

ALASKA POST

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an edition of the
Daily News - Miner

The Interior Military News Connection

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Vol. 7, No. 13

Fort Wainwright, Alaska

April 1, 2016

USARAK hosts international mountain, cold region military experts

John Pennell
U.S. Army Alaska Public Affairs

When military professionals take to the battlefield, a single opponent is usually enough. Adding a second foe is never a good thing. But for the untrained or inexperienced, mountainous terrain and extreme cold weather can quickly become a more deadly adversary than enemy forces.

For example, in World War I fighting in the Austro-Italian Alps, more soldiers were killed by avalanches and cold weather than by bullets. In December 1914, nearly 190,000 Turkish troops attacked the Russians in the Caucasus – and lost 86 percent of their forces to Russians using the weather and mountainous terrain to their advantage.

With statistics like these in mind, U.S.

Army Alaska's Northern Warfare Training Center hosted military mountaineering and cold regions experts for a four-day collaborative exchange, March 21 through 24, at the Black Rapids Training Site.

The Cold Regions/Military Mountaineering Collaborative Training Event brought together military partners from eight countries and other U.S. military organizations to talk about specialized training and equipment necessary to survive and thrive in austere environments.

Representatives attended from the Canadian Forces Land Advanced Warfare Center, the Chilean Army Mountain School, the Finnish Jaeger Battalion, the German Gebirgsjager Mountain and Winter Warfare School, Great Britain's 24 Commando,

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Military mountaineering and cold weather professionals exchange ideas and opinions on a beta version of skis and bindings being developed by U.S. special forces. U.S. Army Alaska hosted two dozen attendees, representing nine countries, for the Cold Regions/Military Mountaineering Collaborative Training Event at the Northern Warfare Training Center's Black Rapids Training Site, March 21 through 24. The event allowed military mountaineering professionals and cold weather experts to exchange ideas and tactics and demonstrate country-unique equipment in a collaborative environment. (Photo by John Pennell, USARAK PAO)



Acting Secretary of the Army Patrick J. Murphy, visited the Sexual Harassment/Assault Response and Prevention (SHARP) Academy at Fort Leavenworth, Kansas, Thursday, March 24, and spoke with a class of future Victim Advocates (VA) and Sexual Assault Response Coordinators (SARC). (Photo by John Martinez)

Murphy: Sexual assault, harassment detrimental to combat readiness

Stephen P. Kretsinger Sr.
PQC contractor, U.S. Army Combined Arms Center

Acting Secretary of the Army, Patrick J. Murphy, visited the Sexual Harassment/Assault Response and Prevention (SHARP) Academy here, March 24. Murphy was briefed by senior leaders and spoke with a class of future Victim Advocates (VA) and Sexual Assault Response Coordinators (SARC).

While speaking to the students at the SHARP Academy, Murphy reemphasized Chief of Staff of the Army Gen. Mark A. Milley's number one priority and explained how the SHARP mission related to it.

"Our focus is readiness," Murphy said. "But how can we be ready to face challenges the world presents if there is not

trust within our ranks. We remain personally committed to eliminating sexual assault and harassment from our Army. Such behavior has no place in a disciplined military force. Every Soldier, Army civilian, and Family member deserves to be -- and will be -- treated with dignity and respect."

In the early part of the new millennium, Murphy was a prosecutor who prosecuted sex crimes and understands how tough sexual assault and harassment cases are. He showed his appreciation to the VA and SARC students, who will continue on to deal with those cases first-hand.

"I want to thank you from the bottom of my heart," Murphy said. "Because as you know (sexual assault and harassment) is not just a cancer for the Army, but also with

See MURPHY on page 7

Tuskegee Airmen gather for 75th anniversary, induct honorary member

Tech. Sgt. Patrick Brown
42nd Air Base Wing Public Affairs

Original members of the Tuskegee Airmen, their families and supporters gathered in downtown Montgomery March 22 to commemorate the 75th anniversary of the Tuskegee Airmen Experience.

Air Force Chief of Staff Gen. Mark A. Welsh III was among the guests.

Only 40 miles from where the U.S. Army Air Corps trained the first African American military aviation group in U.S. history, retired Brig. Gen. Leon A. Johnson presented Welsh with a Tuskegee red jacket, making him an honorary member of the Tuskegee Airmen. The red jacket represents the distinctive red that pilots and maintainers painted on the tails of their P-47 Thunderbolts and P-51 Mustangs in the 332nd Fighter Group.

Johnson, now the board chair of the Tuskegee

See TUSKEGEE on page 9



Air Force Chief of Staff Gen. Mark A. Welsh III is inducted as an honorary Tuskegee Airman during the Tuskegee Airmen Foundation's 75th anniversary commemoration in Montgomery, Alabama, March 22. (Photo by Trey Ward)

U.S. Army Medicine Civilian Corps celebrates 20 years

Brandy Ostanik
Medical Department Activity-Alaska Public Affairs

March 26 marked the 20th anniversary of the formation of the U.S. Army Medical Department Civilian Corps.

To mark the day, civilian staff members were honored March 24 at Bassett Army Community Hospital as part of Medical Department Activity – Alaska's celebration of the 20th anniversary of the U.S. Army Medical Department Civilian Corps.

Civilians have been part of the Army since the Continental Congress established a medical department on July 27, 1775. Over the nearly 240-year history of Army Medicine, civilian roles have continued to evolve. Today, civilians make up approximately 60 percent of the Army Medicine workforce.

"Throughout the history of the Army Medical

Department, civilians have proudly served alongside uniformed service members to provide the best possible medical care and support to the Army," said Sgt. 1st Class Holly Burke, noncommissioned officer in charge of the celebration.

During the celebration, Col. Lisa Toven, MEDDAC-AK commander, and Command Sgt. Maj. Uriah Popp, presented awards to many of the civilians in the audience.

Awards for time in service, involvement in special projects, recent promotions, civilian of the month and civilian of the year were presented throughout the ceremony.

Ms. Klee Hardcastle, chief of medical management for MEDDAC-AK who has worked at Bassett ACH since 1984, was named the Civilian of the Year for MEDDAC-AK.

Hardcastle believes the greatest contribution civil-

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Medical Department Activity-Alaska civilian of the year, Klee Hardcastle (middle left) and civilian of the month, Jeannie Emerson (middle right) cut the cake at the MEDDAC-AK celebration of the 20 year anniversary for Army Medicine Civilian Corps with Col. Lisa Toven and Command Sgt. Major Uriah Popp. (Courtesy photo)

WEEKEND WEATHER



Friday

Mostly cloudy.
Highs in the lower to mid 30s.
Northeast winds around 10 mph.



Saturday

Mostly cloudy.
Highs around 40.
Lows around 20.



Sunday

Mostly cloudy.
Highs around 40. Lows around 20.

BRIEFS

Have a question, issue or interest pertaining to Fort Wainwright? Want to know what to expect throughout the Fort Wainwright community in April? Stop in at the next Fort Wainwright Community Action Council, Wednesday, April 6 at 10 a.m. at the Last Frontier Community Activity Center.

The Northern Alaska Military Retiree Council meets this Thursday, April 7 at 6 p.m., at the Last Frontier Community Activity Center, building 1044 on Fort Wainwright. Retiree, Veteran, Active, Guard, Reserve and spouses are all are welcome. <https://www.facebook.com/NorthernAlaskaMilitaryRetireeCouncil/?ref=tst>

Letter to the Editor: Testing of Smoke Alarms

Dear Editor,

If I were to ask Fort Wainwright residents the last time they tested their smoke alarms, my guess is that few would be able to recall when they had, or if they'd ever done so at all. If smoke alarms aren't tested regularly, knowing whether they're in working order is uncertain – and potentially fatal.

Smoke alarms save lives by detecting and alerting people to fire in its early stages, giving them the time needed to escape safely. But they must be functioning properly. According to the nonprofit National Fire Protection Association (NFPA), working smoke alarms cut the risk of dying in reported home fires nearly in half.

By taking the following simple steps, Fort Wainwright residents can ensure their households' safety from fire:

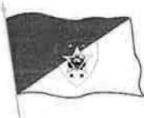
- Test your smoke alarms at least once a month using the test button, and make sure everyone in your home knows their sound.

- If an alarm "chirps," warning the battery is low, replace the battery right away.

- Replace all smoke alarms, including alarms that use 10-year batteries and hard-wired alarms, when they're 10 years old or sooner if they do not respond properly when tested.

In addition to monthly

See ALARM on page 6



National Sexual Assault Awareness and Prevention Month—April 2016

April is National Sexual Assault Awareness and Prevention Month. The Army's theme is "Sexual Assault. Sexual Harassment. Not in Our Army." Although we recognize preventive efforts during this month, make no mistake this theme must remain a year-round commitment for every member of the Army Team.

The American people send us their sons and daughters with the expectation we will protect, develop, and employ them to fight and win our Nation's wars. We accomplish this through a ready, capable, and professional force that takes care of its own.

Therefore, we remain personally committed to eliminating sexual assault and harassment from our Army. Such behavior has no place in a disciplined military force. The American public looks to the Army for leadership—and we will not fail in that mission.

Command engagement is crucial to preventing sexual violence and retaliation against those who report or witness an offense. We rely on leaders to set and enforce standards that ensure a healthy command climate for all Soldiers. If offenses occur, we expect leaders to ensure compassionate care for the victims and to hold offenders appropriately accountable.

We also believe that committed, engaged leadership down to the squad level along with prevention campaigns are crucial to our success. We encourage everyone to re-energize these efforts.

Every Soldier, Army Civilian, and Family member deserves to be and will be treated with dignity and respect. Sexual assault, sexual harassment, and retaliation have no place in our Army and are detrimental to combat readiness. As Army leaders, all of us have a duty to uphold our values by ensuring an Army free of sexual violence.

Army Strong!

Daniel A. Dailey
Sergeant Major of the Army

Mark A. Milley
General, United States Army
Chief of Staff

Patrick J. Murphy
Acting Secretary of the Army

Nutrition Corner

Nutrition 101

Did you know folate is an essential nutrient especially for women of child bearing age and for those who are currently pregnant? This key nutrient, especially in this population, helps the body produce DNA and genetic material and is essential for cell division. While folate deficiency is rare in this country, expecting women who do not get enough folate increase their risk of having babies with neural tube defects (spina bifida) and also increase their risk of having a premature or low birth-weight baby. Women of childbearing age are not the only ones who need to ensure they get enough folate.

Folate deficiency can affect anyone, especially those with a poor diet or malabsorptive disorder. The deficiency usually presents itself with other nutritional deficiencies due to its connection with a poor diet. Deficiencies of the nutrient have led to anemia, sores on the tongue and inside the mouth, fatigue, headaches, and irritability, shortness of breath, and discoloration of the hair, skin, and nails. The amount you need depends on your age; both men and women 14 years and older need 400 micrograms (mcg) each day, while pregnant women need 600 mcg daily. Be sure to include plenty of food sources of this vital nutrient in your diet. Sources include beef liver, leafy greens such as spinach and mustard greens, black eyed peas, asparagus, citrus fruits, and fortified cereals.

