

# ALASKA POST

Home of the Arctic Warriors



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July 27, 2012

## Enabling Soldiers to fight fiercely

Allen Shaw,  
Fort Wainwright PAO

Soldiers, leaders and civilians were given a rare look at what is said to be one of the Army's most comprehensive and modern training facilities July 19. The Sgt. Joel D. Clarkson Training Support Center staff hosted an open house to those on Fort Wainwright who aren't familiar with what is offered.

The purpose of this event was to educate the local Army community and show how we can support future training requirements said David Arlie Nethken, training support officer, Sgt. Clarkson Training Support Center. "My experience of late," he said, "is that Soldiers are hungry for training but don't know where to go."

The Sgt. Clarkson TSC is a customer-focused facility that provides training resources and ser-

vice to total Army units assigned to forts Wainwright and Greely, with regional focus on Interior Alaska from the Alaska Range north to the Arctic Ocean and from the Canadian border west to St. Lawrence Island.

Nethken said they have a warehouse filled with training devices that can be signed out by qualified hand-receipt holders, flight simulators and a plethora of virtual combat simulators. "We can provide training with small arms, indirect fires, mobile guns, various vehicle operations and egress of rolled vehicles."

A few highlights of the tour were the Mine Resistant Ambush Protected and High-Mobility Multi-Purpose Wheeled Vehicle Egress Trainers and the Engagement Skills Trainer. The egress assistance trainers reinforce the importance of seat position-

See CLARKSON page 2

## BIG SHOW



Chief Warrant Officers 3 Jason Trombly and Tommi Webber of B Company, 1st Battalion, 52nd Aviation Regiment, 16th Combat Aviation Brigade (Alaska) conducted elevator drills and slingload of a small unit support vehicle, known as a SUS-V, in preparation for an air demonstration taking place at Joint Base Elmendorf-Richardson this weekend during the JBER open house, Arctic Thunder. 16th CAB is sending 10 aircraft including CH-47s, OH-58s and UH-60s to participate in the air show to showcase the joint warfighting skills of the 16th CAB for the public. The U.S. Army's Golden Knights parachute team will lead the show. The Arctic Thunder open house schedule is available online at [www.jber.af.mil](http://www.jber.af.mil). (Photo by Brian Schlumbohm/Fort Wainwright PAO)

## Soldier dies, another implicated

USARAK PAO staff report

A Fort Wainwright Soldier died early Sunday morning in Fairbanks in the apartment of a fellow Soldier.

Pvt. JaWuan D. Collins, 19, was apparently killed from a gunshot wound to the head shortly after midnight. The other Soldier and his wife immediately called the Fairbanks Police Department who responded to the scene within two minutes.

Collins entered the Army in January, completed basic and advanced individual training at Fort Benning, Ga. and arrived at Fort Wainwright in June where he was assigned to the 1st Battalion, 24th Infantry Regiment, 1st Stryker Brigade Combat Team, 25th Infantry Division.

The Fairbanks Police Department is leading, and the Criminal Investigation Division is supporting, the investigation. The next of kin have been notified.

*Editor's note: The alleged shooter, another Soldier, has been charged with second degree murder.*

## Soldiers and cadets attend Basic Mountaineering Course



Staff Sgt. Matthew Jackson, 9th Army Band, shows strength and determination in climbing the face of a cliff during the Northern Warfare training Center's Basic Mountaineering Course, July 2012. (U. S. Army photo by Staff Sgt. Trish McMurphy, USARAK Public Affairs)

Staff Sgt. Trish McMurphy  
USARAK PAO

Climbing the slippery rock face of a mountain with just personal strength, climbing gear and the knowledge taught by the dedicated instructors at the Northern Warfare Training Center is just one of the many obstacles students must tackle during the 15-day Basic Mountaineering Course.

Students spend most days outdoors getting hands-on training, climbing, learning to travel through mountainous terrain and of course, tying knots.

Learning to tie knots is one of the first things the students learn at the course. There are more than 17 knots they must master to safely climb up

and down treacherous mountains, cross deep ravines and travel across glaciers and swift-moving streams and rivers.

The students also learn how to package and move casualties in mountainous terrain.

"We get a lot of information over a short period of time and after we take in that information they test us all at once," said 1st Lt. Ross Nelson, of the Forward Maintenance Company, 25th Brigade Support Battalion, 1st Stryker Brigade Combat Team, 25th Infantry Division. "Everything has five to 10 checkpoints to it, so it's pretty rigorous, but also lifesaving."

The course is as mentally demanding as it is physically demanding.

Nelson said the biggest obstacle for him in

the first half of the course was the land navigation.

"It was pretty rough. The terrain out there was pretty extensive and a lot of my points were far away," Nelson said. "I was beating brush the whole time."

"[Platoon leaders], platoon sergeants, everyone coming out here can take this back to their units so when they get out in the field they will be able to overcome any obstacle in the terrain," Nelson said.

Staff Sgt. Zachary McGee, an NWTC instructor gave some insight on what the course has to offer to the Soldiers and how it can help them in future missions

"It gives them general mountaineering experi-

See MOUNTAINEERING page 8

### WEEKEND WEATHER



**Friday**  
Mostly cloudy with scattered showers  
Highs: lower 70s  
Lows around 50  
West winds 5-15mph



**Saturday**  
Mostly cloudy  
Highs: mid-70s  
Lows around 50



**Sunday**  
Mostly cloudy  
Highs around 70  
Lows around 50

### BRIEFS

#### Wolves run

The 1st Stryker Brigade Combat Team, 25th Infantry Division will begin a unit run at 6:30 a.m. today followed by a Safety Stand Down. Soldiers will be on Ruzon, Santiago, Montgomerly and Lozard around the airfield until approximately 8 a.m. For more information, visit the Fort Wainwright Facebook page, PAOWFA.

#### Save the date

North Haven Communities third annual National Night Out is slated for Aug. 7 from 5 to 8 p.m. National Night Out is a unique, nationwide crime and drug prevention event driven by the National Association of Town Watch. North Haven is planning a celebration for the more than 3,000 housing residents of Fort Wainwright. All military and their Family members are welcome to enjoy an evening of family fun with food, live music and an important message about living in a safer community. The event will take place behind the post's hotel, the Holiday Inn Express. If you have any questions, please call NHC services, 356-7000, extension 165.

# Clarkson: Training Support Center

Continued from page 1

ing, wearing seatbelts, demonstrating the feeling of being disoriented, the actual effort required to execute egress procedure and the necessary steps to survive a vehicle rollover.

The Engagement Skills Trainer is used as a unit and institutional, indoor, multipurpose, multilane, small arms, crew-served and individual antitank

training simulator. "It's an effective and cost-effective tool to teach marksmanship, shoot and don't shoot decision training and unit collective squad level training scenarios," Nethken said.

