

Icemen build ice bridge for mission efficiency

Airman 1st Class Cassandra Whitman
354th Fighter Wing Public Affairs

Ice crystals build up on eyelashes and face masks and ice chunks drag from the bottoms of pants as Airmen from the 354th Civil Engineer Squadron brave the frozen tundra to construct an ice bridge to the Blair Lakes Range Maintenance Complex.

With temperatures reaching 40 degrees below zero, these Airmen will spend more than four weeks building up an ice bridge to reach the isolated range complex.

“We work on the ice bridge starting from the South Cushman Street access point of the Tanana River in Fairbanks,” said Senior Airman Matthew Brown, a 354th CES range maintenance technician. “It runs across the Tanana and intersects eight or nine more rivers along the 28 mile trail.”

Once it is determined that building may commence, the 354th CES Airmen break out their cold weather gear and head for the river.

“The first trip out is a lot of hand carrying equipment,” said Brown. “We can’t utilize the snow machines with the shelf ice build-up.”

Augers, water pumps and ice chippers are a small fraction of the equipment needed to drill holes in the ice, pumping the river water to the surface to create a



Senior Airman Carlos Aleman, a 354th Civil Engineer Squadron range maintenance technician, uses an auger to drill a hole in the frozen Tanana River with Tech. Sgt. Craig Slaten, the 354th CES noncommissioned officer in charge of service contracts, Dec. 5, in Fairbanks, Alaska. Slaten and Aleman use the auger to drill into the ice, exposing water which will build up the ice and create a stable bridge for transportation of equipment and supplies. (Photo by Airman 1st Class Cassandra Whitman, 354th Fighter Wing Public Affairs)

See BRIDGE on page 7



Fort Wainwright Resource Management Office employees responsible for collecting and delivering food and items to various charitable organizations in the Fairbanks area this year. (Photo by Brian Schlumbohm, Fort Wainwright Public Affairs)

A holiday feel-good story

Staff Report
Fort Wainwright Resource Management Office

Two years ago, an employee challenged everyone in the Fort Wainwright Resource Management Office to bring in food for the Food Bank between Thanksgiving and mid-December, and he would bring in 10 turkeys. Another employee stepped up to the challenge and said she would match him, turkey for turkey. Twenty turkeys and many pounds of food later, the items were delivered to the

Food Bank, to help families in the community. Everyone enjoyed doing this, and the feeling that we had was pure happiness, knowing we were able to assist others not as fortunate as us.

Last year, with many ups and downs during the holidays; the challenge never got off the ground.

This year, though, everyone was back, things were going better than last year, and the challenge escalated: Not only did everyone want to donate food to the Food Bank, but they chose angels from the Salvation

Army Angel Tree, in order to buy presents for children of families in need. They had also wanted to help seniors in the community, but all of their angels had been adopted. After looking at the needs of the Rescue Mission, it was decided anyone who wanted to bring in items on the Rescue Mission’s list could do so.

Now, mind you, this was all done voluntarily, and everyone donated. There are 11 employees currently working in RMO, and each of them

See GIVING on page 7

Garrison Commander’s Holiday Safety Message

Christmas and New Year 2016

Col. Sean C. Williams
U.S. Army Garrison Fort Wainwright Commander

At the close of the year, the days are shorter, the nights are longer, and cold weather is here for the duration of the season. The cold and dark, however, are only physical conditions, and for many the holiday season represents the warmest, brightest time of year.



This is especially true of the close-knit Fort Wainwright community. I admire the individual strength I see every day within our community, and am also impressed by the collective strength of our community. Neighbors and loved ones throughout our garrison help each other through difficult times. Even

See WILLIAMS on page 7

Second Annual Arctic Warrior Challenge victory bowl

Fort Wainwright Garrison Commander Col. Sean Williams and Command Sgt. Maj. Kevin King present a bowl from the University of Alaska-Fairbanks Hockey Team to U.S. Army Alaska Aviation Task Force Commander Col. Blake Alexander and Master Sgt. Michael Isom for winning the second annual Arctic Warrior Challenge Dec. 7, 2016, at Fort Wainwright, Alaska. U.S. Army Alaska Aviation Task Force won the Arctic Warrior Challenge for the Army at the Army vs. Air Force Hockey Game on Nov. 5 at the Carlson Center. This is the second year the hockey game has featured the Arctic Warrior Challenge. Soldiers who represented the Army and competed are: Staff Sgt. Morgan Fuller, Spc. Arbind Yadav, Spc. Christopher Zinn, Spc. Brittany Jones, SSG Shawna Rodriguez, PFC Joshua Gentry, Pfc. Anthony Soto, Sgt. Scott Hutchinson, Spc. Tyler Wilhelm and Spc. Bjorn Wilmoth. (Photo by Staff Sgt. Sean Brady, U.S. Army Alaska Public Affairs)



WEEKEND WEATHER

Friday
Isolated snow showers, then sun. High 14. Low 6.

Saturday
Scattered snow showers. High near 10. Low 4.

Sunday
Partly sunny. High near 16. Low around 2.

LAST DAY TO SEND MILITARY OVERSEAS HOLIDAY MAIL

Today, Dec. 16, is the last day for Priority Mail Express Military Service to: APO/FPO/DPO AE ZIPs 090-092 and 094-098, APO/FPO/DPO AA ZIP 340 and APO/FPO/DPO AP ZIPs 962-966.

Christmas Day is Sunday, Dec. 25, Post Office locations will be closed on Monday, Dec. 26, the observed federal holiday. Priority Mail Express® will still be delivered on Sunday, Christmas Day and Monday, the federal holiday. Regular mail will not be delivered Sunday, Dec. 25, or Monday, Dec. 26. All Post Office locations will be open and regular mail delivery will resume on Tuesday, Dec. 27. To find out more, go online at <https://www.usps.com/holiday/holiday-shipping-dates.htm>.

Nutrition Corner: New Year's resolutions

NUTRITION 101:

It is the time of year again where many are thinking about their upcoming New Year's resolutions.

When developing your goals for 2017, consider using the SMART format — specific, measurable, attainable, reasonable, and time-bound. Also try to focus on health and not just the numbers on the scale; numbers on the scale are only one measure of health.

If you make health-focused goals you can sustain, the scale should move the direction you want naturally.

“Starting on January 1 I am going to eat a healthy diet” or “no more chocolate after the new year begins” may have hit your new year's resolution list in years past. For better results, consider putting them into a SMART format so you can better measure success and stick with your goals throughout the year and hopefully for a lifetime.

“Eating a healthy diet” is reasonable

but it is not specific or measurable. On the other hand, cutting out chocolate completely is not reasonable but is specific and measurable.