For more information on folate as well as the recommended intake during different stages of pregnancy,

read the following article by National Institutes of Health: <https://ods.od.nih.gov/factsheets/Folate-Consumer/>.

Featured Food

Asparagus: this tasty twig is an excellent source of folate with 262 mcg per cup.

Featured Recipe

Whole grain pasta with mushrooms and asparagus

Ingredients:

2 pounds fava beans, shelled
1 pound asparagus
2 tablespoons extra virgin olive oil
1 shallot, minced
1/2 pound wild mushrooms,
2 garlic cloves or 1 small bulb green garlic, minced
4 large basil leaves, torn into small pieces or cut in slivers
Salt
3/4 pound whole-wheat pasta, such as penne or fusilli
Parmesan
2 tablespoons of olive oil

Directions:

1. Blanch asparagus in salty water.
2. Boil the fava beans for five minutes. Once cooked and cooled, remove skin.
3. Sauté shallots in olive oil. Add mushrooms; once soft, add garlic. Stir until the mushrooms are tender. Add asparagus and fava beans.
4. Cook pasta in the same water for the beans and asparagus. Once cooked, add half of the water to the mushroom mixture. Drain and mix pasta with mushroom mixture. Add basil and parmesan.

MEDDAC Minute

Important Phone Numbers

pe@gmail.mil.

Emergency: 911
24-Hour Nurse Advice Line: (800) 874-2273 Opt. 1
Appointment Line: 361-4000
Behavioral Health: 361-6059
Benefits Advisor: 361-5656
Immunizations: 361-5456
Information Desk: 361-5172
Patient Advocate: 361-5291
Pharmacy Refills: 361-5803
Tricare Online: www.tricareonline.com
United Health Care: www.uhc.militarywest.com, (877) 988-9378

Performance Triad Tip – Studies show high school athletes have higher GPAs and are more likely to graduate. Regular exercise improves blood flow and brain activity. Working out makes you smarter.

Healthy Recipe Competition – The Nutrition Care Division is holding a Healthy Recipe Contest for Nutrition Care Month. If you have a healthy entrée, side dish, high performance snack or dessert, email it to triadreci-

Patient Travel Vouchers – Two weeks turn-around time is the expected timeframe for vouchers to be approved for patients traveling for care outside of Fairbanks. For patients who have vouchers outside of this two week window, please contact the Patient Administration Department at 361-5001.

A Great Place To Work – MEDDAC-AK has job openings for both clinical and non-clinical positions here at Fort Wainwright. To view job openings, go to www.usajobs.gov.

Immunizations – The immunizations clinic at Bassett ACH is open on a walk-in basis Monday through Friday 7:30 a.m. to 3:45 p.m. for all beneficiaries.

Tricare Online Reminders – Tricare makes it easy to receive a reminder for upcoming appointments. Beneficiaries who have their cell phone number in their Tricare profile will receive a reminder text 48 hours and two hours prior to their appointment.

ALASKA POST

The Interior Military News Connection

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The ALASKA POST – The Interior Military News Connection

April Spotlight

- Month of the Military Child
- Sexual Assault Awareness and Prevention Month
- Days of Remembrance for Victims of the Holocaust, includes Holocaust Remembrance Week, April 3 through 9
- Gold Star Spouses' Day, April 5
- National Volunteer Appreciation Month with National Volunteer Week, April 10 through 16
- Earth Day, April 22
- Army Reserve Birthday, April 23

Cold: Collaborative Training

Continued from page 1

the NATO Mountain Warfare Center of Excellence, the Slovenian Multinational Centre of Excellence for Mountain Warfare and the Nepalese Mountain Warfare School.

U.S. partners included representatives from the U.S. Marine Corps Mountain Warfare Training Center, the 5th Ranger Training Battalion, the 10th Mountain Division, the 1st Special Forces Group Advanced Skills Company, the 10th Special Forces Group, the Army Mountain Warfare School and the Alaska National Guard.

“Our task is to transform the challenges and limitations of the mountain environment into opportunities to be exploited,” explained Italian Col. Alberto Zamboni, Deputy Director and Chief of Staff of the NATO Mountain Warfare Center of Excellence in Slovenia. “We find that we have to fight with two enemies, the environment and the opponent. As with all militaries throughout history, we do not want to fight two enemies at the same time, so we have to find a solution, all the details all the tweaks that allow us to use the environment as a friend, not as an enemy.”

Lt. Col. Thomas Salberg, commander of the United Kingdom’s 24th Commandos, agreed.

“This is very much learning how to co-exist, in the first instance, with the environment, which then allows us to utilize specialist skills in order to get sort of a tactical advantage and allow us to fight the actual enemy rather than the environment and the enemy,” he said. “This is an opportunity for us to understand what other people are doing in this area.

“We’ve just come back from a pretty significant deployment to Norway, and we’re looking at how our techniques and procedures are developing and where there’s similarities and differences with our partners so that we can maximize our operational capability.”

For some participants, like Lt. Col. Hugo Julio-Schweitzer, commander of the Chilean Army Mountain School and the Mountain Warfare Training Center, the tactics and techniques are vital for peacetime use as well.

“This is a great opportunity for me to exchange experiences and compare procedures in order to improve our organization,” he said. “In our case, the Chilean army forces, we don’t have any threats in our mountain region, but we have to face, on an almost yearly basis, natural disasters in our mountains. For us, it’s a task for our troops to be prepared to use our military capabilities to support our local authorities.”

The exchange of ideas extended far beyond PowerPoint presentations and classroom discussions.

“Outside of the meeting room there’s a lot of bi-lateral talks where we talk about best practices. This offers an outstanding opportunity to talk, during the breaks, during the meals, in the evening, about a lot of experiences,” said Col. Michael Varter, Germany Army Training Command. “And also this gives us the opportunity to ask about possibilities to use one of the training facilities of our friends, if we could send an instructor from our different schools to the other’s in order to enhance their professional skills. I think it’s very enriching what we are doing here.”

Hands-on sharing included opportunities for skiing, snowshoeing and viewing USARAK cold weather transportation and sustainment platforms such as the Small Unit Support Vehicle, snow machines and other all-terrain vehicles.

“We have done some skiing and snowshoeing, I’ve been in some of the vehicles, but for example it’s not just skiing, it’s skiing with partners using different equipment and slightly different techniques and being able to see how they react and their successes and limitations,” Salberg explained. “Some are more focused on alpine skiing but stepping out in a boot that probably wouldn’t necessarily fight through a building once they got somewhere, while others are more focused on a cross country ski for a flatter environment that allows them to operate in a slightly different way.

“It’s just understanding those subtle differences and understanding the different target audiences those skis and equipment are aimed for. That’s been really useful to see the differences we’re taking in those areas.”

As hosts for the symposium, the Northern Warfare Training Center also benefits from the ongoing interactions.

“For us it’s the exchange of how our peers conduct training. Obviously they are experts at what they do, and it makes us better instructors here at NWTC to see what techniques they utilize, different experiences they deal with in their courses, how they teach their students,” explained Lt. Col. Mick Braun, NWTC commandant. “I know in Nepal they operate at altitude a lot higher than what we have here, in Finland the temperatures probably get a lot colder than they do right here, and it is overall knowledge we gain that makes NWTC better.”

This year’s event was the second of its kind, and most attendees agreed they would



Lt. Col. Thomas Salberg, Commander, 24th Commandos (Great Britain) and Lt. Col. Francios Caron, Canadian Army Advanced Warfare Training Center prepare to ride the lift, March 22, at the U.S. Army Northern Warfare Training Center at Black Rapids Training Site, Alaska. The two, joined by military partners from seven other countries including the U.S., attended NWTC’s 2nd annual Cold Regions Military Mountaineering Collaborative Training Event. The four-day event fostered collaboration between foreign partners by sharing military tactics and techniques in cold regions and mountainous terrain. (Photo by Staff Sgt. Sean Brady)



Lt. Col. Francios Caron, Canadian Army Advanced Warfare Training Center, rides the ski lift, March 22, at the Northern Warfare Training Center at Black Rapids Training Site, Alaska. Military partners from nine countries, including the U.S., attended NWTC’s 2nd annual Cold Regions Military Mountaineering Collaborative Training Event. The four-day event fostered collaboration between foreign partners by sharing military tactics and techniques in cold regions and mountainous terrain. (Photo by Staff Sgt. Sean Brady)

like to see the collaboration continue. “We are very keen to make the most of this opportunity and continue to share,” Salberg said. “There’s no point in us individually learning lessons that our partners have already learned. I think undoubtedly this sort of cooperation is the way of the future.”

Election Year Guidance: Soldier and DA civilian political activity

Fort Wainwright Voting Assistance

Soldiers and Department of Army civilians (DACs) are encouraged to participate in political activities, but there are limitations on what they may do, especially regarding partisan activity. DAC rules are more relaxed than those for Soldiers. Members of the SES have additional restrictions.

Active Duty Soldiers may:

- Register, vote, and express personal opinions on political candidates and issues;
- Join political clubs and attend political events as a spectator when not in uniform;
- Display political stickers on a personal vehicle but not large signs, banners, or posters;
- Contribute to a political party or organization but not directly to a candidate.

Active Duty Soldiers may not:

- As a general rule, be a candidate for, or hold, public office;
- Participate in partisan political campaigns; post any direct links to political parties, partisan candidates, campaigns, or causes to personal social media pages; post comments/“tweets” to social media pages of political parties/partisan candidates;
- Write or publish a partisan political article, speak before a partisan political event;
- March or ride in partisan political parades; distribute partisan political literature;
- Place a political sign in front of their government/on-post RCI housing;
- Display current political items or pictures of candidates in the duty area (does not apply to POTUS official photo or photographs of any candidate if the employee is in picture);
- Use contemptuous words against the President, Vice President, Congress, and the Governor or legislature of the state where the Soldier is on duty.

DACs may:

- Register, vote, and express personal opinions on political candidates and issues;
- Display political stickers/banners/signs on a personal vehicle;
- Participate in partisan campaigns (does not apply to SES member);
- Manage, organize and attend (but not host) political fundraisers;
- Attend and be active at political rallies, meetings, and other events;
- Join/hold office in a political party/partisan group (SES member may not hold office);
- Make political contributions but not while using a government computer;
- Be a candidate for public office in nonpartisan elections; run as an independent in certain partisan local elections.

DACs may not:

- Wear political buttons while on duty;
- Display current political items or pictures of candidates in the duty area (does not apply to POTUS official photo or photographs of any candidate if the employee is in picture);
- Engage in political activity in a government building or office, or when using a government vehicle or computer (includes posting on social media);
- Be a candidate for partisan political office;
- Solicit or receive political contributions;
- In addition, SES employees may not post direct links to social media pages of political parties and partisan candidates/campaigns/causes to their personal social media pages, “share” these entities’ Facebook pages or their content, or “retweet” posts from these entities’ Twitter accounts (but no prohibition on becoming a “friend” or “liking”).

