

# ALASKA POST

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Vol. 5, No. 29

Fort Wainwright, Alaska

July 25, 2014

## The sound of science, NASA at Fort Wainwright



Tim Williams, NASA ER-2 pilot, does last minute checks before going on a seven to eight hour flight towards the polar ice cap in support of the Multiple Altimeter Beam Experimental Lidar instrumentation project being conducted by NASA from Fort Wainwright, Alaska during the month of July. (Photo by Brian Schlumbohm, Fort Wainwright PAO)

**Brian Schlumbohm,**  
Fort Wainwright PAO

Residents of Fort Wainwright and Fairbanks have been hearing the unmistakable sound of a jet taking off from Ladd Airfield.

The jet, an ER-2, is part of the National Aeronautics and Space Administration's multi-week scientific mission based out of Fort Wainwright, to gather data through simulated instrumentation for use in a satellite set to be launched in 2017.

The Ice, Cloud and land Elevation Satellite-2 or ICE-Sat-2, will be the 2nd-generation of an orbiting laser altimeter created to measure and monitor changes in the Earth's surface features in

height and substance such as ice cover, size and sea ice thickness. The satellite will also be able to detect and measure vegetation canopy heights.

Thorsten Markus, project scientist for this mission, explained how the ER-2 functions in operational testing of data for the satellite bound instrument called the Advanced Topographic Laser Altimeter System.

The instrument gathering information for use with the ATLAS is called the Multiple Altimeter Beam Experiment Lidar or MABEL and is housed in the nose of the aircraft.

MABEL is a laser emitting sensor which uses mi-

**See NASA on page 5**

## Soldier and spouse team win Alaska State Barbeque Championship

**Allen Shaw,**  
Fort Wainwright PAO

Karen and husband, 1st Lt. Ryan Findley, 25th Brigade Support Battalion, 1st Stryker Brigade Combat Team, 25th Infantry Division, representing Findley's BBQ are the new Grand Champions of the 2014 Alaska State Barbeque Championships.

The Alaska State BBQ Association hosted its 10th annual state championships July 19 and 20 at Pioneer Park in Fairbanks. After two solid days of non-stop preparation, cooking, smoking and judging, the Findley's will now represent Alaska at the Jack Daniels 2014 World Championship Invitational Barbeque in Lynchburg, Tenn., Oct. 25.

Findley BBQ competed against teams from around Alaska, the Lower 48 and a team from the United Kingdom. The competitors brought their best seasonings, sauces and savvy.

"Competing in this year's Alaska State Competition was a great experience. We have cooked in many competitions, but the annual Alaska State Championship holds more value than most," said Ryan Findley.

Twenty-one competition barbeque teams rolled onto the park grounds

Friday staking claim on a patch of land to pitch tents, park trailers and unload a plethora of grills, smokers and camp stoves to prepare their best dishes for more than 36 judges over the two-day period. Once everyone was in place, the event coordinator and head judge inspected the proteins [meats], which must be untouched before the contest begins, meaning the cooks are not allowed to season, sauce, inject, trim fat or prepare the meat in any way. Once the inspection was complete, the competition began.

"It's like a mini Woodstock with meat," said David Pruhs, founder and president of the association. "People who enjoy the same interests come together for a good time and the fragrance of charcoal and hardwood fill the air." Propane or gas cookers are not allowed in a barbeque association-sanctioned event.

On Saturday, the competitors vied for top honors in seafood, steak and dessert. "The seafood competition is judged differently than the rest," Pruhs said. "This is where the teams have an opportunity to wine and dine the judges, and judging in the seafood category is a coveted position." The judging panel usually consists of experienced, certified culinary experts,

local dignitaries and celebrities.

The group was escorted to special dining areas prepared by the teams and adorned with unique decorations, place settings, menu cards and a beverage to compliment the meal. Gina and husband, Maj. Anthony Minderman, 1-25th, representing Pitbull BBQ took third place in seafood with Cajun-style shrimp and grits. Team Turnin' and Burnin' BBQ, Army veteran and DoD civilian Jeff Deckard and wife Shelly, claimed the top spot in the steak category with their special Del Monaco. The top five finishers in each category took home cash and prizes.

On Sunday, it was strictly barbeque business with the first turn-in at 9 a.m. Competitors brought the best looking and tasting chicken, ribs, pork butt, brisket, and sauce to be scrutinized, chewed and of-

ten devoured on the hour, by those holding a score card.

At the end of the day, the Findley's took home the prize. Karen Findley said, "The Jack is the pinnacle in barbeque competitions and it has been a goal of ours since we started competing. It's hard work. We made it our goal to work diligently over the last year practicing, preparing and executing the four main meat categories in anticipation of this year's Alaska State BBQ Competition. To win this year's event was truly an amazing and humbling experience."

The Findley's plan is to compete and win in Tennessee. "It is truly an honor to represent Alaska in this year's Jack," Ryan Findley said, "We have a very talented team who plan to help us out. They are a close

**See BARBEQUE on page 5**



Lt. Ryan Findley, 25th Brigade Support Battalion, 1st Stryker Brigade Combat Team, 25th Infantry Division embraces wife Karen when it was announced Sunday that they had earned the title of Grand Champions for the 2014 Alaska State Barbeque competition at Pioneer Park in Fairbanks. Findley's BBQ will now represent Alaska at the Jack Daniels 2014 World Championship Invitational Barbeque in Lynchburg, Tenn., Oct. 25. (Courtesy photo)

## Free app available



The Performance Triad app is available for free. You can download the app for iPhones, iPads, Android devices, and Windows phones by searching for "Performance Triad." See more on page 2. (U.S. Army photo)

### WEEKEND WEATHER



#### Friday

Mostly cloudy with scattered rain showers. Highs in the upper 50s to lower 60s. Lows in the upper 40s. West winds 5 to 15 mph.



