

ALASKA POST

Home of the Arctic Warriors



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Survivor Outreach Services offers assistance to Gold Star Families

Allen Shaw, Fort Wainwright PAO

Sadly, 21 more Gold Star Families joined the ranks of those who made the ultimate sacrifice during the 1st Stryker Brigade Combat Team, 25th Infantry Division deployment to Afghanistan in support of Operation Enduring Freedom, but "(They) We no longer have to walk this dark road by ourselves," said Maria Sutherland, who lost her husband Staff Sgt. Stephen Sutherland, 4th Battalion, 14th Cavalry Regiment, 172nd Stryker Brigade Combat Team in 2005, when deployed to Iraq.

Recently, more than 200 buglers and trumpeters gathered at Arlington National Cemetery Memorial Day weekend to celebrate the 150th anniversary of the composing of "Taps" and honor our Fallen.

Sutherland and her three sons

joined another Gold Star Family from Fort Wainwright to attend the historic event. This was the Sutherland families' seventh visit. For the McCain Family, this was the first. Their Soldier, Sgt. 1st Class Jonathan McCain, 1st Battalion, 5th Infantry Regiment was killed Nov. 13, 2011.

The Sutherland Family accompanied the McCain Family, but Sutherland herself didn't see the ceremony this time. She said, "I was fortunate enough to be one of about a hundred people invited to have breakfast with the President and First Lady." There were ten tables with ten people at each one and she didn't think he'd actually stop by hers, but he did.

"When he came up to me, I didn't know what he was going to say so he

See SURVIVOR on page 5



Bonnie Carroll (left), President and Founder of Tragedy Assistance Program for Survivors met with Maria Sutherland, Gold Star Family member of Staff Sgt. Stephen Sutherland, 4th Battalion, 14th Cavalry Regiment, 172nd Stryker Brigade Combat Team who was killed in action in Iraq in 2005. Sutherland and her three sons attended the TAPS seminar in Washington D.C. over the Memorial Day weekend with the McCain Family. Sgt. 1st Class Jonathan McCain, 1st Battalion, 5th Infantry Regiment was killed Nov. 13, 2011 as a member of the 1st Stryker Brigade Combat Team, 25th Infantry Division was deployed to Afghanistan in support of Operation Enduring Freedom. (Courtesy photo)

Vietnam opens sites to Joint POW/MIA investigators

Erin A. KirkCuomo, Office of the Secretary of Defense

The Vietnamese government will open three areas to help resolve the fate of Americans missing in action from the Vietnam War, DOD officials said June 4.

Following a meeting at the Defense Ministry, Vietnamese Defense Minister Phuong Quang Thanh announced his government would allow American personnel to examine three areas once off limits.

Defense Secretary Leon E. Panetta thanked the Vietnamese leader for all the support Vietnam has provided over the years. The Joint POW/MIA Accounting Command's Detachment 2 based in Hanoi has conducted 107 field searches for Americans missing in Vietnam. The Vietnamese government has fully supported these efforts with personnel and information, said Ron Ward, a casualty resolution specialist with the detachment.

The three sites Vietnam opened to exploration are in the central part of

the country. The first site is in Quang Binh province and involves the crash of an Air Force F-4C Phantom II jet in 1967 with two personnel aboard. Detachment specialists located the site in 2008, but now they will be allowed to examine it, Ward said.

The second site is in Kontum province and involves the loss of an Army private first class in January 1968 during the Tet Offensive.

The third site is in Quang Tri province and involves the loss of a Marine F-4J Wild Weasel aircraft. One of the crew of two punched out of the aircraft and was rescued.

Panetta said these efforts are important to troops serving today, because they know the military means that it will leave no man behind.

To date, the command has repatriated and identified 687 remains in Vietnam. A total of 1,284 Americans remain missing. Of these, 586 cases are in the category of "no further pursuit" -- meaning there is conclusive evidence the individual perished but it is not possible to recover remains.



U.S. Defense Secretary Leon E. Panetta accepts letters from Vietnamese Defense Secretary Phung Quang Thanh, in Hanoi, Vietnam, June 4, 2012. The letters were written by American service members from the Vietnam War. The Vietnamese government will open three areas to help resolve the fate of Americans missing in action from the Vietnam War. (Photo by Erin A. KirkCuomo/Office of the Secretary of Defense)

RED FLAG-Alaska 12-2 prepares for take-off

Compiled from staff reports

Warfighters from around the world have assembled at Eielson Air Force Base to participate in RED FLAG-Alaska; Alaska's premiere combat training exercise which started Thursday and will continue through June 22.

U. S. Air Force Airmen from Alaska, the 354th Fighter Wing, South Korea, South Carolina and Washington have deployed to support the exercise along with 16th Combat Aviation Brigade (Alaska), 25th Air Support Operations Squadron, Schofield Barracks, Hawaii and allied international participants from Japan, Poland and Germany.

Many types of aircraft will represent to include; F-16s, F-15s, A-10s, KC-135s and Eurofighter Typhoons.

Interior Alaskan residents may see and hear increased military flying during this exercise and increased military air traffic in the Joint Pacific Alaska Range Complex and in special use airspace across the state.

RED FLAG-Alaska provides U.S. and allied pilots, aircrews and operational support personnel the opportunity to train and improve their air combat skills in preparation for a myriad of

worldwide contingencies.

All civilian pilots should note that military flying activities are not limited to exercises. Military aircraft may be encountered at any time throughout the year.

Operators of small civilian aircraft transiting Military Operations Areas should be aware of the increased activity and are encouraged to use the Special Use Airspace Information Service by calling (800) 758-8723. In Fairbanks, call 372-6913 or contact Eielson Range Control via VHF radio on 125.3 MHz.

Pilots are also urged to obtain the most current status of the MOAs from any FAA Automated Flight Service Station, Anchorage Center, or Eielson range control and to always file a flight plan.

Special Use Airspace Information Service can be found on the Joint Base Elmendorf-Richardson Web site at <http://www.jber.af.mil/11af/alaskaairspaceinfo/>.

Although military planners make every effort to reduce the effect of increased flying activities on Alaska residents, people who feel they are being adversely affected can call 377-2116 or (800) JET-NOISE.

WEEKEND WEATHER



Friday
Mostly sunny in the a.m.
Isolated thunderstorms in the p.m.
Highs: 70s/80s, Lows: 50s/60s
East winds 5 to 15mph



Saturday
Mostly cloudy
with chance of rain
Highs: mid-70s
Lows: mid-50s



Sunday
Mostly cloudy
Highs in the mid-
60s/lower 70s
Lows: mid-50s

BRIEF

The Newcomers Orientation and Information Fair

I'm in Alaska, now what? The Garrison Newcomers Orientation provides newly arrived members to Fort Wainwright information on living in Alaska. Various agencies will be available to highlight services for Soldiers, their Families and civilians, providing answers to questions pertaining to Fort Wainwright and Fairbanks communities. Mandatory for Soldiers; spouses and civilians are encouraged to attend. Orientation starts at 9 a.m. at the Last Frontier Community Center, Building 1044 and lasts until 3:30 p.m. For more information, call 353-7908.

