

ALASKA POST

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FREE



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Fort Wainwright, Alaska

May 19, 2017

Tank killer

Staff Sgt. Christina J. Turnipseed
1st Stryker Brigade Combat Team Public Affairs

As the primary tank killer of the U.S. Army's Stryker Brigade Combat Teams, the Anti-Tank Guided Missile vehicle provides an anti-armor over watch capability that allows the deployment of Soldiers onto the battlefield in a fairly fast and protected manner.

See **MISSILE** on page 7



A 5th Squadron, 1st Cavalry Regiment, 1st Stryker Brigade Combat Team Anti-tank Guided Missile Stryker fires a missile during training April 24-26 at the Yukon Training area near Fort Wainwright, Alaska. (Photo from 1st Stryker Brigade Combat Team video)

Eielson supports Secretary of State Rex Tillerson visit for 10th Arctic Council Ministerial



Chief Master Sgt. Brent Sheehan, the 354th Fighter Wing command chief, left, Col. Todd Robbins, the 354th FW vice commander and Col. David Mineau, the 354th FW commander, stand at attention as the Secretary of State's plane arrives May 10, at Eielson Air Force Base, Alaska. The U.S. Secretary of State Rex Tillerson landed at Eielson on his way to the 10th Annual Arctic Council Ministerial, the leading intergovernmental forum promoting cooperation, coordination and interaction among the Arctic States, Arctic indigenous communities and other Arctic inhabitants on common Arctic issues. (Photo by Airman Eric M. Fisher, 354th Fighter Wing Public Affairs)

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

On May 10, Secretary of State Rex Tillerson arrived on the Eielson Air Force Base flight line during exercise Northern Edge 2017. This is Eielson's first high-tempo exercise for fiscal year 2017, and various agencies across the base were able to switch gears simultaneously to support both missions.

"Airfield operations is an area of constant flexibility and it can be a fast-paced work center," said Capt. Kelli Wood, the 354th Operations Support Squadron airfield operations flight commander. "We don't stop working the exercise in order to support the distinguished visitor, but rather integrate the two as we would any other inbound aircraft, but with higher priority."

See **COUNCIL** on page 4

Alaska Air Guardsmen rescue hiker

Staff Sgt. Edward Eagerton
176th Wing Public Affairs

Airmen with the Alaska Air National Guard's 210th and 212th Rescue Squadrons rescued a distressed individual in the Eagle River Valley, May 14.

According to the Alaska Rescue Coordination Center, three good Samaritans found the hypothermic hiker and contacted the Alaska State Troopers. AST then contacted the RCC for assistance due to the terrain in the area where the individual was located. The 176th Wing accepted the mission and launched an HH-60 Pave Hawk helicopter from the 210th Rescue Squadron with a Guardian Angel team from the 212th Rescue Squadron out of JBER.

Guardian Angel teams are

highly trained medical personnel made up of a pararescueman and a combat rescue officer who both specialize in conducting high-risk rescue missions. The good Samaritans stayed with the distressed individual and waited for the helicopter to arrive, according to the RCC. They were wearing orange vests and used a flashlight to signal the helicopter as it approached the area. Upon locating the group, the Guardian Angel team and helicopter crew hoisted the individual into the helicopter and then flew to Providence Hospital where the hiker was released to medical personnel there.

For this mission, the 210th and 212th Rescue Squadrons were awarded with one save.

Trainer Gate summer closer

Trainer Gate will be closed for construction through Aug. 15. The entrance area will be upgraded to improve traffic flow, new guard building, addition of security systems, widening of the road and incorporation of a turn-around lane. To mitigate traffic congestion entering post, the Lazelle Gate, located off of the Johansen Expressway, will be open for inbound traffic only. Gate hours: Monday thru Friday, 5:30 a.m. to 9 p.m.; and weekends, 7 a.m. to 9 p.m., for Government ID card holders and personnel with passes. No commercial vehicles will be allowed access through Lazelle Gate and will use the Main Gate or Badger Gate for access.

Forging New Leaders at Operation Spartan Anvil

1st Lt. Andrew DeSplinter
1st Battalion, 24th Infantry Regiment Unit Public Affairs Representative

Over 200 1st Battalion, 24th Infantry Regiment "Legionnaires" supported 4th Brigade Combat Team (Airborne), 25th Infantry Division at Joint Base Elmendorf-Richardson during Operation Spartan Anvil '17 from April 21, to May 4. The Spartan Brigade conducted a Brigade Level Field Training Exercise supported by Soldiers from 1st Stryker Brigade Combat Team, 25th Infantry Division.

The Legion Opposing Force element consisted of a company of Stryker infantry and a platoon of scouts from 1st Stryker Brigade's 5th Squadron, 1st Cavalry Regiment. 1-24th Infantry also provided a command element to serve as a higher headquarters to coordinate the exercise. The Legion Forward Support Company, Highland Company, supported the OPFOR

with fuel, food, water, ammo and maintenance.

Following their role supporting Operation Spartan Anvil, Centurion Company and most of the Highlander support element remained at JBER to conduct team and squad live fires and situational training exercises on new and challenging terrain.

Capt. Daniel Walker, Centurion Company commander, felt the exercise "was a great experience fighting a near peer enemy" which offered his Soldiers and leaders a "different enemy and terrain to fight on than [the National Training Center]." NTC is a desert environment where brigades fight the opposing forces which simulate fighting against armored personnel carriers and tanks whereas fighting against 4-25th BCT offered the opportunity to fight a light infantry enemy force in wooded terrain. Walker feels his Soldiers are better prepared for combat because this mission

See **SPARTAN** on page 4

USS O'Kane arrives in Juneau



Arleigh Burke-class guided missile destroyer USS O'Kane (DDG 77) arrives in Juneau, Alaska for a scheduled port visit. O'Kane is visiting Alaska's capital city in conjunction with its participation in Northern Edge 2017. (Photo by Mass Communication Specialist 2nd Class Alex Van'tLeven, U.S. Navy)

Petty Officer 2nd Class Alex Van'tLeven
Commander, U.S. 3rd Fleet

The Arleigh Burke-class guided missile destroyer USS O'Kane (DDG 77) arrived to kick off its scheduled port visit to Alaska's capital city here, May 13.

