

ALASKA POST

Home of the Arctic Warriors



Vol. 3, No. 19

Fort Wainwright, Alaska

May 11, 2012

Soldier faces next stage of recovery after double amputation

Sgt. Thomas Duval,
1-25th SBCT PAO

When 2nd Lt. Nick Vogt stepped on an improvised explosive device while leading a patrol through the streets of southern Kandahar, Afghanistan, doctors at the nearby hospital weren't sure he would live.

Sheila Vogt, Nick's mother, remembers the grim details regarding his initial diagnosis.

"Nick was injured on Nov. 12, 2011, and did not arrive in Germany until November 15th due to the fact he was very critical and was not stable enough to fly," Sheila recalled. "My husband and I were instructed that we would fly to Germany on November 17th to be with Nick. When we arrived at Landstuhl, the doctors sat us down and said, 'Mr. and Mrs. Vogt, your son is very critical. He is hour-by-hour.'"

Nick had suffered such traumatic injuries that he had to undergo am-

putation of both legs. Because of the amount of blood lost, the hospital on Kandahar Air Field called for an emergency blood draw.

"Complete shock, sadness, disbelief, but most of all the immediate need for prayer," said Mrs. Vogt remembering her initial reaction to the news.

Within hours service members from many different nations came to the rescue and provided the blood necessary.

With blood stockpiled, Nick made it through the first batch of surgeries and was later evacuated to Germany for further care.

What the future had in store for Nick's health was unknown, but after five months of extensive surgeries and daily rehabilitation, the outlook on his future and health has improved and the Vogt Family now has its sights set on a successful recovery.

A posting on the Vogt Family's social media website highlighted how

far he has come since the tragic day in Afghanistan. It reads; 'Nick has left the hospital' and describes a short lunch trip Nick and his Family enjoyed outside and away from the confines of the hospital.

In early April, the West Point graduate and platoon leader with the 1st Battalion, 5th Infantry Regiment, 1st Stryker Brigade Combat Team, 25th Infantry Division, was moved to a Veterans Affairs clinic in Richmond, Va., where he conducts four separate therapies a day: Kinestherapy, occupational, physical and speech therapy.

"Nick is starting to look like his old self - getting some meat on his bones, smiling, laughing and being ornery," Sheila said.

In addition to the prayers Nick gets from his friends and Family, he also receives support from his 'battle buddies' throughout his unit.



Army 2nd Lt. Nick Vogt, 1st Battalion, 5th Infantry Regiment, 1st Stryker Brigade Combat Team, 25th Infantry Division, takes a moment between doctor visits to smile for the camera. Vogt lost both of his legs after being struck by an IED while on patrol in Southern Kandahar, Afghanistan Nov 12, 2011. (Courtesy photo)

See SOLDIER on page 4

Bird nests on buildings, equipment



A Mew gull nest with three eggs sits in some tall grass. Once a nest has occupants such as eggs or chicks it cannot be tampered with until the birds have fledged and moved on. (Courtesy photo)

Staff Report,
Natural Resources Office

We experience problems with unwanted guests this time of year. We're not talking about visiting in-laws, but nesting birds.

Migratory swallows include both cliff and bank swallows. The cliff swallows will build mud nests under the eaves of buildings, Bank swallows will burrow into large piles of dirt. Mew gulls are commonly found in the Interior during the summer months and build traditional stick nests.

These nests, once built and occupied (by chicks or eggs), cannot be removed or destroyed by mandate of the Federal Migratory Bird Treaty Act. Harming a listed migratory bird (including removal of an occupied nest) could result in a violation carrying a maximum penalty of \$15,000 and/or six months in jail. It is not a violation, however, to remove old nests or to prevent the birds from constructing new nests.

Returning birds will often settle into an already existing nest intact from the previous season. Consequently, it is recommended that personnel inspect their living and/or work areas for existing nests prior to arrival of the migratory swallows. Any such nests found that, when occupied, would prove an inconvenience or health hazard to occupants of that building should be removed before the birds arrive. It is recommended that existing nests be removed by knocking them down with high-pressure water spray.

Once the birds arrive and be-

See BIRDS on page 5

Enjoy the great Alaskan experience with the Outdoor Recreation Center

Trish Muntean, Fort Wainwright PAO

Go, explore. The Outdoor Recreation Center is offering some great trips, tours and things to do this summer at a price even those on a budget can afford.

Start off the summer May 20 with a "Family float." ORC invites the whole Family out to enjoy a few hours floating on the Chena River. No experience is needed, all ages are welcome and at \$5 per person, the cost is Family friendly too.

Come along and try your hand at climbing real rock north of Fairbanks June 16 for another Family friendly adventure. Enjoy some quality time with the Family while enjoying the fresh air and challenge of rock-climbing. Be sure to bring water, snacks, lunch and active clothing. No experience is necessary.

The evening of May 24 Outdoor Recreation hosts an evening boat ride on the Chena River. Whether you're new to Fairbanks or a sourdough, this trip offers the opportunity to enjoy nature, spot wildlife or simply relax.

The ORC offers multiple options for hikers this summer. The first hike of the season is May 25, up the slopes of Mt. Healy, just north of Denali National Park.

Late in June College Glacier will be the site of an overnight hike. Transportation, camping gear, backpacks and food are provided for this overnight trip.

If you want to see glaciers, soaring mountains and amazing views, be sure to sign up for the Alaska Range mountain hike. Don't forget your camera.

Alaska is known for its fishing and ORC has several fishing events planned for the summer. The first is "Just for the Halibut," May 25 to 27 in Valdez. Drop anchor in beautiful Prince William Sound and spend the day fishing for Alaskan halibut. Transportation, campground and charter boat are provided. Participants need to bring camping gear, refreshments and food for the boat.

Join the Outdoor Recreation Center for their first women-only trip of the summer season in June. The float will go down the Chena River and back to the ORC. Learn the skills you would need for your own adventure or simply relax and take in the sun's warm rays. Bring water and a lunch; the Outdoor Recreation Center will bring the canoes and kayaks.

Other Women-in-the-Wilderness programs scheduled for this summer include a mountain hike and rock-climbing.

See RECREATION on page 5

WEEKEND WEATHER



Friday
Mostly cloudy
Highs in the 50s
Lows: mid-30s
South winds



Saturday
Mostly cloudy
Highs: mid-50s
to lower 60s
Lows 30s/40s



Sunday
Mostly cloudy
Chance of rain
Highs in the 50s
Lows: 30s/40s

BRIEF

Main gate closing Saturday morning for the Salute To Our Military Parade

Installation access and traffic will change for several hours Saturday morning as the main street, Gaffney Road, will be the staging area for the Salute To Our Military Parade, hosted by Fairbanks North Star Borough communities.