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SN/ BIRCHWOOD HOMES

Medical Department Activity - Alaska

Medical care while traveling

During the next few months a large number of you will be traveling to destinations outside of the Fairbanks area. While we hope your travels are safe, you may find yourself in a situation where you are in need of medical care. Tricare offers worldwide health-care coverage for you and your Family, but knowing the proper ways to access care can be important. This is going to be a very dry read, but it is very important if you want to avoid possible point of service charges while travelling. Bottom Line Up Front is while you're travelling, call (888) 874-

9378 (TRIWEST) or your primary care manager if you need care other than emergencies.

As with any emergency, dial 911 or go to the nearest emergency room. Prior authorization is not required for emergency care, but you should contact your primary care provider as soon as possible after receiving care.

Urgent care is "a medical service needed within 24 hours when an illness or injury would not result in further disability or death if not treated immediately." Some common examples are sore throats, sprains and fe-

ver. If urgent treatment cannot wait until you return home to see your PCM, you must contact your PCM for a referral or call (888) 874-9378 (TRIWEST) for assistance before receiving care.

As an active duty service member, you must receive all routine, non-emergency care, at a military treatment facility if one is available. If an MTF is not available, prior authorization from your PCM is required.

As a Family member, you should also try to get all routine care before traveling or postpone it until returning, if possible. If enrolled in a

Tricare Prime option, a PCM referral is required to avoid point-of-service charges. Family members not enrolled in a Tricare Prime option can make an appointment with any Tricare authorized provider. If you are traveling overseas, currently, you may visit any overseas provider except in the Philippines where you must select a provider from a certified provider list. But please check with your Tricare office before you go overseas to check on any changes or requirements.

You may use any Tricare pharmacy option when you're traveling,

but be sure your DEERS information is current. To fill a prescription, you need a valid uniformed services identification card. If traveling near an MTF, simply fill the prescription at the MTF pharmacy. You may also choose from more than 56,000 civilian pharmacies that are part of the Tricare Retail Pharmacy program, otherwise known as "retail network pharmacies."

If you have further questions about travel to a specific destination, you can also always visit your nearest Tricare service center or www.tricare.mil for more in-



Col. George Appenzeller
MEDDAC-AK commander

formation. Remember, Medical Department Activity-Alaska is concerned with your well-being, regardless of how you access the system and as always, the MEDDAC-AK team is here to assist you with all your healthcare needs.

Call 361-4000 for an appointment or visit our website at www.alaska.amedd.army.mil.

Top seven health screenings for men

Shari Lopatin,
TriWest Healthcare Alliance

Prostate cancer is the most common cancer in men, regardless of their age or ethnicity, according to the Centers for Disease Control and Prevention.

So for Father's Day this year, which is June 17, why not encourage the men in your life to get tested?

"Prostate cancer screening means looking for cancer before it causes symptoms. This helps to find cancer at an early stage when it may be easier to treat," the CDC says on its website.

One such test is called the PSA test. And it's as simple as drawing some blood. Tricare covers prostate screening tests for men who are older than 50, older than 40 and have had a vasectomy and ages 40 to 49 with a family history of prostate cancer.

In addition to prostate cancer screenings, men should receive these remaining top six tests to stay at optimal health:

- **Cholesterol**, every five years, and yearly starting at age 35.
- **Blood sugar levels**, every three years.
- **Colon cancer screening**, starting at age 50; colonoscopies are recommended only once every 10 years.
- **Blood pressure**, every year.
- **Digital rectal exams** starting at age 50.
- **Skin cancer screening**, every 3 years age 20-40, and every year for anyone older than 40.

For more tips on screening recommendations, visit TriWest.com/HealthyLiving and visit the Screening Guide under "Health and Wellness."

Vietnam Moving Wall



Reflected in the Vietnam Moving Wall monument, standing at parade rest, solemn and vigilant, a Joint Color Guard made up of Soldiers from Fort Wainwright and Airmen from neighboring Eielson Air Force Base, presented the U.S. Flag and took part in the Vietnam Moving Wall Memorial Ceremony at the Veterans Memorial Park, Sunday. Airman 1st Class Harvey Lee, 345th Maintenance Squadron (left), Sgt. Justin Mullis, 5th Squadron, 1st Cavalry Regiment, 1st Stryker Brigade Combat Team, 25th Infantry Division, Staff Sgt. Frances Hernandez, 354th Logistics Readiness Squadron, and Sgt. Jeremy Wright, 6th Squadron, 17th Cavalry Regiment, 16th Combat Aviation Brigade (Alaska); none of the Joint Color Guard were born when the war went on in Vietnam. Guest speaker, Col. Ronald M. Johnson said the Vietnam veterans' leadership helped service members coming home from recent wars, and now it is time for today's veterans and active duty members to share load. Active duty, retirees, veterans and loved ones also took part in the ceremony. (Photo by Connie Storch/Fort Wainwright PAO)

Interior Alaska is the place to be for the 101 days of summer

Allen Shaw, Fort Wainwright PAO

The sun is up, the leaves are green and the landscape has changed from a winter palette of dirty white and dingy grey to a full-spectrum of colors. Along with boundless beauty, outdoor activities in Interior Alaska summers are virtually limitless. There are so many things to do that it's easy to go non-stop from May through August to get as much as possible out of wonderful sunlit days.

It doesn't take long to cram your calendars full of activities from fishing and camping to gardening and outdoor sports. Haul out the bikes and the barbecues, welcome visitors from the Lower 48 and experience what many call 'Extremely Alaska.'

But don't fill in all those dates just yet. Although there is plenty to do and do off the installation, there are several activities specifically planned for Fort Wainwright.

Expect a myriad of activities when the Army celebrates its 237th birthday June 14 with a cake-cutting at the Post Exchange at 11:30 a.m. Parents should also check with the child and youth facilities for dates when other USA birthday celebrations take place.

Of course another sure sign of summer are the post-wide yard sales. One is held each month and the next one is June 16. Residents can sell from their homes, unit areas or - for the low fee of \$10 at the payment booth - anyone can set up a table in the Lemon Lot. All yard sales are from 8 a.m. to 4 p.m.

The Army Birthday Run is June 21 and U.S. Army Alaska will host an Army Birthday Celebration June 22 with the All Ranks Ball at Joint Base Elmendorf-Richardson.