"A lot of community members participated and we're just thankful the Navy is in town, and we want them to know they're

See **O'KANE** on page 7

WEEKEND WEATHER

CASE LOT SALE

POST YARD SALE



Friday
Mostly cloudy,
highs near 61.
Lows near 41.



Saturday
Partly cloudy,
highs near 60.
Lows near 38.



Sunday
Clear,
highs near 65.
Lows near 43.

The Fort Wainwright Commissary will have a 'Thank you for your Service!' Case lot Sale starting today and lasting thru Sunday, May 21. Various Family Readiness Groups will have fundraising concessions selling hotdogs for customers. Case lot sale items will be inside the commissary.

The Fort Wainwright post-wide yard sale is this Saturday, May 20. Post residents can sell from their homes and from the resale lot at the corner of Neely and Meridian Roads. Hours are 8 a.m. to 4 p.m. For all military ID cardholders who live off post but wish to sell on post during the yard sale, there is a \$10 fee to be paid at the resale lot drop box. For more information, call 353-6612.

Nutrition Corner: Vitamin E for health

NUTRITION 101:

Did you know.....

Did you know that vitamin E acts as a protective antioxidant compound, protecting our bodies from the harmful effects of free radicals? This in turn keeps us at lower risk for many cancers. Some research has also suggested that this special nutrient can also play an important role in the prevention of heart disease when sufficient quantities are consumed.

Even further research is currently evaluating the long term role that vitamin E plays in a variety of other chronic diseases including macular degeneration, dementia, Parkinson's Disease, and Amyotrophic Lateral Sclerosis (ALS).

Although no consensus has been reached in the majority of these fields, it is clear that vitamin E is a vital piece in our 'puzzle' of health, and consumption of vitamin E-rich foods is one of the best ways to ensure we aren't missing out.

(For more information about vitamin E, health implications, and recommended intakes of this valuable nutrient, check out this article by the Harvard School of Public Health: www.hsph.harvard.edu/nutritionsource/vitamin-e/)

FEATURED FOOD:

Olives! Believe it or not these tasty morsels are actually stone fruits, and they have a colorful past for sure! There are numerous types of olives and they vary dramatically in genetic variety, place of origin, and curing process. Olives can be oil-cured, brine-cured, dry-cured, or water-cured, and this process will ultimately contribute to the olive's flavor, texture, and appearance. Not only are olives a versatile player in our culinary arsenal - able to act as a condiment, a garnish, part of a sauce, salad, entrée, or even a cocktail – but they are also loaded with nutrients that provide important benefits to human health. One of these important nutrients is vitamin E. Olives are a great source of this essential antioxidant. If you're searching for a zesty new food to try that can boost your body's resistance to harmful antioxidants and leave your taste buds and tummy satisfied, look no further than the amazing olive.

RECIPE SPOTLIGHT:

Olive and Sun-Dried Tomato Tapenade with Endive Leaves

[This dish is an awesome appetizer for any dinner party! The flavorful tapenade is complimented perfectly by

the freshness of the crisp endive. Enjoy!]

YIELD:

Serves about 12 as an appetizer.

INGREDIENTS:

3 (8-ounce) cans of pitted black olives, drained
3/4 cup sun-dried tomatoes packed in olive oil
Extra-virgin olive oil
3 heads endive (about 1/2 pound)

PREPARATION:

- Add the olives, sun-dried tomatoes and the olive oil it was packed in to food processor. Pulse until smooth, but still chunky. Add more extra-virgin olive oil if mixture is too dry. Use spatula to transfer to a serving bowl. If not serving immediately, cover tightly with plastic wrap and refrigerate (can be kept up to 2 days). Bring tapenade to room temperature and to mix it thoroughly before serving.
- Gently remove leaves from the endive. Take care not to tear the leaves. Wash thoroughly with cold water and dry completely.
- Place the bowl of tapenade in the center of a large platter. Encircle the tapenade bowl with the endive leaves in a decorative manner.

Dog bites on the rise at Fort Wainwright

Brandy Ostanik

Medical Department Activity – Alaska Public Affairs

Dogs are often thought of as members of the family, not just as pets. They have been proven to be great companions to all ages, decrease stress and increase exercise levels for those who care for them. With all these benefits, it's easy to see why dogs are often called "man's best friend." Even though they are loved, sometimes these furry family members bite, causing physical harm.

According to the Centers for Disease Control and Prevention, in the United States there are approximately 4.5 million dog bites reported each year. One in five of these bites become infected.

Perhaps even more surprising is that over half of these dog bites are in homes with dogs that are familiar to the family. Of these bites, children between the ages of five and nine years old are the most likely victims.

Between January and March of this year there were eight reported dog bites for Fairbanks North Star Borough military beneficiaries on and off-post.

"There have already been seven additional bites since the beginning of April," said Capt. Aaron Sanborn, Chief of Army Public Health Nursing for Army Medical Department Activity – Alaska.

"People who experience a bite or scratch from any animal should seek medical attention as soon as possible," said Sanborn. "Military beneficiaries in the Fairbanks North Star Borough area should seek medical attention at the Bassett Army Community Hospital on Fort Wainwright."

"It is extremely important to take all scratches and bites seriously," said Sanborn. "No matter how small the injury may seem, going to the emergency room and receiving medical follow-up can prevent serious health issues in the future."

Per the CDC, dog bites can cause many different types of infections. Among these are Rabies, a deadly virus, Pasteurella, a type of bacteria seen in over 50 percent of infected dog bite wounds, Methicillin-resistant Staphylococcus aureus (MRSA), a

bacteria resistant to certain antibiotics, and Tetanus, a toxin that causes rigid paralysis in people.

When reporting to the emergency room, or seeing your primary care physician, not only will your wounds be addressed to ensure your safety, but the injury will also be reported to Army Public Health Nursing, the Fort Wainwright Veterinary Clinic and FNSB Animal Control to ensure appropriate human and animal follow-up.

