on your cell phone when it is your turn at the cashier. It is not just rude to the cashier; it annoys those of us waiting in line behind you.

6. I probably have no right to fuss about it since I too am guilty of bad behavior while using my cell phone, but I will anyway. I talk and drive. Often. Yes, I have a hands-free device installed on my car, but it doesn't make it any safer. My child scares me even

worse. He tends to text and drive. Not just stupid, but against the law as well. I just pray he doesn't get killed or kill while doing it. Behind the wheel is not a good place to practice my multi-tasking skills and I really am working on it.

The website [www.distraction.gov](http://www.distraction.gov) provides information about the dangers of distracted driving and according to the site in 2009, nearly 5,500 people died and half a million were injured in accidents involving a distracted driver. A distracted driver is one using a cell phone to talk or text while driving, even if using a hands-free device.

So why am I complaining about all this now? Because it has come to my attention that July is Cell Phone Courtesy Month and therefore a good time to practice good manners. Being courteous while using your cell phone is all about using common sense. If you think what you're doing may annoy or inconvenience someone, don't do it.

# ALASKA POST

Home of the Arctic Warriors

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The ALASKA POST - Home of the Arctic Warriors

## 3rd MEB Trailblazers get new commander

Staff Sgt. J. Eric Epperson, 3rd Maneuver Enhancement Brigade

Col. Thomas J. Roth took the reins of the 3rd Maneuver Enhancement Brigade (Trailblazers) from Col. Barry K. Williams in a July 15 change of command ceremony on Pershing Field at Joint Base Elmendorf-Richardson.

This will be the last change of command for the 3rd MEB as it prepares to transfer into the 2nd Engineer Brigade later this year.

Guest of honor and keynote speaker Maj. Gen. Raymond P. Palumbo, commander of the U.S. Army Alaska, led the event while Lt. Col. Kim Zimmerman, deputy commander for the 3rd MEB, served as commander of troops.

The 3rd MEB's top noncommissioned officer, Command Sgt. Maj. Charlie M. Lane, passed the brigade colors, also performing his final duty, retiring the same day after 32 years of service.

After an inspection of the battalions by both the incoming and outgoing commanders, Palumbo spoke about Williams' impact while in command.

"His caring leadership is evident that everything the Trailblazers have done to date in their short two-year history, Palumbo said. It's evident in the families and it's evident in the communities as well. Good luck and God speed."

Williams, the outgoing commander, thanked the 9th Army Band for its performance and recalled his own aspirations about being a trumpet player.

"I tried out for my high school band and the band director let me blow in the trumpet three times, and told me to go play football," Williams said.

"A thousand things are running through my head right now along with a lot of different emotions and I'm reminded of Queen Elizabeth the 1st," Williams said. "Now here was a woman who had everything. She was a leader and a person who had it all. At the age of 70, while lying on her deathbed she made her most famous quote. 'All my worldly possessions, for just one inch of time'."



Col. Thomas J. Roth assumes command of the 3rd Maneuver Enhancement Brigade from Col. Barry K. Williams July 15, on Joint Base Elmendorf-Richardson. (Photo by Staff Sgt. Jason Epperson/ 3rd MEB PAO)

"These last words have transcended time. I stand here before you now right now and I can hear those words echoing around in my mind. All my worldly possessions, and it's not much, for one inch of time to remain the commander of these great Soldiers that stand before you. I want you to know, Soldiers, that I cherished every second."

Roth, the incoming commander, thanked Williams, and said the Soldiers on parade were testament to his leadership and dedication.

"I am also honored to be witness to Command Sgt. Maj. Lane's last official day in the Army after 32 years of brilliant service to Soldiers, families and our country."

"To the Soldiers and families of this superb brigade," Roth said. "Michelle and I are both deeply humbled and honored to count ourselves among your ranks. Thank you for your service. We are all in; and your needs define our direction and our purpose. I remain always mindful of our Trailblazer brothers and sisters-in-arms who today stand resolutely in harm's way."

