

ALASKA POST

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The Interior Military News Connection

FREE



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Fort Wainwright, Alaska

May 18, 2018

Annual Fort Wainwright Safety Day Get out and play

Greg Sanches
Fort Wainwright Installation Safety Office

Spring is here and summer is just around the corner. Alaska's long summer days provide you more than ample time to get out and enjoy what Alaska has to offer. Spending your summer exploring this great land can be very rewarding. Memories you gather with family and friends will last forever. Whether it's fishing, hiking, camping, backpacking, boating, riding ATVs, or just a good BBQ with friends and family, it's a great time of the year, albeit short.

The Safety Day in the parking lot has grown from a single tent, or stand in front of the Exchange, to taking up almost all of the parking

See SAFETY on page 3



9th Annual Fort Wainwright Safety Day, held in the post Commissary parking lot, May 22 from, 11 a.m. to 3 p.m. (Photo courtesy, Fort Wainwright Installation Safety Office)

Mental Health Awareness Month

Capt. Darnell Durrah
1st Stryker Brigade Combat Team, 25th Infantry Division Behavioral Health Officer

Mental Health is essential to everyone's overall health and well-being, and mental illnesses are common and treatable. So much of what we do physically affects us mentally. Therefore, it is important to pay attention to both your physical health and your mental health, which can help you achieve overall wellness and set you on a path to recovery.

This May is Mental Health Awareness Month. As a result, 1-25th SBCT Embedded Behavioral Health Team is raising awareness about the connection between physical health and mental health, through the theme

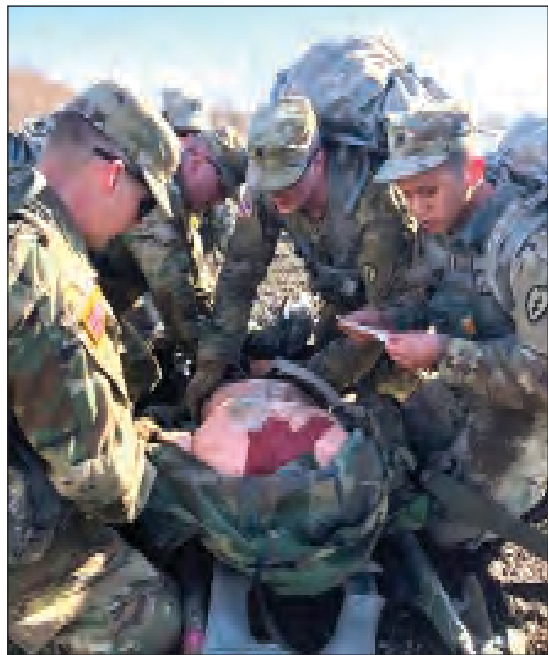


Fitness #4Mind4Body.

The goal of this campaign is to educate and inform individuals about how eating healthy foods, gut health,

See AWARENESS on page 3

Automatic Battalion gets after America's Big 6



Soldiers of Alpha Battery, 2nd Battalion 8th Field Artillery Regiment, 1st Stryker Brigade Combat Team evaluate a casualty as part of the medical lane in the Top Gun and Top FDC Competition. (Photo courtesy, 1st Stryker Brigade, Combat Team, 25th Infantry Division)

1st Lt. Colin Catts
2nd Battalion, 8th Field Artillery Regiment, 1st Stryker Brigade Combat Team, 25th Infantry Division

The 2nd Battalion, 8th Field Artillery Regiment, "Automatic" got after America's Big 6 during a two day Top Gun competition in April 2018. America's Big 6, representing the Soldier competencies and skills required to operate in uncertain environments, serve as the benchmark of excellence for 1st Stryker Brigade Soldiers.

The Automatic Battalions' intense, two-day Top Gun competition

See COMPETITION on page 7

WEEKEND WEATHER

Friday



Partly cloudy with a high of 57 degrees and a low of 43.

Saturday



Partly cloudy with a high of 62 and a low of 46 degrees.

Sunday



Mostly sunny with a high of 63 degrees and a low of 43.

New Hourly Care Facility opens



Tuesday, May 1, U.S. Army Garrison Alaska Commander Col. Sean Fisher (right), Director of Family, Morale Welfare and Recreation, Allison Long (middle) and Child and Youth Services Facility Director, Betsy Sanborn cut the ribbon at the grand opening for the new Soldier Family Assistance Center Hourly Care Center. The center, located at 3414 Rhineland Avenue, will have a total of 12 openings for children, six weeks to 12 years of age and is open for reservations from 8 a.m. to noon and 1 to 5 p.m., Monday through Friday, except federal holidays. Call 353-7713 for your scheduling needs. (Photo courtesy, Fort Wainwright, Child and Youth Services)

Dani O'Donnell
Fort Wainwright Public Affairs

In case you were not aware, Family and Morale, Welfare and Recreation's Child and Youth Services has a new hourly care facility on Fort Wainwright which is now open. This new facility is the sole provider for hourly care on the installation, if child care was previously received at Child Development Center one, those patrons will now be utilizing the new Solider Family Assistance Center Hourly Care Center, located in building 3414, Rhineland Avenue.

The SFAC Hourly Care Center is open for reservations from 8 a.m. to noon and again 1 to 5 p.m. Monday through Friday, except federal holidays. This facility, like all Fort

Wainwright CYS services is there to provide excellent childcare services, curriculum, and developmental activities for the children.

Additionally, the hourly care center includes a morning and afternoon snack for the children. There are 12 openings available at the center and reservations can be scheduled up to two weeks in advance with a cost of \$4 per hour for all registered CYS patrons.

The center can accommodate children from six weeks of age, to twelve years old. If your child is not registered with CYS or for reservations contact Parent Central Services at 353-7713 or 7826 and at Fort Greely call 873-4599.

SFAC hourly Care Center has two exceptionally qualified staff

See CARE on page 3

Tell us what you think about the Installation!

Tell us how we can improve community health, wellness, readiness & resiliency.

The Community Strengths and Themes Assessment is designed to provide a voice for community members to tell us what matters most to you and your quality of life!

USARAK Community Strengths and Themes Assessment 2018
Take the survey today! The survey is extended until June 1, 2018
<https://usaphcapps.amedd.army.mil/Survey/se.ashx?s=251137455DDCC5A4>

Select USARPAC in the ACOM/ASCC/DRU/Other Drop Down Box

Responses are anonymous; data will be kept private & confidential and is housed on a protected, secure server. This assessment is part of Army Public Health practice and is not intended as scientific research.