#### Saturday

Partly sunny. Highs in the mid 60s. Lows around 50. Evening partly cloudy.



#### Sunday

Partly sunny. Highs in the mid 60s. Lows in the mid 50s. Night mostly cloudy with a chance of rain.

### BRIEF

#### 5K ICE CREAM SKEDADDLE

The Fort Wainwright 5K Ice Cream Skedaddle is slated for Saturday starting at the Physical Fitness Center parking lot, building 3709. Bib pickup and registration begins at 9:30 a.m. and the race begins at 10 a.m. Ice cream for all at the end of the race. For more information, call 353-7223.



Running a fever may not be such a bad thing

**Capt. Amy Updike,**  
Emergency Department Officer in Charge, Bassett Army Community Hospital, Medical Department Activity-Alaska

According to the American Academy of Pediatrics (AAP) fevers account for close to one-third of pediatric outpatient visits in the United States. Despite the common misconception that fevers are all bad, they are generally harmless. Here are ten quick facts for parents to keep in mind the next time their child spikes a fever:

Fevers can be considered a good sign. A fever is a sign that the body’s immune system is working and trying to heal itself.

There are many causes of fevers. Many factors can cause a fever such as teething, recent immunizations, diarrhea/vomiting, colds, increased exercise or overheating.

The main purpose for treating a fever is to help reduce discomfort. If a child is uncomfortable or have pain related to the fever, appropriate medications can help manage the discomfort.

A fever is a rectal temperature

greater than 100.4 degrees Fahrenheit. A temperature less than this is very normal.

The most accurate way to take a temperature is rectally. The AAP recommends rectal temperatures as the most accurate way to take a temperature for treatment to all children under two years of age. For children over four years of age, oral temperatures are acceptable.

AAP recommends treating temperatures only greater than 102 degrees. Unless the child is fussy, cranky, in pain or not able to drink enough fluids to stay hydrated, treatment is not recommended.

Most fevers will persist for a few days. When giving acetaminophen or ibuprofen to treat fevers, it is important to know that the fevers may return after the medication wears off for several days. This is completely normal and does not warrant a return to the ER or immediate follow-up with your primary care physician.

There is no “magic number” for when to bring a child in for fevers. The best reason to bring in a child is based on symptoms. If the child has an elevated temperature, but is



If treating with medications or bringing your child into the clinic or hospital, always take a temperature. Ear (tympanic) temperatures can be inaccurate with presence of ear wax or not visualizing the ear drum. Oral temperatures can be wrong if they have recently eaten or drank hot or cold beverages or things. Axillary temperatures do not require addition or subtraction of degrees to recorded temperature.

It is okay to ask. Prior to rushing to the closest ER or making an appointment, feel free to call the Nurse Advice Line at 1-800-874-2273.

A registered nurse is available 24 hours a day, seven days a week to answer questions and provide medical guidance.

Fevers in a child can be alarming to parents. Knowing the warning signs, symptoms and the proper resources will help. Whether a child is brought to their primary care provider or the ER, the staff at Bassett Army Community Hospital is here to help. BACH medics, nurses and doctors have the best interest of patients at heart and follow strict national and hospital policies and procedures to ensure the highest quality care.

Performance Triad app now available

**Staff Report,**  
U.S. Army Medical Command

Army Medicine is committed to reaching beneficiaries where they live. The Performance Triad application (v1.0) is now available to do just that.

Members of the U.S. Army Public Health Command, the Performance Triad Team at the Office of the Surgeon General and the Combined

Arms Support Center Sustainment Center of Excellence Mobile, or SCoEMobile, team recently released the first version of the Performance Triad app for global distribution. This app provides specific educational resources for squad leaders, Soldiers, spouses, civilians, healthcare workers, pre-retirees, and retirees on how to optimize their performance and enhance their health.

For example, leaders can quickly get information on how to schedule sleep/rest cycles to maximize unit performance during field exercises. The Performance Triad app also provides leaders information about refueling after exercise to maintain performance over sustained operations.

Personal lifestyle choices make a huge impact on health, wellness, and read-

iness. Sleep, Activity and Nutrition enable Soldiers, their families, and retirees to reach their goals and their full potential.

“Our goal was to provide an easy to use and free tool to assist our Soldiers, families, retirees, and [Department of the Army]-Civilians on optimal ways to enhance their performance, health, and wellness through sleep, activity, and nutrition,” said

Lt. Col. Mark Mellott, technology lead for the Performance Triad.

The Performance Triad app is available for free. You can download the app for iPhones, iPads, Android devices, and Windows phones by searching for “Performance Triad.”

Learn more about the Performance Triad at <http://armymedicine.mil/Pages/performance-triad.aspx>.



# EAT RIGHT AND GET RESULTS

Learn more about the Performance Triad at [armymedicine.mil](http://armymedicine.mil)



Performance Triad emphasizes healthy meals, Soldier nutrition

**Aniesa Holmes,**  
Fort Benning PAO

If Soldiers and Families plan their meals, nutrition experts say healthier lifestyle goals will be easier to reach.