Roth concluded his remarks with a quote from a former instructor at the U.S. Army War College: "Lives of ease are rarely lives of great meaning. The two rarely intersect. The biographies of our heroes and saints and soldiers teach us this. You must understand that the work

you are doing and the sacrifices you are making are meaningful, so, please, do not wish for a life of ease."

Col. Williams' next assignment is to attend the National War College in Washington D.C.

Activated in October 2009, the 3rd Maneuver Enhancement Brigade is comprised of three battalions. It has 26 deployable companies with unique skills and capabilities. At any given time, multiple companies are in different phases of the Army Force Generation, or ARFORGEN, Cycle due to ongoing support of worldwide contingency operations.

## GOLDEN DAYS: Celebrating yesterday, today

Continued from page 1



Erin Eaton joins other Fairbanksans who dressed in period costume as part of 2010 Golden Days. This annual event happens the third week in July every year to celebrate the discovery of gold in the Fairbanks area by Italian miner Felix Pedro. Golden Days is hosted by the Greater Fairbanks Chamber of Commerce and provides a variety of events for community members and visitors. The celebration began Wednesday and continues through Sunday. (File photo by Trish Muntean)

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The Fairbanks community kicked off Golden Days activities with a party under the big tent at Pioneer Park Wednesday with the reenactment featuring Felix Pedro, an Italian gold miner, bringing his poke of gold to the bank for a ceremonial weigh-in.

Fairbanks has been celebrating Golden Days, a week-long event, since 1952. The Greater Fairbanks Chamber of Commerce coordinates the event to celebrate Pedro's discovery of gold in 1902.

Many of those who attended the event were dressed in period costumes reflecting fashion in Fairbanks during the Gold-Rush era.

After the ceremonial hoopla, the festivities continued with the Dog-and-Owner Costume contest, where dog-lovers dressed up their four-legged friends and competed for most creative; best Golden Days themed; best child-owner dog look-alike and best adult-owner dog look-alike. Another big hit with the crowd were the Old Tyme Games which included contests for kids and adults. The youngsters battled for bragging rights and full bellies during the watermelon-eating and pie-eating contests, while the he-men and she-women competed in the log-splitting, two-person cross-cut saw contest and two-person bucket brigade.

The celebration continued Thursday when the 395th Army Band from Oklahoma City,

Okla., performed at the Golden Citizens' luncheon to honor the pioneers who have contributed so much to the Fairbanks community. Festivities went into the evening hours with musical performances by the South Pacific Drummers; Greatland Sounds; Pioneer Park Pickers; Anna Lee Company and Clarence and Friends. The Thursday festivities concluded with an old time melodrama, called "The Perils of Tundra Rose" performed by Chamber members and other community leaders. "These shows are off Broadway. I don't think you can get any further off Broadway than this," said Mike Downing, producer of the program.

The Golden Days theme this year is "For Gold Times' Sake." It is an opportunity for Soldiers and Families to celebrate the Golden Heart City and be part of this annual event.

"Almost everything is free of charge and we appreciate the support of our military. This is just another way we can celebrate the history of Fairbanks and bring our community together for five days of fun under the midnight sun," Herbert said.



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## FMWR puts on super show with Battle of the Backyard BBQ, Battle of the Bands at Birch Hill



More than 750 people gathered at the Birch Hill Ski and Snowboard area throughout the day Saturday to enjoy the fragrance of barbecue and the sounds of music as seven teams battled for the top cooking honors and 11 bands vied for cash prizes awarded for first, second, third places and the People's Choice award during the Battle of the Backyard BBQ and Battle of the Bands, hosted by the Directorate of Family and Welfare, Morale and Recreation.



Andy McDonough, Fort Wainwright Plans, Analysis and Integration Office, plans specialist puts a special rub on ribs for the 3 Dogs BBQ Competition Cooking Team. Head Chef, Dan Gilson said, "He is the executive sous chef (right hand man), with one of his main duties being to provide comic relief."

Story and photos by **Allen Shaw**, Fort Wainwright PAO

More than 750 people attended the Battle of the Backyard BBQ and the Battle of the Bands hosted by the Directorate of Family and Morale, Welfare and Recreation at Birch Hill Saturday. Rain did not discourage seven barbecue teams who set up shelters, stoked their fires and prepared the sauce and meats they turned in later in that day.