More than 4,000 Soldiers will be joined by airmen from Eielson Air Force Base and veterans from all branches for the parade.

Staging for the parade will start at the main gate at 5 a.m. and it will be closed to all traffic. Trainor and

Badger Gates will be open to both incoming and outgoing traffic.

The main gate will reopen after the parade has cleared Airport Way at the Steese Highway - Richardson Highway

See BRIEF on page 2

17397093

SN/ BIRCHWOOD HOMES

Medical Department Activity - Alaska

Thank you to the Palumbos

On behalf of Medical Department Activity-Alaska I would like to take the opportunity to say thank you to Mrs. Alice and Maj. Gen. Raymond P. Palumbo, U.S. Army Alaska commanding general for the care, support and involvement they have shown to our MEDDAC family since their arrival in June 2010. Their engaged leadership has led to improved services and care to all the Soldiers and Families in U.S. Army Alaska.

The mission of MEDDAC-AK is to provide high-quality, safe, acces-

sible medical and psychological health care to our military community while pursuing improvement, providing outstanding service, leveraging innovative technology and developing the next generation of Army healthcare leaders. With the leadership of the Palumbos and their confidence in both our staff and programs, I believe we are doing just that. Their direct involvement and leveraging of every engagement opportunity with Veterans Administration, community, Family member, line and Army Medical Department leaders enabled MEDDAC-AK to garner resources, increase

programs and improve quality while protecting the services we already provide. Just a few small examples of what the Palumbos have enabled us, occasionally with a little nudge or two, to bring to our community:

Maj. Gen. Palumbo was instrumental in ensuring we had command support for improvements to the Integrated Disability Evaluation System. His public backing of new systems and processes not only got us from a "no" to a "yes" but was critical in shortening the length of the process and better serve our Soldiers, taking both North and South of

the Range from bottom dwellers to two of the top five sites in the Army.

USARAK no-show rates have been cut by more than half, increasing available appointments by hundreds each month. USARAK units have had one of the best medical readiness rates in the Army. Both deployment processing and reintegration programs have been lauded on multiple inspections, but more importantly have helped hundreds of our Soldiers get care they need.

Through the support of the Palumbos, we have been able to almost double our behavioral health staff,

add 25 percent to our primary care clinics and have stood up a Child and Family Assistance Center. Additionally, the strong presence and relationships with our Air Force partners have improved both access and quality of care at JBER. We cannot forget the community service, volunteer spirit and civilian-military partnerships that have been created due to the example they have set.

I could go on for several pages and the level of influence and effect of the Palumbos would likely surprise them. But, the bottom line is that we are better for their presence and have been proud to as-



Col. George Appenzeller
MEDDAC-AK commander

assist in creating ready units and strong Families, while they made our MEDDAC leaders better. From all of MEDDAC-AK we thank you for helping us on the way to becoming the best MEDDAC in the Army, while never being satisfied with where we are.

A communities' partnership grows



Chuck Downham, project director for North Haven Communities, presents Col. Ronald M. Johnson, garrison commander, the completed Interior Alaska and Community Sustainability Proclamation during the Fort Wainwright Community Action Council meeting held May 2 at the Last Frontier Community Activity Center. (Photo by Lori Glassco/North Haven Communities)

Staff Report, Fort Wainwright PAO

Chuck Downham, project director for North Haven Communities, presented Col. Ronald M. Johnson, garrison commander, the completed Interior Alaska and Community Sustainability Proclamation which was signed April 20 at the community-wide Earth Day celebration on Fort Wainwright.

North Haven Communities marketing manager, Lori Glassco, said as the author of the document she feels a tremendous amount of satisfaction attributed to the public signing and presentation.

"Nearly two years in the making, the idea for the proclamation was born out of our blossoming community partnerships that started when we began working together on last year's Earth Day event," Glassco said. "Meeting with such a diverse representation of talent and missions, it renewed my passion for creating awareness and educating oth-

ers about sustainability. It was evident early on that we all have the same goals and each time we met, it got easier and easier to come together on common ground. When the signing fell through at the last minute in 2011, I vowed not to give up. A few months ago, I dusted off the last draft of the proclamation and began to rework it into what you see today."

Glassco said she had been told by several people recently, that this sort of collective action by our local leaders was unprecedented.

"As an Army spouse who has lived in six different communities in 12 years, I have never witnessed such an energizing public display of commitment and synergy as I did at our event" she said. "It has been my sincere pleasure working with all involved and encouraging our local leadership to embrace the idea of one vision, one mission and one voice toward sustainable living, not just on Earth Day, but every day."

High blood pressure and stroke

Shari Lopatin, TriWest Healthcare Alliance

Did you know that one in every three U.S. adults has suffered from high blood pressure, a major risk factor for stroke? And, stroke is the third leading cause of death in the U.S.

Those facts came straight from the American Stroke Association and the National Heart, Lung and Blood Institute (NHLBI).

The relationship between stroke and high blood pressure has been well-documented. The American Stroke Association states, "Managing high blood pressure is the most important thing you can do to lessen your risk for stroke."

As the heart pumps blood through the body, it also pushes blood against the body's arteries. The force of this push is "blood pressure."

However, if this pressure rises too much—and stays high—it can damage the heart, blood vessels, kidneys and other parts of the body, according to NHLBI. It can also lead to a stroke.

Blood pressure tends to rise with age. However, other causes may include obesity, chronic kidney disease, thyroid disease, sleep apnea or certain asthma and cold-relief medications.

Unfortunately, high blood pressure usually has no symptoms, according to NHLBI. Occasionally, it may cause headaches. Many people have high blood pressure for years and don't even know it.

The best ways to prevent high blood pressure from escalating are to:

- Maintain a healthy weight
- Exercise regularly
- Manage stress effectively
- Limit the amount of salt and alcohol consumption
- Avoid cigarette smoke
- Check your blood pressure regularly

According to the American Stroke Association, a stroke happens when a blood vessel to the brain is either blocked by a blood clot, or completely bursts. This prevents oxygen from reaching the brain, causing the affected part to die.

High blood pressure is a major risk factor for stroke because it damages arteries. And when arteries are damaged, they clog or burst more easily.