The next 'Spring into Summer' event hosted by the U.S. Army Garrison, Fort Wainwright Safety Office is June 28. This is a comprehensive overview for those who may be experiencing their first summer in Alaska. They cover water safety, camping safety, all-terrain vehicle safety and will tell you what to do if or when you encounter wildlife.

June will finish out with a two-day event put on by the Directorate of Family and Morale, Welfare and Recreation. Freedom Fest 2012 has something for everyone. There will be cage-fighting June 29 at the Carlson Center in Fairbanks followed by a Family Fun Day on post June 30.

There are also a bunch of things to experience off the installation.

The 20th Annual Mosquito Meander 5K Fun Run/Walk is June 16 at 10 a.m. For more information call the Fairbanks Counseling and Adoption office at 460-3547 or check out events@fcaalaska.org.

The Midnight Sun Baseball game featuring the Alaska Goldpanners will be played June 21 under natural light, starting at 10:30 p.m. and the 10K Midnight Sun Run will be June 23. The fun run starts at the University of Alaska Fairbanks at 10 p.m. and ends at Pioneer Park on Airport Way.

Gary Sinise and the Lieutenant Dan Band will also be performing at the Thunderdome on Eielson Air Force Base June 23 and the Midnight Sun Festival is slated for downtown, June 24, all day. It's a county fair-like atmosphere with entertainment, vendors and lots of goodies.

To coin a great Alaskan phrase, this only cracks the tip of the iceberg as far

as things to do in June, so look for articles on specific events in future Alaska Post issues.

For more information call the Fort Wainwright Public Affairs Office at 353-6701 or 353-6700, or request a complete calendar of events at pao.fwa@us.army.mil.

There is always a ton of fun under the midnight sun. Live it up.

ALASKA POST

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The ALASKA POST - Home of the Arctic Warriors

Climbers descend Denali

Staff Report,
Fort Wainwright PAO

After days of waiting for a break in the weather at Camp 5 Elevation: 17,000 feet, Team Denali's

opportunity to reach the summit of Mount McKinley will have to wait for next year.

The team began their final descent to reach their pick-up-point on June 2. All members have re-

turned home and are doing well.

See more photos and information on the U.S. Army Northern Warfare Training Center facebook page at <https://www.facebook.com/USANWTC>.

Climber Profile: Sgt. Anthony G. MacDougall

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



Sgt. Anthony G. MacDougall, infantryman serving as an instructor at the Northern Warfare Training Center.

Sgt. Anthony G. MacDougall, an infantryman serving as an instructor at the Northern Warfare Training Center, the Army's premiere cold weather and mountaineering school in central Alaska, joined the Army because of a video he saw while visiting a recruiter.

"I wanted to jump out of airplanes," MacDougall said. Although he has yet to jump from a single plane, he has found a new passion: arctic and mountain training.

The Ridgefield, Wash., native was one of the few instructors handpicked upon arrival to Alaska to go straight to the NWTC. Most of the instructors must be tested and found able to learn specialized skills and to effectively teach others the mentally and physically challenging tasks taught in the courses.

MacDougall did not have a lot of formal cold weather or mountain training prior to coming to Alaska, but he was accustomed to the cold wet weather of Washington and had done a lot of hiking over the years.

It's rewarding duty, according to MacDougall. "The opportunity to do cool things, like international trips, and to be able to graduate a squad - watching them learn and succeed ... is a great feeling," MacDougall said.

MacDougall said the courses are not for the weak. The courses offered at the NWTC are tough, both mentally and physically.

"Be prepared to walk - don't take the summer course lightly" MacDougall said. "Too many Soldiers think it's going to be a 'gimme' course."

MacDougall says being an instructor has given him the technical and tactical knowhow to be able to face the challenges ahead on the summit attempt on Mount McKinley.

He has climbed several mountains already, such as Rainbow Mountain, Panera Peak and various ridgelines in the eastern Alaskan mountain ranges.

MacDougall said climbing McKinley is "the opportunity of a lifetime," and with the Army's support that goal is now in sight.

Summitting McKinley will take him twice as high as he has ever been on a climb, according to MacDougall.

"I like climbing," he said. "[McKinley] should be a good experience and a good time, and now I can afford to stand on top of the world!"

Climber Profile: Staff Sgt. Jamie Roberts

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



Staff Sgt. Jamie Roberts, infantryman and instructor at the Northern Warfare Training Center.

As the northern terminus of the Appalachian Trail and southern terminus of the International Appalachian Trail, Katahdin, a steep, tall mountain formed from underground magma, is a popular hiking and backpacking destination and the centerpiece of Baxter State Park.

Mount Katahdin is the highest mountain in Maine at 5,268 feet above sea level, and according to Staff Sgt. Jamie Roberts, an infantryman and instructor at the Northern Warfare Training Center, it is "a small one" among the many he's climbed.

"It takes about eight hours to go up, across and back (on Katahdin)," Roberts said.

Roberts, a Harpswell, Maine native said he has spent a lot of time in cold climates and likes outdoor activities like skiing, snowmobiling, camping and riding dirt bikes.

Roberts said enlisting in the Army was something he wanted to do, something to get him away from home to see other places around the world.

Since joining he has traveled to such places as Korea, Panama, Egypt, Iraq and several different states including Alaska, where he is currently assigned.

"I have been here for 10 years," Roberts said. "I went to [The Cold Weather Leaders' Course] in 2002 and wanted to be [a part of the NWTC] back then, but was not afforded the opportunity until last year."

Some of Roberts's favorite things about being an instructor at the school are the new experiences, meeting new people and training Soldiers.

"I like showing them things that can be useful," Roberts said. "Cold weather training is important up here."

Roberts and five other members of the NWTC are putting all of their knowledge and training to the test. The six-man team is attempting to summit Mount McKinley, the tallest peak in North America.

Even though its peak sits at 20,000 feet above sea level, Roberts sounded confident in the team's ability to make it to the top.

"I don't think it will be too difficult," Roberts said. "The route is a pretty well-known."

"And because I'm a stud" he joked.

"It will still be physically demanding though; we will be carrying a lot of equipment and we will have to get acclimatized [to the extreme altitude]," Roberts said.

He said he is still looking forward to the task and the challenge.

"Being in that environment, still at negative 20 degrees, in the summer - I wouldn't get to experience that anyplace else," Roberts said.

Climber Profile: Maj. Gary McDonald

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



Maj. Gary McDonald, commander of the Northern Warfare Training Center.

As the son of a Marine and grandson of a Soldier, the military seemed like the right choice for the commander of the Northern Warfare Training Center, Maj. Gary McDonald.

The Kanab, Utah, native said when he decided to join the Army he wanted to join the infantry, but his wife of now 18 years, didn't care too much for that idea and wanted him in a job she thought was more "safe," so he became an armor officer.