Barbecue competitors battled for top spot in four categories: sauce, tri-tip, chicken and ribs. A panel of judges chosen from the Fairbanks and Fort Wainwright communities sampled entrees and scored regarding presentation, texture, tenderness and taste.

When it was all said and done there were first, second and third place winners chosen in each category, as well as a family readiness group competitor award, a Director's Choice and an overall Grand Champion.

Tang BBQ took first place in the sauce category, followed by Good Ole Boy BBQ and 3 Dogs BBQ. Turnin-n-Burnin BBQ placed first in the chicken category, while 3 Dogs claimed second and Good Ole Boy took third.

The Arctic Grilla stomped in and won first place with tri-tip as a rookie, in his first Alaska State BBQ Association sanctioned event, with Turnin-n-Burnin getting the number two spot and 3 Dogs taking third.

The judges said Turnin-n-Burnin produced the best ribs, while Good Ole Boy placed second and 3 Dogs took third.



Gene Gustafson, head of judges for the Alaska State BBQ Association shows a rib entry to the panel of judges who rated each plate on appearance, texture, tenderness and taste.

After the points were added for each category it was determined that Turnin-n-Burnin was Grand Champion overall.

In the FRG category, representing Headquarters and Headquarters Company, 1st Battalion, 24th Infantry Regiment, 1st Stryker Brigade Combat Team, 25th Infantry Division, the "Havocettes" claimed first place. Tang BBQ received the Director's Choice award.

Immediately following the announcement of barbecue winners, an eclectic variety of musicians took the stage for the Battle of the Bands.

After nearly five hours of entertainment, the panel of judges awarded first place to the psychobilly-band, Avery Wolves. Second place went to Eating for Two and coming in third was Christian-metal band Fire by Night.

Eating for Two, which refers to their genre of music as ska, also danced away with the People's Choice award.

After presenting the awards, Mary Jo Lohrenz, director of Fort Wainwright DFMWR, asked the crowd, "Do you want to do this again next year?" The response was a resounding mixture of hooting, hollering and cheering, which seemed to be an obvious "Yes."



As votes were being tallied, members of the bands who participated anxiously and enthusiastically waited in front of the stage to find out who were the winners of the 2011 Battle of the Bands Saturday at Birch Hill.



Christian-metal rockers, Fire-By-Night and lead singer, Jonathan Farmer covered some real estate playing to the crowd of several hundred during their 30-minute set at the Battle of the Bands Saturday at Birch Hill. The band placed third overall, behind ska band Eating-for-Two and psychobilly-band Avery Wolves.

## F.O.O.D. program, feeding the body and soul

Trish Muntean, Fort Wainwright PAO



Joe Malen (right) and Leslie Harvey, both members of the Southern Lights Chapel congregation and Knights of Columbus, are regular volunteers at the F.O.O.D. program. "We want to give the families a break from the normal routine... getting them out of their houses and into a neutral place for a little relaxation, food, fellowship and fun," Malen said. Harvey said "I thought what better way to bring folks together, especially when spouses are deployed." (Photo by Trish Muntean/Fort Wainwright PAO)

"If you have someone deployed, this is where you need to be," said Chaplain (Maj.) Dwight Broedel, family life chaplain and interim garrison chaplain about the F.O.O.D. program, sponsored by the Fort Wainwright Southern Lights congregation.

The F.O.O.D. (Feeding Our Outstanding Dependents) program is a non-denominational program designed to give the spouses of deployed Soldiers a break for a couple of days each month. Volunteers cook, serve and clean up after dinner the first and third Sundays of every month at the Southern Lights Chapel. All Families of deployed Soldiers have to do is show up.

The F.O.O.D. program came about five or six years ago when the Catholic parish was brainstorming ideas about how they could help the Families left behind during that deployment, said Bill Chrisman, a member of the Southern Lights congregation who chairs the program. Several ideas were discussed, but the one that had the 'biggest bang for the buck' was the F.O.O.D. program.