USARAK Health Promotions (907) 384-2760

U.S. Army Alaska Community Strengths and Themes Assessment 2018

The Community Strengths and Themes Assessment is designed to provide a voice for community members to tell us what matters most to you and your quality of life. How can we improve community health, wellness, readiness and resiliency? Responses are anonymous; data will be kept private and confidential and is housed on a protected, secure server. This assessment is part of Army Public Health practice and is not intended as scientific research.

<https://usaphcapps.amedd.army.mil/Survey/se.ashx?s=251137455DDCC5A4>

Nutrition Corner: The Alkaline Diet: Fact or Fiction?

Brandy Ostanik
Medical Department Activity – Alaska, Public Affairs

The diet industry is forever introducing new gimmicks that promise weight loss or enhanced performance capability. One of the latest is called the Alkaline Diet which promotes the intake of “alkaline water” based on the principle that eating acidic food or drink could potentially irritate and inflame the body.

Alkalinity claims it can help the body maintain the proper PH balance in the body by omitting or diluting acidity. What is alkaline water? It is produced through a scientific process known as electrolysis which leaves only the positively charged minerals, also known as alkaline minerals, potassium, magnesium, calcium and sodium in the water. The negatively charged minerals,

or acidic minerals, are removed, thereby leaving the water alkaline.

Health claims associated with alkaline water and foods state that more positive ions in the body will help you lose a pound a week, relieve indigestion, look younger and even cure cancer. What does the science have to say about it?

The Alkaline Diet promises relief of stomach acid and associated pain of indigestion that some people experience following a meal. The regular pH in the body is in between 7.3 to 7.5, which is a good balance between both acid and base. The stomach can go down to 1 or 2 pH which is very acidic to assist with digestion of food.

A study reviewed the outcomes between two groups, one drinking regular tap water and the other drinking alkaline water (pH of 8.8). The alkaline water did reduce the stomach acid in the intervention group, but did not

significantly improve any associated symptoms such as pain associated with indigestion or GERD.

Another study looked at heart health and if alkaline water can help prevent the development of fat inside arteries. They selected 18 women above the age of 55 for a two month period. First they were given mineral water to drink to determine their baseline heart health, and then the alkaline water to drink for the second month to see if it had an effect. The results showed a small reduction in fat in the blood, which means it could potentially help the heart. However, this was only one study on older women and more research would be needed to confirm findings. For now, think twice before spending your money on the Alkaline Diet.

Featured Recipe (it is pretty acidic)
Prep Time: 10 minutes

SPICY AVOCADO SNACK

Ingredients:

- 1 cup ripe avocado, halved and pitted
- ½ lemon juice
- 2 tablespoons hot sauce (such as Valentina) or to taste
- 2 pinches kosher salt

Directions:

Slice the meat of each avocado half 3 or 4 times in one direction, turn avocado and slice 3 or 4 more slices perpendicular to the first slices creating 8 to 12 small cubes still attached to the peel.

Drizzle lemon juice over each avocado and top with kosher salt. Drizzle hot sauce over each. Eat with a fork or spoon.

MEDDAC Minute

Brandy Ostanik
Medical Department Activity – Alaska, Public Affairs

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
Referral Center: 361-1810
Tricare On-Line: www.tricareonline.com
Health Net Federal Services: www.tricare-west.com, or call 1-844-866-9378.

PERFORMANCE TRIAD TIP

Get moving. Aim for 150 minutes of moderate exercise and 75 minutes of vigorous exercise per week. 80 percent of adult Americans do not get the minimum of 150 minutes of moderate exercise. Set goals to meet your targets. Moving a little each hour, about 10 minutes, adds up quickly and will keep your energy up and your mind focused all day.

EYE HEALTH

Bassett ACH Optometry Clinic provides services to retirees and dependents. Anyone over the age of three is encouraged to schedule a comprehensive eye exam once a year for optimal eye health. To book an appointment, or for questions, call 361-5212.

TRICARE PHARMACY

Tricare Online now offers an enhanced Prescription Refill service. Eligible beneficiaries, who receive care at a military hospital or clinic, can access all active prescriptions with status information and receive email and text notifications for refill requests. Visit TOL Prescription Refill at www.tricareonline.com.

TRICARE ONLINE REMINDERS

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

SAVE A TRIP TO THE ER

Not sure if you need to come into the emergency room or make an appointment? Beneficiaries can all our Nurse Advice Line to talk to a registered nurse 24 hours a day, seven days a week for advice about immediate health care needs. Call 1-800-TRICARE (874-2273.)

TOBACCO CESSATION

Ready to quit tobacco? Let our tobacco cessation educators assist you. Classes are offered weekly at Preventive Medicine, in building 4077, for beneficiaries. Upcoming classes include May 19 and May 22, from 9 to 11 a.m. To register, or for more information on class content and future dates, call 361-4148.

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.

NEW SERVICE

Did you know you can see a specialist right here at Bassett urinary incontinence, overactive bladder, pelvic organ prolapse and fecal incontinence WITHOUT a referral from your PCM? Call 361-4000, option 4, option 1, option 1 to request an appointment with Dr. Christa Lewis.

Symptoms -

1. Stress Urinary Incontinence: leakage of urine with cough/laugh/sneeze/exercise
2. Overactive Bladder: urinary urgency, frequency, urgency incontinence; not being able to make it to the restroom in time
3. Pelvic Organ Prolapse: vaginal bulge/pressure/feeling like sitting on a ball. Noticing vaginal tissue at or beyond the vaginal opening
4. Fecal Incontinence: leakage of stool

FAMILY FUN RUN

Join us for a family friendly 5K run/walk, starting at 10 a.m., on June 16 at Bassett Army Community Hospital to celebrate Men’s Health Month. With food trucks, giveaways and bounce house; it’s sure to be a hit with the entire family. Race day registration begins at 9 a.m., or register online at <https://runsignup.com/Race/AK/FortWainwright/MensHealth5K>.

Weekly Financial Tips: Garage/Yard Sales

Ryki Carlson
Survivor Outreach Services Support Coordinator

As the weather warms up it’s the perfect time to find a bargain. Here are some tips to help you plan your next garage/yard sale trip.

Know what you want and the going price.

Having an end goal in mind will help you stay on track and save you money. Research the fair price for the items you are interested in buying; check out craigslist or eBay to get a good idea of pricing.

Plan your route. This will help you manage time, gas and money. Here are some apps (which you can download from google play or the Apple App store) to help you find them in your area:

Glickin Garage Sales – It is a simple Android designed application with a clear menu with only three functions: Find Sales, Post Sale, and Quick Post. Sales are sorted by distance from your current location and include a description, general items, and hours.