McDonald grew up on a small ranch in Utah at an elevation of 8,800 feet. He said he spent a lot of his youth enjoying the outdoors, spending time in the mountains, skiing and snowmobiling. So, when a superior officer told him about the NWTC, what they did and had to offer, he was hooked.

After attending the Basic Mountaineering Course one summer, he said he decided the NWTC was where he wanted to be, and with either luck or fate, it became so.

"It was a good unit and the NCOs were extremely professional and knowledgeable," McDonald said.

The training at the NWTC fit his lifestyle.

He said he enjoys just about anything outdoors - trekking, backpacking, climbing and hunting - just to name a few.

One memorable hunting trip involved his first sergeant at the NWTC.

"That was an event - getting it out," McDonald said. "The quickest way to ruin a good moose hunt is to kill a moose," he joked. "We had to go back and get the [snow] machines but still had to haul [the moose] out a mile, me with my 9- and 11-year-olds and first sergeant's 11-year-old, at 1 a.m., just to get to them."

McDonald's adventures are far from over. He and a team of five instructors from the NWTC will be attempting to summit the tallest mountain in Northern America this month.

With a peak at 20,000 feet above sea level, Mt. McKinley is at least two times higher than any mountain McDonald and most of his team have ever attempted.

Like most of the team members, McDonald said he wanted to do this for the challenge.

Each team member will be carrying in about 150 pounds of equipment for their climb.

Some of the gear will be on sleds and the rest will be on their backs, according to McDonald. He said they have been training up for this by completing extra hiking, climbing and using an altitude chamber.

McDonald said they experienced what it would be like at 25,000 feet, which is higher than their upcoming summit, just to get a feel for it.

"We lasted about one minute without supplemental oxygen before beginning to lose cognitive motor skills," McDonald said about his experience in the chamber. "But I enjoyed it; it was very informative to see the effects of hypoxia and how fast it sets in."

McDonald said taking part in the climb is his duty as the NWTC commander.

"If you are going to put your guys in danger - you should do it yourself," McDonald said.

Red Flag-Alaska underway



U.S. Army Alaska aviators from Fort Wainwright's 16th Combat Aviation Brigade (Alaska) will participate in the Red Flag-Alaska exercise which began Thursday and continues through June 24. Red Flag-Alaska is a Pacific Air Forces-sponsored, joint national training capability exercise. Each exercise is a joint-coalition, tactical air combat employment exercise which corresponds to the operational capability of participating units. In other words, exercises often involve several units whose military mission may differ significantly from those of other participating units. Red Flag-Alaska planners take these factors into consideration when designing exercises so participants get the maximum training possible without being unfairly disadvantaged during simulated combat scenarios. (Courtesy photo) **See story, page 1.**

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Trish Muntean,
Fort Wainwright PAO

Alaska Post Spotlight: Shenicia Askew

Her friends call her Neicy, her siblings "the drill sergeant" and sometimes her boss refers to her at the gate keeper. But Shenicia Askew, the management support assistant to the director of Family and Morale, Welfare and Recreation is so much more than that.

Born in the U.S. Virgin Islands and raised in Miami, Askew, is the oldest of seven children (four girls and three boys) and is proud of her role as a wife, mother, sister, aunt and friend.

But there are many sides to Askew. Something that may come as a surprise to some is that she serves in the U.S. Army reserves as a Chief Warrant Officer 2 in the field of automotive maintenance.

She was originally a Blackhawk pilot, but had to change career fields when she transferred from the Virgin Islands because there were no aviation assets within 1500 miles.

"This might sound crazy but I would love to be in Afghanistan with my old Com-

bat Engineer Maintenance Team doing missions," said Askew. "I love being a grease monkey."

Since she can't be there, she is satisfied with and proud of her professional accomplishments and the impact she has made at FMWR.

"I'm just a Jane of all trades" Askew said. "Having the opportunity to be a part of the organization that gives back to the Soldiers is an honor for me especially being a Soldier."

"Shenicia is such a pleasure to work with," said Cindy Blum, the garrison administrative officer.

"She knows her stuff and has really improved the processes in DFMWR since starting there" she said. "She is willing to help anyone who comes to her for assistance, to include those outside of the DFMWR arena."

"Shenicia is an adaptive leader who seeks more efficient ways to support our team and the mission," said Mike Campbell, the commercial sponsorship and advertising manager for FMWR.

"I appreciate her for her willingness to collaborate and share her knowledge to

empower others. She lives the Army values which is a testament to her patriotism," he said.

"Hearing that they are happy that I am here and feeling very appreciated makes me really proud because it shows that I am doing my job to the best of my ability," Askew said.

In her spare time (not that there is much of it) she enjoys spending time with her family: Warrant Officer Laquinsa Askew, 1st Battalion, 52nd Aviation Regiment and her sons, Derrick O'Neal, 16 and DeMoi Greaves, 11.

Askew also enjoys mentoring Soldiers, cheering on her favorite football team, the New England Patriots, playing video games, dancing and cooking.

Ultimately, her dream job is to own an organization that takes kids off the streets and give them jobs, a place to stay and to assist them in furthering their education or maybe help them meet the qualifications to join the military.

For now though, she is making a positive impact on those in the Fort Wainwright community, simply doing her job.



Shenicia Askew, the management support assistant to the director of Family and Morale, Welfare and Recreation considers herself a "jane of all trades." She said the most satisfying part of her job is helping everyone, no matter what it is that they need. (Photo by Trish Muntean/Fort Wainwright PAO)

Women in the Wilderness, a chance for adventure in Alaska



"Women in the Wilderness," an Outdoor Recreation Center program allows women a chance for adventure in Alaska. Saturday's adventure was a float down the Chena River using canoes or kayaks. Lakesha Byrd and Lisa Roberts were two of the ten women who participated in the trip. Future trips include a mountain hike on July 14 and rock climbing August 4. (Courtesy photo/Outdoor Recreation Center)

Trish Muntean,
Fort Wainwright PAO

Some had just arrived at Fort Wainwright and were there to jumpstart their great Alaskan adventure. Others just wanted to get out of the house and maybe catch a picture of some sort of wildlife. Whatever the reason, ten women and two leaders crawled out of their beds early on Saturday morning to participate in the Outdoor Recreation Center's Women in the Wilderness program.

As part of the program, the center offers activities exclusively for women in hopes of getting them outdoors, possibly trying something they have never done before or something they may not have felt as comfortable doing in the company of men.

Saturday's adventure was a float down the Chena River using canoes or kayaks.

Mary Bush, wife of Spc. Jimmy Bush, 1st Stryker Brigade Combat Team, 25th Infantry Division arrived in April. She was happy for the chance to get out of the hotel with the friend who had invited her.