The Sgt. Clarkson Training Support Center, located at 3441 Ile DeFrance Avenue, is dedicated to Sgt. Joel D. Clarkson of Fairbanks. Clarkson, 2nd Battalion, 75th Ranger Regiment, assigned to Joint-Base Lewis-McCord, Wash., died

of wounds March 16, 2010, after being injured by small arms fire during a patrol in Farah Province, Afghanistan, March 13. Clarkson was a team leader in support of Operation Enduring Freedom when his unit engaged in a violent exchange of small arms fire with an enemy force. The Soldiers killed eight members of the opposition, destroyed the enemy base, along with a cache of weapons and ammunition and captured

a key enemy leader.

"Even after his death," Nethken said, "(Sgt.) Clarkson exemplified his unselfishness by being an organ donor, giving seven recipients a second chance at life. We are honored to have this facility dedicated in his name."

For more information on the Sgt. Joel D. Clarkson Training Support Center, call Nethken at 353-6733 or email [david.a.nethken@us.army.mil](mailto:david.a.nethken@us.army.mil).



Arlie Nethken, training support officer for the Sgt. Joel D. Clarkson Training Support Center, explains some of the virtual training equipment available to Soldiers at Fort Wainwright. (Photo by Allen Shaw/Fort Wainwright PAO)



Arlie Nethken, training support officer for the Sgt. Joel D. Clarkson Training Support Center, explains some of the virtual training equipment available to Soldiers at Fort Wainwright. This particular equipment is used to interrupt electronic signals to improvised explosive devices. There are two examples of such IEDs in the center of the table. The TSC is a customer-focused facility that provides training resources and services to Army units. The staff hosted an open house July 19 to acquaint the Army community with what the Sgt. Clarkson Training Support Center has to offer. (Photo by Allen Shaw/Fort Wainwright PAO)

## Firearm safety - everyone's responsibility

Staff Sgt. Matthew E. Winstead  
U.S. Army Alaska Public Affairs

**Editor's note:** Unfortunately, since this article was released in Mid-June, there have been injuries and deaths as a result of unintentional weapon firing. The U.S. Army's Combat Readiness Center reports four Soldier fatalities involving a negligent weapons discharge, three with handguns and one with an M72 Light Anti-Tank Weapon inside their company headquarters. Sadly, an Army Family member also died this month when a handgun was allegedly accidentally discharged in a Soldier's home while he was absent.

The ownership and safe operation of firearms is a matter many service members feel passionately about, but with a recent string of firearm-related accidents involving USARAK Soldiers, officials are putting new emphasis on promoting safe and responsible gun ownership.

"We've had as many as five negligent discharges with privately owned weapons in the last 18 days (as of June 14)," USARAK Safety Officer David Head said.

Eight negligent discharges have been recorded involving USARAK Soldiers on and off post, according to a USARAK Safety Office report. While each situation had its own unique circumstances, there were some common factors.

The largest contributing factor to those incidents was owners assuming their loaded weapons were cleared.

The time of day also played a role. Most of the incidents occurred after midnight with at least three of the incidents happening while owners were cleaning their weapons after 1 a.m.

Most of the cases involved recently redeployed Soldiers and non-military handguns.

"It's pretty easy to draw the conclusion that this is probably overconfident people, fresh from a deployment, messing around with unfamiliar weapons and accidentally shooting themselves," Head said.

Soldiers deployed to theaters of operation in Iraq and Afghanistan typically operate rifle-style automatic weapons and the majority of accidental discharges involved privately owned handguns.

In addition to Soldiers making amateur mistakes with unfamiliar weapons, many of the incidents come down to poor decision-making.

"One of the eight incidents we've had reported involved a Soldier who was admiring how tough he looked with his new handgun in his bathroom mirror," Head said. "When the round went off it went through the mirror and into the

adjoining apartment. Luckily no one was injured in that incident."

### The acronym "THINK"

Head recommends the use of the acronym "THINK" to any Soldier who owns a firearm or is considering purchasing one:

- Treat every weapon as if it were loaded.
- Handle every weapon with care.
- Identify the target before you fire.
- Never point the muzzle at anything you don't intend to shoot.
- Keep the weapon on safe and your finger off of the trigger until you intend to fire.

Accidental and negligent discharges aren't just a tragic mistake; they are also clear violations of USARAK and post policy. This is especially true for cases involving barracks-dwelling Soldiers who are required by regulation to keep their privately owned weapons in their unit arms rooms.

Such infractions can result in an Article 15 or even court martial depending on the severity of the situation, according to Sgt. 1st Class Christopher Hess, noncommissioned officer in charge of Criminal Law in the USARAK Staff Judge Advocate Office.

"Accidental and negligent discharges of any weapon can lead to an in-line investigation where the liability of the shooter will be determined," Hess said. "If the Soldier is found to have acted outside the line of duty, by means of alcohol or plain old recklessness, he or she could be held liable for all damages and or medical expenses. That's in addition to facing the penalties, jail time or monetary losses, for any violations of policies or regulations."

The average amount of time spent on the investigations is around 14 days and can result in forfeiture of pay and up to two years in prison and a dishonorable discharge, something that will disqualify an individual for veteran's employment preference in the civilian world, according to Hess.

And that's just with one charge. "Normally during an investigation when we're dealing with an [accidental discharge] we discover several infractions of the policy and each of those carry their own charges. Like having a weapon in the barracks, then discovering it wasn't properly locked or stored unloaded in an approved container. It can snowball really fast and amass several career-ending criminal charges," said Hess.

### Local laws

Both the USARAK safety officials and the Staff Judge Advocate representatives said Soldiers need to be aware of



The U.S. Army Combat Readiness/Safety Center has created a new site to educate Soldiers, Families and civilians about the best safety practices for privately owned weapons. Visit the website at <https://safety.army.mil>.

Alaska state laws.

The state allows for the open carry of weapons under most situations; however there are exceptions that must be followed.

No firearms can be taken into any establishments that serve alcohol, federal buildings, which include government offices, police and fire departments, schools or any establishment prohibiting weapons.

When carrying a weapon or transporting one in your vehicle you must declare you have that weapon. Even if the weapon is locked in your trunk, if you are approached by a police officer you must notify them of its presence immediately, according to officials with the Anchorage Police Department and

See FIREARMS page 6

## ALASKA POST

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The ALASKA POST - Home of the Arctic Warriors

## Doyon Utilities manages Fort Wainwright's drinking water supply

### PAO staff report

The Fort Wainwright Potable Water Distribution System includes treatment equipment, pumps, ancillary structures, fire hydrants, valves, meters, and piping. Water wells are the source for all potable and non-potable water at FWA. Most of the fire hydrants located throughout FWA are connected to the potable water distribution system.