Varagesale – This app is a fast way of buying or selling goods using a local classified base. The items are divided into groups: clothes, furniture, shoes, home décor, baby items, sports gear, etc. Members of the app are connected with Facebook so you can see real names, photos, and read reviews before deciding to meet someone for a transaction.

OfferUp – This app posts things quickly and has an image-heavy browsing style. You can find the best options available locally in just a few minutes, since this app makes things simple and gives you access to a great selection of options.

Yard Sale Treasure Map – This is a fantastic app for anyone who wants to find garage sales nearby and sell their own second hand items. You can post a sale in only a couple of minutes, create a sale route and sync it with all your devices, and share with friends.

Yard Sign GPS – This is a practical app to search for items that are really close to you. The information is organized in categories.

Wish Local – Buy & Sell – This

app lets you discover fantastic deals on second hand items. It’s a simple, safe and reliable way to connect with buyers and sellers near you.

Wallapop – This is a virtual flea market to find great deals near you.

Consider shopping at various destinations. Visit church rummage, base, and neighborhood sales. These sales offer you various options in a close proximity. Often these have lower prices as well, since there is both competition and a serious goal to clean out closets.

Limit your cash on-hand. This will help you stay within your budget and motivate you to purchase only those items you want or need. Ensure this cash is in small bills since most people at garage sales won’t be able to change larger bills.

Negotiate. Bargaining can be intimidating and risky, but show good manners. If you’re like me, you hate to haggle. However, negotiation doesn’t have to be an unpleasant process. By utilizing a handful of simple tactics, you may be able to score a cheaper price.

Look Poor. Don’t show up to a garage sale looking unkempt and disheveled, but don’t wear your best clothes and shoes either. Many sellers will not budge on price if you look like you can afford more than what they’re asking. Make a point to bring small bills so you won’t have to feel awkward presenting a \$50 when you just haggled to get the price down to \$5.

Form a Relationship. Don’t just mill around – find the seller and strike up a conversation. Ask him or her about the pieces you’re interested in, and where and when they were acquired. Forming a humanizing connection can make acquiring a deal easier.

Start a Collection. Instead of inquiring about items piece by piece, start a small collection and ask how much for all of them. Sellers love to move items in bulk, so you may end up getting a great deal by buying multiple items, rather than single pieces.

Be Willing to Walk Away. If the seller is asking \$50 for an item, don’t offer \$5. Being unrealistic will just sour the whole deal. Instead, offer a reasonable amount, such as \$30, and negotiate from there. If the seller still won’t budge, start putting things back – this may cause him or her to reconsider. If not, walk away.

Spouse to Spouse Corner

Dani O’Donnell
Fort Wainwright Public Affairs

Are you interested in finding more information about resources on Fort Wainwright or in the surrounding area, then email usarmy.wainwright.imcom-pacific.list.pao@mail.mil, Attn: Dear Dana in the subject line.

We would love to hear from you, and remember all email participants will receive an extra door prize ticket at the next Spouse to Spouse event May 10, at the North Haven Community Center at 4268 Neely Road from 9:30 to 11:30 a.m.



Fort Wainwright Police: 353-7535

ALASKA POST

The Interior Military News Connection

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History Snapshot: Mount McKinley U.S. Army Recreation Camp

L. Amber Phillippe
Fort Wainwright Landscape
Historian

From April 10, 1942 until March 1, 1945 Denali National Park was converted into the Mount McKinley U.S. Army Recreation Camp. It was created as a joint endeavor by the National Park Service and the U.S. Army to serve as a place for troops to rest and recuperate after duty in the Aleutians and other Alaskan. It also benefited the National Park Service whose visitation number had been, unsurprisingly, dropping off during the war. By welcoming troops to the park, unused buildings and infrastructure could be utilized and maintained. This venture, and others like it, were immensely popular.

At Denali, the Mount McKinley Hotel was utilized as the jumping off point for a variety of recreational activities including skiing, skating, tobogganing, and dog mushing in the winter and hiking, camping, swimming, and fishing in the summer. The hotel itself also offered many appealing amenities. There was a movie theater, a barber shop, a recreation room with ping-pong, billiards, and room for dancing, and a library. As stated by an enlisted man in a “Special Service Bulletin” put out by the soldiers at the recreation camp, “The glass enclosed



(Image courtesy of Levi Ballard)

lobby is strictly Fifth Avenue. It is beautifully designed, with modern furniture, big, thick rugs, comfortable easy chairs, oil paintings, shining chrome, and a hotel desk of Ritz Carlton caliber...The game room is a knockout. It is one of the most completely equipped you ever saw. And

the bedrooms will really slay you. Each has brand new twin beds and inner spring mattresses.”

If you have any stories or photographs to share with the Cultural Resources Management program please call, (907) 361-9329 or email laurel.a.phillippe.ctr@mail.mil.

SAFETY

Continued from page 1

lot in front of the commissary over these last ten years.

Last year the event had more than 2,500 visitors, Soldiers and Families, and civilian employees on Fort Wainwright.

The idea for the program came about because the people at the Installation Safety Office wanted to give the Fort Wainwright community a place to find out what they can do in the interior of Alaska during the long days of summer, and how to do it safely.

We have multiple organizations who will be providing outdoor recreation and safety info as well as health and education organizations to help keep you healthy all summer long.

But no matter what your plans are; there are always hazards and risks associated with each activity, and many safety issues are unique to Alaska.

To make sure your summer is memorable for all the right reasons, you need to know what kinds of activities are available and understand how to reduce risks.

If you are new to Alaska, trying to navigate what there is to do and how to do it safely, can be a little daunting and confusing.

Are you asking yourself, “Where do I go for answers? Who can I call? What is really out there to do?” No worries, the Fort Wainwright Installation Safety Office has you covered. Come out to our 9th Annual Fort Wainwright Safety Day, held on the Fort Wainwright Commissary parking lot, May 22 from, 11 a.m. to 3 p.m.

There will be representatives from all over Alaska present to talk to you and your family about living, exploring and enjoying this great state, safely.

Here are just a few examples of what will be there: Live music by the 9th Army Band. K9 Working Dog demonstrations. Directorate of Emergency will have emergency vehicles on display. Earthquake simulator trailer on behalf of Alaska Homeland Security and Emergency Management. Family Readiness Groups will be providing food sales. The Education Center will be hosting an education fair.

For the kids, Sparky the Fire Dog and McGruff the Crime Fighting dog will be here, with a great opportunity for the kids to get a picture taken by mom or dad. Also a bouncy house and balloons.

This is a community event, with the goal to educate and make Fort Wainwright community members aware of all the wonderful opportunities there are to go out and enjoy the superb summers here in Alaska. Sparking that explorer in all of us; come out, enjoy, and learn to do it safely.