1st Lt. Amanda Vaughan, a clinical dietitian for Martin Army Community Hospital, said unhealthy eating patterns mixed with poor sleep and lack-of- activity is habits that the Army encourages individuals and Families to change through the Performance Triad program.

“Studies show that people who get less than seven hours of sleep weigh more, have more health problems and do not perform at their physical peak,” she said.

Vaughan meets with patients to discuss food patterns and activity levels before helping them to set and reach attainable goals. A balanced diet including five to seven servings of fruits and vegetables along with whole grains, lean proteins and water will improve nutrition and ener-

“A lot of people will choose to drink coffee or energy drinks and nothing else ...Your body does not operate at peak performance if you don’t drink enough water.”

gy levels, she said. “A lot of people will choose to drink coffee or energy drinks and nothing else, so we emphasize that everyone needs about two liters of water a day,” Vaughan said.

“Your body does not operate at peak performance if you don’t drink enough water.”

Vaughan said every member of the Family should be a part of meal

planning and preparation. Online tools such as ChooseMyPlate.gov and the Human Performance Resource Center also offer information and a variety of daily food plans.

“When one person plays the majority of that role, we need to make sure that person is educated as far as what kind of meal planning and shopping will be necessary for the

entire Family,” Vaughan said. “When kids help prepare meals, they learn healthy habits, are more willing to try new foods and are more involved in the process; then everyone’s needs are be met.”

For more information on nutrition, call the Bassett Community Army Hospital Nutrition Clinical Services Department at 361-5276.

# ALASKA POST

Home of the Arctic Warriors

EDITORIAL STAFF

**Fort Wainwright Garrison Commander**

Col. S. C. Zemp

**U.S. Army Garrison Fort Wainwright Deputy PAO**

Brian Schlumbohm

**Editor**

Allen Shaw

**Contributors**

Michael Campbell, School Liaison Officer

Maj. David Mattox, 1-25th SBCT PAO

Lisa Ferdinando, Army News Service

Aniesa Holmes, Fort Benning PAO

Capt. Amy Updike, ER, OIC, BACH

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The ALASKA POST – Home of the Arctic Warriors

## ESTATE NOTICE

Anyone having claims against or who is indebted to the estate of Spc. Jason L. McCall, of C Company, 1st Battalion, 5th Infantry Regiment, 1st Stryker Brigade Combat Team, 25th Infantry Division may contact Lt. Hunter V. White, Headquarters and Headquarter Company, 1-5th, 1-25th SBCT, Fort Wainwright, Alaska 99703, or call (907) 353-2181.



# Stryker Soldiers Strive for the Expert Infantryman Badge

**Maj. David Mattox,**  
1-25th SBCT PAO

Combat Team, 25th Infantry Division will test their skills and compete for the Expert Infantryman Badge next week.

As part of a 70-year-old tradition the 1-25th SNCT will host a week-long test, here for infantry Soldiers of the unit to prove their expertise by completing 33 infantry-series Soldier skill evaluations and earn the badge.

The evaluated skills include a physical fitness test, marksmanship, weapons knowledge, land navigation, first-aid, dismounted movement techniques and reacting to enemy actions before concluding with a 12-mile road march. Each of the events must be passed with expert proficiency.



Pfc. Warren Mullins and Spc. Mason Thomas of 1st Battalion, 24th Infantry Regiment, 1st Stryker Brigade Combat Team, 25th Infantry Division perform function checks on the M2-.50 Caliber Machine Gun under the supervision of Sgt. John Blackman of 1st Battalion, 5th Infantry Regiment, 1-25th in preparation of the Expert Infantry Badge testing that will take place July 28 through August 1 at Fort Wainwright. (Photo by Staff Sgt. Mylinda Durousseau, 1-25 SBCT PAO)



Soldiers from 1st Battalion, 24th Infantry Regiment, 1st Stryker Brigade Combat Team, 25th Infantry Division perform function checks on the M9 pistol in preparation of the Expert Infantry Badge testing that will take place July 28 through August 1 at Fort Wainwright. (Photo by Staff Sgt. Mylinda Durousseau, 1/25th SBCT Public Affairs)

## Increased SHARP training furthers efforts to combat sexual abuse

**Lisa Ferdinando,**  
Army News Service

The Army is “breaking new ground” in efforts to combat sexual harassment and sexual assault in the ranks, according to a top Army official. “We like to lead from the front and that is part of our campaign efforts,” said Carolyn Collins, the deputy director of the Army’s Sexual Harassment/Assault Response and Prevention, or SHARP, program.

“This is the number one priority for the Army, it’s the number one priority for the secretary of Defense and the Department of Defense, and we really need to ensure the training and the standards reflect the emphasis the senior leaders have placed on this issue,” she said.

The efforts include the establishment of a SHARP Academy, which offers several weeks of instruction to sexual assault response coordinators, or SARCs, victim advocates, or VAs, and trainers.

The previous SHARP training for certification was 80 hours, Collins said.

The increased training through the SHARP Academy was established as a result of the concerns that Chief of Staff of the Army Gen. Ray Odierno received from SARCs, VAs, and victims. They told him that training beyond 80 hours was needed, so he directed the establishment of a centralized SHARP school house.

The academy, which was launched with a pilot course in January, delivers a seven-week course for SARCs/VAs, and a 12-week course for trainers. The Army is in the process of developing a 10-week program manager course for brigade level and above, Collins said.

Graduates will go back to their command to instruct others and advise their commander. Collateral personnel, battalion level and below, will continue to receive the 80 hours of training.