Fort Wainwright draws its water supply from two primary and two secondary, or back-up, groundwater wells. Additional wells are used for fire suppression but are only activated when the distribution system has a significant drop in water pressure. The water is very good quality and requires very little treatment and disinfection prior to being distributed to customers. Fort Wainwright's drinking water is obtained from an underground aquifer called the "Tanana Basin Alluvium." This aquifer, which ranges from a few feet to approximately 300 feet thick, provides us with an excellent supply of good quality drinking water. An assessment completed by the U.S. Army Corps of Engineers identified that although our raw (un-

treated) water is susceptible to potential sources of contamination, such as fuel storage tanks, they have not impacted our supply of water.

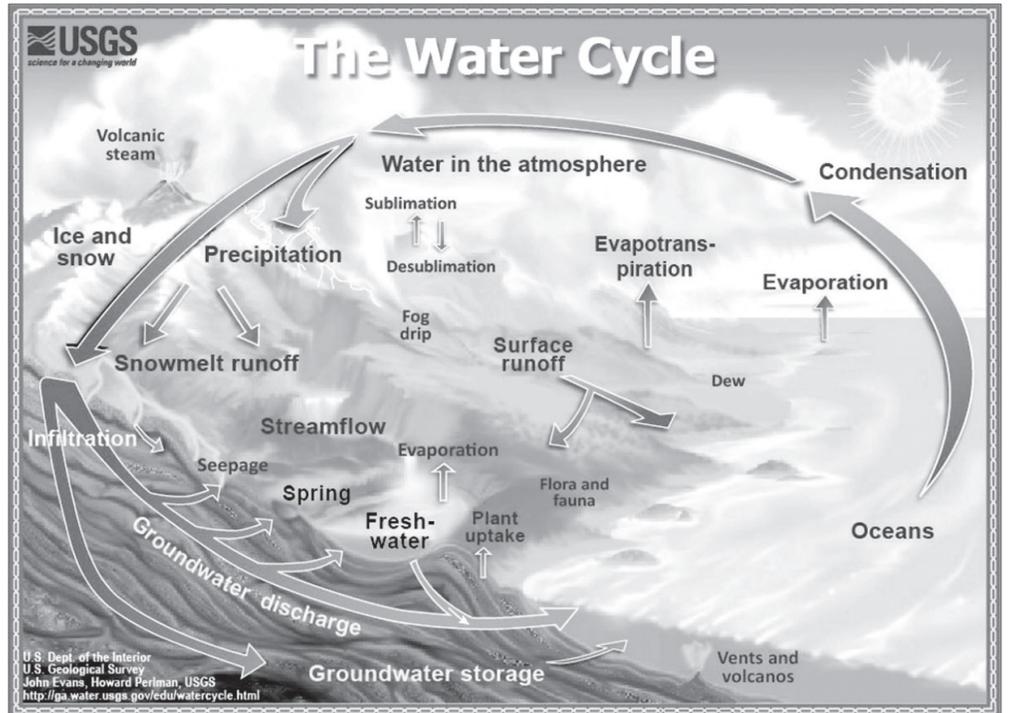
Currently Doyon uses several wells located throughout the installation to draw water from the aquifer. The water is then treated to Alaska Department of Environmental Conservation (ADEC) drinking water standards prior to being distributed to homes.

The water treatment at Wainwright takes place at the water treatment plant located on post. The Wainwright water treatment plant was initially constructed in 1953. Since then the treatment process has not changed significantly. The only potable water storage tank on FWA is a 375,000-gallon clear well storage located at the water plant. A unique characteristic of the FWA water distribution system is that approximately 83 percent of the water lines are located in an underground utility corridor or utilidor. The remaining approximately 17 percent of the water lines are direct buried similar to a typical cold region water distribution system. There are

approximately 36.7 miles of pipe within the system (30.4 miles in utilidors and 6.3 miles direct bury). Water quality reports are available on

the web at <http://doyonutilities.com>.

Visit the News page for downloadable reports or call 455-1540 for more information.



What is the water cycle? The water cycle describes the existence and movement of water on, in, and above the Earth. Earth's water is always in movement and is always changing states, from liquid to vapor to ice and back again. The water cycle has been working for ages and ages and all life on Earth depends on it continuing to work; the Earth would be a pretty stale place to live without it. More information is available online at the U.S. Geological Survey site. (Courtesy image)

## Transitioning Soldiers – change on the wind for military and veteran programs

Lisa Daniel,  
American Forces Press  
Service

A redesigned program for service members separating from the military will help veterans better apply the experience they've gained in uniform, Defense Secretary Leon E. Panetta said.

President Barack Obama announced the revamped program, called "Transition GPS," in a speech yesterday at the Veterans of Foreign Wars national convention in Reno, Nev.

"I applaud the leadership of President Obama to bring together government agencies around the goal of enhancing career opportunities for service members," Panetta said in a statement. "Our personnel have developed extraordinary technical expertise and world-class leadership skills that are in high demand. Transition GPS will help military members apply their experience to additional training, formal education, and develop successful civilian careers."

Transition GPS is the first major overhaul of the military's Transition Assistance Program, or TAP, in nearly 20 years, White House officials said. TAP was developed by an interagency team from the departments of Defense, Veterans Affairs, Labor, Education and Homeland Security, as along with the Office of Personnel and Management and the Small Business Administration.

Veterans Affairs Secre-

“One of our fundamental responsibilities as a government is to properly prepare and support those serving in our military so they are career ready as they transition back into civilian life.”

- Eric K. Shinseki, Veterans Affairs secretary

tary Eric K. Shinseki said the redesign will better ensure that veterans today and in the future will receive the care and benefits they have earned.

"One of our fundamental responsibilities as a government is to properly prepare and support those serving in our military so they are career ready as they transition back into civilian life," he said. "This collaborative effort will have an impact well beyond this current generation of individuals returning from combat."

The redesign is being developed by the Veterans Employment Initiative Task Force created in August to help separating service members successfully transition to the civilian workforce, start a business, or pursue higher education.

TAP consisted of pre-separation counseling and a voluntary, three-day workshop from the departments of Labor, Defense and Veterans Affairs that was presented at selected military installations and attended by nearly half of the service members who separated from the

services each year, White House officials said. Transition GPS is designed to strengthen, standardize and expand counseling and guidance for service members before leaving the military, and transform the military's approach to education, training, and credentialing, they added.

Transition GPS is to be implemented throughout the military by the end of 2013.

It will:

-- extend the current three-day transition program to five to seven days;

-- offer individual assessment and counseling, including an individual transition plan;

-- include a five-day curriculum of financial planning, available veterans' benefits and services and a redesigned employment workshop;

-- include a "Military Occupational Code Crosswalk" to translate military skills, training and experiences into civilian occupations and credentialing;

-- include optional training specific to pursuing higher education, technical skills and training, or starting a business;

-- include a "capstone" event to verify that the participant is career-ready;

-- give a "warm handover" to appropriate government agencies and organizations for continued benefits, services and support of veterans; and

-- create a "Military Life Cycle Transition Model" to incorporate career readiness and transition preparation early into a service member's career.