For more healthy living tips, follow TriWest on Facebook or Twitter, at www.Facebook.com and www.Twitter.com/TriWest.

Interior Alaska & Community Sustainability Proclamation

WHEREAS, we acknowledge our collective responsibility for environmental education, natural resource stewardship and community sustainability; and

WHEREAS, young people today have the motivation and ability to make important contributions to the creation of a sustainable world, both now and for the future generations; and

WHEREAS, we recognize that we must collectively come together to engage the population of Interior Alaska; and to position ourselves as a long-term and viable national asset and leader; and

WHEREAS, sustainability education helps the citizens of Interior Alaska learn skills, perspectives, and values that can guide and motivate them to seek sustainable livelihoods, and live in a sustainable manner; and

NOW, THEREFORE, the communities of Interior Alaska, reaffirms their commitment to the goals and principles of Earth Day. In recognition of Earth Day 2012, and in keeping with our mission to protect and enhance the long-term well-being of Interior Alaska's natural environment, economy and community, we support Earth Day in Interior Alaska by:

- 1) Inviting and encouraging all citizens, businesses, organizations, schools, clubs, congregations, neighborhoods and families to participate in community Earth Day activities, and engage in sustainably sound practices every day.
- 2) Encouraging partnerships between and among the Military, local organizations, businesses and schools to help raise community awareness.
- 3) Using the observance of Earth Day as a springboard for exploring new avenues to sustainability.

FURTHERMORE, LET IT BE KNOWN that Interior Alaska proclaims not only April 22, 2012 as Earth Day but that Earth Day activities are every day.

John Hopkins
John Hopkins, Mayor
Fairbanks North Star Borough

Jeff Cleworth
Jeff Cleworth, Mayor
City of Fairbanks

Doug Lyman
Doug Lyman, Mayor
City of North Pole

Col. Ronald M. Johnson
Col. Ronald M. Johnson, Commander
U.S. Army Garrison
Fort Wainwright

Lt Col David K. Sieve
Lt Col David K. Sieve, Deputy Commander
35th Mission Support Group
Eielson Air Force Base

The Interior Alaska and Community Sustainability Proclamation signed April 20 at the community-wide Earth Day celebration on Fort Wainwright. Representatives from the Army, Air Force, borough and the cities of Fairbanks and Northpole each signed in agreement to encourage partnerships between local businesses, schools, organizations and the military, promoting sustainability and raising awareness. (Courtesy image)

BRIEF (CONTINUED)

Main gate: Closing Saturday morning

Continued from page 1 briefs

intersection. Anyone planning to use the Steese or Richardson highways through the Airport Way intersection is advised to choose an alternate route. Due to safety reasons, spectators will not be allowed to watch the parade along Gaffney Road on post.

Parade viewing areas begin in Fairbanks on Noble Street at Airport Way.

Because of parking concerns, Fairbanks will provide shuttle busses to and from the Fairgrounds on College Road and the Lathrop High School-Hering Auditorium parking lots continuously from

7:30 a.m. until 3:30 p.m. The busses will also shuttle veterans to Fort Wainwright to march in the parade.

Fort Wainwright will provide shuttle busses from Pioneer Park back to the fairgrounds and Lathrop, and back to Fort Wainwright from 11 a.m. to 3:30 p.m.

Everyone is encouraged to attend, wear red, white and blue, and welcome home the troops who have been deployed.

All vehicle operators are advised to use extreme caution if travel plans put you anywhere near the parade. Drivers are encouraged to consider an alternate route.

For more information contact the Public Affairs Office at 353-6701 or 353-6700.

ALASKA POST

Home of the Arctic Warriors

EDITORIAL STAFF

Fort Wainwright Garrison Commander
Col. Ronald M. Johnson

U.S. Army Garrison Fort Wainwright PAO

Linda Douglass

Command Information Chief

Connie Storch

Editor

Brian Schlumbohm

Staff writers

Trish Muntean

Allen Shaw

Contributors

Staff Sgt. Trish McMurphy, U.S. Army Alaska PAO

Sgt. Thomas Duval, 1-25th SBCT PAO

Shari Lopatin, TriWest Healthcare Alliance

The ALASKA POST is authorized by Army Regulation 360-1 and is published by the Fairbanks Daily News-Miner, a private firm in no way connected with the U.S. Army, and is under exclusive written contract. Contents of the ALASKA POST are not necessarily the official views of, or endorsed by, the Department of the Army. The editorial content of this publication is the responsibility of the U.S. Army Garrison Ft. Wainwright Public Affairs Office. The ALASKA POST welcomes responsible comments from its readers and will publish letters, articles or photos submitted at least one week prior to the next publication. The ALASKA POST reserves the right to edit or reject submissions. All submitted material will become official Army property unless otherwise indicated. To advertise call (907) 459-7548. Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, gender, national origin, age, marital status, physical handicap, political affiliation or any other non-merit factor of the purchaser, user or patron. The Editorial office is located on Ft. Wainwright in Building 1047 #1; Mailing address is Public Affairs Office, 1060 Gaffney Road, 5900, Ft. Wainwright, AK 99703. Call 353-6779 or 353-6701, or send emails to pao.fwa@us.army.mil

The ALASKA POST - Home of the Arctic Warriors

Fort Wainwright civilian employees recognized for hard work, dedication

Trish Muntean, Fort Wainwright PAO

Fort Wainwright civilian employees were recognized May 4 for exceptional service.

"I think it is important to call everybody together and let people see all the great things that everybody is doing," said Col. Ronald M. Johnson, garrison commander.

"There are not a lot of great things we can do," he said. "Money is tight, the issues with personnel that are going on, but we are never too busy to recognize folks. It doesn't cost that much to do awards, sign papers, shake hands and take pictures."

The following people were recognized:

Garth Terry, from the Consolidated Legal Office, for 25 years of federal service.

Stephanie Fletcher, also of the Consolidated Legal Office was recognized for five years of federal service. She also received the Achievement Medal for Civilian Service.

Angela Major, chief of the Plans, Analysis, and Integration Office received the Achievement Medal for Civilian Service.

Patrick Kirby, Connie Kiser and Carl Owens, all of Department of Public Works, received the Commander's Award for Civilian Service. They were also recognized for being named the "2011 Top U.S. Army Residential Com-

munities Initiative Project".

The Directorate of Logistics recognized five employees, four whom will be leaving DOL in the near future.

Katherine Romar received a Certificate of Achievement. She was also the Fort Wainwright 4th quarter Non-supervisor Civilian of the Quarter in 2011.