Direct questions about political activity participation to IMCOM OSJA, (210) 466-0853.



Fort Wainwright Needs Assessment Survey

Survey questions include...

- Demographics**
- Areas in your life where you need assistance**
- Areas in our service that we can improve**

Participation is voluntary. <http://www.armymwr.com/ACS-survey/>

YOUR PARTICIPATION IS NEEDED. Army Community Service (ACS) needs to gather important information from you in order to deliver the most effective programs and services to your military community. It is important that the data is representative of all Service Members and their Families, Retirees and Civilians on this installation.

THE SURVEY IS STRICTLY CONFIDENTIAL. Please be confident and candid in answering the questions. All responses will be treated confidentially and will in no way be traceable to individual respondents.

PROVIDE YOUR BACKGROUND INFORMATION. Your background information is essential for analyzing the data. It is important for program managers to understand the groups of people utilizing services.

RISKS AND BENEFITS. Installation program managers will use this information to respond better to identified needs and issues that are important to you. Completion of the survey will take less than 20 minutes and there are no known risks to providing this information.

PLEASE SCAN THE QR CODE TO START THE SURVEY





Like historic photos? Check out our Pinterest page for more at www.pinterest.com/fwacultural/.

(File photo)

History Snapshot

L. Amber Phillippe
Landscape Historian, DPW

Either prior to or during World War II, it appears that the Chena River may have been used as an operational float dock. At present, all we have to go on is a single photograph showing a military float plane docked along the Chena River. How extensively float planes were used at Ladd Field in the 1940s is unknown. However, the Chena was used as an airway by the Fairbanks community. Both the Buzby and Spencer families were known to have had docks along the Chena prior to the construction of Ladd Field. Similarly, Pacific Alaska Airways used the Chena River docks for their commercial flights. Military use of the Chena seems likely, but we need more information. If you have any further information regarding the military's use of float planes on the Chena, please contact the Cultural Resources Office at (907) 361-3002.

Meanness in the workplace

(Part one of a two part series)

Army Substance Abuse Program

Some of us have been lucky enough to have always worked in a healthy supportive environment. Some of us have experienced mild workplace dysfunction. And then some of us have worked in environments that challenge our integrity and dignity and that are severely dysfunctional. Let's explore some of the types of workplace meanness that can exist and ways to cope with it. The anger and hurt caused by these workplace environments can be substantial. Meanness, it seems, knows no limits and has reached near-epidemic status. Workplace bullying destroys lives and it's time to put a stop to it.

We can call it meanness, bullying, emotional abuse, incivility, soft workplace violence, mobbing, and many similar names. These may take the form of psychological or social intimidation which are not always obvious to everyone else and are the ones we want to address in this article. Workplaces can be a hotbed of aggression, intimidation, and general meanness. Bullying in the workplace is actually incredibly common, but can be hard to identify and even harder to know how to deal with. Incivility takes a huge toll on workplaces in terms of productivity, initiative, and worker disengagement. Beleaguered workers stop caring, stop thinking, and stop producing.

Hurt people hurt people

Workplace bullying can be a precursor to more serious violence such as slapping, punching, or even shooting. Think about it. These individuals have not learned impulse control, restraint or anger management, and they've gotten away with verbal and emotional forms of abuse. Bullies lack humaneness and self-control and usually have a damaged self-concept. They have no regard for their fellow human being.

One method that is not often identified as bullying is backstabbing. Woody Allen made this statement in Central Park West, "People don't hate you for your weaknesses, they hate you for your strengths." Let's face it – or rather let's two-face it – some people just can't be trusted. Backstabbers can be chameleons who adjust their personalities depending upon who they want to impress and who they want to damage – and they're inadequate about who they really are. Then there are the connivers who are generally passive-aggressive. Backstabbers can be both of these and represent the absolute in cowardice. These types of individuals can cause great harm in the workplace and they delight in the hurtful consequences of their behavior.

Don't worry if people talk about you behind your back; it shows that you're already ahead of them

A bully gains pleasure from tormenting others. They often have deep-seated psychological issues related to control. Their bullying behavior has less to do with you and your personality and more to do with the bully's own insecurities. Workplace bullies typically pick on employees they consider threatening to their career or who make them look or feel bad because of their presence – take it as a twisted compliment. Your humanity makes you vulnerable, it is not a weakness

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RSO

Religious Support Operations
Fort Wainwright, Alaska
Arctic Strong!

The peace that comes with surrender

Chaplain (Lt. Col.)
Shawn E. McCammon
Fort Wainwright
Garrison Chaplain

Gideon's story in the Bible is one of my favorites. Gideon's weaknesses give me some of the best fodder for talking about God's strengths. He was a man torn by fear and disabled by his ignorance of who God is. He learned about God, however, in a powerfully illustrative way.

Gideon, in an effort to make sure God was really going to be with him in battle, threw a fleece into his backyard and asked God to make it wet and the ground dry in the morning. He needed some assurance that he was not going to die. God complied with Gideon and gave him the assurance that He was with him. But Gideon second-guessed himself, wondering if perhaps the fleece soaked in the dew and stayed wet while the ground dried. So he threw it out again and asked God to make it dry while the ground was wet. Can you imagine? How defiant, right? But God complied and rested Gideon's fear. God would be with him during the upcoming battle.

Who would do such a thing like Gideon? Well, apparently I would. Before I went to Iraq, knowing I was with the infantry and in a dangerous place, I prayed for protection. I prayed for more than that, really. I prayed for the assurance that I was not going to die.

"Lord," I prayed, "am I going to die?"

Our Lord lovingly gave me the answer I was looking for.

"No," He told me, "you are not going to die."

Great! I left it alone then and went on with my business. That's what I would like to say. But the truth is that after I got word from my Father that I was not going to die, I pressed it even further.

"Lord," I prayed, "am I going to get hurt?"

I didn't receive an answer.

Getting nervous, I asked again, and again, and again. A couple of weeks went by before I felt that I really got a reply.

God said, "Look, do you trust Me or not?"

A smile crossed my face as I considered my silliness. "Yes, Lord. I trust You," I responded. And my fear of death dissipated in the knowledge that God was with me. I was ready for war.

Fear can run away from us in a

heartbeat. That's why it is one of the first things we must surrender to God concerning our lives and family. Either God is in control or He isn't. Which one is it? If He really is in control then we must rearrange our lives in a way that makes it real.

Many people get confused by the idea of surrender, especially in the military context. Surrendering is giving up, a throwing up of the hands, knowing all is lost and the spirit demoralized as our enemy ransacks our fortifications and rapes us of all pride and possession. It is weak and not to be praised and certainly never to be admitted to.

But what if surrender meant something else? What if surrender meant a simple changing of the guard? I'm thinking of a common phrase associated with the changing of the guard. "Sir, I relieve you!" The statement back is simple, "I stand relieved!" What if surrendering meant the recognition that the one relieving you (or giving you peace) is more rested, stronger, wiser, and frankly a better commander than we ever were? If this was true, would we be more willing to let that new commander fight the battles that have strung us out and made us weary? Would we be more willing to stand relieved if that new commander could go back in to the battles we've lost and resurrect a victory? What if surrendering to God meant relieving ourselves of the responsibility to fight a losing battle and to find peace for the first time in our lives? What if we were surrendering to a friend and not to the enemy? What would we do then?

When the Angel of the Lord appeared and Gideon and Gideon recognized who he was he had an epiphany moment. Recognizing that he was standing in front of God Himself, he submitted to the King and proclaimed him the God of Peace! What a glorious moment for Gideon! I wonder if Gideon in that moment thought of the famous words of King David in Psalm 118:6, "The Lord is on my side; I will not fear. What can man do to me?" But wasn't it just a few moments later that he was laying out the fleece? Now, before we become too critical of Gideon here, let's remember that he was a human and as such struggled with the temptation to take control and to seek assurances from time to time.

Try as we might to remember that God is far more capable a commander than we are, fear

sometimes takes the reins of our thoughts, feelings, and actions. When that happens any of us could find ourselves throwing fleece around the backyard. What makes Gideon distinctly different and worth mentioning is that he did eventually surrender even more. A lot more! I encourage you to read his story in the book of Judges in the Bible to find out.

His story absolutely blows me away. Gideon had no intention of fighting the Midianites. They were far too many in number, they were battle ready, they were trained, and they were well fed. Gideon was ready to surrender to them. He was hiding grain in the winepress, preparing for their imminent takeover if his land! But God intervened and had some fun with Gideon. He didn't just defeat the Midianites when He took command, He completely humiliated them with 300 Soldiers! He worked this victory for the Israelites because He found a man who had the courage to move through to the other side of his fears and surrender to the God of Peace and not to the seemingly overwhelming force of the enemy.

Our enemy may not always look like thousands of soldiers that rise up against us but our enemies are just as intimidating and hurtful. What is that thing in your life that rises up against you? What have you attempted to control without success? What brick walls have your rammed your head against over and over hoping beyond hope that one day it will go away? What have you not surrendered to God and then blamed Him for it when it all fell apart?

It may be a failing marriage. It may be an addiction that just won't stop harassing you. It may be grief from the loss of a loved one. It may be a fear of the unknown. Whatever it is in your life, God wants to take it from you. He wants to humiliate your enemy before you and give you peace. But He is a gentleman. In his love He will not arrest it from your hands and so destroy your will to make choices for yourself. He waits for you to surrender your authority over it and give it to Him freely.

I challenge you. Empty yourself of pride. Empty yourself of fear. Empty yourself of power. When we surrender to the fact that God is stronger and wiser and more capable than we are, then we experience the new lightness of our cares and

See RSO on page 6

Army transitions to simplified DoD Request for childcare website

Robert Dozier
U.S. Army Installation Management Command

The Army is transitioning to a new single portal Department of Defense website designed to make it easier for Soldiers to find the childcare they need.

In March 2016, select Army garrison families will begin to use www.MilitaryChildCare.com as their website to search for and request child care services where they are or where they are planning to move.

“The vital function of this website is to simplify the child care search process, helping patrons make better informed decisions about their child care needs,” said Theresa Sanders, the Installation Management Command Child, Youth and School Services Outreach Services Program Manager. “The DoD has worked hard to develop a system which allows patrons to create their own account, search and request care, manage requests and update their profile from the convenience of their home,” she said.

Using MilitaryChildCare.com, parents can find comprehensive information on child care programs worldwide, conduct a customized search for the care they need, and submit a request for care at any time from any location, Sanders explained.

Web services were first tested in pilot programs throughout the military branches including U.S. Army Garrison Hawaii.

Soldiers and Families at Aberdeen Proving Ground, Forts Belvoir, Campbell, Detrick (Forest Glen and Frederick), Drum, Knox, Lee and Meade, Watervliet Arsenal and Joint Base Myer-Henderson Hall will gain access to the site in March.