Jodi Bechtel is the wife of Sgt. William Bechtel, C Company, 1st Battalion, 52nd Aviation Regiment (Air Ambulance), 16th Combat Aviation Brigade. He is currently deployed to Afghanistan. She found out about the program from a family resource group email.

"You have the responsibility of everything 24/7

and it is nice not to have to make a decision," she said. "No dishes, it helps. Now I can go home, don't have to clean up my kitchen, just relax."

"It is designed for Families to sit together with friends and acquaintances and share a meal, some conversation, some jokes and encourage one another during the deployments," Chrisman said. Very few just come to eat and leave, but that's okay too. There are also take-out containers for people who just want the meal to take home, he said.

Joe Malen, a Fort Wainwright civilian employee with the Department of Public Works Environmental Office and member of the Southern Lights congregation, has been working with the program since it began. He said "we want to give the Families a break from the normal

"routine" with the expressed purpose for getting them out of their houses and into a neutral place for a little relaxation, food, fellowship and fun."

"This is not too hard when the weather outside is warm and sunny. However it becomes very important 'when the weather outside is frightful.' Loneliness, compounded by the cold weather, snow, ice and darkness are the biggest problems we are trying to help Families overcome during the more difficult times," he said. Jessica Hellman, wife of Sgt. Ryan Hellman, 5th Squadron, 1st Cavalry Regiment, 1st Stryker Brigade Combat Team, 25th Infantry Division, was there with her daughters. Sgt. Hellman is currently on his fourth deployment, this time to Afghanistan. She had attended once before after finding out about it on a

Facebook page.

"I think it is great, not having to cook," she said. "It is nice to be with other people who are going through what you're going through. "I think it is really good to see people volunteering their time and efforts to feed all of us. You don't see that very often, not outside military life," Hellman said.

Anyone whose sponsor is deployed is welcome to attend and no reservations are necessary. Dinner is served at 5 p.m. the first and third Sunday of the month downstairs in the Southern Lights Chapel. Extra hands are always needed, with the local Knights of Columbus being the primary source for help in the current deployment. Contact the Southern Lights Chapel for more information. "Isolation and loneliness is one of the biggest chronic problems Families face at Fort Wainwright," Broedel said. "The F.O.O.D. Program directly attacks and defeats the effects of deployment fatigue."

"I can say without hesitation that it is this sort of unqualified love of thy neighbor that makes this place so awesome and responsive to satisfying real needs. I am truly proud of my Southern Lights congregation and rejoice with them."



Jessica Hellman, wife of Sgt. Ryan Hellman, 5th Squadron, 1st Cavalry Regiment, 1st Stryker Brigade Combat Team, 25th Infantry Division, brought her daughters Macayla, 4, and Lydia, 1, to the Southern Lights Chapel to have dinner. The F.O.O.D. program (Feeding Our Outstanding Dependents) serves dinner to Families of deployed Soldiers twice a month. "I think it is great, not having to cook," she said. "It is nice to be with other people who are going through what you're going through." (Photo by Trish Muntean/Fort Wainwright PAO)

## Above the Arctic Circle is the place to test cold

Clara Zachgo, US Army Cold Regions Test Center

The question always comes up, "If the US Army Cold Regions Test Center conducts testing in the cold, what do they do in the summer?" The answer is simple: reset, refit, and continued testing.

From infrastructure and equipment repairs needed from the 60 below zero winter conditions to various construction projects that must be completed in the extremely short Alaskan construction season to mandatory training and professional development, there is no down time. When you add the testing, verification, and inventory of the nine long-term storage tests every summer and the various tests from year to year, CRTC employees are extremely busy.

This summer, CRTC tested the Improved Position and Azimuth Determining System - Global Positioning System. The IPADS-G is a system used to conduct surveying in support of field artillery operations. The requirement for this test was not cold temperatures, but rather high latitude. The system needed to be tested between 65 degrees and 75 degrees North Latitude, something that could only be accomplished above the Arctic Circle.