Instead, assess your current lifestyle choices and develop a plan with two or three SMART goals that incorporate sound health recommendations.

Visit the Performance Triad website at <http://armymedicine.mil/Pages/performance-triad.aspx> for assistance with developing goals consistent with current health and wellness recommendations. Try setting a goal that improves your lifestyle in all three components - sleep, activity, nutrition.

If poor sleep is preventing you from making healthy choices on a regular basis, you can set a SMART goal to get up and go to bed at the same time every day (to include weekends) or to cut off screen time after a certain hour. These are more specific than simply stating that you will get more sleep.

If you struggle to find time or motivation to exercise, start small. A good initial goal would be to incorporate 150 minutes of moderate intensity, aerobic exercise per week. If you are not up for that, you can increase your activity throughout the day by measuring your steps with a pedometer, aiming for 10,000 steps per day. Achieve this by parking farther away, walking on your lunch break, and/or taking the stairs whenever available. Once make this part of your routine, step up your game by signing up for a 5K a few months out and working your way towards increasing your speed and endurance to have a successful race.

Invite an accountability partner who has similar goals — friend, co-worker, spouse! Don't forget the nutrition piece; you can't “out-exercise” a bad diet.

Remember to focus on making healthy choices/goals, while creating a moderate calorie deficit, if weight loss is your ultimate goal.

A good initial goal may be to start logging your intake in an online food tracker to get daily feedback. Another sound goal would be to make half of your plate fruits and vegetables at lunch and dinner while aiming for at least five servings per day.

BLACK BEAN SALSA:

- 1¹/₄ cup diced plum tomatoes
- 1 canned black beans, rinsed
- 1 can yellow corn
- 2.5 Tbsp chopped scallions
- 1 Tbsp chopped fresh cilantro
- 1 Tbsp lime juice
- 2 tsp olive oil
- 2 tsp minced canned chipotle peppers
- pinch of salt
- Combine all ingredients.

Refrigerate until ready to serve

Office ethics and holiday reason

Maj. Dan Mitchell

Fort Wainwright Legal Center

The holiday season is a wonderful time to celebrate with your friends, family and co-workers. Because not all may celebrate the same holidays in the same way, it is wise to consider what we call the celebration, how we refer to the season, and our greetings to one another. In order to keep these events enjoyable and comply with the federal ethics requirements, there are some workplace rules that everyone must observe. These rules and this guidance apply to similar activities throughout the year.

Some holiday celebrations may occur on government time, but only up to a point. Time taken for an actual event -- such as a “pot luck” in the office or a luncheon at a restaurant -- is not typically an issue. Preparations for these events can create issues when done on the clock.

Supervisors may permit some use of duty time for preparations; however, preparing holiday events should not become a significant part of any employee's duties. Supervisors can require attendance by specifying place of duty, but cannot treat such celebrations as free time off. Contractor employee time off, and the

nature of the time off (leave, personal day, administrative absence), are between the contractor and its employees.

Gifts among employees may be exchanged during the holiday season; however, all personnel should be mindful of the appearances created by such gifts. Avoid creating a perception of favoritism or ostracism.

All employees and contractor employees are free to attend a private party hosted by a Federal employee. Food, refreshments and entertainment may be shared and enjoyed. If attending a party at the supervisor's residence, subordinates may bring hospitality gifts, such as a bottle of wine. Generally hospitality gifts should be \$10 in value or less, however going over the \$10 recommended limit is permitted but so long as the hospitality gift is not lavish. Hospitality gifts from contractor employees are strictly limited to \$20 in value.

Hospitality gifts that are non-alcoholic and edible are recommended for such events in order to avoid ethics issues.

If you have any questions related to gifts or other ethical issues please feel free to come by the Fort Wainwright Legal Center or call us at 353-6500.

Hanukkah: Dec. 25 thru Jan. 1

Garrett Northway

Director, Religious Education

Hanukkah is one of Judaism's most well-known holidays and begins at sundown on December 24th.

A product of the Maccabean revolt against Hellenistic assimilation and the suppression of Judaism in Israel perpetrated by Antiochus IV, Chanukkah, or Hanukkah, commemorates God's salvation of the Jewish people and the Hasmoneans' recovery and rededication of the Temple in Jerusalem in 165 B.C.E.

Hanukkah begins on the twenty-fifth day of the Jewish month of Kislev and falls between November and December. Initially, this festival was called “The Sukkot Feast of the Month Kislev” because, as Leo Trepp says in “The Complete Book of Jewish Observance,” “The Jews, who had not been able to

observe Sukkot while the Temple was still in enemy hands, now were permitted to gather within its walls for joyful assembly.

As Sukkot was observed for eight days, the feast of consecration [Hanukkah] was equally observed for eight days.” According to the Talmud, in the process of consecrating the Temple and relighting the menorah, only a single cruse of holy oil that had not been defiled could be found. That single cruse, which was only sufficient enough to burn for one day, by a miracle of God continued to provide light for the eight days of the festival.

Hanukkah today, which is widely counted among the most observed Jewish holidays, is commemorated by lighting candles, reciting blessings, and gift giving for eight nights in Jewish homes and Synagogues.

Fort Wainwright Exchange and fuel savings for MILITARY STAR® card users

Staff Report

Army & Air Force Exchange Service Public Affairs

With the busy, and expensive, holiday shopping season in full swing, Army & Air Force Exchange Service gas stations worldwide are helping to make sure that filling up doesn't empty the wallet.

From Dec. 19 to Dec. 25, the MILITARY STAR® card is doubling the everyday 5-cents-per-gallon gas discount cardholders receive when fueling up at both Fort Wainwright and Eielson Air Force Base Exchange gas stations. For that week, drivers paying for gas with their MILITARY STAR® card will receive 10 cents off per gallon.

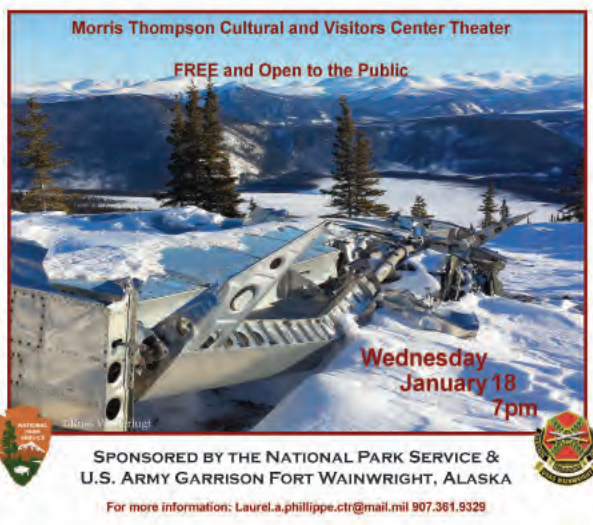
Heading into the final holiday shopping week, AAFES stores are providing an added incentive for last-minute shoppers to come on base or post to see what the

Exchange has in store. Savings at the pump are just the beginning of the value authorized shoppers will find at the Fort Wainwright and Eielson Exchange stores.