Each garrison is working directly to notify the families affected and assist in the implementation of the DoD website rollout.

“We expect the implementation of this new website to be seamless,” said Sanders. “Those families already receiving child care services will continue to receive those services without interruption. Those whose name



Screenshot of Military Childcare's website – designed to be a one-stop DoD-wide resource for military families needing child care services. (U.S. Army photo)

is already on a waiting list will be entered on the new website.”

More details will be available at Parent Central Services at each garrison.

According to officials at the U.S. Army Installation Management Command, the Army will continue its rollout in June with 28 new garrisons, including: Forts Benning, Bliss, Buchanan, Bragg, Carson, Gordon, Hamilton, Hood, Jackson, Leavenworth, Leonard Wood, McAlester, McCoy, Polk, Riley, Rucker, Sill, Stewart, Detroit, Picatinny, Pine Bluff, Redstone and Rock Island Arsenals; Anniston and Tobyhanna Army Depots; Carlisle Barracks; West Point; and U.S. Army Garrison Miami. Specific dates of access will be announced locally

so that all Soldiers and care-givers will be aware of the timing of the change and how it will impact their family.

Garrisons in Europe are scheduled to follow in September, including Ansbach, Baumholder, Brussels, Garmisch, Grafenwoehr, Hohenfels, Kaiserslautern, Livorno, Schinnen, Shape, Stuttgart, Vicenza and Wiesbaden.

The final wave of garrisons is planned for December 2016: Forts Greely, Huachuca, Hunter-Liggett, Irwin, Wainwright; Joint Base Lewis-McChord; Sierra Army Depot; Dugway and Yuma Proving Grounds; White Sands Missile Range; U.S. Army Garrisons Daegu, Presidio of Monterey, Kwajalein Atoll, Japan and Yongsan; and Camps Humphries and Red Cloud.

West Valley High School principal selected as new assistant superintendent

Sharice Walker
Fairbanks North Star Borough School District

West Valley High School Principal Shaun Kraska will be joining the Fairbanks North Star Borough School District administrative team as an assistant superintendent July 1.

She will be filling a vacancy left by Dan Schmidt, who announced early this year he would be leaving Alaska this summer to live closer to family in the Lower 48.

Kraska is a long-time Fairbanks resident and educator. She has served as principal of West Valley High School since July 2007. Previously, she worked at West Valley as an assistant principal for five years and as a language arts teacher since 1989.

“Shaun Kraska has provided strong leadership in the school district for many years,” said Superintendent Karen Gaborik. “She was extremely helpful to me when she filled in as interim assistant superintendent last year, and I am pleased that she will return to the position in a permanent capacity.”

Kraska served as the interim assistant superintendent for secondary education from July 2014 – June 2015 before returning to West Valley for the current school year.

“I have a lot of work ahead of me to wrap up the school year at West Valley, so that’s where my focus is,” Kraska said, “But I really enjoyed my experience when I was in the role of the interim assistant superintendent, so I’m very excited to be stepping into district level leadership.”

Kraska is a graduate of Lathrop High School and University of Alaska Fairbanks. She earned her master’s of education degree at Cambridge College. She has served in numerous leadership roles both as a teacher and as an administrator. In 2005, Kraska was named State of Alaska Assistant Principal of the year.

She is married to Ticasuk Brown Elementary School teacher Tim Kraska and they have two grown sons. She loves hiking, fishing and spending time with family and friends.

West Valley High School will engage in a full committee process to hire a new principal for the 2016-2017 school year.



ARMY COMMUNITY SERVICES
ACS
U.S. ARMY GARRISONS

EMPLOYMENT READINESS PROGRAM

Build & Enhance

YOUR CAREER

Gateway to FEDERAL Employment:

USA Jobs 101- April 5, 2016
*April 6, 2016

Federal Resume- April 12, 2016
*April 13, 2016

Interview Ace- April 19, 2016

Location: SFAC Building 3414
* ACS Building 3401

When: 9:00 a.m.- 10:30 a.m.
* 6:00 p.m.- 7:30 p.m.

For enrollment call: 907.353.4337

Attend one session or all. Helpful tips to:

- Navigate USA Jobs and the federal hiring system.
- Complete a well developed federal resume.
- Understand the interview process and prepare for typical and difficult interview questions.

Tailored classes available for your organization

Where Career Success Begins





Putting the 'community' in community hospital

Brandy Ostanik
MEDDAC-AK PAO

Medical Department Activity – Alaska hosted the 4th Annual Easter Jamboree, March 26, at Bassett Army Community Hospital for members of the Fort Wainwright community.

The four-hour event, which began as a small family readiness group activity about seven years ago, saw just over 1,400 community members come through the doors to participate in activities such as Easter egg hunts, crafts, games and gathering health information.

According to co-chairs for the event, Capt. Nicole Evans and Capt. Lauren Vasta, the goal was to bring the community together for a fun and entertaining day filled with happy family memories.

Attendee Mercedes DeVaney believes organizers did just that. “My son is having a blast,” said DeVaney as she watched her son Braden, 6, do pushups with two Bassett ACH staff members – one dressed as an egg and the other a chicken. “It’s been a great day. We just love it!”

For weeks prior to the event Evans and Vasta were calling for more eggs, more candy and more volunteers, most of which came directly from MEDDAC-AK staff members.

In all, there were 1,008 eggs boiled by the Nutrition Care Division staff and decorated by attendees, 3000 plastic eggs stuffed with candy and ‘golden prize tickets’ for the egg hunts, several hundred bags of candy and 140 volunteers, said Evans.

While much of the day was filled with fun, the event also served to give information on health initiatives as well as community resources.

“We wanted the event to be fun but also have our military family meet our hospital staff,” said Vasta.

To help facilitate meeting staff members and learning about as many health initiatives as well as community resources, each participant received a ‘passport’ upon arrival. Guests were encouraged to have their passport signed at a minimum of 21 of the 24 tables set up throughout the hospital. When passports were completed, they were able to turn in the passports for entry into the drawing for one of over 50 door prizes.

“We hope the community sees how dedicated MEDDAC is to not only health care but also our families as a whole,” said Vasta.

The event began in 2013 as part of an initiative to reach out to beneficiaries to provide health education through activities.

This approach, to reach beneficiaries



A group of beneficiaries receives information on Arctic Health Link and the Performance Triad from Bassett ACH staff members during the 4th Annual Easter Jamboree Saturday, March 26. More than 1,400 Fort Wainwright community members attended the four-hour event that featured egg hunts, games, health information and photos with the Easter Bunny. (Courtesy photo)



Braden Diaz (right), 6, son of Mercedes and Chief Warrant Officer Thomas De Vaney, completes pushups with Cpt. Kelly Perez (left), officer in charge of Nutrition Care Division, and Sgt. Isaac Nava (middle) at the 4th Annual Easter Jamboree Saturday, March 26. More than 1,400 Fort Wainwright community members attended the four-hour event that featured egg hunts, games, health information and photos with the Easter Bunny. (Courtesy photo)



Ashley Berry, 8, daughter of April Berry with MEDDAC-AK, gets her face painted like a tiger during the 4th Annual Easter Jamboree Saturday, March 26. More than 1,400 Fort Wainwright community members attended the four-hour event. (Courtesy photo)



Shelby Bell, 3, daughter of Jessica and Sgt. Colin Bell with 2-8 Field Artillery, does a little fishing during the 4th Annual Easter Jamboree Saturday, March 26, with the assistance of Sgt. Sam Crawford, a medic in the Bassett ACH emergency department. (Courtesy photo)

between doctor’s visits, is part of an Army Medicine initiative to focus on the prevention of health issues.

There are 525,600 minutes in a year, and on average a person only spends 90 of those minutes with their doctor. MEDDAC-AK will continue to offer events and activities that focus on health in a fun, family environment.

RSO

Continued from page 4

worries because we yoked ourselves to Him and let Him pull the load. He wants it! Why do we have such a hard time giving it to Him?

Surrender now and know peace. This concept is so very counterculture that it’s chilling. But human reason is nonsensical to God. Like Gideon before

the firsthand experience of the greatness of God, empty yourself of fear and truly know what peace feels like. And then you can know what absolute courage feels like. Hear the Father’s voice and obey with conviction. That’s what it means to surrender.

“Too difficult!” some say. True. It takes a certain amount of brokenness before we are able to do that—and then, only with the Spirit’s help. “God, I don’t want to experience more brokenness, let

me surrender now. Help me to make the most out of my pains and break me now so that my troubles do not stir up more bitterness in me.”

Let your hardships spark this change in your relationship with God. Gideon would have never seen the victories that he saw if he did not surrender his desire for control early in his relationship with the Angel of the Lord. He had victory because of his surrender, not in spite of it.

What does surrender mean to you?

Is it a giving up, a throwing up of the hands knowing all is lost and the spirit demoralized? Or is it a willing yielding to Someone far more capable than you and me? If it is a recognition that giving up control equals assurance of victory, then fear is diminished and peace is certain and joy is confidently experienced. I want for us all to experience that joy. Oh God, let us all experience the joy of Your leadership!

ALARM: Letter

Continued from page 2

testing, make sure you have the needed amount of smoke alarms in your home. They should be installed in every bedroom, outside each sleeping area, and on every level of the home, including the basement. For the best protection, smoke alarms should be interconnected, so that when one sounds, they all do. This is particularly important in larger or multi-story homes, where the sound from distant smoke alarms may be reduced to the

point that it may not be loud enough to provide proper warning, especially for sleeping individuals.

Those with questions or concerns about smoke alarm testing or installation may contact the Fort Wainwright Fire Department at 353-9140, or visit www.nfpa.org/smokealarms for more information.

Sincerely,
Sarah Chapman, Fire Inspector
Fort Wainwright Fire Department

Soldiers come and go.”

Just over 390 civilians are currently working at MEDDAC-AK alongside 430 Soldiers.

“Today we celebrate you,” said Toven during her remarks to those in attendance. “We recognize your hard work and dedication to MEDDAC-AK, our Soldiers and the families we serve.”

MED

Continued from page 1

ians make to Army Medicine is one most people don’t consider.

“I’ve worked for over 30 years with the military and it’s been a pleasure,” says Hardcastle, “but I realize my greatest contribution is the consistency I provide as

Smoke Alarms at Home

SMOKE ALARMS ARE A KEY PART of a home fire escape plan. When there is a fire, smoke spreads fast. Working smoke alarms give you early warning so you can get outside quickly.