Soldiers and veterans interested in TAP and other transition assistance resources available on Fort Wainwright, call Army Career and Alumni Program, 353-2113.

## Firearms correction

We ran an article on privately owned weapons in the July 20 edition of the Alaska Post in which we stated, "All Soldiers assigned or attached to U.S.

Army Alaska are prohibited from carrying a concealed firearm in Alaska, on or off military installations, unless an exception exists. This prohibition

applies regardless of whether the Soldier has a concealed-carry permit from the state. The policy is punitive and Soldiers who fail to comply with the policy's requirements are subject to adverse administrative action and/or punishment under the Uniform Code of Military Justice."

That policy was changed by former USARAK Commanding General Maj. Gen. Raymond Palumbo. Soldiers may carry concealed weapons off the installation, per Alaska law. However, according to the policy, Soldiers must follow the provisions of USARAK Regulation 190-1, which states "Authority granted by the State of Alaska to carry a concealed firearm is NOT valid within the USARAK cantonment areas."

For more information on the USARAK weapons policy, see USARAK Regulation 190-1.

We regret the error and apologize for any confusion.



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13398959  
ALASKA TRANSPORTATION GARAGE  
AK POST/AP/EAGLE  
2 x 3.0

## Earth shakers



Soldiers from the 2nd Battalion, 8th Field Artillery Regiment, 1st Stryker Brigade Combat Team, 25th Infantry Division, will conduct a live-fire exercise with 155mm howitzers Monday through Wednesday. The Soldiers will fire the weapons from the Small Arms Complex adjacent to the Richardson Highway into the Alpha Impact Area in the Tanana Flats. Personnel and Families on post and residents in South Fairbanks and the Badger Road area may hear the blasts of the howitzers and feel the vibrations. (U.S. Army file photo)

# National Football League Seattle Seahawks cheerleaders put on a show for Wainwright

Allen Shaw, Fort Wainwright PAO

Oomph and enthusiasm filled the Physical Fitness Center on Fort Wainwright July 18 as the National Football League Seattle Seahawks cheerleaders performed a 90-minute variety-dance show for Soldiers, Family members and friends.

The nationally known Sea Gals brought the crowd to their feet during polished routines, then posed for pictures and signed posters. More than 200 people attended the energized extravaganza.

"It's just great that we have people (like the Seattle Seahawks organization) who care enough to come up and visit Soldiers and Family members," said Megan Brown, Directorate of Family and Morale, Welfare and Recreation special event coordinator. "We are also fortunate to have wonderful partners in this community who continue to sponsor these events."

The seven-member dance group or "Show Team" does 300 special appearances a year. "This is my personal favorite part (of the job)," said Lindsay, a seven-year veteran of the squad. "We are so blessed to be part of the show group, travel around the world, visit different installations and put smiles on so many faces."

The program is described as pure entertainment. Laura, who is a graduate of Washington State University, has been a Sea Gal for three years. She said, "There is singing, lots of dancing, cos-

tume changes and crowd participation. People are pulled up on stage for different games and contests. It's a lot of fun and we have a blast performing it."

One of those who came to the stage was Tyler Schroeder, a self-proclaimed "big Seahawks fan" and employee of the Quartermaster Laundry on post, said the show was awesome. "I had a lot of fun and really enjoyed visiting with the cheerleaders and getting autographs at the end," he said. Although he is not crazy about the new uniforms and colors the Seahawks will be sporting this season, he hopes it brings them good luck. Seattle is one of six NFL teams who are changing their look.

On the other hand, the Sea Gals are excited about the updated uniforms – for the football players and themselves. "We all have a slightly different color scheme," said Heidi, another seven-year veteran and graduate of Boise State University. "Everyone will have the number 12 embroidered on the neck of their uniforms in tribute to the Seattle fans, often

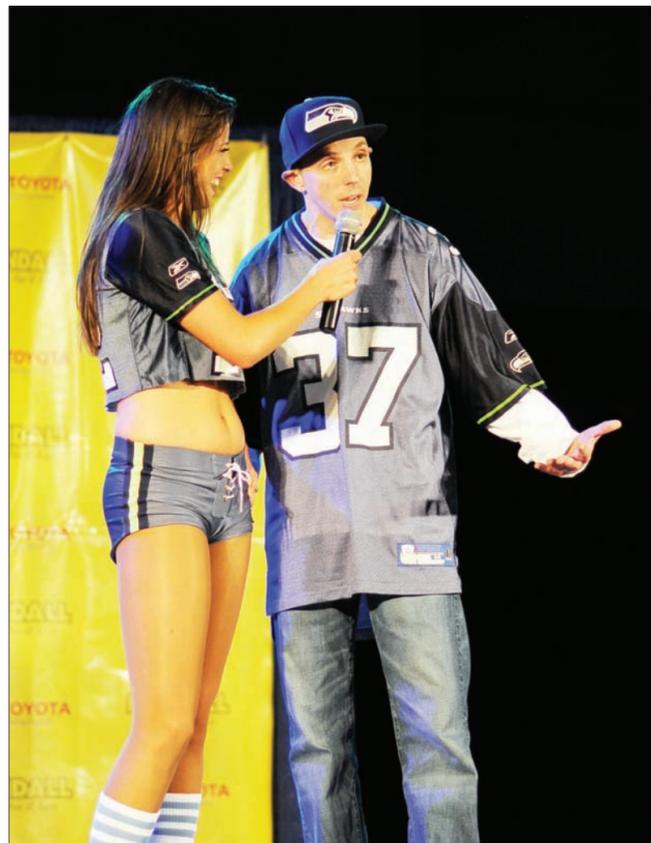
referred to as the twelfth man and the players will have symbols, and feathers on their pants to honor the Native-American influence in the Pacific-Northwest." She said the Sea Gals will be incorporating the new color scheme as well as, "bringing back the iconic cheerleader-look with puffy-sleeves and rhinestones." The official unveiling will be during the first home game against the Tennessee Titans, Aug. 11.

There are a total of 34 Sea Gals and every one of them cheers during home games and they are all anxious to get the season going. "I can't wait until the first game," said Heidi, "It gives me chills just thinking about the energy – it's exciting for the new Sea Gals to experience such a spectacular event. Every year gets better and better. We practice hard (an average of four hours a day) since the beginning of May to engage the crowd and support our team, and we're pretty excited for that."

For more information on the Sea Gals and the Seattle Seahawks football team, visit [www.seattleseahawks.com](http://www.seattleseahawks.com).