Charley River B-24:

On December 21, 1943, a B-24 Liberator with a crew of five crashed near the remote headwaters of the Charley River. In 2005, 1-52 Aviation Regiment participated in a recovery mission to the crash site. This event, along with the story of Lt. Leon Crane, the sole survivor who walked back to civilization over 81 days, attracted national attention. This presentation will discuss developments over the past 10 years, including a February 2016 site visit and winter reconnaissance of Crane's Route.

PRESENTED BY MAJOR RUSS VANDERLUGT
EXECUTIVE OFFICER OF USARAK AVIATION TASK FORCE AT FORT WAINWRIGHT, ALASKA



MEDDAC Minute

Important Phone Numbers

Emergency: 911
24 Hour Nurse Advice Line: 1-800-874-2273 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 On-Line: www.tricareonline.com
United Health Care: uhcmilitarywest.com, 877-988-9378

PERFORMANCE TRIAD TIP

Try to maintain your weekday sleep schedule this weekend. Support better sleep for the whole family. When children have a set bedtime routine, parents tend to get to bed earlier. Share your kid's bedtime and you may find they go to bed more easily and you wake up more easily!

16 DECEMBER CURTAILED HOURS

All clinics at Bassett ACH, Preventive Medicine, Behavioral Health and Kamish will be closed at noon December 16. Additionally the lab and pharmacy will be available for emergent situations only. The emergency room and all in-patient services will also be open.

URGENT CARE PILOT PROGRAM

Have you heard of the Urgent Care Pilot Program? You can get urgent care twice (per fiscal year) from a provider other than your PCM without a referral from your PCM. The pilot program ends May 23, 2019. Details at <http://1.usa.gov/1WQVZxi>

SAFELY DISPOSE OF MEDICATIONS

Bassett ACH is set to receive your expired or no longer needed medications through our MedSafe program during regular pharmacy hours. The MedSafe box is located inside the main entrance across from the information desk.

INTERNAL BEHAVIORAL HEALTH

The Bassett ACH Primary Care Clinic now offers internal behavioral health consultations. Assistance with concerns such as stress, chronic pain, tobacco dependency, weight loss, depression, diabetes and more is being offered without the need for a referral. For more information, or to schedule an appointment, call 361-5670.

ARMY MEDICINE'S AMBASSADOR PROGRAM

Subject matter experts from MEDDAC-AK are available to speak to Family Readiness Groups, units, organizations or clubs. To schedule a speaker on health care topics or programs offered through MEDDAC-AK, call 361-5091.

Revised TRICARE Pharmacy Network

Staff Report TRICARE

Walgreens pharmacies joined the TRICARE retail pharmacy network Dec. 1.

CVS pharmacies, including those in Target stores, left the network on the same day. The revised network will have more than 57,000 locations, and still ensures timely access to retail pharmacies for TRICARE beneficiaries.

Express Scripts, Inc. manages the TRICARE retail pharmacy network under a contract with the Department of Defense. ESI was able to reach a new network agreement with Walgreens, but not CVS.

Most pharmacy locations in the network aren't changing, including other major chains like Rite Aid and Walmart,

grocery stores, and thousands of community pharmacies around the country. About 98 percent of TRICARE beneficiaries still have a network pharmacy within five miles of their home.

If you fill a prescription at CVS after Dec. 1, it will be a non-network pharmacy. This means you will have to pay the full cost of the medication upfront, and file a claim for partial reimbursement. Starting Dec. 1, you can transfer your prescription to Walgreens, or any other pharmacy in the TRICARE retail pharmacy network. TRICARE Pharmacy Home Delivery and military pharmacies may also be lower cost choices for some beneficiaries.

The ESI website has more information on the revised network, and can help you find a new retail pharmacy location near you, or call ESI at (855) 778-1417.

ALASKA POST

The Interior Military News Connection

EDITORIAL STAFF

Garrison Commander
Col. Sean C. Williams

Fort Wainwright PAO
Mel Slater

Command Information
Brian Schlumbohm

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The ALASKA POST – The Interior Military News Connection

History Snapshot: Came in like a wrecking ball

L. Amber Phillippe
Fort Wainwright Landscape Historian

Among the many major hurdles to building a pipeline, one is the matter of clearing a right-of-way.

During construction of the Haines-Fairbanks Pipeline (1953-1954) a seven-foot-diameter steel ball was one method used to clear the required 50-foot-wide corridor.

The ball, pictured here, was attached between two tractors, filled with water to achieve a weight of between 10 and 12 tons, and then pulled along between.

This method, introduced in the late 1940s by a Redding, California company, was highly effective. As the dozers moved ahead on either side of the ball, the ball itself drug along the ground and either snapped, ripped, or shredded everything in its path. In the unlikely event that the ball snagged on something, the dozers on either side could tug the ball from side to side to demolish the obstacle.

Using this method, crews were able to clear an average of one mile a day during the winter months.

The summer months were another matter as spring thaws combined with exposed permafrost turned the right-of-way into, “an alleyway of gumbo.”

(Photo courtesy of the National Archives)

Like Historic Photos? Check out the Fort Wainwrights Cultural Pinterest page for more history snapshots,



Denali National Park and Preserve to host winter solstice luminary ski, stroll

Katherine Belcher
Public Information Officer Denali National Park and Preserve

Come enjoy the winter solstice at Denali National Park and Preserve from 4:30 to 7 p.m. on Dec. 21. Park rangers are hosting special event at the Murie Science and Learning Center where visitors can ski, snowshoe, or stroll on a snowy winter trail lit by luminarias.

The event is family-friendly and trails are appropriate for all levels of skiing or snowshoeing ability.

Hot drinks will be served around a campfire and parking is available at the MSLC, which serves as Denali’s winter visitor center. In support of our Zero Landfill Initiative, we encourage visitors to bring their own coffee mug to enjoy the free hot beverages so we can avoid feeding the landfill!