The SHARP Academy training will give the Army “well-rounded professionals” in addressing prevention and response, and solid advisers in the commands, Collins said.

“It is to really set the standard for the nation on how we effectively address this issue and work cultural change in the Army,” she said.

The Army can be very proud of its efforts, she said, noting that it is conducting what she believes to be the longest course offered anywhere to tackle the issue of sexual harassment and sexual assault.

The Army makes a concerted effort to address harassment in its prevention efforts as well, she said.

“We are really looking to set that cultural change and to really engage prevention before we even have a harassment incident, no less an assault incident,” she said.

Survey data show that at least a third of sexual assault victims were harassed before they were assaulted, and the abuse wasn’t stopped at the harassment level, Collins said.

The message is out there that sexual harassment and sexual assault will not be tolerated and perpetrators will be held accountable, she said. Commands must also ensure a climate of trust in which people are willing to come forward to report abuses, she said.

In fiscal year 2013, 2,149 sexual assault cases reported -- a 51 percent increase in reports compared to fiscal year 2012.

An increase in reporting leads Army officials to believe it may be an indication of greater confidence in the Army and its stance against sexual abuse, Collins said.

The Army is also exploring the possibility of a new SHARP military occupation specialty, Collins said, but there would have to be upward mobility in the field if a position were to be created.

Starting Oct. 1, 2015, U.S. Army Training and Doctrine Command will take over from SHARP the mission of the training. The academy is to move from Fort Belvoir, Virginia, to its permanent location at a TRADOC site to be announced, Collins said.

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# Leadership for youth, Alaskan Style



(Left to right) Katelyn Maxim, 16, daughter of Jody and 1st Sgt. Phillip Maxim of Battalion, 8th Field Artillery, 1st Stryker Brigade Combat Team, 25th Infantry Division; Kristen Bath, 15, daughter of Melissa and Staff Sgt. David Bath, 1st Battalion, 52nd Aviation Regiment, United States Army Alaska Aviation Task Force; Alicia Bloodworth, 15, daughter of Tammy and Senior Master Sgt. Michael Bloodworth, 2-8th Field Artillery, receive gold panning instructional support from the stars of National Geographic’s Goldfathers, Jordan and Ilaura (not pictured) Reeves, during a trip to Gold Daughters July 18. (Photo by Michael Campbell, DFMWR)



Youth Sponsorship Program’s Camp Cheechako participants partnered with Bryson Deronde, DFMWR Outdoor Recreation Center for a unique team and leadership skills archery activity, on post July 17. (Photo by Michael Campbell, DFMWR)

**Michael Campbell,**  
DFMWR, School Liaison Officer

The Directorate of Family and Morale, Welfare and Recreation Youth Sponsorship Program hosted several newly stationed high school students though Camp Cheechako July 15 to 18. Through School Support Services, the Youth Services Program is offered throughout the year at no-cost ensuring consistent and predictable programming to all Child, Youth and School Services enrolled youth through relocation, school and life transition support at Fort Wainwright.

“We know that moving to a new location can be challenging, so we encourage you to take advantage of

the Youth Sponsorship Program” said Rizza Asuncion, Coordinator, CYS Services. “Camp Cheechako is your opportunity to make new friends and experience Alaska this summer, helping to make your move to Fort Wainwright a smooth one.”

Youth leaders were provided connection opportunities to meet other teens while they explored Alaskan cultures and unique local attractions. CYS Services provide quality educational experiences to enrolled youth, which incorporate research-based curricula from the Boys & Girls Clubs of America, 4H and Character Counts programs. The next Camp Cheechako will be Aug. 12 to 15. To register, call 353-5437 or 353-7713.



Colby (left), 14, and Katelyn Maxim, 16, son and daughter of Jody, and 1st Sgt. Phillip Maxim, 2nd Battalion, 8th Field Artillery, 1st Stryker Brigade Combat Team, 25th Infantry Division celebrate Golden Days during a visit to the Fountainhead Antique Auto Museum July 17. (Photo by Michael Campbell, DFMWR)

## Healthy decisions



Candi Dierenfield, Associate Professor of Extension 4-H Military and Outreach Programs receives assistance from Colby Maxim, 14, son of Jody and 1st Sgt. Phillip Maxim, 2nd Battalion, 8th Field Artillery Regiment,

1st Stryker Brigade Combat Team, 25th Infantry Division during the 4-H nutritional lesson which featured green “Go” smoothies at the Youth Center as part of the Youth Sponsorship Program’s Camp Cheechako July 15. The U.S. Army Child Youth and School Services partnership with 4-H provides resources and curricula that have been implemented into the Youth Center and School Age Centers. Programs such as Up for the Challenge: Lifetime Fitness, Healthy Decisions meet the needs of youth. (Photo by Michael Campbell, DFMWR)

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# NASA: Equipment measures ice sheets, glaciers, trees

Continued from page 1

cro-pulses with multiple beams of lasers to estimate the height of surface

objects and thickness of ice. Testing this equipment will give scientists the information needed to derive data from the ICESat-2 satellite in-

strumentation once launched. “The main objectives are the measuring of elevation changes of ice sheets and glaciers, measuring the thickness of sea ice and measuring the height of trees,” Markus said. The ER-2 provides the capability to fly at 65,000 feet, being roughly 95 percent of the earth’s atmosphere. This provides MABEL instrumentation a close simulation to the environment and distances at which the ICESat-2 satellite and its instrumentation will be working at.

The main goal of the project is to come up with working mathematical equations to convert what the sensor is receiving into information that can be used to measure accurately heights and densities of land objects.