Emily, 13, daughter of Jamie and Pfc. Stuart Boatsman (presently training in San Antonio, Texas, with the 232nd Battalion), won the dance prize during one of the crowd participations events, as the Seattle Seahawks Sea Gals entertained members of the Fort Wainwright community at the Physical Fitness Center July 19. (Photo by Brian Schlumbohm/Fort Wainwright PAO)



Tyler Schroeder, an employee at the Fort Wainwright Quartermaster Laundry, who is a "big Seahawk fan", had the opportunity to compete in one of the crowd participation events during the Sea Gals show. Stephanie R., who has been a Seattle cheerleader for three years, spoke with Schroeder about the team. Afterward he said, "The show was awesome." (Photo by Brian Schlumbohm/Fort Wainwright PAO)



The Seattle Seahawk cheerleader seven-member "Show Team" entertained Soldiers, Families and friends of the Fort Wainwright and Fairbanks communities when they brought their high-energy program to the Interior. The Sea Gals pictured here are Stephanie S., Heidi, Stephanie R., Laura and Lindsay. (Visiting Sea Gals not pictured are Courtney and Shelly) To find out more about the Sea Gals and the Seattle Seahawk football team visit [www.seahawks.com](http://www.seahawks.com). (Photo by Brian Schlumbohm/Fort Wainwright PAO)

# Soldier takes challenge of running in stride

Story and photo by: 1Lt. Anthony Formica, 1st Stryker Brigade Combat Team, 25th Infantry Regiment

Spc. Deme Ergie was not always a runner and as a medic assigned to Headquarters and Headquarters Company, 1st Battalion, 5th Infantry Regiment, he found little opportunity to keep in good cardiovascular shape while deployed to Afghanistan.

"It was hard to find the time to really get a good workout downrange," Ergie said. "The ground back on (Forward Operating Base) Shoja wasn't really good for running."

But when the "Bobcat" Soldiers of the 1-5th started redeploying home to Fort Wainwright in April, Ergie saw a chance to get back in shape and seized a hold of it. Several officers and Soldiers with the 1-5th had formed Team Bobcat Rush; a group of motivated running enthusiasts who planned to represent their battalion at various events throughout Alaska during the summer running season.

At the top of Team Bobcat Rush's list of activities were the Army 10-mile tryouts in May and the Anchorage-based Mayor's Marathon in June.

Ergie was born in Ethiopia and before joining the Army hailed from Alexandria, Va., where he hopes to someday return and go to school.

Away from home and fairly new to the Army, Ergie decided that he would join the Team Bobcat Rush, purely for

the purpose of improving his running.

"I wanted to get better," he said.

Team Bobcat Rush's captain, 1st Lt. Ivaylo Benov, recalls how difficult it was for the young specialist at first.

"He had difficulty just completing a basic two-mile run on Manas Air Force Base while we were waiting to come home," Benov said. "We were aiming to do a really easy self-paced workout and it was pretty tough for him."

A true Soldier is not easily dissuaded, though, and Ergie kept at it, showing up virtually every day after Team Bobcat Rush returned home for morning practices at 5:30 a.m. at the Chena Bend Golf Course on Fort Wainwright.

"We ran that early in the morning because we wanted to be used to running long distances during the same time of day as the race," Benov explained.

The team's workouts usually were eight miles minimum, and at least once a week team members could expect to run in excess of 10 miles to train themselves for the actual event.

The practice and Ergie's personal dedication paid off; he ran the 10-mile trial in a time of 69:37, averaging a pace of less than seven minutes a mile for the entire race. That time qualified him for an alternate position on the USARAK 10-miler team and made him the second-fastest member of Team Bobcat Rush.

Ergie's performance in the Freedom Fest 2012 5K fun run in June was even more impressive: he clocked in at

19:43; about 6 minutes and 30 seconds per mile. That performance won him second place overall for the race.

"This is just outstanding," Ergie's company first sergeant, 1st Sgt. Larry Addy, said. "Ergie is a role model for the rest of the Soldiers in this company and this battalion. He really is proof that anybody can get in shape if they're just willing to put in the time and dedication."

Capt. Mike Gorman, the battalion's Headquarters and Headquarters Company commander, agrees.

"The really great thing about Ergie's success is that he is a guy who picked himself up by the bootstraps and got better without us, the chain of command, having to tell him to get better," Gorman said. "I'd feel so much better if more soldiers in this company followed his example."

Staff Sgt. Jeremy Conn, the 1-5th medic platoon sergeant, has started running with Ergie on a regular basis.

"He pushes me and is getting me in great shape," Conn said.

Team Bobcat Rush has continued to grow, with more junior Soldiers starting to attend practices. Benov can only guess that the increased numbers have something to do with the fact that the Soldiers have seen one of their peers go so far in a relatively short a time.

Yet Ergie himself is completely humble when talking about his own success.

"I'm not special," Ergie empha-

sizes to anyone who asks him about his running. "I think that anyone can do what I've done, absolutely. It's just takes dedication."



Spc. Deme Ergie, a combat medic with 1st Battalion, 5th Infantry Regiment, stands with his second-place trophy after competing in the Freedom Fest 2012 5K fun run June 30 on post.

## Army in the Olympics



Sgt. 1st Class Dremiel Byers – Wrestling – (Quartermaster)



Spc. Dennis Bowsher – Modern Pentathlon – (Transportation)



Sgt. 1st Class Daryl Szarenski – Free Pistol and Air Pistol – (Infantry)



Staff Sgt. Charles Leverette – Boxing coach – (Engineering)



Spc. Justin Lester – Wrestling – (Field Artillery)



Sgt. 1st Class Keith Sanderson – Rapid-fire pistol – (Infantry)



Maj. David Johnson – Rifle coach – (Infantry)



Staff Sgt. John Nunn – Race Walk – (Infantry)



Staff Sergeant Joe Guzman – Boxing coach – (Transportation)



Sgt. Spenser Mango – Wrestling – (Transportation)

The U.S. Army World Class Athlete Program is designed to recruit top Army athletes to play for the United States in the Olympic Games. The best of the military are given an opportunity to compete in martial arts, shooting and other events.

Starting Saturday there will be ten Army Soldiers competing for Team USA in wrestling, boxing, shooting and other teams.

For more information on the U.S. Army Olympic athletes or the World Class Athlete Program, visit [www.thearmywcap.com](http://www.thearmywcap.com).



[www.meetup.com/Lets-Move](http://www.meetup.com/Lets-Move)

The White House and the United States Army wants you to show your support to the U.S. Olympic Team by organizing, or supporting, an Olympic meetup.com event near you on Saturday July 28.

Soldiers and Family members are asked to take a picture of their participation or make a video shout-out to the US Olympic Team and specifically our Army Olympians.

Meet up with family, friends and neighbors for your own afternoon of soccer, baseball, swimming, relay races -- whatever gets you moving and having fun! Register your activity and participation on the White House site at

[www.meetup.com/Lets-Move](http://www.meetup.com/Lets-Move).

Upload your photos, videos and shout-outs to our Army Olympians on [www.facebook.com/usarmy](http://www.facebook.com/usarmy) by Monday, July 30th and it just might be selected to air on AAFES TV. For more information about our Army Olympians go to: [www.goarmy.com](http://www.goarmy.com).