Reporting an animal bite does not mean the animal will be taken away or euthanized (put-down). Instead, the Fort Wainwright Veterinary Clinic or FNSB Animal Control will contact the patient to conduct follow-up on the case. For personal pets, a 10-day home observation will be initiated, as well as an assessment of current vaccine status for the animal. For wild or stray animals, attempts will be made to locate and capture the animal.

The good news is there are proven methods that can help in decreasing the chance of a dog bite.

"If a dog you do not know comes up to you, stand like a tree and look at your toes until the dog walks away," said Sanborn.

Additional safety tips for avoiding dog bites include the following.

Do not:

- Approach an unfamiliar dog
- Run from a dog
- Panic or make loud noises
- Disturb a dog that is sleeping, eating or caring for puppies
- Pet a dog without allowing it to see and sniff you first
- Encourage your dog to play aggressively
- Let small children play with a dog unsupervised

For more information about preventing animal bites and what to do after an animal bite, contact MEDDAC-AK Army Public Health Nursing at 907-361-3057. In addition, the Fort Wainwright Veterinary Clinic front desk number is 907-361-3013 and the FNSB Animal Control number is 907-459-1451.

Army expands Special Victims Counsel program

Staff Report

Fort Wainwright Legal Office

On 1 May, 2017 the Army published Directive 2017-16 which expanded the Special Victims Counsel program, authorizing SVC services to all DoD civilian employees in instances where the alleged perpetrator is a service member and the Army has jurisdiction to prosecute under the UCMJ.

Special Victims' Counsel are attorneys who are specially trained and have been selected by the Staff Judge Advocate to represent victims of rape and sexual assault. An SVC's primary duty is to you, the client, and no other person, organization, or entity.

One of the SVC's main goals is to protect your privacy by preventing others from accessing your healthcare records and other similar records. Your SVC will represent your interests, even when your interests are not the same as the Government's. Your SVC will keep

all of your conversations confidential and protected under the attorney-client privilege.

Your SVC will help you understand the military justice process and your ability to participate or not participate in that process. In addition, your SVC will help you understand what services and programs are available to you as a victim of crime.

Your SVC will keep you up to date on the status of the case and give you advice on how to proceed. He or she will argue on your behalf when dealing with investigators, other attorneys, and at administrative or court-martial hearings.

The USARAK Special Victims' Counsel is here to help you.

For further information about the SVC program contact the USARAK SVC, Capt. Tim Fitzgibbon at 907-353-6507, timothy.j.fitzgibbon8.mil@mail.mil, or visit the legal assistance office at either JBER, Fort Wainwright, or Fort Greely.

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: 361-580

Substance Abuse/Clinical Counseling: 361-4054

Tricare On-Line: www.tricareonline.com

United Health Care: uhcmilitarywest.com, 877-988-9378.

PERFORMANCE TRIAD TIP

Sitting too long or too often can increase your risk of blood clots, diabetes, heart disease, cancer and obesity. Believe it or not, your daily workout does not protect you from the problems of prolonged sitting. Increasing activity with friends and family can help!

SPORTS AND SCHOOL PHYSICALS

Our May Sports Physical clinic is full! Don't miss out on our June clinic June 7, which is already filling fast. Call 361-4000 to make an appointment for your child age 3 to 18.

BASSETT ACH 10TH ANNIVERSARY

June 9, MEDDAC-AK will celebrate the 10th anniversary of Bassett Army Community Hospital and our annual Organizational Day. Acute care appointments will be available from 7:30 to 9:20 a.m. only.

DIABETES MANAGEMENT CLASS

MEDDAC-AK offers a diabetes education class on the second Thursday of the month at 9 a.m., and the third Thursday of each month at 5 p.m. The class, lasting approximately an hour has a different topic each week to help diabetic beneficiaries better manage their health. The class is takes place in the third floor conference room at Bassett ACH. For questions or for more information, call Mr. Ellington at 361-5081.

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.

WALK-IN CLINIC

Adult beneficiaries can utilize the Walk-in Clinic Nurse option when needing to be seen for strep throat screening, urinary tract infection screening, pregnancy testing, blood pressure monitoring, suture removal, wart removal and sexually transmitted disease checks. The clinic is open 7:30 to 11:30 a.m. and 1 to 3:30 p.m., Monday through Friday. For more information call 361-5833.

SAVE TIME AND TRAVEL WITH SECURE MESSAGING

Want instant access to your healthcare team? Request an appointment, check labs, ask questions, get forms filled out and more. Scan the QR link or go to <https://app.relayhealth.com/Patients/Registration.aspx> to register. You will have access to your team within 1 business day.

SADD

SOLDIERS AGAINST DRUNK DRIVING

353-4145

For a free ride home.

ALASKA POST

The Interior Military News Connection

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The ALASKA POST – The Interior Military News Connection

History Snapshot: Ladd Air Force Base, Alaska - June 21, 1949



This photo was taken June 21, 1949 here on Fort Wainwright, which at that time was Ladd Air Force Base. It has been printed here in a particularly large format in hopes that our readers might recognize or know something about those pictured. The only information connected to it thus far is the writing on the bottom of the photo: "Ladd Air Force Base, Alaska - June 21, 1949. Capt. Ralph Casey, Commanding, 5001st Air Police Sqdn." If you have more information pertaining to the event for the photo, names of those pictured or information about the 5001st Air Police Squadron, please contact and share with the Cultural Resources Management program, by calling (907) 361-9329 or email L. Amber Philippe, Fort Wainwright Landscape Historian, at laurel.a.phillippe.ctr@mail.mil. (File photo)

Fort Greely plans Alaska-Canadian Highway and Allen Army Airfield 75th Anniversary commemorations with Delta Junction City Council

Shannon Gustafson
Fort Greely Public Affairs

Fort Greely iwith the Delta Junction City Council will hold an Alaska-Canadian Highway (ALCAN) and Allen Army Airfield 75th Anniversary commemoration event on June 3, beginning at 10 a.m. and ending at or around 8 p.m.

Events are scheduled to take place at several locations in Delta Junction, and locations on Fort Greely.