SAFETY TIPS

- Install smoke alarms inside and outside each bedroom and sleeping area. Install alarms on every level of the home. Install alarms in the basement.
- Large homes may need extra smoke alarms.
- It is best to use interconnected smoke alarms. When one smoke alarm sounds they all sound.
- Test all smoke alarms at least once a month. Press the test button to be sure the alarm is working.
- There are two kinds of alarms. Ionization smoke alarms are quicker to warn about flaming fires. Photoelectric alarms are quicker to warn about smoldering fires. It is best to use both types of alarms in the home.
- A smoke alarm should be on the ceiling or high on a wall. Keep smoke alarms away from the kitchen to reduce false alarms. They should be at least 10 feet (3 meters) from the stove.
- People who are hard-of-hearing or deaf can use special alarms. These alarms have strobe lights and bed shakers.
- Replace all smoke alarms when they are 10 years old.



FACTS

- Smoke alarms should be installed inside every bedroom, outside each sleeping area and on every level. Smoke alarms should be connected so when one sounds, they all sound. Most homes do not have this level of protection.
- Roughly 3 out of 5 fire deaths happen in homes with no smoke alarms or the alarms are not working.



Fort Wainwright Fire Dept
Inspector Chapman 353-9140



Your Source for SAFETY Information
NFPA Public Education Division • 1 Batterymarch Park, Quincy, MA 02169

Program and celebration prove there's nothing like a buddy



Child, Youth and School Services hosted 92 students as part of the "Tanana-Ladd Buddy Program" end-of-year celebration at the Youth Center, March 22 and 24. School Partnership Program Soldiers from 5th Squadron, 1st Cavalry assisted with the activities. The "Tanana-Ladd Buddy Program" matches Tanana Middle School students with Ladd Elementary School students for mentoring and leadership activities throughout the school year to support younger military-connected students as they face unique challenges, such as transitioning schools and deployments of parents.

(Courtesy photos)

Mean

Continued from page 4

but a sign of superiority.

Understand what makes a bully a bully. Bullies at their core are cowards. Every bully needs your fear to survive. They seek out people who they feel they can intimidate and control to make them feel powerful. Cruelty is an act of cowardice, not courage. Insecure people are often terrified of confident and competent people.

The best antidote to meanness is kindness

Even employees who are not a target but witness workplace bullying or meanness are affected. Insensitive and mean interactions have a way of whittling away at people's health, performance, and souls. How we treat one another at work does matter. Dysfunctional and mean workplaces have a negative effect on employees' performance and confidence.

Widespread meanness not only damages people, it also increases costs and undermines performance. People respond to demeaning and disrespectful actions by calling in sick more often, making fewer suggestions, working less hard, and doing lower-quality work. One nasty person can bring down a whole group.

Anger and hostility are contagious and the entire group can be infected.

The fifth edition of the Diagnostic and Statistical Manual of Mental Disorders (DSM-5), released by the American Psychiatric Association in 2013, lists both sociopathy and psychopathy under the heading of Antisocial Personality Disorders (ASPD). Some of the key traits include: disregard for the rights of others, failure to feel remorse or guilt, and a tendency to display sadistic behavior. People with a healthy psyche tend to think that everyone is like us. We assume that just because we would not do evil that all other people work the same way. They do not.

Whoever is trying to bring you down is already beneath you

People working in an environment characterized by incivility can miss information that is right in front of them. They are no longer able to process it as well or as efficiently as they would otherwise. Incivility shuts people down and causes employees to contribute less and lose their conviction. Workplace trauma is an overwhelmingly extraordinary experience.

Sometimes people may be so worried about losing their job they don't report incidents of bullying or abuse for fear of retaliation or losing their job. They may not

want to be seen as a troublemaker or whistleblower. Sometimes they fear that if they are not believed and the bully dealt with, the bullying will escalate. This fear may not be unfounded. Fifty six percent of reported bullies are the victims' boss, 33 percent are a coworker.

When individuals feel valued and respected their contributions and benefit to the workplace are dramatically increased. An article in the Journal of Applied Psychology by Gerbasi and Schorch states that behavior involving politeness and regard for others in the workplace pays off, and those individuals seen as civil and respectful were twice as likely to be viewed as leaders. Impressions dictate whether fellow employees will trust, build relationships, follow, and support.

Healthy coworkers genuinely listen to the other person so they feel respected and included, and avoid dismissing what they say. They demonstrate respect. They are a part of the solution by stopping or preventing meanness or bullying. They choose to never engage in gossip, nitpicking, trivial complaining, or attacking people behind their backs. They compare themselves to themselves rather than to others and strive not to belittle anyone.

For the conclusion to Meanness in the Workplace, catch Part 2 in next week's Alaska Post.

Murphy

Continued from page 1

our society. We've had positive results – reports are going up and incidents are going down – but still one is too many. The fact that you guys are on the front lines in the Army means a lot to me and it means a lot to our nation, because you guys are really where the rubber meets the road."

Murphy also met with senior leaders to receive a briefing about the current state of SHARP Academy and its near-term plans. The briefing was presented by Col. Geoff Catlett, director of the SHARP Academy and also attended by Lt. Gen. Robert Brown, commanding general of the U.S. Army Combined Arms Center, as well as other top leaders.

"When the SHARP program first started, the training was a lot of 'death by PowerPoint,'" Brown said. "Geoff and his team have done an outstanding job of improving the training Soldiers and Civilians receive on this tough subject."

This same week, The Fort Leavenworth SHARP Program Office and the U.S. Army SHARP Academy presented a training event to Command and General Staff College where survivors of sexual assault in the Armed Services shared their stories.

"We didn't want to present what people say is the typical SHARP training, where we show some slides, and go over definitions and rules of conduct," Catlett said. "We wanted to bring the humanity of the SHARP program -- and the faces of those who were victims -- to these students. We wanted them to hear firsthand what sexual harassment and assault does to our formations."

As part of the trip to Fort Leavenworth, Murphy engaged with students in the Command and General Staff Officer Course, the School of Advanced Military Studies and the Army Management Staff College.

Fort Wainwright

Friday – April 1

Baby Care 101, 1 to 2:30 p.m., Soldier and Family Assistance Center, building 3414. Call 353-7515.

Fatherhood Class, 3 to 4:30 p.m., Soldier and Family Assistance Center, building 3414. Call 353-7515.

Homework Help Power Hour, 4:30 to 5:30 p.m., Youth Center, building 4109. Call 361-5437.

Cosmic Bowling, 9 p.m. to 12:30 a.m., Nugget Lanes Bowling Center, building 3702. Call 353-2654.

Saturday – April 2

Ice Climbing, 7 a.m. to 7 p.m., Outdoor Recreation, building 4050. Call 361-6349.

Month of the Military Child Carnival, 10 a.m. to 2 p.m., School Age Center, building 4166. Call 353-7713.

Fitness Class Cycling, 10 to 11 a.m., Physical Fitness Centers, building 3709. Call 353-7223.

Fitness Class Zumba, 10:15 to 11:15 a.m., Physical Fitness Centers, building 3709. Call 353-7223.

Rock 'N Bowl, 9 p.m. to 12:30 a.m., Nugget Lanes Bowling Center, building 3702. Call 353-2654.

Sunday – April 3

Board Game Night, noon to 9 p.m., Warrior Zone, building 3205. Call 353-

1087.

Paint and Pour, 3 to 5 p.m., Last Frontier Community Activity Center, building 3205. Call 353-7755.

Monday – April 4

Fitness Class Cycling and Abs, noon to 1 p.m., Physical Fitness Centers, building 3709. Call 353-7223.

Homework Help Power Hour, 4:30 to 5:30 p.m., Youth Center, building 4109. Call 361-5437.

Monday Movie Marathon, noon to 9 p.m., Warrior Zone, building 3205. Call 353-1087.

Fitness Class Kickboxing Circuit, 6:15 to 7:15 p.m., Physical Fitness Centers, building 3709. Call 353-7223.

Fitness Class Zumba, 7:15 to 8:15 p.m., Physical Fitness Centers, building 3709. Call 353-7223.

Tuesday – April 5

Fitness Class Cycling, 6:30 a.m. to 7:30 a.m., 9:30 to 10:30 a.m., and 6 to 7 p.m., Physical Fitness Centers, building 3709. Call 353-7223.

USAJobs 101, 9 to 10:30 a.m., Soldier and Family Assistance Center, building 3414. Call 353-4337.

Romp and Stomp, 9:30 to 11:30 a.m., Last Frontier Community Activity Center, building 1044. Call 353-7515.

Hour of Power Group Strength Class,

noon to 12:45 p.m., Physical Fitness Centers, building 3709. Call 353-7223.

Homework Help Power Hour, 4:30 to 5:30 p.m., Youth Center, building 4109. Call 361-5437.

Trivia Night, 7 to 9 p.m., Warrior Zone, building 3205. Call 353-1087.

Wednesday – April 6

USAJobs 101, 9 to 10:30 a.m., Soldier and Family Assistance Center, building 3414. Call 353-4337.

Homework Help Power Hour, 4:30 to 5:30 p.m., Youth Center, building 4109. Call 361-5437.

Fitness Class Zumba, 7:15 to 8:15 p.m., Physical Fitness Centers, building 3709. Call 353-7223.

Thursday – April 7

Fitness Class Cycling, 6:30 a.m. to 7:30 a.m., 9:30 to 10:30 a.m., and 6 to 7 p.m., Physical Fitness Centers, building 3709. Call 353-7223.

LEVY/OCNUC Briefing, 9 to 11:30 a.m., Last Frontier Community Activity Center, building 3205. Call 353-7908.

Romp and Stomp, 9:30 to 11:30 a.m., Last Frontier Community Activity Center, building 1044. Call 353-7515.

Hour of Power Group Strength Class, noon to 12:45 p.m., Physical Fitness Centers, building 3709. Call 353-7223.

Homework Help Power Hour, 4:30 to

5:30 p.m., Youth Center, building 4109. Call 361-5437.

Friday – April 8

Support Group Parenting When Single, noon to 1:30 p.m., Soldier and Family Assistance Center, building 3414. Call 353-7515.

Homework Help Power Hour, 4:30 to 5:30 p.m., Youth Center, building 4109. Call 361-5437.

Cosmic Bowling, 9 p.m. to 12:30 a.m., Nugget Lanes Bowling Center, building 3702. Call 353-2654.

Saturday – April 9

Women in the Wilderness Snow Machine Trip, 9 a.m. to 6 p.m., Outdoor Recreation, building 4050. Call 361-6349.

Health, Fitness and Wellness Fair, 10 a.m. to 1 p.m., Physical Fitness Centers, building 3709. Call 353-7223.

Fitness Class Cycling, 10 to 11 a.m., Physical Fitness Centers, building 3709. Call 353-7223.

Fitness Class Zumba, 10:15 to 11:15 a.m., Physical Fitness Centers, building 3709. Call 353-7223.

Xbox Halo 5 Tournament, 5 p.m., Warrior Zone, building 3205. Call 353-1087.

Rock 'N Bowl, 9 p.m. to 12:30 a.m., Nugget Lanes Bowling Center, building 3702. Call 353-2654.