This prompted a team of seven personnel (five from CRTC and two from Yuma Test Center) to travel to Coldfoot, Alaska where the test would be based. Coldfoot is 350 miles North of CRTC on the bank of the Middle Fork Koyukuk River in the Brooks Mountain Range and 65 miles north of the Arctic Circle. Coldfoot was originally a mining camp, but is now a town of 13 and serves as a truck stop along the Dalton Highway. The Dalton Highway, which directly parallels the Trans-Alaska Pipeline System, is a 414-mile supply road that begins just north of Fairbanks and ends at Deadhorse, a few miles shy of the Arctic Ocean and near the Prudhoe Bay oil fields. Despite the remoteness, there is a good amount of large vehicle traffic on the Dalton Highway, about 160 trucks daily in the summer and 250 trucks daily in the winter. The highway has become well known through the reality television series Ice Road Truckers and an episode of America's Toughest Jobs.

Running this test was something different



The sun never sets on Atigun Pass during the summer months. Facing south towards the Brooks Range the Aleska Pipeline curves through the mountainous terrain. The requirement for the summer season test was not cold temperatures, but rather high latitude. The system needed to be tested between 65 degrees and 75 degrees North Latitude, something that could only be accomplished above the Arctic Circle. (Photo courtesy CRTC)

for test officer Adam Gould. "When you work at CRTC you become an expert at cold. To prepare for a test that was going to be conducted in the summer required different planning," he explained. Instead of cold weather clothing and icy roads, this test team had to be prepared for grizzly bears, semi-trucks, and swarms of bloodthirsty mosquitoes.

The test team spent long days and nights driving up and down the Dalton Highway comparing IPADS-G data with survey control point data, which had been previously established by a Yuma Test Center Geodetics

team. The test team varied their shifts, testing during every hour of the day. This allowed the team to check satellite visibility throughout the day with the IPADS-G. Since this test was conducted in late June there was around-the-clock sunlight, since Alaska is truly the Land of the Midnight Sun. North of the Arctic Circle, the sun is above the horizon for 24 continuous hours during the June solstice.

"The test went really well. We were able to get the mission done, collect the data needed, and also experience a part of Alaska that many people never will," Gould said.

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## Motorcycle safety course: The first step in saving lives

Sgt. Keith Curry, with the Aviation Command and Control Element at Fort Wainwright is taking the motorcycle safety course offered at no cost to all service members. He said he was taking the course not only because it is a post requirement but because he has five children at home and wants to assure them that he will be safe and he will be there for them.

Soldiers at Fort Wainwright take part in a free motorcycle safety course offered by the Post Safety Office July 2011. The course is a requirement for all military personnel wanting to ride a motorcycle on or off post. The course is also a good way for military members thinking about buying a motorcycle to come and get hands-on experience on a motorcycle before they actually make the purchase.

The course is offered free of charge to all active duty members, Reserves and National Guard. The course has everything needed to learn to ride; all the service member needs to bring is the willingness to learn.

Sign-up for this course can be done online. Visit <https://airs.lmi.org> Region: Pacific --- Garrison: Ft Wainwright --- Course: Basic or Experienced --- then click on the desired course date on the calendar and sign up for the course on a "first come, first served" basis as the sign-ups will be dated and time stamped on the website. (U.S. Army photo by Staff Sgt. Trish McMurphy, U.S. Army Alaska PAO)

### COMMUNITY CALENDAR

#### Friday – 22nd

**EMOTION COACHING SESSION II**, noon to 12:45 p.m., Last Frontier Community Activity Center, Building 1044. Call 361-7713.

**SLEEPLESS IN FAIRBANKS**, 2 to 3:30 p.m., Northern Lights Inn conference room, Building 3402. Call 353-6286.

**2011 U.S. ARMY SOLDIER SHOW**, 6 p.m., Hering Auditorium. Call 353-6043.

**RESUME WRITING CLASS**, 1 p.m. in the Army Career and Alumni Program classroom, Room 246, Building 3401 in the Welcome Center with ACAP staff. Advance sign up required. Call, 353-2113.