**Friday – 27th**

**BIG BOWL GIG**, 8 p.m., Nugget Lanes Bowling Center, Building 3702. Live entertainment. Call 353-2654.

**Saturday – 28st**

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

**ICE CREAM SKEDADDLE 5K RUN**, 10 a.m., Physical Fitness Center, Building 3709. Registration begins at 9:30 a.m. Call 353-7223.

**ATV SAFETY CLASS**, 1 p.m., Outdoor Recreation Center, Building 4050. Adults only. Call 361-6349.

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

**WELCOME-GOODBYE NATURE HIKE**, 1 p.m., Youth Center, Building 4109. No cost, register by July 26. Call 361-5437.

**DART TOURNAMENT**, 6 p.m., The Warrior Zone, Building 3205. Open to all DoD cardholders 18 and older. Call 353-1087.

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

**Sunday – 29nd**

**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.

**FAMILY FUN NIGHT**, 5 p.m., Chena Bend Golf Course, Building 2092. Call 353-6223.

**Monday-30th**

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

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

**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.

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

**Tuesday - 31st**

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

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

**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](mailto:ac2.claxton@us.army.mil).

**Wednesday - 1st**

**SCHOOL AGE CENTER MISSOULA THEATRE WEEK**, School Age Center, Bldg. 4166. Call 361-7394

**FINANCIAL READINESS TRAINING FOR FIRST TIME SOLDIERS**, 9 a.m. to 4 p.m., Post Library, Bldg. 3700. Call 353-4223.

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

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

**Thursday - 2nd**

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

**HOOR OF POWER GROUP STRENGTH CLASS**, 12 p.m., Physical Fitness Center, Bldg. 3709. Call 353-7223.

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

**Friday - 3rd**

**FORT WAINWRIGHT YOUTH TAKE STAGE - MISSOULA CHILDREN'S THEATRE PERFORMANCE**, 4 p.m., Post Theatre, Bldg 1555. Call 353-7713

**FOOTBAGS STORY HOUR & CRAFTS**, 4 to 5 p.m., Post Library, Bldg. 3700. Call 353-4137.

**BARBECUE & PARENT ORIENTATION**, 5 p.m., Youth Center, Bldg 4109. Call 361-5437.

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

**Saturday - 4th**

**WOMEN IN THE WILDERNESS ROCK CLIMBING**, 9 a.m., Outdoor Recreation Center, Bldg 4050. Cost is \$10. Call 361-6349.

**FAMILY FUN DAY**, 11 a.m. – 7p.m., Nugget Lanes Bowling Center, Bldg 3702. 353-2654.

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

**CHESS CLUB**, 3 – 5 p.m., Last Frontier Community Activity Center, Bldg. 1044. Call 353-7755.

**POOL TOURNAMENT**, 6 p.m., The Warrior Zone, Bldg. 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, Bldg. 3702. Call 353-2654.

**Sunday - 5th**

**FAMILY BERRY PICKING**, 9 a.m., Outdoor Recreation Center, Bldg 4050. Cost is \$5. Call 361-6349

**Firearms: Safety**

Continued from page 2

the Alaska State Troopers.

Failure to notify the officer of your weapon can result in the permanent confiscation of that weapon and a potential fine or arrest. Also, in the event the officer decides to question someone who has a weapon on their person, or in their vehicle, that officer is allowed to take control of the weapon and keep it for the duration of the questioning or investigation. Failure to surrender the weapon will be considered a crime and it will get you arrested, according to police officials.

Even with relatively lenient laws governing guns in the state of Alaska, USARAK safety officials and leaders want to make one thing perfectly clear to Soldiers assigned to the 49th state.

“When you cross that gate, all that leeway goes right out the window and you’re back under UCMJ and federal laws on the installation,” Head said. “These rules and regulations covering weapons on post are for the safety of all the people on the installation, and if you break them you will face the consequences.”

Joint Base Elmendorf-Richardson and USARAK do not permit open or concealed carried weapons of any nature on the installation with the exception of authorized military issue weapons for specific military missions and requirements.

Privately owned weapons must be declared, registered and stored in accordance with USARAK Regulation 190-1. Copies of the registration forms can be found at both the Visitor’s Control Center and the Military Police station on post.

For additional information on weapons safety and the regulation governing weapons on post contact your unit safety officer or visit the website: <https://safety.army.mil/rangeweaponssafety>.

**Immunizations**

**Staff report,**  
Fort Wainwright PAO

“No shots, no school,” warns the Fairbanks North Star Borough School District on their webpage. School is just around the corner (Aug. 21 for FNSBSD grades 1-9, charter school and new high school students; Aug. 22 for returning students in grades 10-12). Getting the kids ready is more than just set of new clothes, paper and pencils. Immunizations take the leading role in readying students for class.

Alaska State Law requires that schools receive a current copy of every child’s immunization record prior to the first day of school.

These shots should include:  
4 or 5 DtaP, depending on spacing and age  
3 or 4 Polio, depending on age  
3 Hepatitis B  
2 Hepatitis A  
2 MMR (Measles, Mumps, Rubella)  
2 Varicella (Chicken Pox) required for grades K through 6 only

The school nurse will review your child’s record to determine what, if any, immunizations are needed.

To attend school, children must be appropriately immunized, or have a valid medical or religious exemption on file. We strictly enforce a “No Shots – No School” policy in accordance with state regulations.

In an effort to prevent and control the spread of infectious disease, the school district reminds parents and guardians that school-age children must be appropriately immunized in

order to attend school.

Students have two upcoming opportunities to receive required immunizations prior to the start of the 2012-2013 school year.

Free School District Immunization Clinic at the District Administrative Center, 520 Fifth Avenue, Fairbanks, Thursday, Aug. 9, from 3 to 6 p.m.

The State of Alaska, Division of Public Health Immunization Clinic will be Aug. 15 at the North Pole Fire Department, 110 Lewis Street, North Pole, from 3 to 6 p.m.

Students who do not meet immunization requirements will be excluded from school until requirements are met and proof of immunization is provided to the district nurse. State regulations require students must be appropriately immunized or have a valid medical or religious exemption. Students will be eligible to attend school immediately upon receipt of appropriate medical record and/or statement. Immunizations may be administered by a regular health care provider or at the immunization clinics listed above.

For more information on school district immunization policies as medical exemptions, religious exemptions, release information and the immunization packet go to [www.k12northstar.org/departments/health-services/immunizations](http://www.k12northstar.org/departments/health-services/immunizations).

For more information contact Maureen Kauleinamoku, Nursing Coordinator at 452—2000, ext. 11253 or email at [maureen.kauleinamoku@k12northstar.org](mailto:maureen.kauleinamoku@k12northstar.org).