This year marks the 75th Anniversary of Big Delta Airfield, now known as Allen Army Airfield (AAAF) and also marks the 75th Anniversary of the completion of the Alaska Highway.

Fort Greely and the City of Delta Junction are cooperative communities and mutual support within the communities and shared activities is not unusual.

The building and operation of AAAF and the opening of the Alaska Highway resulted in the growth and development of both the City of Delta Junction and Fort Greely. Participation of African-American Soldiers in the building of the Alaska Highway is listed as one the most significant contributions to the desegregation of the United States Armed Forces.

There is particularly special recognition for the contributions to building the Alaska Highway by African-American engineer regiments that had previously gone unrecognized.

In commemoration of the anniversaries of AAAF and the Alaska Highway, the United States Army Garrison, Fort Greely and the City of Delta Junction will execute a celebration on 3 June 2017.

For more information, call 873-5018.

Patriot pet photo contest

Staff Report
Army & Air Force Exchange Service Public Affairs

Army & Air Force Exchange Service shoppers have the chance to get their paws on \$3,000 in Exchange gift cards during the Patriot Pet Photo Contest. From May 19 to June 1, Exchange shoppers worldwide can submit a cute, creative photo of their pet, at shopmyexchange.com/sweepstakes. One grand prize winner will receive a \$1,000 Exchange gift card. Two second place winners will receive a \$500 gift card, and four third place winners will receive a \$250 Exchange gift card. “Owners of pets of all kinds are invited to showcase their furry, feathered and even scaly friends,” said Air Force Chief Master Sgt. Luis Reyes, the Exchange’s senior enlisted advisor. “Who knows, your pet may fetch you the shopping spree of a lifetime.” Authorized shoppers age 18 and up may enter the Patriot Pet Photo contest. No purchase is necessary to enter or win. Winners will be drawn on or about June 9.

COUNCIL

Continued from page 1

It isn’t easy going from one mission-mindset to another, but the Icemen Team were able to execute behind-the-scenes movements to ensure Tillerson and his staff were taken care of for the duration of their stay in Alaska.

“The 354th Security Forces Squadron is mission oriented and flexible to meet a myriad of requirements at a moment’s notice,” said Capt. Taylor Farris, the 354th SFS operations office . “When additive missions, such as federal dignitary movements, are brought to us to support, we often re-appropriate our resources and patrols in the Integrated Defense construct. We maintain the standard and ensure mission success.”

The 354th FW worked closely with Tillerson’s security team to collaborate on every aspect of his visit.

“We are used to a fluid environment where priorities adapt to meet the tasks at hand,” said Farris about the 354th SFS.

The mission isn’t accomplished by any single person; rather, it takes a team of Airmen working diligently to ensure the Air Force’s needs are met. The Icemen Team takes pride in its interactions with U.S. and foreign dignitaries, and provides the best service possible.

“From the air traffic controllers who ensure priority handling of the aircraft, to airfield management who coordinates parking and airfield support, we will always adapt and accommodate to get the mission accomplished,” said Wood.



Col. David Mineau, the 354th Fighter Wing commander, shakes U.S. Secretary of State Rex Tillerson's hand May 10, at Eielson Air Force Base, Alaska. Tillerson landed at Eielson on his way to the 10th Annual Arctic Council Ministerial, the leading intergovernmental forum promoting cooperation, coordination and interaction among the Arctic States, Arctic indigenous communities and other Arctic inhabitants on common Arctic issues. (Photo by Airman Eric M. Fisher, 354th Fighter Wing Public Affairs)

SPARTAN

Continued from page 1

offered the opportunity to augment the training they had received during their NTC rotation last January.

The training value was not limited to Centurion Company. Staff officers were also able to leverage the exercise requirements to seek additional, valuable training.

“I learned a lot about being a Battle Captain... and how higher headquarters interact with subordinate and higher staffs and commands,” said 1st Lt. Mason Gibbons.

Spartan Anvil ’17 provided a glimpse at higher echelon planning and coordination-a look much different than leading a platoon through the desert of southern California at the NTC.



Members of Centurion Company, 1-25 SBCT out of Fort Wainwright, Alaska engage targets during Squad Live Fires at Joint Base Elmendorf Richardson, Alaska following their support of 4/25 IBCT (A) and Operation Spartan Anvil ’17 during the first week of May 2017. (Photo by Capt. Daniel Walker, 1st Battalion, 24th Infantry Regiment)

Cover your cranium

Steve Ramke
Bayne-Jones Army Community Hospital, Fort Polk

“I have to wear what?” That’s what I said the first time I was told I had to wear a bicycle helmet while riding off duty. I complained to my commander, first sergeant and anyone else who would listen. I even questioned the commander about the new requirement written into regulations that required me to wear a helmet. After all, I had been riding a bike since I was 6 years old. Now in my 30s, I was invincible and nothing was going to happen to me while riding my bike.

Well, my complaining fell on deaf ears. Like a good sergeant, I complied with orders. I bought helmets for my family and myself and begrudgingly started wearing mine when I rode. Little did I know that just a few months later that helmet would keep me from suffering a serious head injury.

It was a nice day in Abilene, Texas. The wind was calm, the sun was shining and I didn’t have to report for duty until 4 p.m. for the swing shift. I decided to do a little extra PT that day, and a good bike ride seemed to be just the ticket. I checked the air in my tires, grabbed my helmet and hit the road. I was nearing the end of my ride when it happened.

First, I heard a pop. Next thing I knew, I was on my back and my head slammed onto the asphalt. My vision quickly dimmed, but I was brought back to my senses when my bicycle crashed back

down upon my chest and face. What happened? Was I OK? Did I break anything? As I lay in the road asking myself those questions, I realized I should probably move before I got run over by a car.

Wow, my head hurt! Getting up slowly, I looked for what caused me to take a spill. As I inspected my bike, I discovered that metal fatigue in my left pedal caused it to snap off. When that happened, I rolled off my bike while traveling at a pretty decent speed. What I thought would never happen to me actually did.