Guests should bring warm clothes, a headlamp, and skis, snowshoes, or warm boots. Snowshoes are available for loan at the center free of charge. The 1-mile route, starting at the MSLC, will begin on the McKinley Station Trail and loop through Morino and Spruce trails. For safety, the loops will be one-way. People can make several loops if they’d like more mileage. A fireplace inside the MSLC serves as a cozy place to warm up and indoor restrooms will be available. If temperatures drop below -20, the event may be postponed.

Throughout the winter, camping in the Bear Loop of Riley Creek Campground is free on a first-come basis. The MSLC is open daily 9 a.m. to 4:30 p.m., except on major holidays. Trail maps, exhibits, park films and snow shoe check out are available at the visitor center.

Gas, food, and lodging are available year-round in the communities of Healy and Cantwell.

Park information is available on the web at www.nps.gov/dena or by calling (907) 683-9532 from 9:00 am to 4:30 pm daily.

Tracking Santa: NORAD

Staff Report
Fort Wainwright Public Affairs

The North American Aerospace Defense Command’s Alaskan NORAD Region will play a significant role in tracking Santa this year as part of the NORAD Tracks Santa program.

The NORAD Tracks Santa program began in 1955 after a phone call was made to the Continental Air Defense Command Operations Center in Colorado Springs, Colo. The call was from a local youngster who dialed a misprinted telephone number in a local newspaper advertisement. The commander on duty who answered the phone that night gave the youngster

the information requested – the whereabouts of Santa. The NORAD Tracks Santa program has grown immensely since first presented on the Internet in 1998. The website, www.noradsanta.org, receives millions of unique visitors from hundreds of countries and territories around the world. In addition, a live Operations Center is occupied for 25 hours with more than 1,200 volunteers each year who receive hundreds of thousands of phone calls and emails from families around the world.

Email NORAD Tracks Santa Icon Via Email: noradtrackssanta@outlook.com or call NORAD Tracks Santa



via phone: 1 (877) HI-NORAD. Even call using Skype. For more information about NORAD Tracks Santa, visit www.noradsanta.org.

ESTATE NOTICE

Pfc. Thomas C. Snyder III passed away in Fairbanks on Nov. 1, 2016. Anyone having claims against or who is indebted to the estate of Pfc. Thomas Snyder, of Headquarters and Headquarters Company, 1st Battalion, 24th Infantry Regiment, 1st Stryker Brigade Combat Team, 25th Infantry Division may contact 1st Lt. Andrew DeSplinter, HHC, 1-24 IN, 1/25 SBCT, Fort Wainwright, Alaska 99703, phone (907) 353-2450 or email andrew.b.desplinter.mil@mail.mil.

Concealed weapons carry not allowed on Fort Wainwright

Staff Report
Fort Wainwright Public Affairs

The Department of Defense has issued a directive that allows for commanders to allow weapons carry on installations. No decision has been made at this time by the U.S. Army to grant this authority.

Current policy on Fort Wainwright has not changed and remains in effect. Authority granted by the State of Alaska to carry a concealed firearm is not valid on Fort Wainwright.

Also see the garrison policy letter on privately owned firearms at https://www.wainwright.army.mil/wainwright/fwa_pubs/USAG_Policyletters/USAGFWA_PL_27.pdf.

Iceman in Action: Senior Airman Johnathan Sikora

Airman Isaac Johnson
354th Fighter Wing Public Affairs

Just like building a house, when constructing a better life you must start with a quality foundation. Unlike building a house, a toolset needed for life cannot be bought.

Senior Airman Jonathan Sikora, a 354th Civil Engineer Squadron structural journeyman, is a builder by trade, but does much more than construction.

Sikora joined the Air Force in 2014, in an open general career choice. Prior to the Air Force, he had a job as a construction worker and wasn't sure if he would be able to do the same thing in the military.

"People might be deterred from joining the military because there is a fear they will not be able to do something they love," said Sikora. "I didn't know what career field I would get into, but I took a chance and now wake up to a job I am still excited to do."

Some Airmen may believe their job is less important than others, but just like many studs in a wall keep it from collapsing, every job contributes to the success of the mission.

"Being a contracting officer representative enables me to build relationships with contractors and find the best deals to try and save the Air Force money," said Sikora. "Contractors that need to get on base to build or repair facilities for military personnel can't do their job if they don't have funding and the right documents."

Aside from learning multiple areas of



Senior Airman Jonathan Sikora, a 354th Civil Engineer Squadron structural journeyman, takes a brief break Dec. 6, at the Baker Field House on Eielson Air Force Base, Alaska. Sikora says every day he tries to better himself and nobody should cap their potential in life. (Photo by Airman Isaac Johnson, 354th Fighter Wing Public Affairs)



Senior Airman Jonathan Sikora, a 354th Civil Engineer Squadron structural journeyman, helps build an obstacle course Nov. 16, at the Baker Field House on Eielson Air Force Base, Alaska. Sikora had experience in construction prior to joining the Air Force. (Photo by Airman Isaac Johnson, 354th Fighter Wing Public Affairs)

his career field, Sikora serves as a Green Dot mentor to build up the Airmen of Eielson in multiple ways.

"The purpose behind Green Dot is to start a culture change in the Air Force," said Sikora. "We want everyone to be aware and stand up to situations and behaviors that can be harmful to others."

Bad things can happen anywhere, but

situations can often be prevented. As a Green Dot instructor, Sikora provides guidance on how to recognize potential Red Dot situations.

"I enjoy spreading positivity to others," said Sikora. "I don't like interpersonal violence at all, so being able to teach and implement the training is very rewarding."

Sikora is a "man of many hats." He does

his part to make sure Eielson is better while also taking the necessary steps to build a better life for himself.

"Every day I try to better myself; whether running faster or eating healthier," said Sikora. "I was recently put into a new position. It's different, but good because it has to do with construction management and that's what I'm getting my degree in. I always tell myself to never cap my potential and I don't think anyone should."



Airman 1st Class Seth Bryson, a 354th Civil Engineer Squadron pavement and construction equipment operator, steers a snow broom which removes snow from the flight line's taxiway Dec. 1, at Eielson Air Force Base, Alaska. During the snow season, these brooms operate 24 hours a day to keep the flight line clear for aircraft. (Photo by Airman Eric M. Fisher, 354th Fighter Wing Public Affairs)



Airman Austin Oliver, a 354th Civil Engineer Squadron pavement and construction equipment operator, drives a snow broom to clear part of the flight line Dec. 1, at Eielson Air Force Base, Alaska. Eielson's Snow Barn clears snow and ice off the flight line to allow for continued operations. (Photo by Airman Eric M. Fisher, 354th Fighter Wing Public Affairs)

Icemen combat the snow and ice

Airman Eric M. Fisher
354th Fighter Wing Public Affairs

Once the snow begins to fall, most people scurry indoors to avoid the freezing temperatures and harsh elements of Alaska.