IN BRIEF

STRIKE OUT SEXUAL ASSAULT BOWLING

USARAK Sexual Harassment/Assault Response Program (SHARP) will be doing an awareness event, "Strike Out Sexual Assault," open to all ages at the Bowling Alley on April 7 from 5:30 to 7:30 p.m. The event kicks-off April's Sexual Assault Awareness and Prevention Month. Please join the SHARP team for an evening of fun, sport and awareness. Regular bowling fees will apply.

PRESCRIBED BURNS

The Bureau of Land Management Alaska Fire Service will assist the U.S. Army Garrison Fort Wainwright with the coordination and implementation of multiple prescribed fires in the Donnelly Training Area, Yukon Training Area and Fort Wainwright Main Post from March 12 through May 31. The purpose is to reduce the potential for wildfire and eliminate dried grass build up. The prescribed fires also help to increase training opportunities in support of military readiness. The prescribed fires follow federally approved burn plans and open burn approvals from the Alaska Department of Environmental Conservation. Fire will only be ignited when suitable weather conditions exist and air quality will not be affected. Communities near the prescribed fire areas may see and/or smell smoke, but it is not expected to linger. Diligent coordination with the Alaska Department of Environmental Conservation and the National Weather Service has been conducted and will be ongoing during the prescribed fire period. If you have questions or concerns, please contact UYT Dispatch at the Alaska Fire Service at (907) 356-5554. *Ignition on the Jarvis Creek Project Area may begin as early as Saturday, April 2. Burning may continue through Sunday, June 5 as weather conditions permit. Please visit the AICC Situation Report for daily updates at <http://fire.ak.blm.gov/>.*

FORT WAINWRIGHT NEEDS ASSESSMENT SURVEY: YOUR PARTICIPATION IS NEEDED

Army Community Service (ACS) needs to gather important information from you in order to deliver the most effective programs and services to your military community. It is important that the data is representative of all Service Members and their Families, Retirees and Civilians on this installation. The survey is strictly confidential. Completion of the survey will take less than 20 minutes and there are no known risks to providing this information. www.armymwr.com/ACS-survey/

FREE KIDS TENNIS CLINIC

Join us for FREE tennis at any level at the Free Kids Tennis "Swing into Spring" Clinic, Saturday, April 2 at the Monroe/ICS gymnasium. No advance registration required. PreK thru 3rd grade: 9:30 to 10:30 a.m., 4th through 6th grade: 10:30 a.m. to noon.

- Wear indoor court shoes.
- Bring water bottle.
- Parent, please complete the participation/waiver form for the free tennis event.
- Racquets and balls will be provided.

To save time, you can print and fill out the participation/waiver form using this link: http://bit.ly/kids_free_tennis_Apr_2016. Sponsored by Fairbanks Tennis Association. We hope to see you on April 2.

AER SCHOLARSHIP

Army Emergency Relief (AER) provides scholarships for dependent children and spouses of Active Duty, Retired, and deceased Army Soldiers. Applications and instructions are available on the AER website for the MG James Ursano and Spouse Education Assistance Scholarship Programs. The deadline for receipt of applications and supporting

documents is May 1, 2016. Scholarships are based on need and most applicants qualify for assistance. For the 2015-2016 academic year, AER awarded over \$9 Million in scholarships to more than 4000 recipients. The average award was \$1,800 for Spouses and \$2,500 for Children. Award amounts vary each year based on the total number of complete applications and approved budget amount. Visit www.aerhq.org, for more information.

STARS AND STRIPES IS LOOKING FOR YOUR STORY FOR MOMC

Stars and Strips is celebrating April's "Month of the Military Child" by gathering stories about life as a military child! "With April being Month of the Military Child, we are asking you in the Pacific and European theaters to tell us your story. And if you do, your story will run on this site and our community papers throughout the month of April." <http://stripesrewards.com/militarychild/>

SOUTHERN CROSS TRAFFIC INFLUX

Starting mid-April, there will be an influx of contractor personnel/vehicles involved in the construction project at Southern Cross Infills. The road closure/traffic diversion date on 6th Street will depend on weather conditions, is expected to be less than six hours long, and will be determined once the project gets closer to April 14. The actual date and rerouting information will be sent out as soon as possible.

TAX ASSISTANCE CENTER

Fort Wainwright's Tax Assistance Center is open and ready to serve active-duty and military retirees from all branches and their Family members with their 2015 personal income tax returns. Before heading to the Tax Assistance Center, don't forget to bring all necessary tax information, including but not limited to your Social Security Card or Tax ID, military ID, banking information such as routing and account numbers, W2 Forms and all other income records for 2015. Please note that the center can only process simple tax returns. The Tax Assistance Center is located in building 1051, Suite 9, near the law center on the north side of Fort Wainwright. Walk-in hours of operation are: Monday through Wednesday, 9 a.m. to noon and 1 to 5 p.m., Thursday noon to 7 p.m., and Friday 9 a.m. to noon and 1 to 4 p.m. For more information, call 353-2613.

CHENA BEND CLUBHOUSE

The Chena Bend Clubhouse is open for business. The Pro Shop and golf simulators are currently open Friday through Sunday from 11 a.m. to 8 p.m. Equipment rental and league sign-up is already underway! Fronterra at Chena Bend is open Friday through Sunday from 11 a.m. to 8 p.m. with tasty items ranging from burgers to prime rib specials. Looking for a place to wind down after a long day? The Clubhouse also boasts a full bar that's open from 5 to 8 p.m. Friday through Sunday. For more information, call 353-6223.

ARCTIC SERGEANTS MAJOR ASSOCIATION SCHOLARSHIP

It is open season for the Arctic Sergeants Major Association Scholarship program. These scholarships are awarded on the basis of academic achievement, citizenship and personal merit. This year the ASMA will award two \$500 scholarships. The ASMA is a nonprofit organization with the objective of supporting Soldiers, government and civilian organizations, Fort Wainwright and surrounding community. Selection is based on an essay, school and community involvement, volunteer and work accomplishments, and a personal recommendation letter. Applications may be obtained by emailing a request to asmascholar@gmail.com or contacting one of the Active Duty CSM/SGMs stationed at Fort

Wainwright or Fort Greely. Applications will be submitted through email no later than May 31, 2016. All applications must be signed.

EMERGENCY INFORMATION

The security environment in which we live, work and play today is complex and significantly different than it was a decade ago. Civil and military authorities rely on members of their communities to provide a safe environment by reporting suspicious activities. It is also important to understand that everyone has a personal responsibility for their own safety and security as well as that of their families. Be a responsible community member by being vigilant, being a sensor, reporting suspicious activities and remaining safe. Report emergency information to 911 and report non-emergency information to 353-7710.

JOBS

In search of a new job? Fort Wainwright is looking for you! Visit www.usajobs.gov for a full listing of federal jobs.

CHAPEL SERVICES

Southern Lights
Catholic Mass
Sunday at 9 a.m. and Monday at 6:30 p.m.
Southern Lights Chapel is located on the corner of Neely Road and 8th Street, building 4107.
Northern Lights
Divine (Liturgical) Service
Sunday at 8:30 a.m.
Protestant Service
Sunday at 10:30 a.m.
Northern Lights Chapel is located on the corner of Rhineland and Luzon Avenue, building 3430.

OFF-LIMITS

The following establishments are off-limits to military personnel assigned or attached to Fort Wainwright and Eielson Air Force Base until further notice. Service members are on notice that failure to comply may result in disciplinary action under the Uniform Code of Military Justice (UCMJ).

Mr. Rock and Roll
1452 Cushman Street
Fairbanks, AK 99701

Mr. Rock and Roll II
2016 College Road
Fairbanks, AK 99701

Smokin Deals
2301 S. Cushman Street
Fairbanks, AK 99701

Still Smoking Tobacco and Gifts
516 Old Steese Highway
Fairbanks, AK 99701

The Smoke Shop
334 Old Steese Highway
Fairbanks, AK 99701

The Scentz
1600 Block S. Cushman
Fairbanks, AK 99701

49er Club
4625 Old Airport Way
Fairbanks, AK 99709

Club Show Girls
4625 Old Airport Way
Fairbanks, AK 99709

The Higher Calling Club
301 1st Avenue
Fairbanks, AK 99701

90 female missileers, B-52 aircrews make history

Secretary of the Air Force Public Affairs

Ninety female missileers made Air Force history March 22 as the first all-female missile alert crews to serve on alert at three intercontinental ballistic missile wings simultaneously.

In honor of Women's History Month, missileers based out of Minot Air Force Base, North Dakota; F.E. Warren AFB, Wyoming; and Malmstrom AFB, Montana, completed a 24-hour alert shift to sustain an active alert status of the nation's ICBM force.

"The goal of this day was to highlight all the women who worked hard to make a difference in public service and government jobs in the past," said Col. Stacy Huser, the 91st Missile Wing Operations Group commander at Minot AFB. "We honored those women who have worked to gain opportunities and disavow stereotypes when they began their careers. This day was our tribute to them, as well as to inspire future generations of women to work in public service."

According to the U.S. Census Bureau, women make up almost 51 percent of the nation's population. Women currently make up 19 percent of the Air Force, the highest percentage of any service.

"The fact that we can look across our pre-departure briefing room and see a woman sitting in every seat, for every combat crew going out on nuclear alert, is in itself, significant," said Col. Tom Wilcox, the 341st Missile Wing commander at Malmstrom AFB. "Not because Team Malmstrom is fielding an all-women alert force, but because we have enough women filling combat leadership roles to take alert for the entire wing."

In addition to female missileers, B-52 Stratofortress aircrews from Minot AFB and Barksdale AFB, Louisiana, participated by fielding all-female flight crews.

"It is an honor to be flying with these women today," said Col. Kristin E. Goodwin, the 2nd Bomb Wing commander at Barksdale AFB. "These two flights, launched and crewed only by women, serve as a source of pride for the whole 2nd Bomb Wing, Air Force Global Strike Command, and for each and every American."

Goodwin flew as aircraft commander for one of the B-52s alongside six other women. In total, 14 women whose ranks range from lieutenant to colonel flew in the bomber formation, serving in the roles of pilot, weapons system officer and electronic warfare officer.

"To carry on the legacy of women in the Air Force is very special to me," said 1st Lt. Elizabeth Guidara, the 12th Missile Squadron combat crew deputy director at Malmstrom AFB. "Not being afraid to take risks and taking hold of those opportunities that present themselves are two things that I've learned to live by throughout my career."

Col. Todd Sauls, the 90th Operations Group commander, said he was proud of the diversity in his F.E. Warren unit and excited to see the alert mission come together.