She considers herself an

outdoors person and had even worked at a kayak store at one point of her life and wasn't the least bit nervous about the adventure.

However, Jordan Sanford was, having no previous experience she decided to do it anyways. She thought it might be one of her last chances before she and husband Spc. Victor Sanford, 25th Brigade Support Battalion, 1-25th SBCT leave Alaska in the fall.

Her primary goal was to see some wildlife and get some pictures.

"It was so much fun" she said after she returned. "It was really, really pretty and relaxing."

Not only did she get to see some beautiful scenery along the river, she got close enough to a beaver swimming up river to take its picture.

There will be plenty of opportunities for fun and photographs on upcoming trips, which include the Women in Wilderness mountain hike on July 14 and Women in the Wilderness rock climbing August 4.

For more information call 361-2652.

Comment period extended for Joint Pacific Alaska Range Complex

Staff report, Alaskan Command PAO

The U.S. Army and U.S. Air Force, on behalf of Alaskan Command, will continue to accept comments on proposed changes to the Joint Pacific Alaska Range Complex through July 9, 2012.

Comments received by ALCOM no later than July 9 will be considered in the preparation of the final Environmental Impact Statement.

Comments on the JPARC and its EIS may be submitted via the website, www.jparceis.com, mail, or fax.

To make effective comments: Explain how proposed actions may affect you. Give examples. Tell what you do support as well as what you don't. Offer solutions—draw on your expertise as an interested stakeholder to suggest innovative ideas. Those substantive comments received by July 9, will be included in the final EIS.

ALCOM, as the Department of Defense's regional joint headquarters in Alaska, has coordinated with the Services to develop a joint strategy to identify joint training opportunities in Alaska, maximize the use of training resources, and improve joint training. The Environmental Impact Statement for the Modernization and Enhancement of Ranges, Airspace, and Training Areas in the Joint Pacific Alaska Range Complex in Alaska (JPARC Moderniza-

tion and Enhancement EIS) will evaluate the elements of this strategy which are reasonably foreseeable.

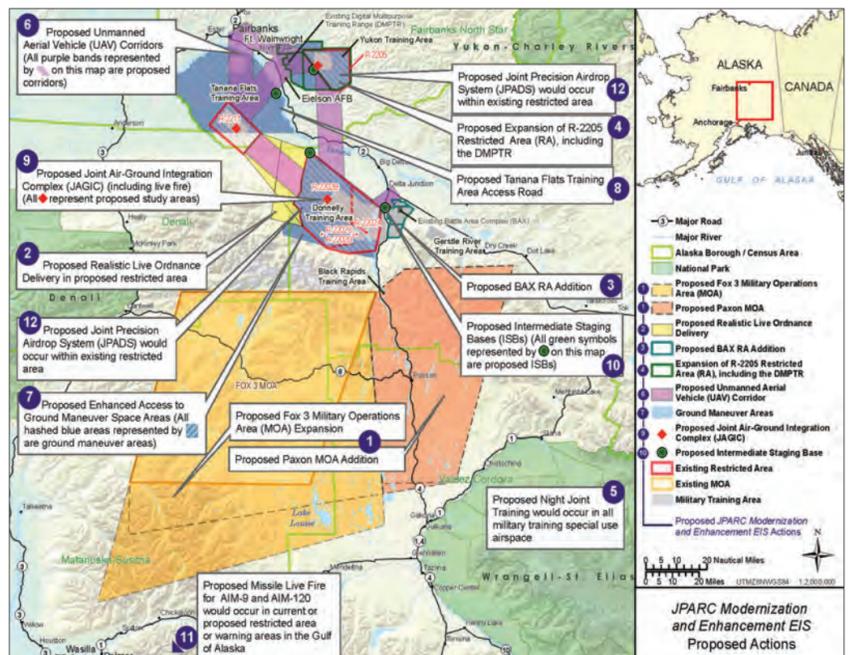
At present, the JPARC consists of all land, air, and sea training areas used by the Army, Navy, and Air Force in Alaska. The military uses the JPARC to conduct testing, unit level training, and to support various joint exercises and mission rehearsals.

The JPARC was originally developed to support cold war weapons, tactics, and techniques. Its current configuration cannot fully meet the training requirement for forces and exercises located in Alaska. The proposed JPARC enhancements would enable realistic joint training and testing to support emerging technologies, respond to recent battlefield experiences, and train with tactics and new weapon systems to meet combat and national security needs. JPARC enhancements would enable the Services to train realistically and jointly so military personnel could succeed in their mutually supportive combat roles when exposed to situations faced in actual combat.

The EIS will analyze the environmental effects of the proposed changes and their alternatives. Federal, state, and local agencies, Alaska Native, and interested groups and persons are encouraged to provide comments on the

proposed action by mail or fax at the address and numbers provided below. More information can be found at the

project website at www.jparceis.com. The ALCOM public affairs may be reached by calling 552-2341.



This graphic represents a summary of Joint Pacific Alaska Range Complex, Modernization and Enhancement Environmental Impact Statement proposed actions. The graphic and detailed proposal documents can be found at http://www.jparceis.com/proj_actions.aspx. (Graphic illustration courtesy/Joint Pacific Alaska Range Complex)

Soldiers produce gardens for healing, health and future growth

Brandy Ostanik, Medical Department Activity-Alaska PAO

Sgt. 1st Class John Knott, became a member of Bravo Company, Warrior Transition Battalion March 2009 after the Stryker he was riding in was hit by a grenade while on a mounted patrol in Iraq. He quickly found himself in a situation that was foreign to him, a feeling of having no responsibility.

"It was so tough being taken away from the big show. Not being given any responsibility from my leaders was extremely heart-wrenching," said Knott.

During the next couple of months, Knott found a way to take on some responsibility while gaining a sense of accomplishment and confidence in what many might find an unlikely source; gardening.

At his home, Knott began a raised-bed vegetable garden that he nurtured through the summer months. "Gardening is peaceful for me," said Knott. "When I started I wasn't in the state of mind to interact with most people. Working in the garden gave me an outlet to work through things in my own head."

Knott, who continued to use gardening to aide him throughout his healing process, became a platoon sergeant for Bravo Company, 2nd Platoon, WTB in August 2010, and last week helped Soldiers currently assigned to the unit to start a Warrior Garden on the grounds of the Warrior Transition Complex.

Planning the Warrior Garden started months ago as the snow began melting. WTB leaders were looking for outdoor activities to engage Soldiers when Knott brought up the idea of gardening.