However, Icemen from the 354th Civil Engineer Squadron rush to put on their gloves and face the winter to clear the base's flightline and essential roadways.

Members of the Snow Barn

are a pivotal piece of the machine that makes Eielson run smoothly; without their wheels on the ground clearing the snow, the mission would come to a screeching halt.

"If there is ice and snow on the ground aircrews can't work," said Airman Austin Oliver, a 354th CES pavement and construction equipment operator. "If the runway isn't cleared the aircraft aren't going anywhere."

These Icemen are part of the

team responsible for keeping the runway in working condition, which can be a difficult task. With 2 million square yards of pavement on one of the Air Force's largest airfields, the snow removal team has their work cut out for them.

"Fighting ice is the hardest thing for us," said Oliver. "It takes a long time to get from one side of the flightline to the other while trying to keep the frost off."

Staying on top of the harsh

weather is a 24 hour job. If the roadways aren't clear, it is hazardous for Airmen and their families to drive.

"Snow Barn begins 24 hour operations in October and continues through April each year," said Senior Airman Justin Emanuelson, a 354th CES pavement and constructions equipment operator. "The snow removal crew works in three different shifts so we can keep up with the weather."

According to a 354th Opera-

tions Support Squadron weather technician, Eielson receives an average snowfall of 68 inches annually. With the huge responsibility of clearing the flightline of so much snow, these Icemen learn a unique skill.

"It has been a good experience coming to Alaska and learning snow removal," said Airman 1st Class Seth Bryson, a 354th CES pavement and construction equipment operator. "It's a useful skill, and not everyone has the chance to learn."

IMCOM digital photography contest calls for submissions

Jessica Marie Ryan
Family and Morale, Welfare and Recreation Command

Army Installation Management Command is hosting its annual Army Digital Photography Contest to showcase the creative and artistic talents of the military community.

The contest, which is run by IMCOM's G9 Family and Morale, Welfare and Recreation Directorate, is open to active-duty military members and MWR-authorized patrons, including Families, retirees and Department of the Army civilians. Contest entries are being accepted through Jan. 31, 2017.

The contest is meant to encourage novice and accomplished photographers to capture their favorite views, moments and adventures from all across the world. Participants can submit photos to compete in

the following categories: animals, design elements, digital darkroom, military life, nature and landscapes, people and still life.

Participants may enter up to three photos per category at the garrison level. All categories include monochrome and color photographs, according to the contest rules. Prizes are \$300 for first place, \$200 for second place and \$100 for third place.

In 2015, more than 2,500 entries were submitted to the Army Digital Photography Contest. The entries represented 58 installations and were submitted by contestants from the Army National Guard, Army Reserve and non-Army installations.

Participants may submit their entries online at the contest website listed in the links below.



For garrison-specific instructions and additional information, participants should contact a representative at their garrison's Army and Crafts center. Garrison infor-

Military family member Kimberly Kendall, representing U.S. Army Garrison Wiesbaden, Germany, wins first place in the nature and landscapes category, other eligible patrons division, of the 2015 Army Digital Photography Contest with "Karakul Lake." (Photo by Kimberly Kendall)

mation is located at <http://www.armymwr.com/recreation/artsandcrafts/locatefacility.aspx>.

Fort Wainwright Family & MWR

Weekly Events December 16 – 23

- 18

Paint and Pour
Sunday, December 18
4 to 6 p.m.

Amaze yourself. Come enjoy complimentary beverages, and leave with a hand-painted masterpiece. Mingle with friends, get inspired by a local artist, and discover a new way to unwind.

Get in the spirit with this month's festive winter penguin-themed painting.

Last Frontier Community Activity Center, building 1044
Call 353-4227, reservations required
- 19

Youth Sports: Registration
Don't miss out on signing your child up for Youth Sports. Register now through December 30 for the Youth Bowling Camp. Don't forget that registration for Winter Fat Tire Biking is coming up soon: January 9-20. This one will fill up fast! Child must be registered through Parent Central Services.

Youth Sports & Fitness, building 1049 #2
Call 353-7713, registration required
- 20

Tuesday Trivia Night
Tuesday, December 20
7 to 8:30 p.m.

Join the Warrior Zone every Tuesday for Trivia and see if you the smartest in the room! With 3 categories of random trivia questions, some may leave you puzzled, while others may boost brain power.

Warrior Zone, building 3205
Call 353-1087
- 21

Holiday Ice Skating
Wednesday, December 21 through January 4
1:30 to 4 p.m.

'Tis the season for holiday ice skating! Enjoy Holiday Ice Skating December 21 through January 1 (excluding Christmas and New Year's Day) at the PFC. Free ice skate rentals on December 24 and 31.

Physical Fitness Center Ice Rink, building 37089
Call 353-7223
- 23

Cross-Country Skiing
Friday, December 23
10 a.m. to 4 p.m.

Looking to get out this holiday season? Join Outdoor Recreation for cross-country skiing at the world-class trails of Birch Hill Cross-Country Ski Trails. Instruction and equipment is provided if necessary.

Outdoor Recreation Center, building 4050
Call 361-6349, Registration required

Nugget Lanes New Year's Eve Spectacular

December 31, 2016
9 p.m. – 1 a.m.

Ring in 2017 at Cosmic Bowl at Nugget Lanes Bowling Center! We'll have live entertainment, door prizes, appetizers and food served throughout the evening, highlighted with a toast at Midnight.

Don't forget about the ice cream sundae bar starting at 11 p.m.

Finish the evening with a light breakfast at the Motherlode Cafe.

Advance Ticket Prices
Advance tickets may be purchase starting December 1.
Youth (17 years old and under) – \$15 per person
Adult (18 years old and older) – \$20 per person

At-Door Ticket Prices
Youth (17 years old and under) – \$20 per person
Adult (18 years old and older) – \$25 per person

For more information call (907)353-2654 3702 Santiago Ave. Bldg. 3702



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EXCHANGE
No Federal Endorsement Implied



Santa Scorchers

2-Hour Fitness Class: Santa Scorchers Spin Class

Saturday, December 24, Noon–2 p.m.

Physical Fitness Center, Bldg 3709 Meridian Road, (907) 353-723

For more information, visit www.wainwright.armymwr.com



Upcoming Events non-stop fun for everyone

- 31

New Year's Eve Celebration for Kids
Saturday, December 31
11 a.m. to 1 p.m.