#### Saturday – 23rd

**2011 U.S. ARMY SOLDIER SHOW**, 4 p.m., Hering Auditorium. Call 353-6043.

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

**COWBOY DAY STORY HOUR and CRAFTS**, 10:30 to 11:30 a.m., Post Library, Building 3700. Call 353-4137.

**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.

#### Sunday – 24th

**PROTESTANT SERVICES**, 11 a.m., Northern Lights Chapel

**ROMAN CATHOLIC SERVICES**, 10 a.m., Southern Lights Chapel

**ROMAN CATHOLIC CONFRATERNITY OF CHRISTIAN DOCTRINE**, 11 a.m., Southern Lights Chapel

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

#### Monday – 25th

**NATIONAL INVENTORS' MONTH**, all day, Post Library, Building 3700. Participants can bring in their inventions and projects to be displayed at the Library through the month of August. Call 353-2642.

**AUTO SAFETY ORIENTATION**, 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.

**GROUP CYCLING**, noon, Physical Fitness Center, Building 3709. Call 353-7223.

**FRISBEE GOLF**, 6 to 10 p.m., Outdoor Recreation

Center, Building 4050. Cost is \$5 and open to participants 9 and older. Call 361-6349.

**ACS BIRTHDAY CELEBRATION**, 12:30 p.m., Army Community Service, Building 3451. Call 353-4374.

#### Tuesday – 26th

**GROUP CYCLING**, 6:30 to 7:30 a.m. or 5 to 6 p.m., Physical Fitness Center, Building 3709. Call 353-7223.

**FRG CERTIFIED LEADERS TRAINING**, 9 a.m. to 2 p.m., Post Library, Building 3700. Call 353-4332.

**ACT OUT-STORY TIME THEATRE**, 2 to 3 p.m., Last Frontier Community Activity Center, Building 1044. Call 353-4137.

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

**MAINTAINING A HEALTHY MARRIAGE DURING DEPLOYMENT**, 6:30 to 8 p.m., Last Frontier Community Activity Center Quiet Room, Building 1044. Call 388-2553.

#### Wednesday – 27th

**CARDIO SCULPT FITNESS CLASS**, 5 to 6 p.m., Physical Fitness Center, Building 3709. Call 353-7223.

**GROUP STRENGTH FITNESS CLASS**, noon to 1 p.m., Physical Fitness Center, Building 3709. Call 353-7223.

**LANGUAGE OF APOLOGY**, 11 a.m. to 12:30 p.m., Northern Lights Inn conference room, Building 3402. Call 353-6286.

**ANGER MANAGEMENT**, 3 to 4:30 p.m., Behavioral Health conference room, Building 4066. Call 353-4248.

**NEWCOMER'S ORIENTATION**, 9 a.m. to 3:30 p.m., Building 3439. Mandatory for Soldiers new to Fort Wainwright within 30-60 days of arrival. Call 353-4227.

#### Thursday – 28th

**GROUP CYCLING**, 6:30 to 7:30 a.m., and 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 Northern Lights Inn at 9 a.m. Call 361-7713/7372.

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

**SPRING INTO SUMMER**, 6 to 8 p.m., Presenting summer safety tips and adventure opportunities for Alaska. Open to all who live and work in the post community. Building 3439. Call 353-7908.

### For your information

#### FUN RUN

I scream, you scream, we all scream for ice cream.

The annual Ice Cream Skedaddle takes place Saturday at the Physical Fitness Center.

Registration begins at 9:30 a.m.

The first 100 participants will receive a t-shirt.

The race begins at 10 a.m. and ice cream will be served at the finish line.

For more information call 353-7223.

#### EDUCATION FAIR

The Fort Wainwright Education Center will host an education fair at the Post Library August 4 from 11 a.m. to 5 p.m. The fair will feature local and out-of-area school representatives.

For more information call 353-7486 or 353-6355.

#### POUNDING SAND

Construction of a new hangar project includes soil compaction at the airfield site near Fire Station 1.

The compaction process will likely cause vibrations that may be felt in surrounding areas. Compaction is done to stabilize the soil and involves releasing a weight from a predetermined elevation using a crane.

Compaction activities are expected to continue for a month and may take place at any time night or day.

For questions and comments about construction, call the garrison public affairs office at 353-6780.

#### BLOOD DRIVE

A blood drive is slated to take place on post from 10 a.m. to 3 p.m. Aug. 10 at 3424 Luzon Avenue.