Capt. Daniel Corbett, Commander of Bravo Company, WTB wanted to expand on Knott's idea by creating a program that could be beneficial to Soldiers assigned to the unit and be incorporated into the footprint of the new



Spc. Ryan Paulton, with Bravo Company, Warrior Transition Battalion, plants tomatoes in the Warrior Garden with the assistance of Steven Seefeldt, a volunteer with Cooperative Extension Service at University of Alaska Fairbanks. A dozen Soldiers gathered last week to plant a vegetable garden which they will maintain throughout the growing season. WTB leaders hope Soldiers involved in the Warrior Garden will be less likely to go down a destructive path if they are involved in caring for something that is living. (Photo by Brandy Ostanik/Medical Department Activity-Alaska PAO)

See GARDENS on page 6

Gary Sinise and the Lieutenant Dan Band return to the Interior

Staff report,
Fort Wainwright PAO

Actor and musician Gary Sinise and The Lieutenant Dan Band take the stage June 23, 7 p.m. in the Thunderdome at Eielson Air Force Base. The doors are scheduled to open at 6 p.m. Soldiers and Family members are invited to attend.

In the 1994 blockbuster film Forrest Gump, which won six Oscars, 32 other awards and 38 nominations overall, Gary Sinise received critical acclaim as best supporting actor for his portrayal of Lt. Dan Taylor.

A character biography from the Internet Movie Database tells the story of Taylor, who was born into a family with a proud military tradition. Supposedly someone in his family had died in every American war. He was sent to Vietnam during the Vietnam War and assigned to fourth platoon. While serving in Vietnam, he was paranoid of snipers and surprise attacks by the Viet-

cong. His platoon encountered an ambush and he called for a napalm drop. During the skirmish he was hit in the legs and thought he was going to fulfill his destiny of dying in that war. However, a young quirky Soldier named Forrest Gump came to his aid and carried him to safety despite Lt. Dan's objections. He was sent to a field hospital and his legs were amputated. Forrest Gump is brought to the same hospital and Taylor confronts Gump about saving him and how he must live as a double amputee. He was eventually discharged due to his new handicap and ended up in New York City. Taylor spends time in New York, presumably living off of disability or government programs for injured veterans. He meets with Gump again and although has yet to come to terms with Forrest saving his life, he treats him like a friend and spends New Year's with him, even sticking up for him. While drinking in a bar on New



Actor and musician Gary Sinise. (Courtesy photo)

Year's Eve, he promises Forrest to be his first mate if he ever becomes the captain of a shrimping boat. He is made to eat his alcohol-induced words when Forrest Gump buys a shrimping boat and does indeed become the captain of it. Lt. Dan serves as the first mate of the Jenny shrimping boat,

where he guides Forrest to where he thinks they will catch shrimp. Lt. Dan and Gump are out fishing when Hurricane Carmen goes through the Gulf of Mexico, destroying the entire fleet of shrimping boats in Bayou La Batre, AL. except for the Jenny. As a result, Forrest Gump's shrimping business, Bubba Gump Shrimp, takes off due to an increased amount of shrimp caught and a virtual monopoly on the shrimping market. Lt. Dan eventually comes to terms with his survival and disfigurement in Vietnam and forgives Forrest for saving him and makes his peace with God. He goes on to invest the already high profits of the Bubba Gump Shrimp Company into a new computer company, Apple Computers, making Forrest Gump and himself very wealthy. With this new wealth, Taylor is able to afford custom made titanium alloy prosthetic legs giving him the ability to walk again.

Although Sinise has a laun-

dry list of accomplishments as an actor in addition to his portrayal of Lt. Dan, his roots have always been deeply embedded in music. "He was something of a rebel, playing in bands and paying little attention to school," according to the Sinise biography on www.IMDb.com.

In 1997 Sinise and Kimo Williams, a Chicago-based musician, former U.S. Army captain and Vietnam veteran, met and worked together in the Steppenwolf Theatre production of Tennessee Williams A Streetcar Named Desire. They both shared a love for music and would get together often to jam, which www.lt-danband.com states, "laid the foundation for what became The Lieutenant Dan Band," established in 2003. The band has been performing USO tours ever since. In the past six years, the band has played 30 to 40 shows per year, most of them for the USO, charities or benefits.

Survivor: Outreach Services offers assistance

Continued from page 1

comes up to me and he's like so who are we honoring today? I told him we're honoring my husband Stephen Sutherland and he gave me a hug and he thanked me for our service and our sacrifice. Then as he was leaving, turned around for some reason and came back and gave me another hug. I was like, wow," she said.

When referring to 'not walking the dark road ourselves', Sutherland was talking about the Fort Wainwright Survivor Outreach Services. The program was primarily established for Family members who have lost a Soldier in wartime, but, "The SOS program welcomes all Families who've suffered the loss of a military member from any branch, at any time, peace or war, regardless of circumstance," said Michelle Benjamin, Army Community Services, Survivor Outreach Support coordinator.

SOS participants are encouraged to join in social programs and outings such as the upcoming USO show, starring Gary Sinise and the Lt. Dan Band in the Thunderdome at Eielson Air Force Base, June 23. Benjamin said. "It's an opportunity to relax and have fun and still support one another."

The SOS program will offer transportation for the group concert outing because of leader cooperation and volunteer assistance, she said. She and Sutherland both give the Army, and the command team much credit for the ongoing reinforcement SOS receives.

Benjamin also facilitates monthly survivor meetings and invites professionals from on- and off-post helping agencies to speak and provide materials during her meetings. Perhaps most important, Benjamin explains, is the way survivors come together to help one another.

"It's the shared survivors' experiences," she said, "To hear each other's stories and comfort one another in a way no one else can. The camaraderie is special because they

can benefit one another with a unique understanding."

"The support from the ACS staff, leadership, the 1-25th Stryker Brigade and MEDDAC," Benjamin said, help make our events happen. All of our volunteers also make sure our Families have positive guidance and the

support tools they need during the healing process."

Benjamin encourages anyone who needs survivor outreach services to stop by and visit the SOS office in Building 1049, Suite 4. For more information call Benjamin at 353-4004.



Victor, Steven and Omar (left to right), members of the Sutherland Gold Star Family attended the Tragedy Assistance Program for Survivors seminar in Washington D.C. over the Memorial Day weekend. Staff Sgt. Stephen Sutherland, 4th Battalion, 14th Cavalry Regiment, 172nd Stryker Brigade Combat Team was killed in 2005, when deployed to Iraq. The older boys will now move on to mentor younger children who have lost a Family member in combat. (Courtesy photo)

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ALASKA FUN CENTER
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Friday-8th

EMOTIONAL COACHING, noon to 12:45 p.m., Last Frontier Community Activity Center, Building 1044. Childcare provided at no cost to those that pre-register. Call 353-7713.

WORLD OCEAN DAY STORY HOUR AND CRAFTS, 4 to 5 p.m., Post Library, Building 3700. Call 353-4137.