We understand that sometimes it's hard to stay up all the way to midnight, so we've gone ahead and made it easy for you and your little ones. Count down to 'midnight' with us, and ring in the New Year a little early with a New Year's Eve party just for kids! The Post Library will have crafts, stories, and more!

Post Library, building 3700
Call 353-2642
- 31

New Year's Eve Spectacular at Nugget Lanes Bowling Center
Saturday, December 31
9 p.m. to 1 a.m.

Ring in 2017 with Cosmic Bowling at Nugget Lanes Bowling Center! With live music and entertainment, giveaways, appetizers and drinks served throughout the night, this is sure to be a party you don't want to miss! Don't forget about the ice cream sundae bar starting at 11 p.m. Finish the evening with a light breakfast at the Motherlode Cafe.

Purchase your tickets in advance or at the door. Reservations are recommended.

Nugget Lanes Bowling Center, building 3702
Call 353-2654

PLEASE VISIT WAINWRIGHT.ARMYMWR.COM FOR A COMPLETE EVENT CALENDAR



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Friday – 16th LAP SWIM, 6 to 8 a.m., Pool inside Baker Field House, Eielson AFB, Call 377-1925.	OPEN SWIM, 1 to 7 p.m., Pool inside Baker Field House, Eielson AFB, Call 377-1925.	BALLISTICS, 11 a.m., Baker Field House, Eielson AFB, Call 377-1925.	BALLISTICS, 11 a.m., Baker Field House, Eielson AFB, Call 377-1925.
FREE BOUNCE, 10 a.m. to 7 p.m., Eielson City Center, Eielson AFB, Call 377-2642.	TROLLS (PG), 2 p.m., Ernie Walker Theater, Eielson AFB, Call 377-2269.	LAP SWIM, 11 a.m. to 1 p.m., Pool inside Baker Field House, Eielson AFB, Call 377-1925.	PIYO, 11 a.m., Baker Field House, Eielson AFB, Call 377-1925.
LAP SWIM, 11 a.m. to 1 p.m., Pool inside Baker Field House, Eielson AFB, Call 377-1925.	Monday – 19th FREE BOUNCE, 10 a.m. TO 7 P.M., Eielson City Center, Eielson AFB, Call 377-2642.	OPEN SWIM, 5 to 8 p.m., Pool inside Baker Field House, Eielson AFB, Call 377-1925.	LAP SWIM, 11 a.m. to 1 p.m., Pool inside Baker Field House, Eielson AFB, Call 377-1925.
BALLISTICS, 11 a.m., Baker Field House, Eielson AFB, Call 377-1925.	BALLISTICS, 11 a.m., Baker Field House, Eielson AFB, Call 377-1925.	RIPPED, 5:15 p.m., Baker Field House, Eielson AFB, Call 377-1925.	OPEN SWIM, 5 to 8 p.m., Pool inside Baker Field House, Eielson AFB, Call 377-1925.
OPEN SWIM, 5 to 8 p.m., Pool inside Baker Field House, Eielson AFB, Call 377-1925.	RIPPED, 5:15 p.m., Baker Field House, Eielson AFB, Call 377-1925.	YOGA, 6 p.m., Baker Field House, Eielson AFB, Call 377-1925.	TEEN BREAK, 7 to 10:40 p.m., Eielson Youth Center, Eielson AFB, Call 377-6336.
TEEN BREAK, 7 to 10:40 p.m., Eielson Youth Center, Eielson AFB, Call 377-6336.	YOGA, 6:00 p.m., Baker Field House, Eielson AFB, Call 377-1925.	TABATA, 6:30 p.m., Baker Field House, Eielson AFB, Call 377-1925.	JACK REACHER: NEVER GO BACK (PG-13), 7 p.m., Ernie Walker Theater, Eielson AFB, Call 377-2269.
THE ACCOUNTANT (R), 7 p.m., Ernie Walker Theater, Eielson AFB, Call 377-2269.	ZUMBA, 6:30 p.m., Baker Field House, Eielson AFB, Call 377-1925.	Thursday – 22nd SPIN, 5:30 a.m., Baker Field House, Eielson AFB, Call 377-1925.	Saturday – 24th LAP SWIM, 10 a.m. to 12 p.m., Pool inside Baker Field House, Eielson AFB, Call 377-1925.
Saturday – 17th LAP SWIM, 10 a.m. to 12 p.m., Pool inside Baker Field House, Eielson AFB, Call 377-1925.	Tuesday – 20th SPIN, 5:30 a.m., Baker Field House, Eielson AFB, Call 377-1925.	LAP SWIM, 6 to 8 a.m., Pool inside Baker Field House, Eielson AFB, Call 377-1925.	TABATA, 10 a.m., Baker Field House, Eielson AFB, Call 377-1925.
FREE BOUNCE, 10 a.m. to 7 p.m., Eielson City Center, Eielson AFB, Call 377-2642.	LAP SWIM, 6 to 8 a.m., Pool inside Baker Field House, Eielson AFB, Call 377-1925.	STORYTIME, 10 a.m. to 11 a.m., Eielson Library, Eielson AFB, Call 377-3174.	FREE BOUNCE, 10 a.m. to 7 p.m., Eielson City Center, Eielson AFB, Call 377-2642.
TABATA, 10 a.m., Baker Field House, Eielson AFB, Call 377-1925.	REUNION BRIEFINGS, 9:30 to 10:30 a.m., Airman & Family Readiness Center, Eielson AFB, Call 377-2178.	FREE BOUNCE, 10 a.m. to 7 p.m., Eielson City Center, Eielson AFB, Call 377-2642.	PIYO, 11 a.m., Baker Field House, Eielson AFB, Call 377-1925.
COLLEGE FOOTBALL, 11 a.m., 354 Sports Bar inside Yukon Club, Eielson AFB, Call 377-5219.	FREE BOUNCE, 10 a.m. to 7 p.m., Eielson City Center, Eielson AFB, Call 377-2642.	LAP SWIM, 11 a.m. to 1 p.m., Pool inside Baker Field House, Eielson AFB, Call 377-1925.	OPEN SWIM, 1 to 7 p.m., Pool inside Baker Field House, Eielson AFB, Call 377-1925.
PIYO, 11 a.m., Baker Field House, Eielson AFB, Call 377-1925.	PIYO, 1030 a.m., Baker Field House, Eielson AFB, Call 377-1925.	DEPLOYMENT BRIEFING, 1 to 2 p.m., Airman & Family Readiness Center, Eielson AFB, Call 377-2178.	ELF (PG), 7 p.m., Ernie Walker Theater, Eielson AFB, Call 377-2269.
OPEN SWIM, 1 to 7 p.m., Pool inside Baker Field House, Eielson AFB, Call 377-1925.	LAP SWIM, 11 a.m. to 1 p.m., Pool inside Baker Field House, Eielson AFB, Call 377-1925.	OPEN SWIM, 5 to 8 p.m., Pool inside Baker Field House, Eielson AFB, Call 377-1925	Sunday – 25th LAP SWIM, 10 a.m. to 12 p.m., Pool inside Baker Field House, Eielson AFB, Call 377-1925.
HACKSAW RIDGE (R), 7 p.m., Ernie Walker Theater, Eielson AFB, Call 377-2269.	LADIES BOOK CLUB, 5 p.m., Eielson Library, Eielson AFB, Call 377-3174.	SPIN, 5:30 p.m., Baker Field House, Eielson AFB, Call 377-1925.	FREE BOUNCE, 10 a.m. to 7 p.m., Eielson City Center, Eielson AFB, Call 377-2642.
Sunday – 18th LAP SWIM, 10 a.m. to 12 p.m., Pool inside Baker Field House, Eielson AFB, Call 377-1925.	SPIN, 5:30 p.m., Baker Field House, Eielson AFB, Call 377-1925.	POLAR EXPRESS (PG), 7 p.m., Ernie Walker Theater, Eielson AFB, Call 377-2269.	OPEN SWIM, 1 to 7 p.m., Pool inside Baker Field House, Eielson AFB, Call 377-1925.
FREE BOUNCE, 10 a.m. to 7 p.m., Eielson City Center, Eielson AFB, Call 377-2642.	Wednesday – 21st LAP SWIM, 6 to 8 a.m., Pool inside Baker Field House, Eielson AFB, Call 377-1925.	Friday – 23rd LAP SWIM, 6 to 8 a.m., Pool inside Baker Field House, Eielson AFB, Call 377-1925.	NO MOVIE, Ernie Walker Theater, Eielson AFB, Call 377-2269.
	FREE BOUNCE, 10 a.m. to 7 p.m., Eielson City Center, Eielson AFB, Call 377-2642.	FREE BOUNCE, 10 a.m. to 7 p.m., Eielson City Center, Eielson AFB, Call 377-2642.	