“We need to develop algorithms and mathematical methods to extract elevations over ice sheets, sea

ice thickness and canopy heights from the ICESat-2 data,” Markus said.

In an effort to prepare for this they are here in Alaska during July to collect and study the information captured by MABEL as the sea ice and glacier densities change in the Alaskan Gulf region and Polar Ice Cap areas; providing many different stages of ice melt to sample during this particular time of the year.

The NASA crew plans to conduct seven missions while being based at Fort Wainwright using the ER-2 with flights averaging seven hours per mission.

To find out more visit the NASA site on the ICESat-2 project, at <http://icesat.gsfc.nasa.gov/icesat2/index.php> or track the ER-2 as it flies its course over Alaska, at <http://airbornescience.nasa.gov/tracker/>.



NASA's high-altitude ER-2 aircraft, piloted by Tim Williams taxis out on Fort Wainwright’s Ladd Airfield for take-off on July 17. (Photo by Brian Schlumbohm, Fort Wainwright PAO)

# Barbeque: Findley, friendly competition

Continued from page 1

knit group of friends and we have cooked, and competed together for some years now. We call ourselves the BBQ Posse.” One of the BBQ posse members, Kirk Pittman, with Fishing Eagles, came in from Texas to claim third place overall at the Alaska State Competition. “The Findley’s Barbecue team is already hard at work preparing for the ‘Jack’,” Ryan Findley said.

Ryan and Karen Findley said the most important asset they have is the support of the Army. “The unique part about serving in United States Army Alaska is the encouragement the chain of command has for its subordinates to succeed.” Ryan Findley said, “Serving in Alaska has been the best Army opportunity I have experienced during my eight years of service. The community of Alaska is the most supportive and appreciative community in the Army.” He

said, “Karen and I are truly blessed to serve in Alaska for Maj. Gen. (Michael) Shields and Col. (Donn) Hill, and it is important for us to bring great credit and recognition to the State of Alaska, Fairbanks, Fort Wainwright, the 1-25th SBCT and USARAK.”

Another top finisher was rookie competitors Brandy Ostanik, Medical Department Activity Alaska Public Affairs Officer and Allen Thornton, Directorate of Plans, Training, Mobilization and Security, representing Rudi-Lou-Who BBQ. Ostanik and Thornton placed fourth in the brisket category.

Pitbull BBQ finished ninth overall, with fourth in dessert, fifth in steak, fourth in the seafood category, sixth in pork and seventh in brisket.

Veteran barbeque guru and DoD civilian Dan Gilson of 3 Dogs BBQ finished sixth overall.

The Reserve Grand Champion was Troy Vincent of Bear Naked

BBQ out of Anchorage.

For more photos and all of the results, visit [www.alaskabbq.org](http://www.alaskabbq.org).

The next competition is the Fair BBQ scheduled for Aug. 1 and 2 at the Tanana Valley Fairgrounds and Pruhs said, “This event is open to anyone who can cook a piece of meat on a grill.” The categories will be chicken, ribs, pork and brisket. Information on the event is also posted on the Alaska BBQ Association website.

Right: Karen and husband, Lt. Ryan Findley, 25th Brigade Support Battalion, 1st Stryker Brigade Combat Team, 25th Infantry Division are the 2014 Alaska State BBQ Association Grand Champions. They and “Future Pitmaster” baby Findley will represent Alaska at the Jack Daniels 2014 World Championship Invitational Barbeque in Lynchburg, Tenn., Oct. 25. (Courtesy photo)



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Friday – 25th

**AK INDUSTRIAL SUPPORT ALLIANCE TOUR-NAMENT**, 8 a.m. to 2 p.m., Chena Bend Golf Course, building 2092. For more information, call 353-6223.

**JUST FOR THE HALIBUT (VALDEZ)**, July 25 to 27, departs at 8 a.m. Participants needed, minimum of 4, maximum of 8. Fee is \$275, Outdoor Recreation, building 4050. For more information, call 361-6349.

**YOUTH CLIMBNG TEAM**, 4 p.m. to 6 p.m., ages 10 to 18. Outdoor Recreation, building 4050. Call 361-2652 for more information or sign-up call 361-6349.

Saturday – 26th

**BEGINNERS WHITEWATER INFLATABLE KAY-AK**, 8 a.m. to 6 p.m., Fee: \$45, Outdoor Recreation, building 4050 Glass Drive. Call 361-2652 for more information or sign-up call 361-6349.

**MEDDAC TOURNAMENT**, 8 a.m. to 12:30 p.m., Chena Bend Golf Course, building 2092. For more information, call 353-6223.

**ICE CREAM, SKEDDALE 5K FUN RUN**, 10 a.m. to noon, Bib pickup at 9:30 a.m., race begins 10 a.m., registration is \$20. Call 353-7223 for more information.

**SATURDAY FIVE-STAND**, noon to 5 p.m., Fischer Skeet Range, building 1171. Call 353-7869.

Sunday – 27th

**FAIRBANKS GOLF ASSOCIATION AMATEUR**, 8 a.m. to noon, Chena Bend Golf Course, building 2092. For more information, call 353-6223.

**TABLE TOP BERRY PICKING AND HIKE**, 9 a.m. to 5 p.m. Fee: \$20 for adults, \$10 for children, Outdoor Recreation, building 4050. For more information, call 361-2652. To sign up please call the ODR front desk at 361-6349.