Make an appointment to give blood by calling Staff Sgt. Wayne Linton at 353-2878 or 385-7220.

#### MOTHER-SON EVENT

A "good ol' fashioned American picnic" is the theme for the Armed Services YMCA's inaugural mother-son event.

Mothers and sons are invited to come out for a fun-filled day featuring barbecue, a scavenger hunt, relay races, fly tying lessons and more.

The fun begins at noon Saturday, August 20, at Pioneer Park and costs \$5 per mother and son with a \$2 fee for each additional son.

Tickets are available at the ASYMCA office located at 1047-4 Nysteen Road, Fort Wainwright, and at the Family Readiness Office, as well as the 168th Wing Family Readiness Office on Eielson Air Force Base.

For more information call 353-5962.

#### OFFICIAL PHOTOS

The Photography Lab will reopen Aug. 1.

To schedule an appointment, send an email to [carol.l.holley@us.army.mil](mailto:carol.l.holley@us.army.mil) or call 361-6268.

#### TRAINING TO BE RESCHEDULED

Ask, Care, Escort - ACE, Suicide Intervention Peer Training and Certification sessions have been canceled due to a scheduling conflict.

Training will be rescheduled by the Risk Reduction Program coordinator with the Army Substance Abuse Program. For updates, call 353-1378.

#### NATIONAL NIGHT OUT

National Night Out will be observed in Fort Wainwright and Fort Greely communities August 2 with Department of the Army's housing partner, North Haven Communities acting as host of the events.

Fort Wainwright's NNO will take place at Birch Hill Ski and Snowboard Recreation Area from 5 to 8 p.m.

In addition to traditional "lights on" and front porch vigils that remain part of NNO, North Haven encourages "having fun under the midnight sun" at this event. It will include activities such as music, bounce houses, crafts, face painting, hamburgers, hot dogs and more.

For more information about the Fort Wainwright event call 356-7165.

For more information about Fort Greely's National Night Out, call 869-3032.

#### RED CROSS EMERGENCY CALLS

No matter where a military member and their family are stationed, they can rest assured the Red Cross will deliver their notifications in times of crisis. To contact the Red Cross for emergency assistance, call (877) 272-7337. The number is toll-free within the continental United States.

For the Fort Wainwright Red Cross station office, call 353-7234.



**WORLD ESKIMO-INDIAN OLYMPIC GAMES BEGIN** - Col. Ron Johnson, garrison commander spoke with Daisy Northway before the opening ceremonies of the World Eskimo-Indian Olympic Games.

"These games and the incredible people who participate in them are really the core of what makes Alaska such a special place, he said. "The strong, proud Native traditions these games represent and highlight, demonstrate to all the importance of ensuring that the cultural values of strength, commitment, and teamwork pass down through the generations. The fact that this is the 50th anniversary of these games is testament to the Native community's commitment to these values and serves as an excellent example for all of us." Johnson and other area leaders spoke at the ceremony.

WEIO began Wednesday and will continue through Saturday at the Carlson Center. The event features craft vendors and old fashioned games such as Indian stick pull, two foot high kick, blanket toss and more. Admission is \$10 for adults and \$8 for students. (Photo by Trish Muntean/Fort Wainwright PAO)

## Warrior Transition Battalion gets new commander



Capt. Charlea Allen passed the guidon of B Company, Warrior Transition Battalion to Lt. Col. Jason Benefield, battalion commander during a change of command ceremony at Fort Wainwright July 15. Capt. Daniel Corbett assumed command from Allen.

In 2007, the Army created Warrior Transition Units at Army installations to provide personal support for wounded Soldiers. The units provide critical support to wounded Soldiers—who are expected to require six months or more of rehabilitative care and the need for complex medical management—and their Families. WTUs build on the Army's strength of unit cohesion and teamwork so that wounded Soldiers can focus on healing to transition back to the Army or to civilian status. (Courtesy photo)

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## 2011 Fort Wainwright Softball Tournament brings the heat



The 2011 Men's and Women's Softball Tournament started Tuesday with the top eight men's teams and the top six women's teams advancing.