Military family members served by Bassett Army Community Hospital can obtain immunizations on a walk-in basis starting at 7:30 a.m. to 3:45 p.m. weekdays. For information, call 361-5456. To schedule a student physical appointment, call 361-4000.

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

**CIVILIAN EMPLOYEE BENEFITS**

A temporary change was made to the Army Benefits Center for federal civilian employees, known as ABC-C. Counselors will stop answering calls at noon every Friday through Sept. 21. The website will be available at <https://www.abc.army.mil> to make transactions. Also the automated phone line will be available for employees to make transactions that do not require counselor assistance, call (877) 276-9287.

**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.

**SAFE SOCIAL NETWORKING**

Only post what you are comfortable with the whole world seeing. Most people don't realize that posts on a social-networking site are posts to the entire world. The intimacy of the medium creates a false sense of privacy when, if anything, the Internet is even more open than most public communication. For more information contact your unit Antiterrorism Officer or the garrison ATO at 353-6094.

**TERRORISM AWARENESS**

Schedule an antiterrorism briefing for your unit or Family Readiness Group. For more information contact your unit Antiterrorism Officer or the garrison ATO at 353-6094.

**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](http://www.wainwright.army.mil/armyVote/default.asp).

**ROAD CONSTRUCTION**

Road work and detours will continue on Gaffney Road through early August. The work involves reconstructing the mainline pavement along Gaffney

between 602nd and Old Meridian intersections. The Alaska Railroad will also be improving their Gaffney track crossing during this project. Phase 1, resurfacing of the usual westbound lanes, is complete and Phase 2 is underway. Phase 2 is reconstruction of the usual eastbound lanes of Gaffney between 602nd and River Road intersections. The traffic will be twoway, single lane in the lanes reconstructed during Phase 1 (usually westbound). For more information, call 353-6701.

Contractors are working the Marks Road loop to resurface the roads. The work will be done in two phases to limit inconvenience to building users and includes all of Marks Road on the north side of Gaffney Road. Phase 1 includes Marks Road, Nysteen Road and Chena Road. Occupants of buildings 1054, 1043 and 1044 should access these destinations via Apple Street. Occupants of buildings 1051 and 1049 should access the buildings from the west Marks and Gaffney intersection. Occupants in buildings 1045, 1046 and 1047 should access the buildings via Freeman Road, but may also access from the east Marks and Gaffney intersection. Watch for signs.

Phase 2 includes the unnamed access road to Building 1047, the access to building 1046 and the Building 1045 parking lot. During this phase, occupants to these buildings should park in the 1044 parking lot or use available parking on Nysteen Road. The entire project is expected to last about a month, until mid-August. For more information, contact the project manager, Dennis Holtry, 361-6243.

**PRE-RETIREMENT BRIEFING**

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

**SPONSORSHIP TRAINING**

First impressions are so important and often affect a Soldier's whole outlook on their assignment. Be part of the solution, become a sponsor and help another Soldier or military Family with relocating to Alaska.

**ESTATE NOTICE**

Anyone having claims against or who is indebted to the estate of Spc. Marvin K. Scott of 1st Battalion, 52nd Aviation Regiment, 16th Combat Aviation Brigade (Alaska), contact Capt. Cody Blair, 1-52nd, 2088 Montgomery Road, Fort Wainwright, Alaska 99703 or call 353-9075.

**VALDEZ MILITARY RECREATION**

Tent camping and on-site camp trailers with electricity are available for DoD cardholders in Fort Greely's Family and MWR campground in Valdez. The recreation site also offers showers, fishing charters, biking and camping equipment. Some facilities and services are open to the public. Call (907) 873-4311 for more information.

**OFF-POST HAPPENINGS**

Sign up to receive weekly emails highlighting recreation and leisure opportunities and special events in Fairbanks and surrounding communities by sending an email to the garrison Public Affairs Office, [pao.fwa@us.army.mil](mailto:pao.fwa@us.army.mil) or call 353-6701.

**OFFICIAL INFORMATION**

Fort Wainwright's official Facebook page for installation news such as road closures and reporting status is [www.facebook.com/FortWainwrightPAO](http://www.facebook.com/FortWainwrightPAO). The unofficial page will no longer be updated. Like us on Facebook.

**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.

**DIVORCE BRIEFING**

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

**PREVENT ABUSE AND NEGLECT**

Help for abused and neglected children is available locally and through a toll-free hotline. The 24-hour Child help National Child Abuse Hotline at (800) 4A-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. Tips and resources are available for parents, educators, caregivers and volunteers at [www.myarmyonesource.com](http://www.myarmyonesource.com).

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## Digging history



High school students from Alaska and the Lower 48 participated in a six-day-long archaeological dig at a site called Big Lake Overlook which is located far back on military training lands near Fort Greely. The site has shown potential for early prehistoric human activity. The students and instructors are part of the Alaska Summer Research Academy Program, a two-week-long learning experience for kids in grades 9 through 12. Students in this particular module of archeology have been shown excavation techniques, mapping, identification of artifacts and a broad range of scientific methods in order to record and decipher clues about findings. This particular module was a well-organized partnership between Fort Wainwright's Environmental Center, the Center for Environmental Management of Military Lands and the University of Alaska's Museum of the North. (Photo by Brian Schlumbohm/Fort Wainwright PAO)