**WINTERIZE CLINIC**, 3 to 6 p.m., Auto Skills, building 3730. For more information, call 353-7436

Monday – 28th

**MONDAY NIGHT MENS LEAGUE**, 5:30 to 7 p.m., Weekly - Front and Back 9's, Chena Bend Golf Course, building 2092. For more information, call 353-6223.

Tuesday – 29th

**ROMP AND STOMP**, 9:30 to 11:30 a.m., Last Frontier Community Activity Center, building 1044. For more information, call 353-7755.

**VA VOCATIONAL REHABILITATION AND EMPLOYMENT OVERVIEW**, 10 to 11 a.m., Soldier and Family Assistance Center, building 3414. For more information, call 353-5878.

**GROUP CYCLING**, 10 a.m. to 11 a.m., Physical Fitness Center, building 3709. For more information, call 353-7223.



**ARE YOU A VICTIM OF OR WITNESS TO ABUSE?**  
**CALL 799-9770**  
(no name required)

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

*Fort Wainwright ice cream skedaddle*

**5K**

*July 26th 1000 PFC Parking lot*

**RUN FOR IT**

*Bib pickup and Late registration begins at 9:30am Race begins at 10:00am*

*Early Bird Registration price before July 14th is \$10. Late registration \$20. Only participants that register prior to July 14th are guaranteed a shirt on race day. All other shirts will be ordered after the race.*

*For more information, call 459-7224.*



**REGISTRATION DUE FOR PARENT'S TIME**, 5:45 to 8:45 p.m., must preregister for this event. Cost is \$15 per child, Child Development Center I, building 4024. For more information, call 361-4190.

Wednesday – 30th

**ZUMBA**, 6:15 to 7:15 p.m., Physical Fitness Center, building 3709. Call 353-7223.

**KARATE ALL AGES, SKIES** Unlimited, classes are Mondays 5:30 to 6:30 p.m., Wednesdays 6 to 7 p.m. and Saturdays 9:30 to 10:30 a.m. in the Murphy Hall basement, building 1045. Call 353-7713.

Thursday – 31st

**BABY SIGNS: SIGN SING AND PLAY**, 9 to 9:30 a.m., Last Frontier Community Activity Center, building 1044. For more information, call 353-7755.

**ROMP AND STOMP PLAY GROUP**, 9:30 to 11:30 a.m., Last Frontier Community Activity Center, building 1044. For more information, call 353-7755.

**GROUP CYCLING**, 10 a.m. to 11 a.m., Physical Fitness Center, building 3709. For more information, call 353-7223.

**VA VOCATIONAL REHABILITATION AND EMPLOYMENT OVERVIEW**, 1 to 2 p.m., Soldier and Family Assistance Center, building 3414. For more information, call 353-5878.

**INTRO BELAY/CLIMBING CLASS**, 4:30 to 6 p.m., Outdoor Recreation Center, building 4050. No fee. Call 361-6349.

**BASIC CAR CARE FOR WOMEN**, 6 to 7:30 p.m., Auto Skills, building 3730 Oak Avenue. For more information, call 353-7436.

Friday – 1st

**SUMMER WINTERIZATION SPECIAL**, Auto Skills, building 3730. Call 353-7436.

**X-BOWLING**, Nugget Lanes Bowling Center, building 3702. Call 353-2654.

**SAC SUMMER CAMP**, 6 a.m. to 6 p.m., School Age Center (SAC), building 4166. Call 353-7394.

**ASYMCA TOURNAMENT**, 8 a.m. to 2 p.m., Chena Bend Golf Course, building 2092. Call 353-6223.

**DALL RIVER PIKE HUNT**, 8 a.m. to 5 p.m., Aug 1-3, Outdoor Recreation, building 4050, Call 361-4089.

**GROUP CYCLING**, noon to 12:45 p.m., Physical Fitness Center, building 3709. Call 353-7223

**AFTER SCHOOL STORY TIME AND CRAFT**, Ages 3 and older, 4 to 5 p.m., post library, building 3700. Call 353-7436.

Saturday – 2nd

**KARATE ALL AGES, SKIES** Unlimited, classes are Mondays 5:30 to 6:30 p.m., Wednesdays 6 to 7 p.m. and Saturdays 9:30 to 10:30 a.m. in the Murphy Hall basement, building 1045. Call 353-7713.