Brushing myself off, I removed my helmet. That’s when I realized how lucky I was to be wearing it. The back of my helmet literally slammed into the asphalt. I had three 4-inch cracks in the back of the helmet and one 3-inch crack in the side of it. I can only imagine the damage my head would have sustained had I not been wearing a helmet. I immediately reported to the post hospital, where I was diagnosed with a possible mild concussion.

Looking back, I did some things right and wrong that day. What I did right was I wore my helmet and checked my tires before I rode. The main thing I did wrong was I did not take the time to perform a good inspection on my bicycle. If I had taken a closer look at the overall condition of my bike, I may have caught the fault in the pedal and prevented the pain I suffered.

So, I have to wear what? A bike helmet, that’s what! And believe me; I’ll never complain about it again.

Wearing a properly fitted helmet

See BIKING on page 7

COMMUNITY CALENDAR

Fort Wainwright Family & MWR

May 19
ARMY VS. AIR FORCE BASKETBALL GAME
Starting at 2 p.m., cheer on the Fort Wainwright basketball team as they take on the Air Force in this all-out battle of the ages. The game starts at 2 p.m., but you'll want to get there early for the best seats. All are invited to attend this rivaled event. At the Physical Fitness Center, building 3709. Call 353-7223.

May 20
BOATER SAFETY COURSE
From 9 a.m. to noon, and 1 to 4 p.m. If you are interested in using a motorized boat from the Outdoor Recreation Center this summer, you'll first need to attend the Boater Safety Course. An online certification is needed to attend the in-person training. Please contact the Outdoor Recreation Center for more information. At the Outdoor Recreation Center, building 4050. Call 361-6349.

MAY 22
SCHOOL AGE CENTER "INCREDIBLE SUMMER" SUMMER CAMP
Summer 2017, 6 a.m. to 6 p.m., weekdays. May 22 is the start of the School Age Center's "Incredible Summer" Summer Camp, but you'll want to register beforehand to save your spot for this incredible summer opportunity. Multiple programs are available for children in grades K-6. Each week, groups will explore a new theme of an "Incredible Summer," from Extreme Sports to Safety, Talent to Physical Fitness and Nutrition, this camp has it all! At the Parent Central Services building 1049 #2. Call 353-7713, registration required.

May 25
SUMMER READING PROGRAM KICK-OFF PARTY
From 3 to 6 p.m. Kick off the sum-

mer by registering for the Library's "Reading by Design" Summer Reading Program. Sign up anytime during the party, while also enjoying one free game of bowling with a slice of pizza and a cold drink. The Library will have free giveaways that will surely have everyone talking! At the Nugget Lanes Bowling Center, building 3207. Call 353-2642.

May 25
ARMY TEN-MILER USARAK QUALIFIER
Starting at 6:45 a.m. Do you have what it takes to make the team to compete in Washington, D.C.? The twelve top active-duty finishers available to form two USARAK teams (open mixed, open male) will compete at the Army Ten-Miler this October in Washington, D.C. Race starts and ends at the Chena Bend Clubhouse, building 2090. Call 353-6223, registration required.

May 25
WALK OFF THE WAIT
From 11 a.m. to noon, join other waiting Family members to walk the distance of separation while you wait for your loved one to return from deployment. At the Physical Fitness Center, building 3709. Call 353-4332, registration recommended.

May 29 through 31
FINAL DAYS OF YOUTH SPORTS REGISTRATION FOR SOCCER AND CHEERLEADING
From 8 a.m. to 5 p.m. The final days of registering your child for Youth Sport's Soccer, Developmental Soccer, and Summer Cheerleading are here. If you haven't already registered your child for the upcoming season, do so now before space fills up. At the Parent Central Services, building 1049 #2. Call 353-7713.

Fort wainwright

Block Party

June 2

4 - 9 P.M.

Warrior Zone

Celebrating:

- 242ND ARMY BIRTHDAY

- VIETNAM VETERAN COMMEMORATION

- 75th ANNIVERSARY OF THE ALASKA HIGHWAY

LIVE CONCERT

- FOOD

- ACTIVITIES

- GIVEAWAYS

WAINWRIGHT.ARMYMWR.COM @WAINWRIGHTMWR

May 27
STRONG B.A.N.D.S.: HONOR OUR FALLEN HEROES
From 10 a.m. to noon, as a tribute to our fallen brothers and sisters, the Physical Fitness Center is hosting a special 2-hour fitness class. The class will have a variety of workouts, including Spin, Zumba, PiYo, and yoga.

At the Physical Fitness Center, building 3709. Call 353-7223, registration recommended.



let's party!

looking for a place to host an event or party?

Fort Wainwright Family and MWR has you covered!

We can help you host a party or event for any occasion, any age, and any group!