Saturday-9th

PARENT'S DAY OUT, 9 a.m. to 5 p.m., CDC I, Building 4024. Register by June 9. Cost is \$32 per child for full day, \$16 for half day. Call 353-7713.

QUARTZ CREEK ATV DAY TRIP, 8 a.m. Outdoor Recreation Center, Building 4050. Fee is \$75. Call 361-6349.

5K FUN RUN, 10 a.m., Physical Fitness Center Parking Lot, Building 3709. Registration begins at 9:30 a.m. Call 353-7223.

LEAN, MEAN, COOKING TEENS, 10:30 a.m. to 1 p.m., Youth Center, Building 4109. Lunches. For teens 7 -12th Grade, Call 353-7713.

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

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

TEXAS HOLD'EM, 6 p.m., The Warrior Zone, Building 3205. Call 353-1087.

Sunday-10th

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.

ATV SAFETY CLASS, 1 p.m., Outdoor Recreation Center, Building 4050. Age 18+. For more information, call 361-6349.

Monday-11th

YOUTH SERVICES WEEKLY SUMMER CAMP: THE ARTIST WITHIN, Mon-Fri 9 a.m. to 3:30 p.m., Youth Center, Building 4109. Call 361-5437.

SCHOOL AGE CENTER WEEKLY SUMMER CAMP and FIELD TRIPS, School Age Center, Building 4166. Call 361-7394.

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

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

UNITED THROUGH READING, 4 to 6 p.m., Post Library, Building 3700. Call 353-2642.

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

Tuesday-12th

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

HOUR OF POWER GROUP STRENGTH CLASS, noon, Physical Fitness Center, Building 3709. Call 353-7223.

PARENT'S NIGHT OUT, 5:45 to 8:45 p.m., CDC I, Building 4024. Register by June 4th. \$12 per child. Call 353-7713.

GROUP CYCLING CLASS, 5 p.m., Physical Fitness Center, Building 3709. 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-13th

NEWCOMERS ORIENTATION, 9 a.m. to 3:30 p.m., Last Frontier Community Activity Center, Building 1044. Call 353-4227.

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

GROUP CYCLING CLASS, 4 p.m., Physical Fitness Center, Building 3709. Call 353-7223.

BOOT CAMP, 5 p.m., Physical Fitness Center, Building 3709. Call 353-7223.

BEGINNING MENS 2 DAY GOLF CLINIC, 6:30 to 8 p.m., Chena Bend Golf Course, Building 2092. Call 353-6223.

Thursday-14th

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

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

FLAG DAY BOWLING, 11 a.m. to 10 p.m., Nugget Lanes Bowling Center, Building 3702. Buy one, get one free bowling. Call 353-2654.

HOUR OF POWER GROUP STRENGTH CLASS, noon, Physical Fitness Center, Building 3709. Call 353-7223.

UNITED THROUGH READING, 4 to 6 p.m., Post Library, Building 3700. Call 353-2642.

GROUP CYCLING CLASS, 4 p.m., Physical Fitness Center, Building 3709. Call 353-7223.

EVENING BOAT RIDES, 5:30 p.m., Outdoor Recreation Center, Building 4050. Call 361-6349.

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

Friday-15th

EMOTIONAL COACHING, noon to 12:45 p.m., Last Frontier Community Activity Center, Building 1044. Childcare provided at no cost to those that pre-register. Call 353-7713.

FAMILY HISTORY DAY STORY HOUR AND CRAFTS, 4 to 5 p.m., Post Library, Building 3700. Call 353-4137.

Saturday-16th

FAMILY ROCK CLIMBING, 9 a.m., Outdoor Recreation Center, Building 4050. Fee is \$10. Call 361-6349.

COMMUNITY CPR/FIRST AID CLASS, 9 a.m. to 3 p.m., Youth Center, Building 4109. Call 353-7713.

LEAN, MEAN, COOKING TEENS, 10:30 a.m. to 1 p.m., Youth Center, Building 4109. Snacks and Baking. For teens 7 -12th Grade, Call 353-7713.

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

BOATER SAFETY CLASS, 1 p.m., Outdoor Recreation Center, Building 4050. For more information, call 361-6349.

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

WELCOME HOME and SUMMER KICK OFF PARTY, 4 to 11 p.m., The Warrior Zone, Building 3205. Open to all DoD cardholders 18 and older. Call 353-1087.

Gardens:

Continued from page 5

complex, and the Warrior Garden was born.

"Our occupational therapist did some research about other organizations that use gardening for healing purposes, but most of those were Zen gardens, a place for people to relax." That was not quite the approach Corbett or Knott had in mind. "We were looking for more of a holistic approach where they could plant, nurture and harvest their work." said Corbett. "Our thought process was if they are involved in growing something that is living, something they have to care for, they are less likely to go down a destructive path."

With the help of Taylor Maida, head of the Cooperative Extension Service Agriculture and Horticulture Program at University of Alaska, Fairbanks, and volunteers from Fairbanks Master Gardeners Program, Soldiers assigned to the WTB and Cadre members spent time learning about growing gardens in Alaska and put that knowledge to use when creating their Warrior Garden.

Before planting could begin, raised-garden containers needed to be built. WTB Soldiers acquired old shipping crates from storage and used those to create the containers. "Being able to recycle the crates and paint them to match our buildings was an added bonus, as was the ability to include more Soldiers in the project," said Corbett. "Not all of our Soldiers are interested in gardening but we were able find Soldiers who were interested in woodworking so they built the containers for the garden."

On the day of planting, Soldiers worked with the Master Gardeners to choose and plant vegetables that would work well together in their containers. Tomatoes, lettuce and onions were chosen by most of the Soldiers while others chose to also plant potatoes, squash, corn and carrots.

Master Gardeners freely gave pointers on spacing of the plants, how deep to plant them and how long it would be before they could be harvested.

For some of the Soldiers this was their first experience with planting but for others like Sgt. Kenneth

Wayland planting the garden brought back memories. "I grew up on a farm in Illinois so I used to do a lot of planting," said Wayland. "I'm glad to have something to get me out of my room and to watch the corn, cabbage and carrots I planted grow."

As the planting of the Warrior Garden neared the end, Knott called the group of Soldiers and volunteers together for a group picture and addressed the Soldiers. "Remember," said Knott, "These are your plants. They are here for you to take care of. For you to watch grow and to harvest."

"They are your responsibility."



Sgt. Kenneth Paulton, a Warrior in Transition, chooses vegetables for his container in the Warrior Garden planted last week. A dozen Soldiers gathered last week to plant a vegetable garden which they will maintain throughout the growing season. WTB leaders hope Soldiers involved in the Warrior Garden will be less likely to go down a destructive path if they are involved in caring for something that is living. (Photo by Brandy Ostanik/Medical Department Activity-Alaska PAO)

LEGAL NOTICES

Anyone having claims against or who is indebted to the estate of Pfc. Richard McNulty III, of Headquarters and Headquarters Company, 425th Brigade Special Troops Battalion, 4th Brigade Combat Team (Airborne), 25th Infantry Division, may contact 2Lt. James Lewis, 425th BSTB, 425th BCT, Joint Base Elmendorf-Richardson, Alaska 99505, or call 384-1347.