This is not an open post event, but open to anyone who has access to Fort Wainwright.

We hope to see everyone at the 9th Annual Fort Wainwright Safety Day.

AWARENESS

Continued from page 1

managing stress, exercising and getting enough sleep can go a long way in making you healthy all around.

The theme for Mental Health Awareness Month echoes that of the Army’s Performance Triad goals, which focuses on providing Soldiers with the tools and knowledge to achieve high levels of performance as a Professional Soldier Athlete. In fact, the Army Surgeon General, Lt. General Nadja West stated, “Knowing how to eat properly, getting enough sleep and understanding the importance of activity are important when it comes to prevention and treatment. These are lifelong skills that you need to know in order to take care of yourself.”

In addition to Mental Health Awareness Month, 1SBCT Community Health Personnel Readiness Work Group has been supporting U.S. Army Alaska’s Value of Life mindset this month. In fact on May 3 and 4, SSgt. Jacob Hsu, USARAK Suicide Prevention Program manager, provided Ask,

CARE

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members with over 30 years of Early Childhood Education between them. The Supervisory Program Specialist at the center is Manuela Ross who oversees the daily operations of the program and has 22 years of experience with young children. The center is also Department of Defense certified and accredited by the National Association for the Educating of Young Children, as are all the CDCs on Fort Wainwright.

Perhaps after reading the information above you are now intrigued by early childhood education and took a mental note on how the CYS program has great facilities on both Fort Wainwright and Fort Greely. If you are looking for a new career or just starting out you should know CYS is looking to add to their exceptional team and has various openings available.

In fact they will invest their

time and money into their employees to maintain their standards of excellence, these positions are entry, skill, and target levels.

As a CYS employee you will receive the following:

20 percent off your childcare fees.

Retirement benefits (dependent upon the position).

Earn college credits with the University of Alaska Fairbanks in Early Childhood Education

CPR certification

Course modules for continuing education

Potential for pay increase after course completion

If you are in need of guidance when it comes to crafting the perfect resume, the Army Community Service office can assist you. They are equipped with an Employment Readiness program manager who can be reached at 353-4337 to support you through your resume process, do not hesitate to apply with these great opportunities awaiting you, check out USAjobs.gov for all position openings on Fort Wainwright and Fort Greely.

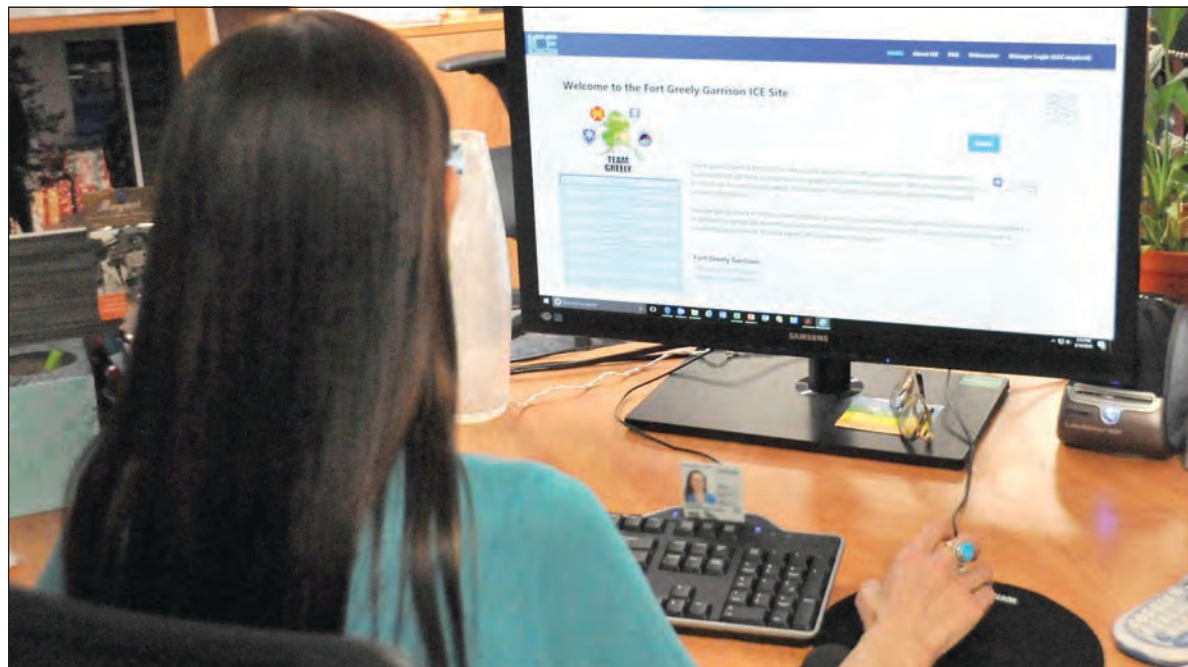


**Military
Crisis Line**
1-800-273-8255 PRESS 1

ESTATE NOTICE

Anyone having claims against or who is indebted to the estate of Pfc. Ruben Gonzalez, Alpha Troop, 5th Squadron, 1st Cavalry Regiment, 1st Stryker Brigade Combat Team, 25th Infantry Division may contact Capt. Coty Calvin, Summary Court Marshal officer, 5-1 CAV, 1-25th SBCT, Fort Wainwright, Alaska 99703. Contact by phone, at (765) 438-5824, or email, at coty.s.calvin.mil@mail.mil.

Interactive Customer Evaluation System currently available to .mil users only



US Army Garrison Fort Greely Budget Analyst Nadine Hoague navigates Fort Greely's ICE system May 11. Currently users must have .mil access to provide input. (Photo by Chris Maestras, Fort Greely Public Affairs)

Chris Maestras
Fort Greely Public Affairs

May 11 marked the 49th calendar day for the Interactive Customer Evaluation system to be available to .mil email users only – customers using ICE on a non .mil device or computer will not have access. This is currently happening globally within ICE and has been ongoing since Mar. 27.

The Defense Information System Agency's intent is to eventually restore the previous level of access, so that all customers can once again provide feedback via ICE as necessary.

According to U.S. Army Garrison Fort Greely Management Analyst, Marsha Renaud, "DoD ICE is keenly aware of this situation, and they are engaged with DISA daily to get this rectified soonest. We encourage all ICE managers to use hard copy comment cards until the problem is rectified."

To submit a hard copy, customers can provide comment cards to any U.S. Army Garrison Fort Greely Directorate, or they can submit comments to the Plans, Analysis and Integration Office at 873-7335 for submission into the ICE system.