LASER TAG • ICE SKATING • BOWLING • CLIMBING WALL

PAINTBALL • TUBING AND DOWNHILL SKI & SNOWBOARDING

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Eielson Air Force Base

Friday – 19th LAP SWIM, 6 to 8 a.m. and 11 a.m. to 1 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. BALLISTICS, 11 a.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. TEEN BREAK, 7 to 10:40 p.m., Eielson Youth Center, Eielson AFB, Call 377-6336. LOGAN (R), 7 p.m., Ernie Walker Theater, Eielson AFB, Call 377-2269.	Sunday – 21st LAP SWIM, 10 a.m. to noon, 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. OPEN SWIM, 1 to 7 p.m., Pool inside Baker Field House, Eielson AFB, Call 377-1925. BEAUTY AND THE BEAST (PG), 2 p.m., Ernie Walker Theater, Eielson AFB, Call 377-2269. Monday – 22nd FREE BOUNCE, 10 a.m. to 7 P.M., Eielson City Center, Eielson AFB, Call 377-2642. 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. TABATA BOOTCAMP, 6:30 p.m., Baker Field House, Eielson AFB, Call 377-1925.	SPIN, 5:30 p.m., Baker Field House, Eielson AFB, Call 377-1925. Wednesday – 24th LAP SWIM, 6 to 8 a.m. and 11 a.m. to 1 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. BALLISTICS, 11 a.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. RIPPED, 5:15 p.m., Baker Field House, Eielson AFB, Call 377-1925. TABATA BOOTCAMP, 6:30 p.m., Baker Field House, Eielson AFB, Call 377-1925.	Friday – 26th LAP SWIM, 6 to 8 a.m. and 11 a.m. to 1 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. BALLISTICS, 11 a.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. TEEN BREAK, 7 to 10:40 p.m., Eielson Youth Center, Eielson AFB, Call 377-6336. Saturday – 27th LAP SWIM, 10 a.m. to noon, 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. PIYO, 9 a.m., Baker Field House, Eielson AFB, Call 377-1925. TABATA BOOTCAMP, 10 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. OPEN SWIM, 1 to 7 p.m., Pool inside Baker Field House, Eielson AFB, Call 377-1925. Sunday – 28th LAP SWIM, 10 a.m. to noon, 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. OPEN SWIM, 1 to 7 p.m., Pool inside Baker Field House, Eielson AFB, Call 377-1925.
Saturday – 20th LAP SWIM, 10 a.m. to noon, 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. PIYO, 9 a.m., Baker Field House, Eielson AFB, Call 377-1925. TABATA, 10 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. GIVE PARENTS A BREAK, 12:30 to 5:30 p.m., CDC, Eielson AFB, \$30/child, Call 377-3237. OPEN SWIM, 1 to 7 p.m., Pool inside Baker Field House, Eielson AFB, Call 377-1925. BEAUTY AND THE BEAST (PG), 7 p.m., Ernie Walker Theater, Eielson AFB, Call 377-2269.	Tuesday – 23rd SPIN, 5:30 a.m., Baker Field House, Eielson AFB, Call 377-1925. LAP SWIM, 6 to 8 a.m. and 11 a.m. to 1 p.m., Pool inside 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, 10:30 a.m., Baker Field House, Eielson AFB, Call 377-1925. LADIES BOOK CLUB, 5 p.m., Eielson Library, Eielson AFB, Call 377-3174.	Thursday – 25th SPIN, 5:30 a.m., Baker Field House, Eielson AFB, Call 377-1925 LAP SWIM, 6 to 8 a.m. and 11 a.m. to 1 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. STORYTIME, 10 to 11 a.m., Eielson Library, Eielson AFB, Call 377-3174. DEPLOYMENT BRIEFING, 1 to 2 p.m., Airman & Family Readiness Center, Eielson AFB, Call 377-2178. OPEN SWIM, 5 to 8 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. ZUMBA, 6:30 p.m., Baker Field House, Eielson AFB, Call 377-1925.	

BRIEF

FINANCE TIP

Did you know that when you are TDY and authorized a rental car, it has to be a compact car unless otherwise stated on your orders? Only the Approving Official can approve upgrades to rental cars.

NUTRITIONAL TIP

Keep seafood on hand. Canned seafood such as salmon, tuna or sardines are quick and easy to use. Canned white tuna is higher in omega-3s, but canned “light” tuna is lower in mercury.

WEEKLY KIDS SEWING CLASS

Join the Arts and Crafts Center Wednesdays from 10 a.m. to 11:30 a.m. and Saturdays from 1:30 p.m. to 3:30 p.m. for a kids sewing class! The cost is \$11 per person. Each class focuses on different projects gears toward different age groups. Three children at a minimum are needed to hold the class each week and basic sewing supplies will be provided. Call 377-4880 for more information.

FATHER’S DAY KIDS’ CRAFT

Make a Father’s Day card for the dads in your life. Personalize it by bringing in a photo or two of you! Cost \$5 per person. Saturday, June 3 from noon to 1 p.m. Contact 377- 4880 for more information.

FISHING CHARTERS IN VALDEZ

Join us for a Halibut or Slamon fishing excursion in the Prince William Sound and the Gulf of Alaska aboard the “Chinook” and “English Maiden”. Charters run April 15 – September 4. Call 377-1232 to register or for more information.

MEDICALGROUPOFFERSSLEEPENHANCEMENT 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.

STORYTIME AT THE LIBRARY

The Eielson library holds story time every Thursday from 10-11:00 a.m. for children 5 years old and younger. Come out and enjoy listening to themed story’s read by the Library staff or volunteers! Call 377-3174 for more information.

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

BBB warns of summer festival scammers

Staff Report

Alaska Marketplace Manager

The Better Business Bureau serving the Northwest warns consumers preparing for these exciting events to beware of festival fraud. Because these events draw in large crowds, scammers will often take advantage of consumers looking online and on social media for discounted deals. When consumers click the link, it takes them to a website with Instagram worthy photos to entice them into buying tickets. Better Business Bureaus across the nation have gotten reports of fake festivals, or festivals that promise way more than they deliver. Victims purchase tickets and show up at the time and location, only to find a crowd of frustrated ticket holders. The festival either never existed or fell far short of organizers’ promises. BBB suggests these tips on how to spot a festival fake-out:

Research the festival. Search online for the festival and make sure the name advertised matches the website. Scammers often use names that sound similar to real festivals. Also check BBB’s Scam Tracker, to see if reports have been filed about the event. Look for working contact information by checking the official website for a phone number, physical address and email address. Be wary of sites that rely on a contact form instead of offering a customer service phone number. Contact forms make it hard to reach someone from the company. Avoid too good to be true prices. There is no way a festival can offer tickets at extremely low prices without losing money. If the prices are much lower than elsewhere, it's likely a scam. Double check with other sources. If a music festival offers top entertainment, check out those bands’ actual touring schedule. See what other users or news outlets have said about the festival in the

past. Here’s what consumers can do: Pay with protection. Paying with a credit card offers consumers protection if scammed. The credit card company can help obtain a refund if the tickets are fake. Be wary of online sellers that ask to wire money and don’t accept credit cards. Look for secure sites. The website should begin with https (the "s" is for secure) and include a lock symbol on the address bar. Research seller before deciding to purchase tickets on other sites and make sure to research the seller. Secure, legal sites for second-hand purchases include StubHub.com, SeatGeek and BBB Accredited business Vivid Seats. These sites guarantee their consumers and sellers a secure transaction. For more information about festival scams, visit <https://www.bbb.org/festival/fraud>.