Amy Shelton, Nathan Wilson and Stephen Ball all received the Achievement Medal for Civilian Service. Ball was acknowledged for receiving the IMCOM Director Safety Team Award for driving 14,000 miles with no accidents or citations.

Fran Nelson earned the Commander's

Award for Civilian Service for her work at DOL as the secretary to the director.

The Directorate of Human Resources recognized Michelle Fontenot. She received the Achievement Medal for Civilian Service for her work as the Military Personnel Division Services Branch chief since 2010. In addition to running the ID Card Office, she is responsible for in-processing and out-processing and assumes additional duties during while Soldiers are deploying and returning to their home station.

Eileen Wallace, of the Equal Employment Opportunity office is relocating to Montana to pursue new professional challenges. She received the Commander's Award for Civilian Service for her contributions to the Fort Wainwright community.

Melissa Fernandez, the executive assistant to the garrison commander, was honored for superior performance of duties above and beyond what is assigned, specifically the organization of the garrison's first retirement ceremony for civilian employees who had volunteered for early retirement. She received the Achievement Medal for Civilian Service.

Johnson said these recognition ceremonies would be regular events. He reminded supervisors it is important to recognize the hard work of their employees and employees know their efforts are not unnoticed.

He also challenged those attending to watch for employees inside and outside their agencies who are deserving of recognition for outstanding customer support.



Eileen Wallace of the Equal Employment Opportunity office is relocating to Montana to pursue new professional challenges. She received the Commander's Award for Civilian Service during a ceremony honoring exceptional civilian employees May 4 for her contributions to the Fort Wainwright community. (Photo by Trish Muntean/Fort Wainwright PAO)



Melissa Fernandez, the executive assistant to the garrison commander, was honored May 4 during a ceremony honoring exceptional civilian employees. Fernandez was recognized for superior performance of duties above and beyond what is assigned, specifically the organization of the garrison's first retirement ceremony for civilian employees that had volunteered for early retirement. She received the Achievement Medal for Civilian Service. (Photo by Trish Muntean/Fort Wainwright PAO)

1st Stryker Brigade Combat Team, 25th Infantry Division



Find current information and maps for these events and more on Fort Wainwright's Facebook at www.facebook.com/FortWainwrightPAO. (Photo Illustration by Brian Schlumbohm/Fort Wainwright PAO)

Tuesday

6 a.m. Brigade Run
Runners' route (expect traffic delays): East on the airfield to Ket-cham Road adjacent to the Chena Bend Golf Course; North on Ket-cham to Gaffney Road; West on Gaffney to Freeman Road; south at the Ladd Parade Field back to the airfield.

Wednesday

9:30 a.m. Memorial Ceremony,
Park and Ride: 7:30 a.m. to 9:15 a.m. and again from 10:30 to 11:30 a.m.
2 p.m. Redeployment

and Change of Command ceremonies,
Park and Ride: noon to 1:45 p.m. and from 3 to 4:30 p.m.

Thursday

9:30 a.m. Survivor and Wounded Warrior Walk and Organizational Day

Red and Blue route 10 a.m. to 7 p.m.
Alert Holding Area, Building 2116 Montgomery Road; Chena Bend Golf Course; Oak Avenue and Neely Road; MacArthur Road; Portable barracks (RBKs) across from soft-

ball fields; Physical Fitness Center, Building 3709 Meridian Road; Building 1001 (Thursday only);

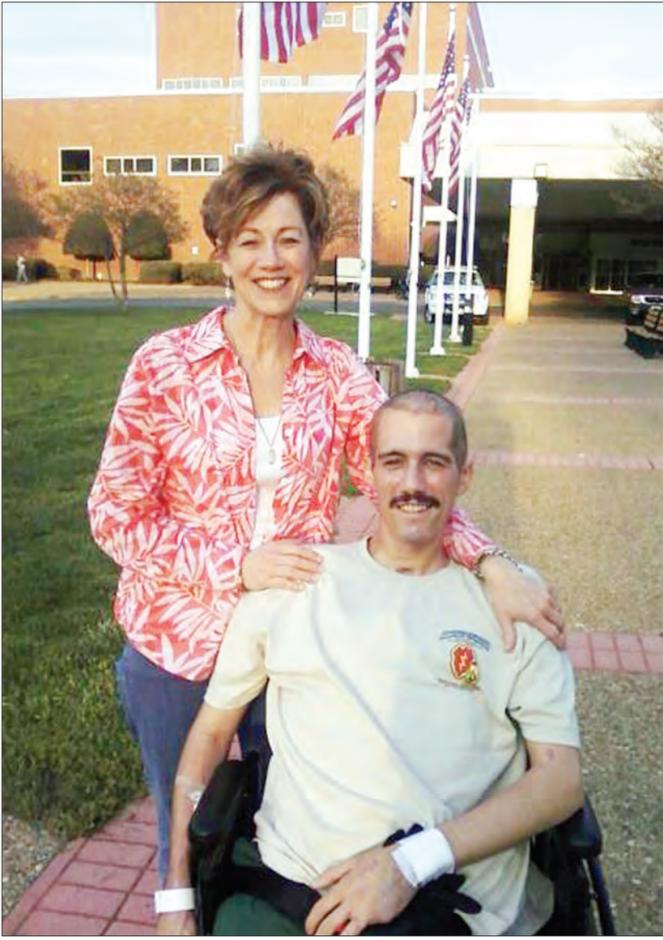
Yellow park-and-ride 11 a.m. to 7 p.m. AAFES and commissary parking lot; and Barracks Buildings 3210 through Building 3215

11397283
AJ AVIATION
AK POST/AK POST
2 x 2.0

13397395
GALLO'S MEXICAN RESTAURAN
AK POST/AK POST - MD
2 x 6.0

50396334
ALASKA FUN CENTER
SALES
AK POST/THE POWER OF
2 x 5.0
RED

11394653
BABULA, DR.
AK POST/AK POST
2 x 3.0



Army 2nd Lt. Nick Vogt, 1st Battalion, 5th Infantry Regiment 1st Stryker Brigade Combat Team, 25th Infantry Division and his mom, Sheila Vogt, enjoy a breath of fresh air outside a Veteran Affairs Clinic in Richmond, Va. (Courtesy photo)



Maj. Gen. Raymond Palumbo, commanding general for U.S. Army Alaska, visits with 2nd Lt. Nick Vogt, platoon leader, 1st Battalion, 5th Infantry Regiment, 1st Stryker Brigade Combat Team, 25th Infantry Division in Richmond, Va., in April. Vogt was injured when he was attacked with an IED while on patrol in southern Kandahar, Afghanistan. Vogt lost both of his legs as a result of the attack. (Courtesy photo)

Soldier: Faces next stage of recovery

Continued from page 1

Shortly after being transferred to Richmond, 2nd Lt. Vogt received a surprise visit from Maj. Gen. Raymond Palumbo, commanding general for U.S. Army Alaska.