IN BRIEF

FINANCE TIP

Did you know that you are responsible for paying your GTC bill regardless of whether or not your travel voucher has been paid?

NUTRITIONAL TIP

Is your schedule jammed pack but you want to eat healthy? Try a few of these tips: pick recipes with few ingredients, choose lean meats that are pre-cooked, use a crock pot for soups, stews, and meats, make more than one meal worth of servings and freeze the remainder.

SUB-ZERO SPECIAL

The Yukon Club and Midnight Sun Mocha coffee shops are offering a sub-zero special from now until Mar. 31. When the temperatures drops, you can receive up to a dollar off your drink! If you’re a Club member, you can receive an additional .25 cents off. Call 377-2734 for more information.

HOLIDAY BOWLING PIN CRAFT

The Arts and Craft center will be hosting a kids’ craft day Dec. 17 from noon to 1 p.m. Children five years and older can come create a holiday themed bowling pin. The cost is \$5 per person. Sign up by Dec. 15. To sign up and for more information call 377-4880.

NOON YEARS PARTY

Children under 18 years old are welcome to join the community center staff Dec. 31 from 11 a.m. to 1 p.m. for a Noon Years Party! There will be a dance party, free bounce house, crafts and some snacks. Call 377-2642 for more information.

BIRCH LAKE NEW YEAR’S EVE BASH

Reserve your cabin now with Outdoor Recreation for the Birch Lake New Year’s Eve bash! The New Year’s Eve bash with be Dec. 31. The price is \$100 per cabin, which includes the cabin, firewood, snacks and champagne. Call 377-1232 for more information.

THE GREAT ALASKAN CHALLENGE

Looking to walk the Trans-Alaska Pipeline? Maybe you want to run the Alcan, but can’t seem to make it to the real deal? The Fitness Center has six challenges for you! Swim the Yukon, climb a mountain, even lift an F-16! Log your progress in the book at the Fitness Center front desk. Call 377-1925 for more details.

STORYTIME AT THE LIBRARY

The Eielson library holds story time every Thursday from 10 to 11 a.m. for children age 5 and younger. Come out and enjoy listening to themed stories read by the Library staff or volunteers. Call 377-3174 for more information.

MEDICAL GROUP OFFERS SLEEP ENHANCEMENT CLASS

The 354th Medical Group provides sleep enhancement education classes on Tuesdays from noon to 1 p.m. The class is four weeks long and begins the first Tuesday of every month. For any questions or to register for the class, please call 377-6354.

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
Kids Church, 9 a.m., Sundays
AWANA, 4 – 6 p.m., Sundays
Jr./Sr. High Youth Service, 6 p.m., Wednesdays

U.S. Army Garrison Fort Wainwright Awards Ceremony recipients

Staff Report Fort Wainwright Public Affairs	ment of the Army Certificate of Achievement, Civilian Supervisor of the 3rd QTR, 2016	Edward Swartwood – 30 years Dean Tubandt – 30 years Felicia Bandt – 25 years Louis Maloney, III – 25 years Robert S. Tanner – 25 years Melvin D. Slater – 25 years Brian W. Schlumbohm – 25 years Dena Kiester – 25 years Michael Kincaide – 25 years Jacqueline C. Paison – 25 years Nuttaya Spaulding – 25 years Michael Volsky – 25 years Ruby Sutton – 25 years Adam Spaulding – 25 years Ronald Jaeger – 25 years Andrew Waathan – 20 years Neta Stierheim – 20 years Kelly Martin – 20 years John Haddix – 20 years Susan Hart – 20 years Steven M. Schack – 20 years Alan Gilly – 20 years Neal Syvertson – 20 years Stacie R. Mason-Keeley – 20 years Shawn Erdman – 20 years Carey Woodrome – 20 years	Andrew McDonough – 15 years Kimberlie Hughes – 15 years Carol Mickens – 15 years Hernando Carlos – 15 years Christina Dixon – 15 years Julie VanHouten – 15 years Sarah Webb – 15 years Brian K. Jacobs – 15 years Remedios Nigl – 15 years Valerie Stansel - 15 years Trevor White – 10 years Eric Dick – 10 years Randall Bezdek – 10 years John Zak – 10 years Michael Grant – 10 years Krista Paul – 10 years Julie Chaffey – 5 years Karen Cruz – 5 years Benjamin Wichman – 5 years Clifford Baker – 5 years Evan McCabe - 5 years Lantz Dahlke - 5 years Candice Janke – 5 years Danielle O’Donnell – 5 years Christopher Wentland – 5 years
Fort Wainwright Garrison Commander, Col. Sean Williams and Command Sgt. Maj. Kevin King recognized more than 70 individuals during the Garrison Awards ceremony which took place at the Last Frontier Community Activity Center on Friday, Dec. 9.	Peter Dimitri received the Department of the Army, Civilian Employee of the 3rd QTR, 2016		
Special certificates of Appreciation and Achievement were presented along with Years of Service Awards, with 66 individuals receiving Service awards from five to 35 years and six special certificates.	Robert Tanner received the Garrison Certificate of Achievement, Annual Garrison Safety Stand-Down Day		
	Nancy Bahr received the Garrison Certificate of Achievement, Managers Internal Control Program		
	Nicole Piazza and Danielle O’Donnell received the Garrison Certificate of Achievement for Community Showcase		
CERTIFICATE AWARDEES: 9th Army Band was given a Garrison Certificate of Appreciation for their years of support to the Fort Wainwright community.	YEARS OF SERVICEAWARDEES: Michael Bonnell – 35 years Charles R. Carr - 35 years Teddy J. Riggs – 35 years Barry Richardson - 35 years Dorene I. Fitzgerald - 30 years Ronald J. Huffman – 30 years David A. Lemelin – 30 years Geraldine J. Tuck – 30 years Joan Wilson – 30 years		
Carrie Tate-Meyer received the Certificate of Appreciation for Patriotic Service			
Tammy Dauma received the Depart-			