**SUMMER WINTERIZATION SPECIAL**, Auto Skills, building 3730. Call 353-7436.

**X-BOWLING**, Nugget Lanes Bowling Center, building 3702. Call 353-2654.

**GULKANA GLACIER HIKE**, 7 a.m. to 7 p.m., Outdoor Recreation, building 4050, Call 361-4089.

**GOLDEN HEART ROTARY TOURNAMENT**, 8 a.m. to 2 p.m., Chena Bend Golf Course, building 2092. Call 353-6223.

**GROUP CYCLING**, 10 a.m. to 11 a.m., Physical Fitness Center, building 3709. Call 353-7223.

**ZUMBA**, 11:15 a.m. to 12:15 p.m., Physical Fitness Center, building 3709. Call 353-7223.

**SATURDAY FIVE STAND**, noon to 5 p.m., Fischer Skeet Range, building 1171. Call 353-7274.

**SKIES SNEAK PEEK**, noon to 3 p.m., CYSS Parent Central Services, building 4391. Call 361-7713.

**WARRIOR ZONE MONTHLY POOL TOURNAMENT**, 7 p.m., Warrior Zone, building 3205. Call 353-1087.

Sunday - 3rd

**SUMMER WINTERIZATION SPECIAL**, Auto Skills, building 3730. Call 353-7436.

**X-BOWLING**, Nugget Lanes Bowling Center, building 3702. Call 353-2654.

**OPEN LESSONS TO ACTIVE DUTY MILITARY**, noon to 1 p.m., Chena Bend Golf Course, building 2092. Call 353-6223.

**FAMILY ARCHERY**, 1 to 5 p.m., Outdoor Recreation, building 4050. Call 361-6349.

**WINTERIZE CLINIC**, 3 to 6 p.m., Auto Skills, building 3730. Call 353-7436.

Monday - 4th

**KARATE ALL AGES, SKIES** Unlimited, classes are Mondays 5:30 to 6:30 p.m., Wednesdays 6 to 7 p.m. and Saturdays 9:30 to 10:30 a.m., in the Murphy Hall basement, building 1045. Call 353-7713.

**SUMMER WINTERIZATION SPECIAL**, Auto Skills, building 3730. Call 353-7436.

**SAC SUMMER CAMP**, 6 a.m. to 6 p.m., School Age Center, building 4166. Call 353-7394.

**YC CAMP ALAKSHAK**, 10 a.m. to 2 p.m., Youth Center, building 4109. Call 353-2642.

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

**MONDAY NIGHT MENS LEAGUE**, Weekly Front and Back 9's, 5:30 to 7 p.m., Chena Bend Golf Course, building 2092. Call 353-6223.

**ZUMBA GROUP EXERCISE**, 6:15 to 7:15 p.m., Physical Fitness Center, building 3709. Call 353-7223.

Fort Wainwright's Gym Hours

**Physical Fitness Center (PFC)**  
Summer Hours of Operation  
Phone: 353 - 7223

Monday – Thursday: 5:30 a.m. to 9 p.m.  
Friday: 5:30 a.m. to 8 p.m.  
Weekends: 9 a.m. to 7 p.m.

**Melaven Fitness Center**  
Summer Hours of Operation 353 - 1994

Monday – Thursday: 5:30 a.m. to 7:30 p.m.  
Saturday: 11:30 a.m. to 6:00 p.m.  
Sunday: CLOSED

**Melaven Swim Center**  
Summer Hours of Operation 353 - 1995

Tuesday - Friday PT: 5:30 to 8 a.m.  
Lap Swim and Swim Lessons:  
10:45 to 11:30 a.m.

Open Swim: 11:30 a.m. to 2:45 p.m.  
and 4 to 7 p.m.

Saturday Lap Swim:  
11:45 a.m. to 12:30 p.m.

Saturday Open Swim:  
12:30 p.m. to 5:30 p.m.

Sunday and Monday: CLOSED

**Fort Wainwright**



**Facebook**

The official Facebook Fan page of Fort Wainwright, Alaska providing Soldiers, Family members and civilians with up-to-date information on news, services and events.

<https://www.facebook.com/FortWainwrightPAO>

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## In brief

**5K ICE CREAM SKEDADDLE**

The Fort Wainwright 5K Ice Cream Skedaddle is slated for Saturday starting at the Physical Fitness Center parking lot, building 3709. Bib pickup and registration begins at 9:30 a.m. and the race begins at 10 a.m. Ice cream for all at the end of the race. For more information, call 353-7223.

**NEELY ROAD CONSTRUCTION SCHEDULE**

Starting July 28, Neely Road will be closed for construction from Meridian to Santiago until Aug. 13, while the Meridian/Neely intersection will remain open.

From Aug 13 to 17, the Neely/10th Avenue intersection will be closed and under construction. From Aug 18 to Sept 7, the Neely Road will be closed from Meridian to 10th Avenue. The Neely/Meridian and Neely/10th intersections will remain open. Throughout this construction detours will be marked, but they will generally be the parallel streets of Oak Street and Montgomery Road.

**RETIREE TUESDAYS**

The Chena Bend Golf Course is giving a special 30 percent off green fee and cart rental on Tuesdays to all retirees with a valid DoD retirement card. This promotion lasts through September 2014. For more information call 353-6223.

**HEALTH CLASSES**

The Arctic Health Link Center offers classes on: Allergy and Asthma, Cholesterol, Diabetes, Hypertension, Self Care Class (Take Care of Yourself), Tobacco Cessation and specialized programs per request. If interested in a class for you, your unit or for a FRG meeting, please call 361-4148. For more information go to [www.alaska.amedd.army.mil/Artic\\_Health\\_Link/TCOY\\_Pamphlet.pdf](http://www.alaska.amedd.army.mil/Artic_Health_Link/TCOY_Pamphlet.pdf).

**LET'S GO MUDDING**

The 3rd Annual Arctic Tough Mudders event is slated for Aug. 9, starting at noon at the Birch Hill Ski and Snowboard Area. Open to the community registration forms are available at the Physical Fitness Center, building 3709 or call 353-7223 for more information.

**FAMILY CHILD CARE PROVIDER**

Interested in becoming an Army Family Child Care Provider on Fort Wainwright? New Provider briefings are held monthly. Find out about free training, career opportunities and how to transfer your experience to your next installation. For more information call 353-6266 or 353-9544.