Maj. Sarah Fortin, the 20th Bomb Squadron assistant director of operations, briefs aircrew prior to their takeoff from Barksdale Air Force Base, Louisiana, March 22. For the first time in Air Force Global Strike Command and B-52 Stratofortress history, all-female aircrews were assembled to honor Women's History Month. (Photo by 2nd Lt. Jessica Adams)



Second Lt. Alexandra Rea, the 490th Missile Squadron combat crew deputy director, left, and 1st Lt. Elizabeth Guidara, the 12th Missile Squadron combat crew deputy director, perform training at the Malmstrom Air Force Base, Montana, missile procedures trainer, March 21. In honor of Women's History Month, 90 female missileers based out of Minot Air Force Base, North Dakota, F.E. Warren AFB, Wyoming, and Malmstrom AFB completed a 24-hour alert. In addition, B-52 Stratofortress aircrews from Minot AFB and Barksdale AFB, Louisiana, participated by fielding all-female flight crews. (Photo by Airman Collin Schmidt)

"When I was a second lieutenant, you would have 10 or so female missileers in an ops group and now we come close to deploying a whole female crew force just because of the numbers we have," Sauls said. "This is about history and heritage and having events like this is a good way to honor the people who came before us."

First Lt. Kelly Gorham, a 320th Missile Squadron missile combat crew commander, said she never really thought of herself as a woman in the military.

"I've just been an Airman," Gorham said. "(But) we are women, we are in the military and we're doing good things. Sometimes the



Col. Kristin Goodwin, the 2nd Bomb Wing commander, and Maj. Heather Decker, a 93rd Bomb Squadron instructor pilot, go through their preflight checklist prior to takeoff at Barksdale Air Force Base, Louisiana, March 22. (Photo by 2nd Lt. Jessica Adams)

A missileer from Malmstrom Air Force Base, Mont., presents her patch after a training session at the missile procedures trainer March 21, 2016. According to the U.S. Census Bureau, women make up almost 51 percent of the nation's population. Women currently make up 19 percent of the Air Force, the highest of any service. (U.S. Air Force photo/Airman Collin Schmidt)



really the greatest reward you can ask for." (Airman Collin Schmidt, Airman 1st Class Jessica Weissman, 2nd Lt. Jessica Adams and Airman 1st Class Luke Hill contributed to this story.)

Tuskegee

Continued from page 1

Airmen Foundation and national president of Tuskegee Airmen Inc., said the induction was to recognize a man who understands and personifies the impact that the men and women of the Tuskegee mission have had on the nation.

"We're taking this action because (Welsh) has been an active proponent and supporter of getting the message about the legacy and heritage of the Tuskegee Airmen out to the members of your Air Force and the strength that comes from diversity," Johnson said.

Induction as an honorary member of Tuskegee

Airmen Inc. is a reflection of a person's support of the overall goals of the organization, said Marv Abrams, the central region president of the group.

Those goals, according to Abrams, not only include preserving the heritage and legacy of the original Tuskegee Airmen, but introducing youth to aviation and science, technology, engineering and math (STEM) opportunities through youth programs.

Theodore "Ted" Lumpkin, one of the 10 original Tuskegee Airmen who attended, said he was happy to see Welsh help preserve that legacy for today's youth.

"When you see important individuals wanting to be and feeling honored to be an honorary member, it's very satisfying and it gives you the indication that we're going to continue to exist ... and hopefully inspire youngsters to emulate what we did," Lumpkin said.

Welsh joins a distinct group of honorary members including former President Bill Clinton, director George Lucas, "Good Morning America" co-anchor Robin Roberts, radio personality Tom Joyner, and former Air Force Chief of Staff Gen. Norton Schwartz, who also attended the commemoration.

"To say that this evening is an honor for me ... might be the biggest single understatement of my life," Welsh said with notable emotion in front of the group of nearly 200 after Johnson helped him replace his uniform coat with the honorary red coat.

"It is such an incredible privilege just to be here to celebrate the 75th anniversary of the lighting of this eternal flame that was lit at Chanute Field in Illinois in 1941, and is still burning brightly in the eyes of the 10 original Tuskegee Airmen sitting here tonight," he continued. "I'm still unable to wrap my



Retired Brig. Gen. Leon Johnson, right, greets Air Force Chief of Staff Mark A. Welsh III in downtown Montgomery, Alabama, March 22, at the start of the Tuskegee Airmen Foundation's 75th anniversary commemoration. (Photo by Trey Ward)

mind around the fact you're allowing me to wear a red jacket. I just don't feel worthy."



**AUTO SKILLS
SAFETY ORIENTATION CLASSES**

**SAFETY ORIENTATION CLASSES AT
AUTO SKILLS**

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& 1800**

SATURDAY 1000 & 1500

Participants will gain knowledge on basic shop operations and safety requirements as well as what the Auto Skills Center can offer.

Upon completion, attendees will receive a safety qualification card stating their approval to use the facility.

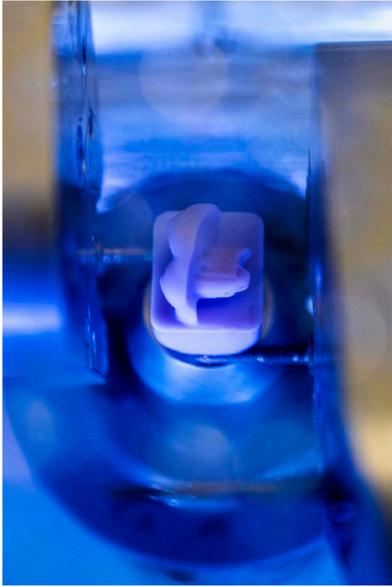
No prior registration is needed.
This class is a requirement to utilize the facility.

For more information call
(907) 353-7436

Bldg. 3730, Oak Street Ft. Wainwright, AK 99703



No bite no fight; dental clinic provides same day crown service



Raw porcelain is milled into a crown, March 21, at Eielson Air Force Base. A new machine uses a series of precise calculations and measurements to create a crown from the material in approximately 20 minutes. (Photo by Staff Sgt. Joshua Turner)



U.S. Air Force Capt. Jeffery Kohler, a 354th Medical Group general dentist, takes an optical impression of a patient, March 21, at Eielson Air Force Base. Optical impressions replaced the old wet impression process, decreasing the time needed to create a physical cast of a tooth. The new process reduced completion of crowns from three weeks to approximately two hours. (Photo by Staff Sgt. Joshua Turner)

Staff Sgt. Joshua Turner
354th Fighter Wing Public Affairs

The 354th Medical Group dental clinic recently received equipment that can help keep Icemen deployable when they're in need of a root canal and a crown.

The equipment, which consists of a digital impression machine, a mill and an oven, significantly reduces a time-intensive, three week process and turns it into a same day process completed in a few hours.

"We're looking at taking a four-appointment process down to a single appointment, saving so much time we can keep our Airmen deployable same day versus having to wait three months," said Capt. Jeffery Kohler, a 354th Medical Group general dentist.

Prior to the new equipment the process took so much time because the crown would have to be fabricated from a dental lab in Colorado Springs, Colo., which would take up to three months to be molded and mailed back to Eielson.

The new process uses a digital impression machine that takes thousands of images to create a digital 3-D image of the teeth. Based on the images, a program creates a proposed crown, which the dentist can then manipulate to ensure it is a perfect fit. Once the dentist is satisfied with



U.S. Air Force Tech. Sgt. Timothy McGee, a 354th Medical Group dental laboratory technician, applies finishing touches to a porcelain crown, March 21, at Eielson Air Force Base. McGee manually applied finishing touches to the crown by making a series of adjustments to provide the patient with a proper fit. (Photo by Staff Sgt. Joshua Turner)



U.S. Air Force Capt. Jeffery Kohler, a 354th Medical Group general dentist, cleans around a new crown, March 21, at Eielson Air Force Base. The 354th MDG dental clinic recently received dental equipment that consists of a digital impression machine, a mill and an oven, which reduces a three-week, four-appointment process to a same day process completed in a few hours. (Photo by Staff Sgt. Joshua Turner)

the digital crown the data is sent to a milling machine that carves the crown out of porcelain. The crown is then placed into an oven to strengthen the material. After the crown cools off it is polished, sanitized and ready for the patient.

"One of the major benefits of this process is saving time," Kohler said.

"From a mobilization standpoint, we can get our Airmen ready to fight faster."

Building the Fort Wainwright Team



More than 320 job seekers attended the Fairbanks Career Expo and Job Fair, March 22, at Pioneer Park. This was a very successful event for Family and Morale, Welfare and Recreation who connected with 102 potential applicants. "We're very excited. The team worked hard and we put our best foot forward," said Brooke M. Haley, director of DFMWR on Fort Wainwright. "[The next step is to] follow-up with the potential applicants to see if there is anything we can do to help them through the application process." For a complete list of open federal positions, visit www.usajobs.gov. (Courtesy photo)

Family and MWR Health, Fitness Wellness Fair

9 April 11 a.m.

Lazyman Triathlon Kick-off
Jump into Spring Run - 12 p.m.

Activities for Youth and Adults
Informational Booths
Fitness Class Demo
Shoe Clinic
Family Fitness
Blood Pressure
Body Comp
And More...

Door Prizes
For Youth and Adult participants

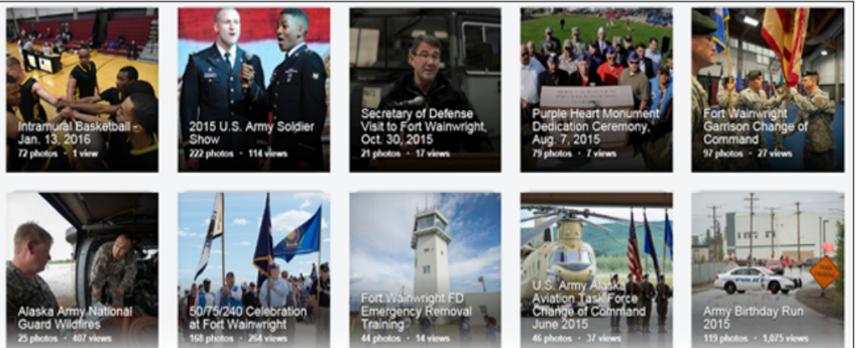
Physical Fitness Center bldg, 3709
907-353-7223

Goldstream Sports

Visit Fort Wainwright's Official Flickr page

An archive of imagery showcasing our military and community.

<http://www.flickr.com/photos/fortwainwright/>



Eielson Air Force Base

Friday – 1st

Run Class, 6 to 7 a.m., Baker Field House, building 3343 Eielson AFB, Call 377-1925.

Friday Night Chena Hot Springs Trip, 5 p.m. to midnight, Community Center, building 3310 Eielson AFB, Call 377-2642.

Bingo, 5:30 to 6:30 p.m., Eielson City Center, building 3310 Eielson AFB, Call 377-2642.

Thunder Alley, 7 to 11 p.m., Arctic Nite Lanes, building 3301 Eielson AFB, Call 377-1129.

Joy (PG-13), 7 p.m., Ernie Walker Theater, building 3309 Eielson AFB, Call 377-2269.

Saturday – 2nd

Free Bounce, 10 a.m. to 7 p.m., Eielson City Center, building 3310 Eielson AFB, Call 377-2642.