PUBLIC NOTICE

Seasonal Fire Hydrant Flushing

Beginning the week of May 22, Doyon Utilities will begin seasonal flushing of water mains on Fort Wainwright. The fire hydrants on post shall be opened and flushed to scour the pipes and refresh the water distribution systems to insure quality drinking water for our customers. We will be flushing daily between 10 a.m. to 2 p.m., Monday thru Friday for the period of May 22, until June 23. Customers may notice some intermittent discoloration in the water which is not harmful and shall clear up quickly during the flushing process. For questions and concerns regarding this schedule, or problems with water service that does not clear up, residents may call 455-1533.

MISSILE

Continued from page 1

The Echo Company ‘Hellcats’ of 5th Squadron, 1st Cavalry Regiment, 1SBCT “Arctic Wolves” executed invaluable training April 24 thru 26 at the Yukon Training area in their respective tank destroying vehicles. The training was prepared to give 1SBCT ATGM vehicle crews the opportunity to fire Tube-launched, Optically tracked, and Wire-guided missiles for the real-time experience. “We’re very fortunate right now that we have this many live TOW missiles thorough the ATGMs (vehicles) to be fired. Most units are lucky if they get one or two in a year,” stated Lt. Col. Michael West, 5-1 Cav. Battalion commander. “We have enough where each crew will be able to fire six, eight, ten of these thought out today and really hone their skills.” West states the importance of being able to put together this kind of high level training. “One of the key things we can do as a squadron is allow our troopers to go out there and actually fire the weapons systems they have,” West said. “That’s the type of thing this training does for us. It allows us to really get to the ground truth with questions like ‘What can our weapons systems do and how can we use them to fight?’ The ‘Hellcats’ were able to fire 78 TOW missiles to advance their skills. “We actually don’t get to fire live TOW missiles very much. I’ve been here three years and we’ve only gotten to fire live Tow missiles twice (before). So, knowing the trajectory of the missile and how it works will help everyone out,” said Sgt. Cole French, ‘Hellcat’ and ATGM vehicle gunner. In the end, readiness is the true purpose behind this training. This type of training ensures that we are ready to go, ensures that we are prepared to fight, ensures that we are ready to do the mission and win the nations wars, explained West.

O’KANE

Continued from page 1

welcome and we’re thankful to them for keeping us safe,” said Carl J. Uchytıl, City and Borough of Juneau Port Director, who was appointed by the Mayor of Juneau to head the city’s welcoming committee. The port call comes after O’Kane’s participation in the biennial multi organization training event called Exercise Northern Edge. The ship and its crew will be in town May 13-18. A contingent from the U.S. Pacific Fleet Band was also part of the port visit. The O’Kane, home ported in Pearl Harbor, Hawaii, is the first ship to visit Juneau since the namesake Austin-class amphibious transport dock ship USS Juneau (LPD 10) visited in 2008 before its decommissioning. “It’s been about 10 years since a Navy vessel has been here so there aren’t a lot of Sailors who have been here before,” said Cmdr. Colby W. Sherwood, commanding office , USS O’Kane, “It’s also a lot colder than we’re used to. Coming from Pearl Harbor, which is in the 80s or 90s (degrees), it’s colder here so it should be fun for them.” The ship anchored in the Gesteineau Channel directly off the shores of the city where it was greeted by local community and state representatives including Alaska State Gov. William Martin “Bill” Walker. “I hope the crew takes away the hospitality and warm reception that we always offer our visitors to Alaska,” Walker said. “I know they’ll experience that, but also I hope they’re here long enough to get the itch to come back. “A whole lot of our population that move to Alaska is because they come up here as part of being in the military, doing a tour of duty of some sort, and when it comes time to retire they go ‘Well you know Alaska, there is something special about Alaska,’ so I know they’ll have that experience while they’re here,” Walker said. Planning for the port visit began in the city a month prior to the ships arrival and involved various government, civic and business organizations who coordinated with command liaisons aboard O’Kane and Commander 3rd Fleet to ensure the ship received a

warm welcome. Local civic and business organizations including civic leaders, Navy League, the Rotary Club, the Lions Club, Chamber of Commerce, Veterans of Foreign Wars, American Legion, and others including tourism, travel, education, arts and business representatives were involved in coordinating various events for the crew’s participation. “We have Coast Guard ships that come to town quite frequently but I think having a gray hull added some excitement,” Uchytıl said. “Because we’re kind of a Coast Guard town, we want to treat all our military personnel well. The Coast Guard district commander is here in Juneau, so we assume that the Coast Guard and their ships are pretty well taken care of, but we wanted to make sure that they’re sister service, the Navy, feels welcome and that we appreciate their service.” Once ashore, the crew will have the opportunity to participate in various command sponsored volunteer opportunities and outings, explore Juneau’s tourist attractions and experience the cities food, culture and nightlife.

“This is actually the first real liberty port visit we’ve had,” Sherwood said. “We went underway about two months ago and about seven weeks of that has been spent conducting exercises. Out of the last seven and a half weeks we’ve been in port for four days. This is a great chance for the crew to get some liberty.” Not only will O’Kane’s Sailors have the opportunity to experience Juneau, they will bring a glimpse of the Navy, its mission, lifestyle and culture with them into the local community. “I hope that the local population of Juneau gets to learn a little about our Sailors and what they do, as well as, the diverse background they come from,” Sherwood said. ”We have Sailors from the Philippines, some from Africa and all across the United States, including Puerto Rico. So it’s a real diverse group of individuals.” “For my Sailors, I hope they get some fantastic seafood and I hope they make some memories that they cherish for a long, long time,” Sherwood added. “It’s neat for our Sailors to have an opportunity to show what we do, and what do for the people of Alaska, who don’t get to see the Navy very often.”