Championship Tournaments at the Physical Fitness Center

Dani O'Donnell
Fort Wainwright Public Affairs

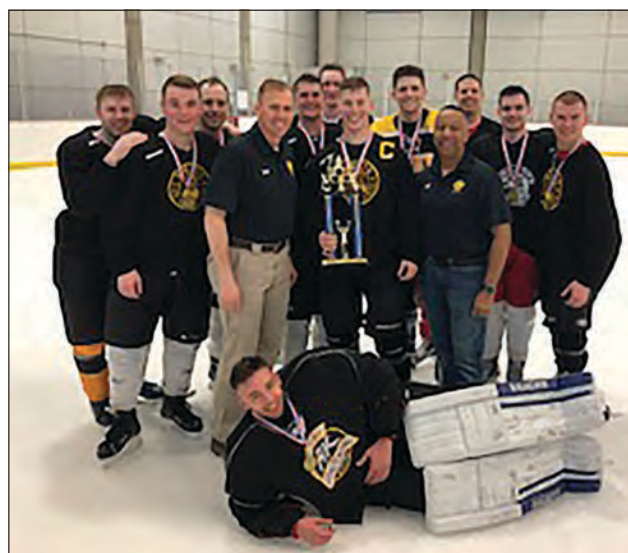
On May 10, the Fort Wainwright MWR Intramural Sports program concluded two major sporting events of ice hockey and volleyball through their championship tournament at the Physical Fitness Center. The hockey

teams in the tournament were the 2nd Battalion, 8th Field Artillery Regiment verse the Good Guys. During the final period 2/8 FA was down 3-1 with 8 minutes remaining in the game.

They scored 3 unanswered goals in the final 8 minutes to win the championship 4-3. Eric Souders, Dylan Latham all scored one goal each for 2/8 FA. Jalu Brown scored 2 goals for 2/8 FA. Cyle King, Cole Steele, and Richard Hutson

scored one goal each for The Good Guys. The U.S. Army Alaska Soldiers won against the local team of veterans, retirees, dependents and a one 'good girl', Joann Utterback with a final score of 5-4.

The volley ball tournament had teams playing against each other from both Fort Greely and Fort Wainwright. Team Greely had Soldiers and dependents. While Team AT was comprised of an entire Family, with a mix of Soldiers, dependents and a DoD civilian member who are all stationed here at Fort Wainwright. Team Greely was on a winning streak and in order for Team AT to win the championship they would have to beat Team Greely twice. Team AT won the first match 25-23 and 25-21. The next match was for the championship and Team AT prevailed, winning



On May 10, the Fort Wainwright MWR Intramural Sports Program, held their championship ice hockey tournament at the Physical Fitness Center. The hockey teams in the tournament were the 2nd Battalion, 8th Field Artillery Regiment verse the Good Guys. The U.S. Army Alaska Soldiers won against the local team of veterans, retirees, dependents with a final score of 5-4. (Photo by Dani O'Donnell, Fort Wainwright Public Affairs)



On May 10, the Fort Wainwright MWR Intramural Sports Program, held their championship volleyball tournament at the Physical Fitness Center. Both teams played hard and with the scores being close throughout the tournament games, the final winner was Team AT holding the blue 1st place trophy followed by Runner up Team Fort Greely holding the red trophy, pictured with the United States Army Garrison Alaska commander, Col. Sean Fisher, and command sergeant major, Command Sgt. Maj. Juan Cornett. (Photo by Dani O'Donnell, Fort Wainwright Public Affairs)

25-23 and 25-19. The team dedicated the win to AT Aoelua, the team captain and coach, who was away for the funeral of his grandmother during the tournament.

The Sports, Fitness and Aquatics program offers running/sports events each year including 5ks, 10ks, half/full marathons, lazy man triathlons, and other special events. There is a wide variety of athletic programs through the Intramural Sports Program, in basketball, softball, flag football, volleyball and ice hockey. Intramural sport leagues & tournaments are open to the entire community and occur throughout the year. If you are interested in learning more contact the Physical Fitness Center at, 353-7274. Other sports on the installation include golf at the Chena Bend Golf Course and Bowling at the Nugget Lanes bowling center at www.wainwrightmwr.com.



From left to right: Police chief for the North Pole Police Department, Steve Dutra; Fort Wainwright garrison command sergeant major, Command Sgt. Maj. Juan Cornett; Department of Public Safety commissioner, Walt Monegan; Ester Volunteer Fire Department chief, Tori Clyde; City of North Pole mayor, Mayor Bryce Ward; North Pole police officer, Phil McBroom; stand during the playing of Taps May 1, at the 2nd Annual Memorial Ceremony to honor the men and women who have paid the ultimate sacrifice in service to their country, state and community. (Photo by Daniel Nelson, Fort Wainwright Public Affairs)



From left to right: Police chief for the North Pole Police Department, Steve Dutra; Fort Wainwright garrison command sergeant major, Command Sgt. Maj. Juan Cornett; Department of Public Safety commissioner, Walt Monegan; Ester Volunteer Fire Department chief, Tori Clyde; City of North Pole mayor, Mayor Bryce Ward; North Pole police officer, Phil McBroom; stand during the playing of Taps May 1, at the 2nd Annual Memorial Ceremony to honor the men and women who have paid the ultimate sacrifice in service to their country, state and community. (Photo by Daniel Nelson, Fort Wainwright Public Affairs)

NORTH HAVEN OFFERS BLUESTAR SCHOLARSHIPS

Are you a high school senior who plans to pursue your education in the 2018-2019 academic year?
Are you a North Haven Communities resident? If you answered "yes" to both questions, then you may be eligible to apply for the BlueStar Scholarships offered by NHC's managing partner, Lendlease, through its Lendlease (US) Community Fund. The Lendlease (US) Community Fund established the BlueStar Scholarships to provide college scholarships to dependent children of active-duty military members who are high school seniors residing in a Lendlease privatized community. Recipients will be selected based on financial need, community service, leadership and extracurricular activities.
The 2018 BlueStar Scholarships program is open, and applications are being accepted from all eligible students through May 31, 2018. Log on to <https://fw.nhcalaska.com/bluestar-scholarship> for more information and to download the application.

FIRST DAY SPECIAL SAVINGS FOR MILITARY WITH NEW MILITARY STAR ACCOUNT

From May 18 through 31, shoppers will receive the extra savings on first-day purchases at any Army & Air Force, Navy, Marine Corp or Coast Guard exchange facility; online at www.shopmyexchange.com; www.mynavyexchange.com, and www.shopcgx.com or at the commissary, and receive a 15 percent discount instead of the 10 percent discount that is regularly offered.
"Customers who shop with MILITARY STAR know that it offers the most value to exchange and commissary shoppers," said Air Force Chief Master Sgt. Luis Reyes, the Exchange's senior enlisted advisor. "The card's exclusive benefits, promotions and special discounts like this really help service members and their families get the biggest bang for their buck."