During his visit Palumbo presented the 24-year-old Vogt with a commander's coin and clothing to help with his rehabilitation.

In addition to the commanding general, members of Nick's unit have also made the trip to visit their comrade, demonstrating the true meaning behind the 'military Family.'

"I think every one of Nick's chain of command has been to visit him at least once at Walter Reed and/or the VA Hospital in Richmond," said Nick's mom. "Neither my husband nor I have any military background, but it is wonderful to see just how close the 'military Family' really is."

With the support of his Family, his unit and his hometown in Crestline, Ohio, Mrs. Vogt said Nick is remaining positive and is looking forward to returning to Walter Reed Army Medical Center where he is scheduled to begin rehab with fitted prosthetics.

Sheila, speaking on behalf of her injured son, said Nick is still pondering his future and is trying to figure out the steps to accomplish all of his goals.

She said he is still considering furthering his future in the military.

While Nick thinks of his future and struggles with recovery, supporters have come together to make the recovery as painless as possible.

A 5K run will be held May 5 in Crestline, Ohio to help raise money.

According to a recent interview published with the Bucyrus Telegraph Forum.com, race organizer Matt Bickert said, "People are sending us checks and messages. We never expected this sort of response. It's been great."

More than 600 people have already pre-registered, according to the site.

"We could never find the words to express our appreciation and gratitude to the hundreds of people who have helped Nick survive his injuries," Sheila said. "Thank you from the bottom of our hearts. Had it not been for you, we would not have been able to tell the story of Nick's survival. He has a very bright future, and we are so glad that God put you into Nick's life."

Nick has also been cleared to travel back to Alaska and has plans to re-join his unit for a special celebration this month.

The Vogt Family has created a Facebook page to help supporters follow Nick's recovery. For more information check out: www.facebook.com/pages/Nick-Vogt-Family/178392405583759?ref=ts.

Family and MWR employees recognized

Staff report, Fort Wainwright PAO

2011 Length of Service Awards

5-Year Certificate

Joanne Langseth (*Second Career due to break in service*), Helga Polsey, Heidi Watkins, Carla Clyde, Angela Sanderson, Heather Walters and Mynoir Oliver

10-Year Certificate and Pin

Rhonda Carlson, Cari O'Daniel and Brandon Bras

15-Year Certificate and Pin

Curtis Bross, George Howe and Frank Unger

20-Year Certificate and Pin

Mark Donker, Betty Luebke, Rizza Asuncion and Jo Ann Frazier

30 Year Certificate and Pin

Stan Olszewski

2012 Length of Service Awards

5-Year Certificate

Jeffrey Colvin, Ryan Marso, Luseane Helu, Mari-cruz Ramos, Gerri Withers and Natalie Rhodes

10-Year Certificate and Pin

Patricia Kreisman, Lisa Roberts and Deborah Olexa

15-Year Certificate and Pin

David Magar, Yasmin Thompson and Lugene Drexler

20-Year Certificate and Pin

Henry Crawford, Jordan Lewis and Mary Jo Lohrenz

Family and Morale, Welfare and Recreation Awards:

"Skate with Nannooks" event

Lindsey Cox, Steve Tate and Shawn Johnson

"March Madness"

Megan Brown, Chad Cole, Melody Pernell, Jeff Skeels and Nicholas Pulice

"Can do Spirit"

Angela Caiola, Regan Dowrich, Jerome Harmon, Deborah Olexa, Dan Degrave, Michelle Benjamin and Cheri Weber

"Tell me a story"

Julia Allen and Joy Boyce

"Month of the Military Child Carnival"

Gerri Withers

Youth Technology Lab Practicum Award

- Presented by Command and

Rizza Asuncion

Joseph West

Command Awards - Departing employees

Natalie Rhodes, Franklin McCarty, Tonya McCarty, Jay Kennett and Donald Zigga

Command Awards - Special Act

Ryan Marso and Crystal Marso

SOLDIERS
AGAINST
DRUNK DRIVING
353-6610
*Have a Plan,
Call Someone.*

40395914
JIFFY LUBE
AK POST/-WELCOME HOM
5 x 6.0
RUST

16397323
ELFS DEN, THE
AK POST/STV
FREE ADS
1 x 4.5

Ms. Ruby: A special gem in the "Golden Heart" of Alaska

Allen Shaw, Fort Wainwright PAO

As members of the community gather for the Salute to the Military Parade Saturday in Fairbanks, there is a special person in the crowd who has been supporting the community and local armed forces members and their Families for nearly 50 years.

Ruby Riddle, known as "Southern Ms. Ruby" or simply Ms. Ruby, regularly attends Fairbanks North Star Borough Assembly meetings, Fairbanks City Council meetings and Fairbanks Chamber of Commerce general membership luncheons. "If I can't make it to a meeting for some reason or another, I'll listen to it on the radio," Riddle said. "Ms. Ruby is a staple at important community meetings and events," said Bill Bailey, director of Community and Public Relations, Fairbanks North Star Borough School District.

She is also regular guest at many balls, banquets or social gatherings that honor the military.

"I just love the military," she said, "I don't know when it started. I can't explain it. They are just fine people and since I had some family in the military (two brothers in the Army and one in the Navy), it just does something for me. I admire all of them."

Riddle came to Alaska with her husband in 1963. "He worked construction and I worked retail," she said, "We both got jobs right away." He passed away in 1989 and she decided to "stay right here," rather than move back to North Carolina, where they came from.

"I love Alaska, I've always loved Alaska and I still live on the same street I did when I first come up here," she said.

She is the epitome of southern charm, hospitality and class, and to coin her phrase, "ain't no bigger than a peanut." Her smile can light up a room and has helped her win over many golden hearts as the Official Fairbanks City and Fairbanks North Star Borough Hostess.