July 27, 2012

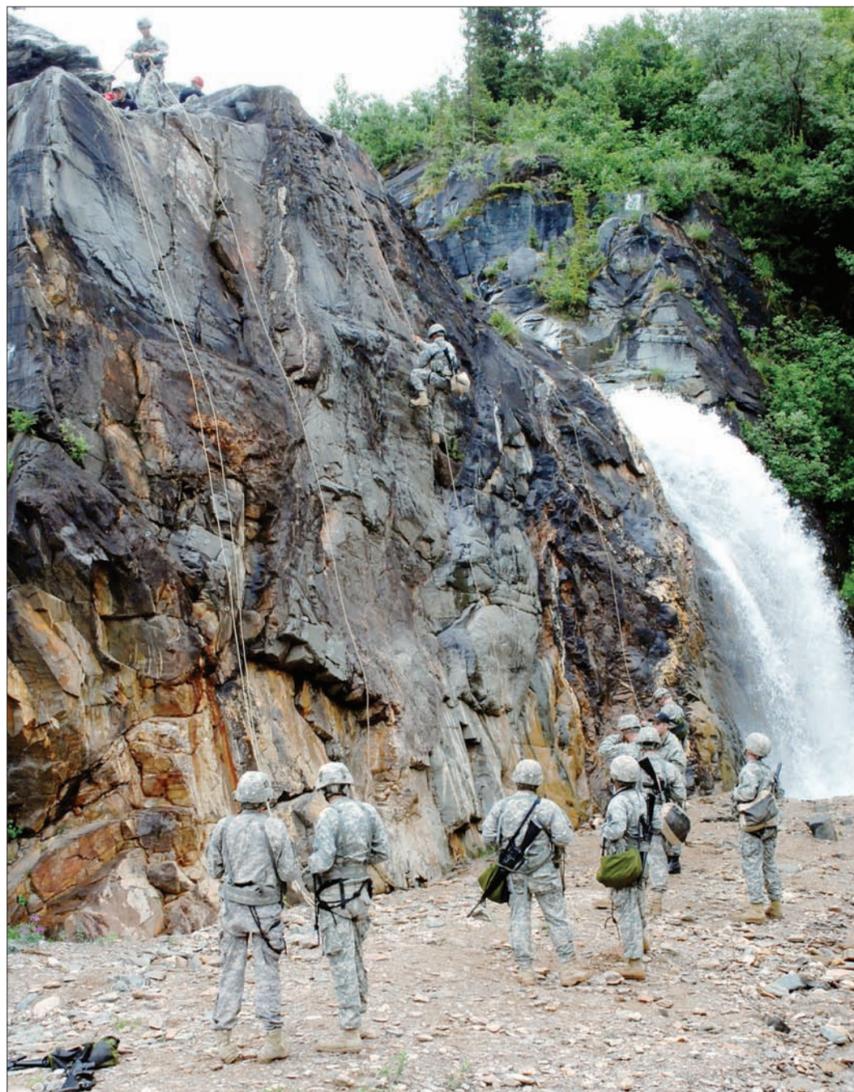
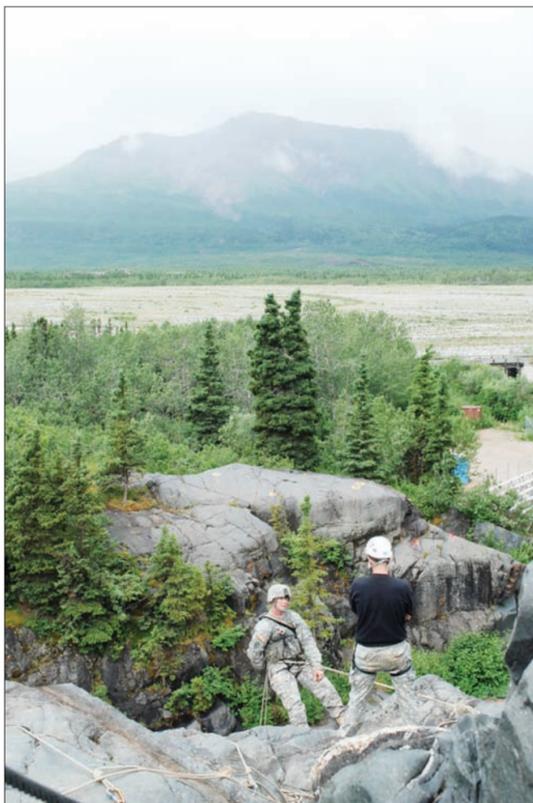
# Mountaineering: Course offers wealth of knowledge

Continued from page 1

ences that can help them out in operations in Afghanistan," McGee said. "Doing patrols out in the mountains, you never know when you're going to find yourself in a situation where to get your Soldiers from point A to B you might have to put in a fixed line, or to get down from a place."

Soldiers who attend the mountaineering course leave with a wealth of knowledge and, according to McGee, that's a win-win situation.

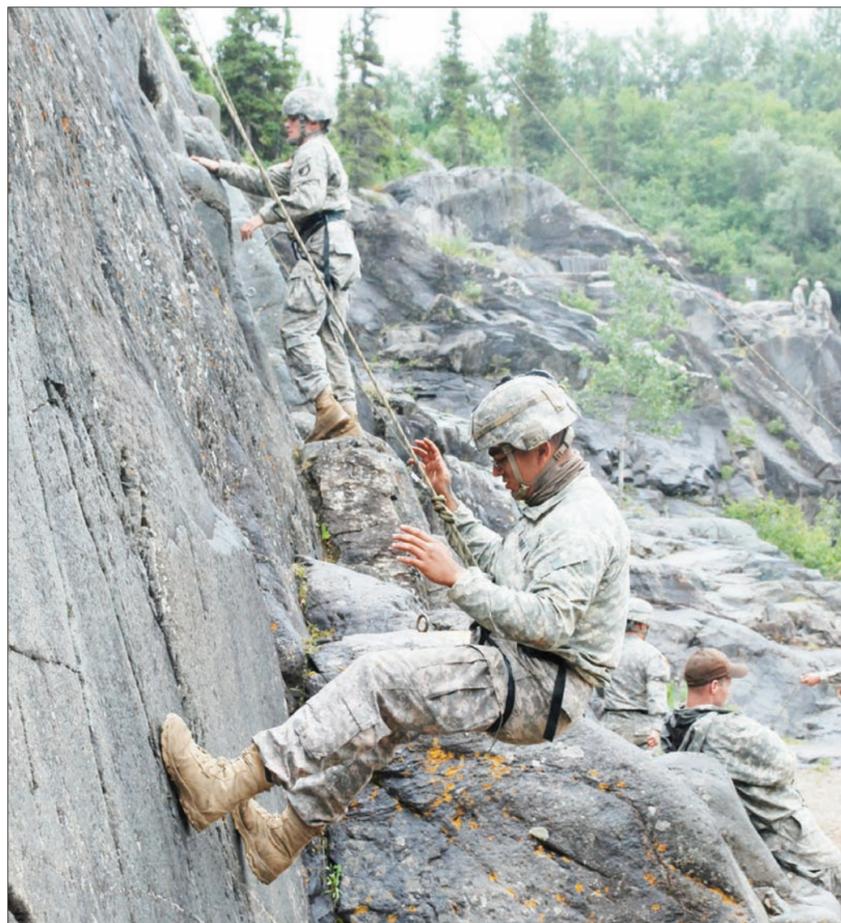
The BMC, "helps them conduct their operations better and gives them something to do while they are here in Alaska," McGee said.



Soldiers and cadets at the Northern Warfare Training Center's Basic 15 day Mountaineering course learn vital skills to climb, rappel and travel safely through rugged mountainous terrain at the NWTC Black Rapids Training site, July 2012. (U. S. Army photo by Staff Sgt. Trish McMurphy, USARAK PAO)



1Lt. Ross Nelson with the Forward Maintenance Company, 25th Brigade Support Battalion, 1st Stryker Brigade Combat Team, 25th Infantry Division, ensures a safe climb for his teammate climbing the sheer cliff face at the Northern Warfare Training Center's Basic Mountaineering Course at Black Rapids. (U. S. Army photo by Staff Sgt. Trish McMurphy, USARAK PAO)



(U. S. Army photo by Staff Sgt. Trish McMurphy, USARAK PAO)

SOLDIERS AGAINST DRUNK DRIVING

*Have a Plan, Call Someone.*

353-6610

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ALASKA FUN CENTER  
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AK POST/7/22/12 STV  
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