Anyone having claims against or who is indebted to the estate of Sgt. Brian Walker of Headquarters and Headquarters Company, 425th Brigade Special Troops Battalion, 4th Brigade Combat Team (Airborne), 25th Infantry Division, may contact 1Lt. Michael Paris, HHC 425th BSTB, JBER Alaska 99505, or call 230-8712.

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GALLO'S MEXICAN RESTAURANT
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SEOUL GATE RESTAURANT
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YOUTH CENTER SUMMER CAMPS

The Youth Center summer week-long camp starts Monday. The week's theme is, "Robots Rock! Lego Mindstorm robotics" Participants will use Lego Mindstorm robotics to build robots and complete a mission. Families can attend a Friday night showdown between teams. Weekly fees vary from \$20 to \$58 based on income category. For more information, call 361-5437.

VOTING ASSISTANCE

Alaskans in the Interior will have the opportunity to vote again August 28. The Voting Assistance Program officer is available if anyone has questions or needs assistance with voter registration, call 353-7624 or check out the installation's voting agency webpage for general voting information at www.wainwright.army.mil/armyVote/default.asp.

ROAD CLOSURE

Due to ongoing hangar construction, Montgomery Road will be closed between Luzon Avenue and Santiago Avenue, Monday through June 24. The detour route will be Neely Road between Luzon and Santiago Avenues.

HYDRANT FLUSHING

Hydrants around post are being opened to allow water to flow through and reduce sediment in the lines. The semi-annual program will continue through early June. Flushing water mains can cause short-term water discoloration from iron deposits in pipes which by flushing at higher flow rates is scoured and removed from piping systems and washed out at the fire hydrants. The change of color is not harmful for drinking purposes and usually clears up within minutes. White laundry could be discolored. To help clear house and building lines of cloudy or "yellowish" water, open lines to kitchen sinks or bathtubs. If water discoloration continues after 6 p.m., contact the Doyon Utilities office at 455-1571; after hours call 455-1539.

JOINT PACIFIC ALASKA RANGE COMPLEX

U.S. Army and U.S. Air Force, on behalf of Alaskan Command, will continue accepting comments on proposed changes to the Joint Pacific Alaska Range Complex through July 9. Comments may be submitted via the website, www.jparceis.com, or for more information contact ALCOM Public Affairs at 552-2341 or email alcom.j08@elmendorf.af.mil.

GEOTAGGING, PERSONAL SECURITY

Geotagging is the process of adding geographical identification to photographs, video, websites and SMS messages. It is the equivalent of adding a 10-digit grid coordinates to everything you post on the internet. Many people are unaware of the fact that

photos taken with some Smartphone and loaded on the Internet have been automatically geotagged by their phone. Photos posted to photo sharing sites like Flickr and Picasa can also be tagged with location, but it is not an automatic function. For more information about geotagging, go to <http://icanstalku.com/how.php#disable>. For more information on personal security, contact your unit Antiterrorism Officer or the garrison ATO at 353-6094.

WANTED: CRIMINAL INVESTIGATORS

The United States Army Criminal Investigation Command commonly known as CID, is currently seeking qualified applicants to become highly-trained criminal investigators. Special agents are responsible for investigating felony-level crime of Army interest, conducting protective-service operations, and working with other Federal, state and local law enforcement agencies to solve crime and combat terrorism. To qualify, applicants must be U.S. citizens, be at least 21-years-old with at least two years of military experience but not more than 10, have no record of mental or emotional disorders and no record of unsatisfactory credit. Applicants must be able to speak and write clearly, have two years of college or at least 60 semester credit hours (fewer credits may be accepted if applicant meets remaining prerequisites), maximum grade of E-5 sergeant (non-promotable), be able to complete 60 months of service obligation upon completion of the Apprentice Special Agent Course. Soldiers with civilian or military law-enforcement experience are preferred, but it is not a requirement. To apply or for more information visit www.cid.army.mil or contact the Fort Wainwright CID office at 353-6213.

PRE-RETIREMENT BRIEFING

A monthly summary of retirement benefits for those who are one to two years from retirement, presented by Carlos Garcia, retirement services officer. To schedule Survivor Benefit Plan or SBP counseling and to register for the pre-retirement briefing call 353-2099.

SPONSORSHIP TRAINING

Remember what it was like when you moved for the very first time? Remember all the questions you had and the answers you didn't get? Be a sponsor

and help another Family with relocating to Alaska. Classes are offered through unit requests. For more information call 353-4227 or 353-7908.

FREE ELECTRONICS RECYCLING

Free electronics recycling for the public at the Alaska Waste Recycling Center, 3050 Phillips Field Road - West of Peger Road will take place the third weekend of every month on Friday and Saturday from 10 a.m. to 4 p.m. Individuals may drop off personal, consumer electronics no longer needed. For more information, contact Andrea Miller, executive director, Interior Alaska Green Star, at www.iagreenstar.org or 452-4152.

FOR YOUR HEALTH CLASSES

Arctic Health Link provides classes on diabetes, cholesterol, hypertension and tobacco cessation classes which are offered monthly. For more information or to sign up for a class, call 361-4148.

OPEN BURNING PROHIBITED

Open burning is not permitted on Fort Wainwright property. Campfires, use of portable fire pits and outdoor fireplaces are prohibited in all areas including housing. For more information, call the fire safety inspector, Sarah Chapman at 353-9140.

RECREATIONAL SHOOTING

The Sports Fire Range is available for all active-duty military and DoD ID cardholders. The range is open weekdays 8 a.m. to 4 p.m., Wednesdays 4 to 8 p.m. and Saturdays 10 a.m. to 5 p.m. Military training has priority over all other range use. Fees do not apply for normal range use. For more information on safety training, requirements and availability of the Sports Fire Range, call range control, 353-1266.

DIVORCE BRIEFING

Questions and concerns about divorce are addressed at weekly briefings offered by the Legal Assistance Office Tuesdays at 9 a.m. Located in Building 1562 on the corner of Gaffney and Freeman Roads. For more information about legal services or an appointment, call 353-6534.

SOLDIERS AGAINST DRUNK DRIVING

Have a Plan, Call Someone. 353-6610

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TEA & COFFEE
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VIP CLEANERS
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BABULA, DR.
AK POST/AK POST
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NATIONAL VISION ASSOC
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MARKETING SOL/CARLILE
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