Fairbanks City Mayor Jerry Cleworth said, "Since Ruby became the official hostess for the City years ago, she has used her own time and



(Clockwise from lower left) Former Alaska Governor and vice presidential candidate Sarah Palin joined with Ruby Riddle, Fairbanks City-Fairbanks North Star Borough hostess at the Fairbanks Westmark Hotel in February 2008 to help kick-off the "Go Red for Women" campaign. Maj. Gen. Stephen Layfield, former commanding general, United States Army Alaska, with Riddle at the Carlson Activity Center after signing the Army Community Covenant in June 2008. The late Senator Ted Stevens and former Secretary of Defense Donald Rumsfeld were greeted by Riddle during the dedication of the Lend-Lease Memorial on First Avenue in downtown Fairbanks, August 2006. Brig. Gen. James N. Post III, commander, 354th Air Wing, Eielson Air Force Base gives a thumbs-up for Riddle during the 2010 Air Force Birthday Gala at Eielson AFB. (Courtesy photos)

funds to often represent the city at many functions that we often times cannot attend. We owe her a great deal of gratitude for commitment to the military and making people feel welcome when their assignments bring them here, and to say goodbye when they have to leave."

Riddle is always dressed to a tee and prepared to meet the Queen; with every silver hair in its place, accessories that match her outfit and of course, high heels – no matter what the time of year it is or what the weather conditions are.

Another necessary accoutrement is her camera. "I have it with me all the time," she said. Riddle loves to take pictures and document special events. She also doesn't mind getting into a snapshot or two, herself.

"I got pictures coming out of my ears," she said, explaining photography is just a

hobby. She has photos she has taken that "go way back." She writes the date, name of the event and other necessary information on each one, signs them "Southern Ms. Ruby" and then often gives them to the people in the photo as a memento. Bailey said, "Whenever I see her out in the community, she is attentive and outgoing, no matter the occasion, and when I'm lucky, she takes a picture and personally delivers to me a printed copy with a friendly note."

"Lord have mercy," said Riddle as she flipped through a stack of photos tucked neatly in a white envelope, reminiscing. "Oh, she was the sweetest thing. We were so close. I could just cry. I love those pictures."

She can run through a laundry list of past Army and Air Force commanders as she looks through the photos and can tell stories about each and every one of them. She also

knows where most of them are and what they are doing today. Riddle considers many of them and their wives, "dear friends."

"To me, Ms. Ruby is the physical embodiment of the Fairbanks moniker "The Golden Heart City", said Col. Ronald M. Johnson, commander, United States Army Garrison, Fort Wainwright. "She is representative of the special bond between the people of Fairbanks and the military community. People like her are what makes Fairbanks, Alaska, and Fort Wainwright truly the best place to live and serve. I think she is a state treasure."

In addition to photos of her and various military leaders, Riddle, as City and Borough Hostess has had an opportunity to smile for the camera with President George W. Bush, his wife Laura and daughter Barbara, former Alaska Governor and vice presidential candidate Sarah Palin, the late Senator Ted Stevens and former Secretary of Defense, Donald Rumsfeld to name a few. She considers herself blessed.

"There's a difference between a friend and a true friend," she said, "I try to be true to people and I want them to be true to me. Without good friends, people are poor. I don't care how much money you got." Riddle prides herself in being a truthful person and she will tell you who she likes and who she "doesn't care much for," but she does it in a polite whisper, careful not to tarnish one's dignity.

"I don't brag, I'm not a put-on, I'm just plain Ruby Riddle and people know that."

She also says she doesn't need much. "I don't have a cell phone, computer or a voice-mail message machine. I've gotten along all these years without them and I just don't need them. If you need to get a hold of me just let the phone ring and I'll answer it if I'm home and not busy watching one of my news programs."

If Fairbanks is the Golden Heart City, then a "Ruby" is the gem that helps it sparkle.

Recreation: Enjoy the great Alaskan experience

Continued from page 1

Many other adventures are tentatively scheduled for later this summer. Backpacking, summer-evening boat rides, berry picking, trips to Valdez during Memorial Day and Labor Day weekends, Denali ATV adventure and other ATV day trips.

In an effort to serve Fort Wainwright Families, any trip

that has family in front of it will be specifically geared towards families with children.

The Outdoor Recreation Center is offering their top 10 suggestions for things to do this summer. Geared towards families and beginners, the class gives ideas to get you out in Alaska.

If skeet shooting is your thing, call 353-1998 about us-

ing the skeet range, open Fridays from 5:30 to 9 p.m. and weekends from noon to 5 p.m.

All dates can be found on the FMWR website calendar wiz. May and June trips are open for registration. July trips are available June 1 and August trips open for registration July 1.

Discounted tickets for rafting at Denali Outdoor Center, Eco-Seg Segway Tours and

Riverboat Discovery and El Dorado Gold Mine are available at ORC.

If you will be exploring the great outdoors and don't want to buy all that expensive equipment, much of what you need can be rented at ORC. Boats, all-terrain vehicles, sporting equipment, camping gear and bikes are just some of what is available. Safety classes

may be required to rent some equipment. Information can be found at the Outdoor Recreation webpage at www.ftwainwrightfmwr.com.

For information on tours and trips call 361-6349 or check out the Outdoor Recreation Center page on the Family and Morale, Welfare and Recreation website at www.ftwainwrightfmwr.com/outdoorrec.html.

Birds: Inspect buildings now

Continued from page 1

gin to actively build their nests, personnel must remain vigilant to ensure that nests are not built in inappropriate places. Nests that are under construction but not yet occupied by eggs or young can

be removed. Care should be taken to remove the nests at the earliest stage possible, preferably after the placement of the first twigs or pieces of mud as the female will often lay her hard-to-see eggs before the nest is completely finished.

Swallows tend to be very persistent nest builders, often attempting to rebuild mere hours after removal of a former nest. It is thus imperative to start the removal process as early as possible and to keep removing nesting foundations as soon as they are constructed. Nests often have to be removed twice daily.

Garrison residents love our wildlife, birds included. The problems associated with birds nesting in human dwellings, however – financial damage, potential swallow bug infestations and guano-born bacteria – should not be ignored. Be proactive and do your part at keeping nests away from buildings and equipment.

For questions regarding preventive materials and bird nesting problems on Fort Wainwright, contact the Natural Resources office, 361-4214.