New incentives bundled into retention bonus program

David Vergun
Army News Service

Active-duty Soldiers have a two-week decision window from May 10 to May 23 to apply for the Selective Retention Bonus Program, which has some new sweeteners added as a way to entice those now on active duty to continue serving. For some Soldiers, re-enlistment during the two-week period will mean lump-sum bonuses -- extra money to spend over the summer months, perhaps. For others, depending on their military occupational specialty, it might be better to wait until the two-week window closes, said Sgt. Maj. Mark A. Thompson, who serves as the senior Army career counselor with Army G-1. WAIT, OR GRAB IT NOW? Human Resources Command released Military Personnel Message 17-153 "Selective Retention Bonus Program," May 10. The new message describes in detail the latest plans to encourage Soldiers to stay in the Army through the use of re-enlistment bonuses. According to the message, 22 MOSs will be removed from the SRB list, with the 11B infantryman, skill level one, being the largest group affected. Thompson said Soldiers serving in those 22 MOSs should take the bonus offed by the Army now, because after the two-week window closes, they will no longer be qualified to receive it. On the other hand, 35 MOSs have been added to the SRB list. However, those Soldiers will need to wait two weeks in order to take advantage of the bonuses, he said. The great news is that the \$13,000 "kicker" for Soldiers with a fiscal year 2017 expiration of term of service remains for all of the bonuses listed in the MILPER, he said, explaining that a kicker is money in addition to the bonus. For example, an 11B specialist who goes for the SRB within the two-week window would be eligible for both a Tier 3 bonus of \$3,000 for a three-year re-enlistment,

as well as a \$13,000 kicker. The \$16,000 would be delivered in a lump sum, or all at once, to the Soldier, Thompson said. Thompson urged eligible Soldiers to read the MILPER message to determine what changes affect them and to see their servicing career counselors as well, posthaste. OTHER ENHANCEMENTS Three important and improved developments have been added to the retention plan spelled out in the MILPER, Thompson said. First, the bonus chart has been formatted in a new way, he said. In past messages, there have been two tables. Now, there is just one. The change, he said, is designed to make it easier for Soldiers to understand what they may or may not be qualified for when it comes to incentives Second, there's a chance for Soldiers to get incentive pay for reclassifying into a critically-short MOS and going to a specific location, he said For example, say a Soldier is currently assigned to Fort Hood, Texas, as a 15B aircraft power plant repairer. He or she is airborne qualified but not in an airborne unit. That Soldier can receive incentive money to change MOSs and be assigned to an airborne unit, which most likely would be Fort Bragg, North Carolina, but could also be Fort Carson, Colorado, or a couple of other locations, Thompson said. That Soldier would get the incentive money once he or she graduates from advanced individual training and is assigned to an airborne position, he said. The third improvement is that all Soldiers who re-enlist will see an increase in the amount of stabilization, Thompson said. Previously, Soldiers re-enlisting for at least three years would get 12 months' stabilization. Under the new policy, any Soldier with an FY17 ETS can re-enlist and get up to 36 months stabilization, depending on how many years they re-enlist. Thompson said that Soldiers and families around the force have told the sergeant major of the Army that increased stabilization is something they wanted.



Sgt. Audrey L. Santana re-enlists April 21, on the steps of the Lincoln Memorial. Many Soldiers who re-enlist this year are eligible for considerable bonuses spelled out in a MILPER message released May 10. (Photo by Sgt. Jose A. Torres Jr., U.S. Army)

GOOD NEWS FOR THOSE NOT SRB ELIGIBLE	
Active-duty Soldiers not eligible for an SRB can still get something from the FY17 ETS fund, Thompson said, listing the amounts:	
	\$10,000 for a three-year re-enlistment
	\$15,000 for a four-year re-enlistment
	\$20,000 for a five-year re-enlistmen
	\$25,000 for a six-year re-enlistment
	\$5,000 for a 12- to 22-month extension
	\$7,500 for a 23-month extension

Thompson explained that the ETS fund is something that has never been done before. The genesis of the ETS fund came out of the National Defense Authorization Act of 2017, signed Dec. 27, which mandated an end-strength increase of the active component of the Army to 476,000, which is an increase of 16,000 Soldiers. The ETS fund is designed to retain more Soldiers to get to that increase by the end of FY17, he said. Increased accessions is the other spigot to get to that number. Thompson said bonuses, incentives and other details spelled out in the MILPER boil down to shaping a ready force with the right skills in the right locations at the right time.

BIKING

Continued from page 2

isn’t the only precaution bicyclists should take when riding. Before hitting the road on your bike, keep in mind the following safety tips from the National Highway Traffic Safety Association. See and be seen. No matter the time of day, you need to be seen by others. Wearing white has not been shown to make you more visible. Rather, always wear neon, fluorescent or other bright colors when riding day or night. Also wear something that reflects light, such as reflective tape or markings, or flashing lights. Remember, just because you can see a driver doesn’t mean the driver can see you. Go with the flow. Ride on the right in the same direction as other vehicles. Go with the traffic flow — not against it. Obey all traffic laws. A bicycle is a vehicle and you’re the driver. When you ride in the street, obey all traffic signs, signals and lane markings. Yield to traffic when appropriate. Almost always, riders on a smaller road must yield for traffic on a major or larger road. If there is no stop sign or traffic signal and you are coming from a smaller roadway (out of a driveway, from a sidewalk, a bike path, etc.), you must slow down and look to see if the way is clear before proceeding. This also means yielding to pedestrians who have already

entered a crosswalk. Be predictable. Ride in a straight line, not in and out of cars. Signal your moves to others. Stay alert at all times. Use your eyes and ears. Watch out for potholes, cracks, wet leaves, storm grates, railroad tracks or anything that could make you lose control of your bike. You need your ears to hear traffic and avoid dangerous situations, so don’t wear ear buds or headphones when you ride. Look before turning. When turning left or right, always look behind you for a break in traffic and then signal well before making the turn. Watch for left- or right-turning traffic. Watch for parked cars. Ride far enough out from the curb to avoid the unexpected from parked vehicles such as doors opening or cars pulling out. According to Army Regulation 385-10, when bicycling on Department of Defense installation roadways during hours of darkness or reduced visibility, bicycles will be equipped with operable head and taillights, and the bicyclist will wear a reflectiv upper outer garment. For more information about bicycle helmets and state laws, visit the Bicycle Helmet Safety Institute website at <http://www.helmets.org/index.htm>