Each of the men's teams played ten games during the regular season with the 472nd MP Company and Headquarters, Headquarters Company 16th CAB tied for first with nine wins each. Bravo Troop 5-1 and MEDDAC shared second place with seven wins, followed by 1-52 AVN with six, E 1-24 INF with five and AAFES and DENTAC rounding out the field with four wins each.

In the women's league, Chicks with Sticks claimed the top seed with nine wins during the regular season, followed by Peanut Butter and Jelly with seven and AAFES with six wins. The bottom three spots went to the Strikes with five victories, MSH Mafia with four and the Red Leg Hotties with three wins. A double-elimination bracketed tournament was played earlier this week. Results of all tournament games will be in the next Alaska Post.

Photo by Brian Schlumbohm/Fort Wainwright PAO

Tuesday, July 26<sup>th</sup>

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## Stryker chaplain, a cut above the rest

Story courtesy of 2nd Brigade Combat Team, 4th Infantry Division Public Affairs

SHAH WALI KOT, Afghanistan -- When Chaplain (Capt.) Jeffery Ellis, squadron chaplain with 5th Squadron, 1st Cavalry Regiment, 1st Stryker Brigade Combat Team, 25th Infantry Division, found out he was going to Afghanistan, it was nothing unusual. This was until his squadron commander, Lt. Col. David Raugh, wanted to do something out of the ordinary – free haircuts for Soldiers.

Prior to leaving Fort Wainwright, Ellis and Spc. Corey Penton, a chaplain's assistant with Headquarters and Headquarters Troop, 5-1st, both received lessons in cutting hair from a local salon owner, who donated clippers and supplies to get them started.

Ellis and Penton have provided more than 234 haircuts since that lesson. Penton is often seen out on Forward Operating Base Frontenac encouraging Soldiers and civilians to take advantage of the free offer.

"It puts [Penton] and me in the position to talk to a lot more Soldiers and see how they are doing," Ellis said. "It is fun and creates a bond with some of the Soldiers."

"Getting out and being with the troops is done through battlefield circulation, and more and more I am seeing the joy of just laughing with Soldiers while giving them a trim," he said.

"The Soldiers enjoy a great cut in the [air conditioning] with cold water and freeze pops available to them," Penton said.

Soldiers are speculating how many haircuts the team will give by the end of tour.

"I say 3,000 by April," said Spc. Justin Scott, a signal support systems specialist with HHT.

Both Ellis and Penton have their specialties when it comes to cutting hair.

"I believe that [Penton] has found a second job in it," Ellis said. "He is pretty good and we both have our own niche – he doesn't like doing scissor cuts and I like doing the scissor cuts."

Penton agrees.

"I have found that I am fairly talented at cutting hair, and will likely continue to do so after redeployment," Penton said. "I'm grateful for the opportunity. I enjoy being able to make a tangible difference in Soldiers' lives. It gives me the opportunity to get a general feel for the level of morale and in so doing I can help Chaplain Ellis in his ministry to the troops."

This mission is already a success, according to Ellis and Penton, as Soldiers and civilians get free haircuts and talk freely to the chaplain if they choose.

"I think it makes me a little more accessible and we just have fun and visit with everyone," Ellis said.



SHAH WALI KOT, Afghanistan - Chaplain (Capt.) Jeffrey Ellis, chaplain for 5th Squadron, 1st Cavalry Regiment, 1st Stryker Brigade Combat Team, 25th Infantry Division, trims a Soldier's hair at the Frontenac Chapel here. Chaplain Ellis and his assistant, Spc. Corey Penton, provide haircuts to their Soldiers. "It puts (Penton) and me in the position to talk to a lot more Soldiers and see how they are doing," Ellis said. (Photo by Capt. Michael Newman/5-1st Cavalry Regiment, 1-25th Stryker Brigade Combat Team)

## Soldier Show



U.S. Army photo by Bob McElroy

Directorate of Family and Morale, Welfare and Recreation will host the United States Army Soldier Show at Hering Auditorium in partnership with the Golden Days Celebration.

Shows start at 6 p.m. tonight  
4 p.m. tomorrow

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