**WOOD CUTTING**

Fort Wainwright lands have permit areas designated by the Garrison Forester for those who want to harvest trees for firewood. First, it's required to have and carry on their person a Fort Wainwright Recreation Access Permit (RAP) and Fort Wainwright Wood Cutting Permit. Wood Cutting Permits cost \$30, for three cords of harvested wood. Three cords are the minimum purchase at \$10 per cord, 10 cords are the maximum. Payment can be made by credit card on-line. Additional cords can be purchased for \$10.00 per cord; however additional cord permits expire on the same day as the Wood Cutting Permit. You can obtain a wood cutting permit on this website or at any of the three kiosks located inside the Fort Wainwright Environmental Division Office, building 3023 or the Fort Wainwright and Fort Greely Main Gate Visitor Centers (Greely is closed on weekends). For more information go to <http://usartrak.isportsman.net/recreational-information/woodcutting>.

**ROAD CONSTRUCTION**

Gaffney Road, between Main Gate and 602nd, will be continuing construction and repaving until its completion anticipated for mid-August. The road will remain open during construction, but traffic will be reduced to one lane in each direction. As a result, motorists should expect delays at the main gate and at the Glass Drive, 599th, 600th, Tamarack, 601st, and 602nd Street

## Picked a good time for Alaskan berry class



In preparation for the oncoming berry season, a special educational event 'Learn About Alaskan Berries' was held at the Soldier Family Assistance Center July 18, on Fort Wainwright. The two-hour, interactive class invited participants to learn about Alaska's abundant wild berries, where they grow, how to identify them and safe ways to harvest them. The class also covered various processes and mediums of saving berries and students were able to get hands-on experience in the making and then sampling of freshly made jelly. The class was hosted by Fort Wainwright's Exceptional Family Member Program and instructed by University of Alaska Cooperative Extension Services, Marsha Munshell, an avid berry picker, gardener and outdoors women with over 20 years of experience working in the Cooperative Extension Services office. The class had more than 30 participants of all ages and a combination of service members and Families from both Fort Wainwright and Eielson Air Force Base in attendance. For more information call 353-4243 or 353-4460. Also visit them online, at <https://www.facebook.com/pages/Fort-Wainwright-EFMP/696024717093530?ref=ts&fref=ts>.

intersections. Gaffney Road will remain open; no designated detour routes will be posted. Motorists, however, are to follow the traffic control signs that identify the periodic closing of lanes and the closing of side roads in the area. Flag Persons will be stationed at various locations direct traffic around work activities. Motorists entering Fort Wainwright are encouraged to use Badger and/or Trainor Gates as alternate access to post in order to avoid this area completely. The Express will remain open and can be continually accessed from the east leg of Tamarack Drive during this work. Please allow extra time when travelling through this area.

**FORT WAINWRIGHT HIRING**

Looking for a summer job or maybe even a fulltime job? There are nearly 90 Federal employee jobs and 40 nonfederal jobs just waiting to be filled. Go to [www.usajobs.gov](http://www.usajobs.gov) and find out how many different career opportunities there are here at Fort Wainwright, Alaska.

**GOLFING**

The Chena Bend Golf Course and Driving Range on Fort Wainwright has experienced more than usual rainfall this year. To keep up on current hours of operation, call 353-6223. Normal hours are from 7:30 a.m. to 10 p.m. weekdays and 7 a.m. to 10 p.m. weekends. And remember you do need a pass from the visitor's center in order to enter the post.

**RECREATION ACCESS PERMIT**

For summer recreation on U.S. Army training lands this year, be sure to get your Recreation Access Permit Card or RAP card. This required, but free recreational pass is provided by both Fort Greely and Fort Wainwright, allowing access to certain military lands for general outdoor recreation such as fishing, hunting, hiking and all terrain vehicle use. For more information go online at <https://usartrak.isportsman.net/> or call the Natural Resources offices of Fort Wainwright at 361-9686, or Fort Greely at (907) 873-4381. To see maps of recreational areas go to <https://usartrak.isportsman.net/maps/recmaps>.

**Sport Bike Course (MSRC)**

**Military Sport Bike Riders Course is a one-day course with two instructors and 12 riders. If you own or operate a sport bike, two classes will be available, Aug. 16 and 18.**

For more information, call 353-7085 .  
Reserve your class online at,  
[https://imc.army.mil/airs/usg\\_disclaimer.aspx](https://imc.army.mil/airs/usg_disclaimer.aspx)

Click on: Courses, Region: Pacific, Garrison: Ft. Wainwright

Fort Wainwright  
Religious Services**Ongoing Chapel Services**

Catholic Mass - Sundays at 9 a.m., at Northern Lights Chapel, building 3430.

Protestant Service - Sundays at 11:30 a.m., at the Northern Lights Chapel

Protestant Contact: CH (Maj.) Mike Keifman,  
353-2088. Northern Lights Chapel.  
Email: [michael.r.keifman.mil@mail.mil](mailto:michael.r.keifman.mil@mail.mil)

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**ALL AK POST/UNIVERSITY**  
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Save The Date  
**National Night Out**

Join North Haven for America's Night Out Against Crime!

- ★ Food
- ★ Games
- ★ Prizes
- ★ Live Music

Bring the entire family for food, fun and so much more!  
The event is **FREE!** For more information contact the North Haven Community Services Office

907-356-7165

For additional information,  
Please contact North Haven  
at 907-356-7165

[www.nhcalaska.com](http://www.nhcalaska.com)

July 29, 2014  
5:00 - 8:00pm  
116 Holiday Inn Express  
Bldg. 3402 Santiago Ave.  
Fort Wainwright

National Night Out is designed to:

- Heighten crime prevention awareness
- Generate support for, and participation in, local anticrime programs
- Strengthen neighborhood spirit and police-community partnerships
- Send a message to criminals letting them know that neighborhoods are organized and fighting back.



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