VETERANS CAN SHOP ONLINE EXCHANGE

The Exchange, the Department of Defense's oldest and largest military retailer opens to all honorably discharged Veterans of all United States Armed Forces: Air Force, Army, Navy, Marines and Coast Guard as well as the Air Force Reserve,

Army Reserve, Navy Reserve, Marine Corps Reserve, Coast Guard Reserve and National Guard with a lifelong, online military exchange shopping benefit. Find out more, at <https://www.shopmyexchange.com/veterans>.

SEASONAL FIRE HYDRANT FLUSHING

Beginning the week of May 21, Doyon Utilities will begin the seasonal flushing of water mains on Fort Wainwright. Fire hydrants on post will be opened and flushed to scour the pipes and refresh the water distribution systems, insuring quality drinking water for our customers.
Flushing will occur daily between 10 a.m. and 2 p.m., Monday thru Friday, from May 22 until June 29. Customers may notice some intermittent discoloration in the water which is not harmful and should clear up quickly during the flushing process.
If you have any questions regarding this schedule or problems with the water service that doesn't clear up, call 455-1571. Doyon Utilities would like feedback on its performance of utility-related services. Take a moment to tell us about your experience with Doyon Utilities by completing the Customer Outreach Survey found at <http://doyonutilities.com>.

Fort Wainwright Family & MWR

Weekly Events

May 18 – 25

18 Cosmic Bowling

May 18 and 19
9 p.m. to Midnight

Stylish Cosmic Bowling is a non-stop high-fiving, total sensory overload, unforgettable night. Stop by the Lanes every Friday and Saturday night and get in on the action.
Nugget Lanes Bowling Center, building 3702
Call 353-2654, reservations recommended

19 Strong B.A.N.D.S. Deadlift Party

May 19
2 p.m.

Another friendly competition during Strong BANDS month for individuals to test their strength. Come prepared to compete within your division, then enjoy a grilling after party with hamburgers and hot dogs for sale (free food for participants), generously provided by B.O.S.S.
Melaven Fitness Center, building 3452. Call 353-1994

20 Chena Bend Clubhouse Driving Range

May 20
Open 24 hours a day

Alaska's summers offer 24 hours of continuous daylight—perfect for the avid golfer. And now that the Chena Bend Clubhouse and Golf Course offers an automated ball distributor at its Driving Range, you can practice your swing any time of the day or night!
Chena Bend Clubhouse and Golf Course, building 2090
Call 353-6223

23 Volunteer Training

May 23
1 to 2 p.m.

The Volunteer Management System can be a bit daunting, but don't let that stop you from being the best volunteer you can be! This training guides potential and current volunteers through the entire volunteer process, from searching to the VMIS system.
Army Community Service, building 3401
Call 353-4337, registration required

25 B.O.S.S. S.A.D.D. Free Ride Home Program

May 25 through 27
11 p.m. to 3 a.m.

After a night of fun, do the responsible thing and don't drive while intoxicated. The B.O.S.S. S.A.D.D. Program is here to make sure that all Active Duty Soldiers and Airmen as well as their dependents arrive home safely. Call for a ride home — it's free and completely confidential.
B.O.S.S. Call 353-4145

Summer
CONCERT

USAG ALASKA • FORT WAINWRIGHT

June.1.2018
5-9 pm

Kellie Pickler

WAKA FLOCKA

HOSTED BY COMEDIAN
★ RONNIE JORDAN ★

Chena Bend Clubhouse & Golf Course

FREE ADMISSION

Fairbanks Nissan

MAC

SUBWAY

NORTH ALASKA COMMUNITY COLLEGE

the Odom Corporation

COOL LIGHT

ARMY

Entertainment

WWW.WAINWRIGHT.ARMYMWR.COM

@WainwrightMWR

#WainwrightMWR

#WainwrightSummerConcert18

U.S. ARMY

ARMY
TEN-MILER

AUSA ★ KBR

Register at the PFC or Melaven Fitness Center, or day of the race
June 8, 6:30 a.m. at the Chena Bend Clubhouse
www.wainwright.armymwr.com

U.S. Army Garrison Fort Greely celebrates Military Spouse Appreciation Day

US Army Garrison Fort Greely and the 49th Missile Defense Battalion celebrated Military Spouse Appreciation Day with the Space and Missile Defense Command leadership via video-teleconference April 10 to recognize spouses for their strength, loyalty and commitment to Soldiers and today's Army.
(Photo by Chris Mastras, Fort

Eielson Air Force Base

Friday – 18th 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.	TEEN BREAK, 7 to 10:40 p.m., Eielson Youth Center, Eielson AFB, Call 377-6336	PIYO, 9 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.
FREE BOUNCE, 10 a.m. to 7 p.m., Eielson City Center, Eielson AFB, Call 377-2642.	Saturday – 19th LAP SWIM, 10 a.m. to noon, Pool inside Baker Field House, Eielson AFB, Call 377-1925.	CORE DE FORCE, 10 a.m., 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 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.	OPEN SWIM, 1 to 7 p.m., Pool inside Baker Field House, Eielson AFB, Call 377-1925.	*Yoga will be held once a week- 1st and 3rd Wednesday at 5:30 a.m. and the 2nd and 4th Saturday at 8 a.m.
OPEN SWIM, 5 to 8 p.m., Pool inside Baker Field House, Eielson AFB, Call 377-1925.	*YOGA, 8 a.m., Baker Field House, Eielson AFB, Call 377-1925	Sunday – 20th LAP SWIM, 10 a.m. to noon, Pool inside Baker Field House, Eielson AFB, Call 377-1925.	

IN BRIEF

FINANCE TIP
Ensure your travel voucher is completed as soon as possible upon return from a TDY or deployment.

NUTRITIONAL TIP
Set a good example. Focus on each other at the table. Talk about fun and happy things at mealtime. Turn off the television and take phone calls/texts later.

MOTHER’S DAY BREAKFAST
The Yukon Club staff is offering a Mother’s Day Breakfast May 13 from 9 a.m. to noon. Enjoy a delicious breakfast that you don’t have to clean up from! There will be food choices ranging from omelets, breakfast meats, pancakes and more! Children 4 years and younger are free! Cost varies for ages 5 to adult. Please call 377-5219 for more information.

SUMMER READING PROGRAM
The Eielson AFB Library’s Summer Reading Program begins June 7, and will continue through July 28. This program is open to all ages and registration begins June 7. Please call 377-3174 for more information.