U.S. Air Force Senior Airman Carlos Aleman, a 354th Civil Engineer Squadron range maintenance technician, walks through water as it freezes over existing ice on the Tanana River with Tech. Sgt. Craig Slaten, the 354th CES noncommissioned officer in charge of service contracts, Dec. 5, 2016, in Fairbanks, Alaska. A team of Airmen build up the ice bridge every two years to make transportation of equipment and materials easier for the Airmen and civilians who work at the Blair Lakes Range Maintenance Complex. (Photo by Airman 1st Class Cassandra Whitman, 354th Fighter Wing Public Affairs)

BRIDGE: Blair Lakes Range ice road access

Continued from page 1

smooth ice trail. “The extreme cold temperature is the most challenging thing for us,” said Brown. “It’s not too bad with protective clothing on, but keeping the equipment running and operational has its difficulties.”

The trail will be strong enough to transport supplies and fuel to the range. It is only constructed every two years, so the Airmen assigned to the range have to plan accordingly as to what needs to be transported. “As a mechanic, we use the ice bridge to transport the bulky and heavy supplies and equipment we will need

over the next two years,” said Senior Airman Mitchell Whitman, a 354th Logistics Readiness Squadron vehicle maintenance journeyman. “It helps us continue maintenance operations on the range and saves time and money compared to getting the heavy supplies flown out as needed.” Even with the icy cold temperatures

and limited sunlight The Last Frontier offers during the winter months, the 354th CES Airmen keep their mission running smoothly. “The people I work with and the mission at hand is what keeps me motivated,” said Brown. “I enjoy what I do and seeing the end results.”

WILLIAMS: Greetings

Continued from page 1

during good times, everyone knows their Army Family will help them should they need it. If you know of a fellow community member -- Soldier, Family member or civilian --who is alone this season, show them the warmth our community is known for. Invite them over for Christmas dinner. Find out what they are doing New Year’s Eve. Everyone in our community is part of our Army Family. The time around Christmas and New Year’s Day is a time of social activities and celebrations with Family and friends, but there is also an increased risk of accidents

and injuries. Slow down, pay attention and think before you act. Social events should be about the company you share, not the liquid you drink. If you drink alcohol, drink responsibly. If hosting a holiday party, set the example by acting responsibly and ensure everyone gets home safely. Have the number of a taxi on hand for guests. Remember that no one who has been drinking should get behind the wheel! It is my sincere hope you make the most of this time of the year and that you celebrate the Holidays responsibly so all of us can ring out 2016 safely and successfully bring in 2017. Happy Holidays!

GIVING: Food Bank

Continued from page 1

wanted to give a little back to the community. Food collected for the local Food Bank came in at 455 pounds and ranged anywhere from turkeys and hams to vegetables, soups, pasta, stuffing, peanut butter, and hot cocoa. The Angel Tree donations consist of toys, stuffed animals, a princess dress, cars and trucks, hula hoop and many other fun things. The Rescue Mission is going to get much needed toiletries for their residents, towels, hats, gloves, candy, and even some

office supplies from one employee who bought a whole box of computer paper for home use – she said she wouldn’t use an entire box and she wanted to donate some to their office. Knowing we are making a difference this holiday season, makes me feel good and proud to work on Fort Wainwright; I challenge each of you to do something small during this holiday season because you just never know how it may brighten someone’s day. Happy Holidays from the Garrison Resource Management Office

Alaska Air Guard medical group changes leadership, stays busy course

Tech. Sgt. Alicia Halla
Alaska Air National Guard
Public Affairs

The newest 176th Medical Group commander in one of the Air National Guard’s busiest wings officially took charge at a ceremony here Dec. 4. The out-going commander, Col. Sharolyn Lange, relinquished command of the medical group to Lt. Col. Richard Rymerson during the ceremony. As the commander, Rymerson leads a group responsible for the medical readiness of more than 1,400 Air Guardsmen in a wing that deploys its members regularly – a group that had zero medical delays for more than 1,000 deployers last year. “I am tremendously honored to have been chosen for the position and humbled at the same time,” Rymerson said. “And I’m ready to continue on the trajectory we are on, which is up.” Lange, who held the drill-status guardsman command position for four years, guided and nurtured the 176th MDG as a



Lt. Col. Richard Rymerson took control of the 176th Wing Medical Group, Alaska Air National Guard, at a change of command ceremony here Dec. 4. The out-going commander, Col. Sharolyn Lange relinquished control to Rymerson after serving as the group’s commander for four years. (Photo by Tech. Sgt. N. Alicia Halla, Alaska Air National Guard Public Affairs)

full-time commitment on part-time days. She plans to retire early next year after a 28-year Air Force career. “It’s been worth it, but it’s time,” Lange said. “He’s ready

to take over.” As Lange exits stage right, Rymerson, a prior-enlisted officer with more than 20 years in the Air Force, prepares to take the group through new

challenges on the horizon of restricted budgets and mounting demands as a DSG himself. “Rymerson is a leader who has stepped forward,” said Col. Steven deMilliano, the 176th

Wing commander and presiding officer of the ceremony. “He has prepared himself for the challenges ahead.”