Dirty Grandpa (R), 7 p.m., Ernie Walker Theater, building 3309 Eielson AFB, Call 377-2269.

Sunday – 3rd

Free Bounce, 10 a.m. to 7 p.m.,

Eielson City Center, building 3310 Eielson AFB, Call 377-2642.

Sunday Funday, 1 p.m. to 9 p.m., Arctic Nite Lanes, building 3301 Eielson AFB, Call 377-1129.

Star Wars: The Force Awakens (PG-13), 2 p.m., Ernie Walker Theater, building 3309 Eielson AFB, Call 377-2269.

Monday – 4th

Run Class, 6 to 7 a.m., Baker Field House, building 3343 Eielson AFB, Call 377-1925.

Move Program (Weight Management), 11 a.m. to noon, Baker Field House, building 3343 Eielson AFB, Call 377-1925.

L.I.N.K.S., 2:30 to 4:30 p.m., Mental Health Conference Room, building 3349 Eielson AFB, Call 377-4727.

Introduction to Clay Shooting, 5 to 9 p.m., Skeet and Trap Range Eielson AFB, Call 377-1232

Tuesday – 5th

Reintegration Briefings, 9:30 a.m., Airman and Family Readiness Center,

building 3125 Eielson AFB, Call 377-2178.

Thrifty Tuesday, 4 to 9 p.m., Arctic Nite Lanes, building 3301 Eielson AFB, Call 377-1129.

Wednesday – 6th

Run Class, 6 to 7 a.m., Baker Field House, building 3343 Eielson AFB, Call 377-1925.

Anger Management, 10 a.m. to noon, Mental Health Conference Room, building 3349 Eielson AFB, Call 377-4727.

Wacky Wednesday, 4 to 9 p.m., Arctic Nite Lanes, building 3301 Eielson AFB, Call 377-1129.

Thursday – 7th

Move Program (Weight Management), 11 a.m. to noon, Baker Field House, building 3343 Eielson AFB, Call 377-1925.

Friday – 8th

Run Class, 6 to 7 a.m., Baker Field House, building 3343 Eielson AFB, Call 377-1925.

Friday Night Chena Hot Springs Trip,

5 p.m. to midnight, Community Center, building 3310 Eielson AFB, Call 377-2642.

Bingo, 5:30 to 6:30 p.m., Eielson City Center, building 3310 Eielson AFB, Call 377-2642.

Thunder Alley, 7 to 11 p.m., Arctic Nite Lanes, building 3301 Eielson AFB, Call 377-1129.

Saturday – 9th

Free Bounce, 10 a.m. to 7 p.m., Eielson City Center, building 3310 Eielson AFB, Call 377-2642.

Kids' Craft Hour, noon to 1 p.m., Eielson City Center, building 3310 Eielson AFB, Call 377-4880

Sunday – 10th

Free Bounce, 10 a.m. to 7 p.m., Eielson City Center, building 3310 Eielson AFB, Call 377-2642.

Sunday Funday, 1 p.m. to 9 p.m., Arctic Nite Lanes, building 3301 Eielson AFB, Call 377-1129.

IN BRIEF

FINANCE TIP

Need GTC account access? Please login using the link: <https://home.cards.citidirect.com/CommercialCard/Cards.html?classic=2>

NUTRITIONAL TIP

Snack tips: Store sliced vegetables in the refrigerator and serve with dips like hummus or low-fat dressing.

THE GREAT ALASKAN CHALLENGE

Need an Alaskan-sized challenge? Compete in one of our six challenges to earn a t-shirt and bragging rights by figuratively swimming the Yukon, walking the pipeline, lifting a F-16 and more. Log your progress in our book located on the Fitness & Sports Center. For more information, please call 377-1925.

24-HOUR GYM ACCESS

Baker Field House will now allow 24-Hour Fitness Access to DoD CAC cardholders, dependents over 18 years old and military retirees. All those who wish to utilize the designated area in the facility after hours will be required to register their CAC/Fitness Access Card and sign a Statement of Understanding/Assumption of

Risk Form. Dependents and retirees will be required to obtain a Fitness Access Card from the Baker Field House in order to gain access through the designated entrance. For more information, please contact the Baker Field House at 377-1925.

EIELSON PHARMACY RECEIVES MEDSAFE

The 354th Medical Group pharmacy has a new way to dispose of expired and unused medications. MedSafe, a blue receptacle near the pharmacy pick up window is a collection point that is secure and meets the requirements of the newly updated DEA Controlled Substance Act. During business hours you can dispose controlled and non-controlled medications in the MedSafe. Removal of patient information is not required. Please try to keep medication in its original container and place liquids in a plastic bag. Illegal drugs, liquids over 4 ounces, sharp containers, needles, syringes, batteries, aerosol spray cans, trash, medical devices and hazardous chemicals are unauthorized to drop-off. Any questions may be directed to the pharmacy at 377-1462.

PLAYING AT THE ERNIE WALKER THEATER

The Ernie Walker Theater is now open and playing movies every Friday, Saturday and Sunday. Movies are free to all DoD ID holders! So stop by, grab some popcorn and enjoy a night at the movies, courtesy of the

Eielson Force Support Squadron. For more information, call 377-2269.

EIELSON CHAPEL SERVICES

The Eielson Air Force Base Chapel team offers a variety of services. Your Chaplain Corps offers Catholic and Protestant worship services each week and our multi-faith worship center can support the needs of other faith groups. For more information, call us at 377-2130.

Catholic Community:
Religious Formation, 9 a.m., Sundays
Catholic Mass, 10:30 a.m., Sundays
Sacrament of Reconciliation by appointment

Protestant Community:
Contemporary Service, 9 a.m., Sundays
Sunday School, 10:30 a.m., Sundays
AWANA, 4 to 6 p.m., Sundays
Liturgical Service, 7 p.m., Wednesdays
Jr./Sr. High Youth Service, 7 p.m., Wednesdays

Exchange's You Made the Grade Program rewards military students

Army & Air Force Exchange Service Public Affairs

For military students, making multiple moves with their active-duty parents is just a part of life. In fact, military children typically move six to nine times by the time they've completed 12th grade, according to the Military Child Education Coalition.

The Army & Air Force Exchange Service appreciates the sacrifices military students make and is rewarding young scholars who excel in the classroom with its You Made the Grade program, now in its 16th year. Students in first through 12th grades who maintain a B average or better are eligible to receive a coupon book filled with free offers and discounts from the Exchange.

"Military students face greater chal-

lenges than their civilian counterparts, including coping with separation from parents who are deployed and switching schools during moves to new duty stations," said Air Force Chief Master Sgt. Sean Applegate, Exchange senior enlisted advisor. "These students deserve to be rewarded for their hard work, and for 16 years, the You Made the Grade program has been a favorite among military families."

The You Made the Grade booklet includes coupons for free food such as a Burrito Supreme or Taco Supreme from Taco Bell; a small chicken Philly sandwich at Charleys; a Chicken Po'Boy at Popeyes; and a bacon double cheeseburger and small fry from Burger King.

Students who make the grade will also score Snack Avenue coupons for a free

fountain drink, including the Yeti frozen carbonated beverage, and a complimentary hot dog or roller grill item. Other offers include discounts on backpacks, shoes and more. Offers are valid through July 30.

The booklet also includes an entry form for the You Made the Grade semi-annual sweepstakes. Scholars can enter to win Exchange gift cards worth \$2,000, \$1,500 or \$500. Entries can be submitted twice a year, with drawings typically held in June and December. The most recent sweepstakes winners were students from Wright-Patterson Air Force Base, Ohio; Camp Casey, South Korea; and Joint Base Andrews, Maryland.

Students, including those who are home schooled, can receive a You Made the Grade coupon booklet by presenting a

valid military I.D. and proof of an overall B average at their nearest Exchange customer service area. Eligible students can pick up one booklet for each qualifying report card.

Students and guardians can check with their local Exchange store manager for more information about the Exchange's You Made the Grade program.

Students can send You Made the Grade sweepstakes entry forms, which are included in the coupon booklets, to:

You Made the Grade
PO Box 227398
Dallas, TX 75222-7398

Exchange named a 'Best for Vets' employer by Military Times

Army & Air Force Exchange Service Public Affairs

The Army & Air Force Exchange Service has been named a 'Best for Vets' employer for the third straight year by Military Times.

The designation recognizes the Exchange as having a company culture and policies that cater to military veterans.

The Exchange was also named a Best for Vets employer in 2014 and 2015.

"We value the talent, skillset and unique perspectives veterans bring to the Exchange and this award reaffirms our commitment to our core value of 'family serving family,'" said Leigh Roop, executive vice president and chief human resources officer for the Exchange. "It's about giving back not only through pro-

viding great products and services, but to provide career opportunities to those who sacrifice so much to protect our freedoms. It's the least we could do."

In 2015, the Exchange made nearly 1,300 new hires of veterans. In addition, the organization employed more than 3,400 United States Armed Forces veterans last year, which comprised 10 percent of the organization's overall workforce.

Sightline Media Group, which encompasses Military Times, Army Times, Navy Times, Air Force Times and Marine Corps Times, based the rankings on a more than 90-question analysis of a company's efforts to connect with veterans and provide an environment for their success. The Exchange ranked No. 54 on this year's list.

Practical tips to protect your personal information online

Scott Chilson Regional Cyber Center-Pacific

Now more than ever, Soldiers, Army civilians, contractors and family members rely on the internet to work, study, stay connected with family and friends, pay their bills or simply unwind. For criminals, the internet provides an endless stream of potential targets to be victimized.

Security personnel continue to receive reports ranging from identity theft to internet scams, perpetrated by cyber criminals operating throughout the world. Law enforcement's ability to identify these perpetrators is difficult and limited, so individuals must stay alert and be person-

ally responsible for their online presence to protect both themselves and their loved ones.

The following information is to help protect yourselves online and significantly reduce the chance of becoming a victim of cybercrime.

Users must:

- Know the terms on social networking websites. Facebook, Twitter, LinkedIn and other social networking sites privacy settings default to everyone, which means anyone can view your profile. Users should change this by accessing the privacy settings/profile information usually found under the respective account tab.

- Never disclose private information when using social networking websites. Posts containing personal identifying information (PII), including pictures containing metadata, can be used against you and your family.

- Click with caution. Always use caution when clicking on links in an email or a social networking post, even from someone you know. Reports of personal social networking accounts being hacked and taken over by cyber criminals have continually increased in recent years.

- Hide your profile from search engines. This can be accomplished by going to the account/privacy settings/search and un-

checking the 'public search results' box. This will remove your public preview from Google, Bing, and Yahoo search returns.

- Prevent people from "tagging" you in photos and videos. To do this, go to the account/privacy settings/profile information/photos and videos of me and deselect the 'everyone' default.

- Keep your personal information safe. Don't provide personal or financial information, user names, or passwords in response to an email because legitimate companies generally don't seek such information in this manner.