OUTDOOR RECREATION SUMMER RESERVATIONS
Book your summer escape with Outdoor Recreation! Bear Lake Family Camp and Birch Lake, and Valdez are now open for summer reservations. Call 377-1232 to make yours! Don’t miss out on the summer fun!

CLEP TEST PREP
Are you preparing to take a CLEP (college level placement test) to earn credits toward your CCAF? The Eielson Library holds CLEP Prep every Wednesday at 10 a.m. You can take a practice test before your real one, with immediate results! Space is limited, so call ahead, or call for questions at 377-3174.

PIANO LESSONS
Piano lessons are available at the Eielson City Center. If you or your child have ever wanted to learn to play piano, now’s your chance! Call 377-2642 for more information and to sign up for lessons.

STORYTIME AT THE LIBRARY
The Eielson library holds story time every Thursday from 10 to 11 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.

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 to 6 p.m., Sundays
Jr./Sr. High Youth Service, 6 p.m., Wednesdays

New uses for old buildings: Adaptive reuse as an alternative to demolition

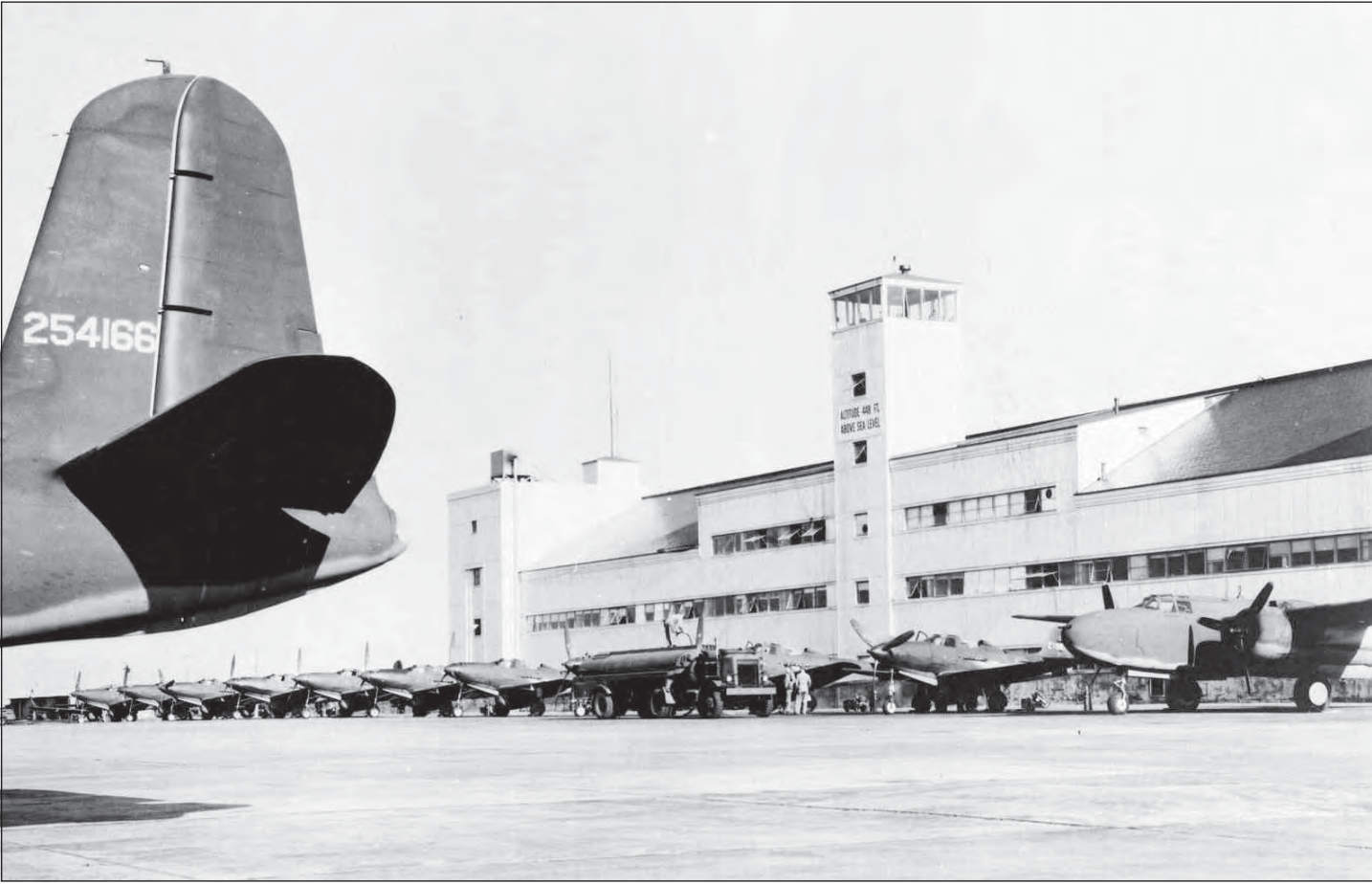
Casey Woster
U.S. Army Garrison Alaska
Architectural Historian

May is historic preservation month, making it a good time to address the topic of adaptive reuse of historic buildings. Adaptive reuse of buildings is the conversion of an older building for a new purpose other than what was originally intended. The Secretary of the Interior Standards for Rehabilitation state that a building may be given a new use “that requires minimal change to its distinctive materials, features, spaces, and special relationships.”

Adaptive reuse can provide needed space for new uses while eliminating the waste that accompanies demolition of a building. On Fort Wainwright there are two very successful examples of this technique – Hangar 1 and the Education Center.

Building 1557, also known as Hangar 1, is located at the heart of the Ladd Field National Historic Landmark and has benefitted from this process. Construction on the hangar began in 1940, and it was intended to house aircraft undergoing cold weather testing. During World War II, the hangar served as the handover point for nearly 8,000 aircraft being sent to the USSR as part of the Lend-Lease program. Long after its construction, Hangar 1 continued to serve as the primary hangar on Ladd Field.

Although Hangar 1 has never stood vacant, changing aircraft requirements on Fort Wainwright as led to new hangar construction on the south side of the airfield and a declining demand for space in Hangar 1. In recent years, however, Hangar 1 has received new purpose through the adaptation of the building to house flight simulators for training purposes. This new use required upgrades to many of the existing utilities in the building and the installation of new infrastructure on the hangar floor, but retention of the floorplan as it was originally configured.



The adaptation of Building 1557, Hangar 1, July 9, 1943. (Photo courtesy, Fort Wainwright Environmental Division)

The adaptation of Hangar 1 into flight simulator space is considered to be a highly desirable form of adaptive reuse. Originally constructed to house aircraft, the new use of the space is in keeping with the original intent of the hangar: to provide space for aircraft maintenance activities. As simulator space for training, the hangar continues to serve the function of ensuring the safety of American aircraft and the pilots who operate them.