Swallows find areas on buildings and structures which allow them to build mud nests out of the way of direct sunlight and rain. Now is the time to inspect areas around buildings for last year's nests and signs of newly arrived birds beginning their nest building. (Photo by Brian Schlumbohm/Fort Wainwright PAO)

Late ad
AK POST/AK POST
3 x 6

late ad
TUBBYS BBQ

Fairbanks' celebration of the military community

Staff Sgt. Patricia McMurphy,
U.S. Army Alaska PAO

The Greater Fairbanks Chamber of Commerce and Boeing Company hosted the 44th annual Military Appreciation Banquet April 27 at the Carlson Center to pay tribute to some of the most deserving Fairbanks residents.

Lt. Gen. William Troy, director of the Army staff, and former commander of U. S. Army Alaska, returned to Fairbanks to serve as guest speaker and to present awards.

The event recognized 12 service members and three civilian volunteers from Fort Wainwright and Eielson Air

Force Base, for their accomplishments.

The local community sponsored more than 200 military service members and their spouses to the formal event.

The annual banquet is a tradition that started more than 50 years ago by Jim and Rosemary Messer, who hosted dinners at their home as a way to say "thank you" to those who served.

"We not only honor their achievements here tonight but their presence and willingness to serve," said Lorna Shaw, Greater Fairbanks Chamber of Commerce chairwoman. "We are eternally grateful for those who have paid the ultimate sacrifice in the fight for freedom."



Pictured left to right, 1st Sgt. Luis Porres is the first sergeant of C Troop, 6th Squadron, 17th Cavalry Regiment, 16th Combat Aviation Brigade (Alaska); Sgt. 1st Class Sydney Carpenter is the first sergeant of E Battery, 2nd Battalion, 8th Field Artillery Regiment, 1st Stryker Brigade Combat Team, 25th Infantry Division; Sgt. 1st Class John Knott III is a platoon sergeant with B Company, Warrior Transition Battalion; Sgt. 1st Class Bradford Bunnell is a platoon sergeant with B Company, WTB; Chief Warrant Officer 4 Allen Mays was awarded the Air Medal and is a Squadron Standardization Pilot with the 6th Squadron, 17th Cavalry Regiment, 16th Combat Aviation Brigade (Alaska) and 1st Lt. Thomas Bowcutt an infantryman with Headquarters and Headquarters Company, 3rd Battalion, 21st Infantry Regiment, 1st Stryker Brigade Combat Team, 25th Infantry Division at Fort, (Photo by Staff Sgt. Patricia McMurphy/U.S. Army Alaska PAO)

17398018
FAIRBANKS NORTH STAR
BORO
COUPON-AK POST/TRACK
3 x 21.0

12395513
TANANA VALLEY FARMER'S
AK POST/OPENS TOMORR
3 x 2.25

13397371
A DESERT PASSAGE
AK POST/AK POST
3 x 3.0

40397055
MARKETING SOL/CARLILE
AK POST/AK POST
3 x 5.5

Friday – 11th

MILITARY SPOUSE APPRECIATION: FREE BUCKET OF BALLS AND 15 PERCENT OFF DW GRILL, 8 a.m. to 5 p.m., Chena Bend Golf Course, Building 2092. Call 353-6223.

MILITARY SPOUSE APPRECIATION: BUY ONE-GET ONE, 11 a.m. to 1 a.m., Nugget Lanes Bowling Center, Building 3702. Call 353-2654.

MILITARY SPOUSE APPRECIATION: CHENA FLOAT OR ARCHERY, 1 to 3 p.m., Outdoor Recreation Center, Building 2092. No cost. Call 361-6349.

STORY HOUR AND CRAFTS: MOTHER'S DAY, 4 to 5 p.m., Post Library, Building 3700. No cost. Call 353-4137.

MILITARY SPOUSE APPRECIATION: FREE SKATE RENTAL, 5:30 to 7:45 p.m., Physical Fitness Center, Building 3709. Call 353-7223.

EXCEPTIONAL FAMILY MEMBER PROGRAM CRAFT NIGHT, 6 p.m. Arts and Crafts Center, Building 3727. Open to participants in the EFMP age 3 and older. Cost is \$3-5. Call 353-4243.

COSMIC BOWLING, 8 p.m. to 1 a.m., Nugget Lanes Bowling Center, Building 3702. Call 353-2654.

FREE RIDE HOME SADD, 10 p.m. to 4 a.m., Soldiers Against Drunk Driving Open to DoD cardholders ages 21 and older. Call 353-6610.

Saturday – 12th

NORDALE FLOAT, 9 a.m., Outdoor Recreation Center, Building 4050. Cost is \$10. Call 361-6349/6350.

MILITARY SPOUSE APPRECIATION: HALF-PRICE ZUMBA CLASS, 1 p.m., Physical Fitness Center, Building 3709. Call 353-7223.

ZUMBA FITNESS CLASS, 1 p.m., Physical Fitness Center, Building 3709. Cost is \$7. Call 353-7294.

MILITARY SPOUSE APPRECIATION: FREE SKATE RENTAL, 1:30 to 4:30 p.m., Physical Fitness Center, Building 3709. Call 353-7223.

CHESS CLUB, 3 to 5 p.m., Last Frontier Community Activity Center, Building 1044. No cost. Call 353-7755.

TEXAS HOLD'EM TOURNAMENT, 6 p.m., The Warrior Zone, Building 3205. Open to DoD cardholders ages 18 and older. Call 353-1087.

COSMIC BOWLING, 8 p.m. to 1 a.m., Nugget Lanes Bowling Center, Building 3702. Call 353-2654.

FREE RIDE HOME SADD, 10 p.m. to 4 a.m., Soldiers Against Drunk Driving Open to DoD cardholders ages 21 and older. Call 353-6610.

Sunday – 13th

GOSPEL SERVICES, 9:45 a.m. Gospel Sunday school; 11 a.m. Gospel Worship service, Bassett Army Community Hospital, third floor conference room, Building 4076. Call 353-9825.

PROTESTANT SERVICES, 10 a.m., Sunday school, 11 a.m., Sunday Protestant worship, Northern Lights Chapel, Building 3430. Call 353-9825.

CATHOLIC SERVICES, 11 a.m., Catholic Mass, Southern Lights Chapel, Building 4107. Call 353-9825.

MILITARY SPOUSE APPRECIATION: FREE SKATE RENTAL, 1:30 to 4:30 p.m., Physical Fitness Center, Building 3709. Call 353-7223.

Monday – 14th

ROMP AND STOMP PLAYGROUP: SUPER SCIENCES, 9:30 to 11 a.m., Last Frontier Community Activity Center, Building 1044. Call 353-7372.

ZUMBA FITNESS CLASS, 6 p.m., Physical Fitness Center, Building 3709. Cost is \$7. Call 353-7294.

GROUP CYCLING CLASS, noon, Physical Fitness Center, Building 3709. No cost. Call 353-7223.

Tuesday – 15th

HOOR OF POWER GROUP STRENGTH CLASS, noon, Physical Fitness Center, Building 3709.

No cost. Call 353-7223.

GROUP CYCLING CLASS, at 6:30 a.m. and 5 p.m., Physical Fitness Center, Building 3709. No cost. Call 353-7223.

GOSPEL SERVICES BIBLE STUDY, 6:30 p.m., Bassett Army Community Hospital, Medical Library, Building 4076. For more information email ac2.claxton@us.army.mil.

Wednesday-16th

PROTESTANT WOMEN OF THE CHAPEL, 9:30 a.m., Northern Lights Chapel, Building 3430. Childcare provided, for more information email wainwright@pwoc.org.

BOOT CAMP, 5 p.m., Physical Fitness Center, Building 3709. No cost. Call 353-7223.

GROUP CYCLING CLASS, noon, Physical Fitness Center, Building 3709. No cost. Call 353-7223.

WILD WING WEDNESDAY, 5 to 7 p.m. no-cost, while they last, Nugget Lanes Bowling Center, Building 3702. Call 353-2654.

Thursday – 17th

BABYSITTER TRAINING, 2 to 6 p.m., Youth Center, Building 4109. Open to youth 13 and up. No cost. Call 353-7713.

ZUMBA FITNESS CLASS, 6 p.m., Physical Fitness Center, Building 3709. Cost is \$7. Call 353-7294.

HOOR OF POWER GROUP STRENGTH CLASS, noon, Physical Fitness Center, Building 3709. No cost. Call 353-7223.

GROUP CYCLING CLASS, at 6:30 a.m. and 4 p.m., Physical Fitness Center, Building 3709. No cost. Call 353-7223.

ROMP AND STOMP PLAYGROUP: SUPER SCIENCES, 9:30 to 11 a.m., Last Frontier Community Activity Center, Building 1044. Call 353-7372.

FOR YOUR INFORMATION**SPORTS AND SCHOOL PHYSICALS CLINIC**

Bassett Army Community Hospital will present a sports and school physicals clinic, May 19, 10 a.m. to 2 p.m., appointments are required, call 361-4000.

Bring any special school forms to the appointment with patient/parent portion already completed. If available, bring immunization records to the appointment. Medical issues will NOT be addressed unless they are directly related to the physical.

ASIAN-PACIFIC AMERICAN HERITAGE

The 2012 Asian-Pacific American Heritage Month observance will take place today from 1:30 to 3 p.m. at the Physical Fitness Center, Building 3709.

This year's theme is "Striving for Excellence in Leadership, Diversity and Inclusion." The event is hosted by Medical Department Activity - Alaska. The guest speaker will be Mr. Shiva Hullavarad and will feature live entertainment by the Tafa'ifa Polynesian Dance Productions and Asian and Pacific Islander food sampling. RSVP no later than Wednesday, to paul.wayfield@us.army.mil or elliott.hardee@us.army.mil

GOLF SEASON

Season passes and punch cards for Chena Bend Golf Course will be 10 percent off through May 25 and can be purchased at Murphy Hall, Building 1045, 2nd floor, Suite 30. Call 353-6223 for more information.

LIQUIDATION SALE

The Arts and Crafts Center is having a 50 percent off liquidation sale of all resale inventory items. The center will be close its doors May 14. Watch for a re-opening under contractor operations in the fall. For more information call 353-7520.

MILITARY CHILD, FAMILY THERAPY

Family members of active and retired military can consult the Child and Family Assistance Center for assistance with youth and Family issues. Individual and group therapy is available. Referrals are not required. For more information or an appointment, call 361-6284 or 361-6059.

NATIONAL ARBOR DAY

The Department of Public Work's Environmental Division will give away seedlings of European Mountain Ash (Sorbus Aucuparia), Rugosa Rose (Rosa Rugosa) and Amur Maple (Acer Ginnala). There is a limit of two seedlings per Family and the event is open to all personnel at the DPW Environmental Division, Building 3023, May 21 from 10 a.m. to 2 p.m.

VACATION BIBLE SCHOOL

Catholic Vacation Bible School for children in grades kindergarten through sixth will sing songs, watch skits, create crafts and play games during Catholic Vacation Bible School May 21 through 25. They'll discover Jesus provides what they truly need in every challenge of life. Sessions take place from 12:30 to 4 p.m. at Southern Lights Chapel, Building 4107. Registration packets are available at both SLC and Northern Lights Chapel. Space is limited to 50 participants. Contact Marissa McGrath at 361-4261 or 361-4463 with any questions.

PREVENT ABUSE AND NEGLECT

Help for abused and neglected children is available locally and through a toll-free hotline. The 24-hour Childhelp National Child Abuse Hotline at (800) 4-A-CHILD and on post, call Army Community Service at 353-7317. If you suspect a child is being hurt or neglected, contact the local police or Parenting, caregiver and volunteer tips and resources are available at www.myarmyonesource.com.

SECURITY AND SAFETY TIPS

Educate all Family members on the safe and proper use of emailing and Internet browsing. Do not open an email if you do not know the sender. Educate your Family members to be cautious about giving out information regarding Family travel plans or security measures and procedures. Do not put personal information about yourself on Facebook, Myspace or other Internet sites. You never know who is watching you and what you are doing

For more information contact your unit Antiterrorism Officer or the garrison ATO at 353-6094.

SOLDIERS AGAINST DRUNK DRIVING

Have a Plan, Call Someone. 353-6610

**Fort Wainwright
PAO
website:
www.wainwright.mil**

13397353
JORDAN, KEN
AK POST/SPORTS
CARDS
1 x 1.75

13397363
VIP CLEANERS
AK POST/STV
FREE AD
1 x 3.0

13397401
BENTLEY CAR WASH
AK POST/AK POST
2 x 2.0

16397374
BROW-TINE TAXIDERMY
AK POST/AK POST
2 x 3.0

50396348
ALASKA FUN CENTER
SALES
AK POST/5/6/12 STV P
2 x 5.0
RED

11394614
LOOSE MOOSE CAFE
AK POST/BUCKS AK PO
2 x 3.0

50397109
STANLEY NISSAN
AK POST/CERTIFIED PR
6 x 21.0
Full / olor /