Building 4391, currently the Education Center, was constructed in 1963 as the Ladd Air Force Base elementary school for the growing number of school-aged children on the installation. It was designed by two of Alaska’s premier architects at the time, Douglas Ackley and Lee S. Link and demonstrated the latest in research about childhood learning patterns.

During the late 1950s, advances in research began to emphasize a more adaptable architecture for schools. This included more open spaces, the use of walls as vertical teaching tools, moveable special dividers, and an emphasis on more humanistic architecture. The ideas combined to create the idea that even school buildings can be designed to help children grow and develop mentally, physically, emotionally, and socially. Great effort was placed on creating schools that could convey healthy, functional, friendly, and non-confining atmospheres for children.

Link and Ackley took these new developments in childhood educational theory and created a school that adhered closely to the new ideals. When Building 4391 opened as Chena Elementary in 1964, it had large walls

of windows in the classrooms, high, sloping ceilings, and most importantly, moveable interior walls. The school was designed in such a way that the interior dividing walls were non-load bearing, allowing the walls to be moved to facilitate shifting needs of space in the learning environment. The circular pattern of the classrooms radiating from central administrative points created a dynamic feel of movement to the building, reflecting the idea that children were always moving and changing.

The design of building 4391, while demonstrating the latest in childhood educational research at the time, had the unintended consequence of enabling the building to be easily adapted for alternative purposes later in its existence. Due to the non-loadbearing interior dividing walls, the interior spaces could be expanded or contracted to serve any number of alternative uses. Additionally, the building has not strayed far from its original purpose, becoming a space for continued learning by adults on Fort Wainwright.

Fort Wainwright's Education Center, located in building 4391, well over 50 years old, still provides an educational opportunity to the installation's military community. (Photo courtesy, Fort Wainwright Environmental Division)



COMPETITION

Continued from page 1

consisted of multiple physical and cognitive training events; assessing the abilities of each Battery’s Top Gun and Top Fire Direction Center section.

Competitors started the America’s Big 6 Physical Fitness requirements beginning with an Army Physical Fitness Test and moving straight into an evaluation of warrior tasks and drills by testing the competitors proficiency with the M240B, M2 .50 Cal machine gun, and the MK-19 weapon systems. The first day culminated with a general knowledge test specific to the Field Artillery occupational specialty.

The second day of competition kicked off with a 6.5 mile ruck march, with a myriad of evaluation sites spread throughout the ruck march, testing the stamina and mental fortitude of Automatic Battalion for enduring operations.

Automatic Battalion continued with a Chemical, Biological, Radiological, and Nuclear scenario. The competitors were then evaluated on their medical competency with a medical exercise, requiring the teams to perform care under fire, tactical field care, and executing a 9-Line Medical Evacuation Request for the simulated casualty.

Near the end of the ruck march, the exhausted competitors conducted an M4 qualification range, improving their marksmanship on their individually assigned weapon.

After the competitors departed the range, their last evaluation could be seen as they turned the last corner of the march; staged after the finish line were the Automatic Battalions’ howitzers and fire direction control vehicles.

Mentally and physically drained, the participants were briefed on their last evaluation. To conduct an occupation and execution of three fire missions. The culminating exercise required a quick recovery from the day’s physical events, a fast motivational team huddle, and clear leadership and direction of the section chiefs.

The competitors, in an awe inspiring demonstration of clockwork precision and execution of near simultaneous fire missions, ended in a near photo finish tie.

The morale was high as the competitors compared scores and times from the two day competition and they awaited the final scores to be calculated.

While awaiting the results, Staff Sgt. Dakota Fingerson, representing Charlie Battery, stated that “Rucking up the face of Birch Hill was easily the most physically and mentally demanding event... however, I am very proud of my sections performance, even during the hardest times they were always motivated”.

Fingerson also observed that all competitors “put their best foot forward despite the conditions set against them. Their motivation never dropped, it’s a humbling experience watching them push through



A Charlie Battery, 2nd Battalion 8th Field Artillery Regiment, 1st Stryker Brigade Combat Team Soldier sets up the collimator for the emplacement of a howitzer. (Photo courtesy, 1st Stryker Brigade, Combat Team, 25th Infantry Division)

adversity”.

In the end, the Top Gun award was presented to 1st Platoon, 3rd Section of Alpha Battery, led by Sgt. Alexander McConnell.

The Top Fire Direction Center award went to the 1st Platoon FDC of Charlie Battery led by 1st Lt. Spencer Negrete and Staff Sgt. Kory Engdall.

The highly successful Top Gun/Top FDC competition would not have been possible without Sgt. 1st Class Moises Garcia, the Master Gunner of 2-8 FA and noncommissioned officer

in charge of the competition.

The competition not only raises excellence within the 2-8 FA, but it employs the knowledge, skill, and abilities required of 1st Stryker Brigade Soldiers in America’s Big 6.

With the next Top Gun/Top FDC competition being six months away, the highly motivated and competitive Automatic Battalion fire crews have already begun training for the next opportunity to claim the top title and prove they are the best.

1-5 IN build esprit de corps through Bobcat Ball

Staff Report
1st Battalion, 5th Infantry Regiment

Officers of the 1st Battalion, 5th Infantry Regiment “Bobcats” took to the softball field of Fort Wainwright last Friday for a game of “Bobcat Ball”, continuing a recent tradition for the Bobcat Battalion.

The game comes at the start of warmer weather here in the interior of Alaska. Becoming a tradition in recent years, games of Bobcat Ball have been few and far between over the harsh winter months. Finding opportunities for the game has been particularly difficult as the battalion has spent much of the winter training hard, including an exercise at Joint Base Elmendorf-Richardson.

The rules of Bobcat Ball are simple: two teams take opposite ends of the field, each with the objective of delivering the ball down the field and across the goal line. The ball may only be thrown underhand, unless both hands are used. The players



Capt. Alex Purdy (center), Charger Company commander, moves to catch the ball while 1st Lt. Branden O'Hara (left) moves to block. (Photo courtesy, 1st Battalion, 5th Infantry Regiment)

must be careful, however; a missed catch results in a turnover and the other team gets to drive for the goal.

For Lt. Col. Blake Lackey, the battalion

commander, Bobcat Ball is all about building teamwork and esprit de corps amongst the officers of the Bobcat Battalion. “Always take the time, wherever you go, to do this with your fellow officers,” he said to them. “Build those bonds with healthy competition.”

The match ends with the two teams coming together, shaking hands, and thanking each other for a good game. The message is clear: this competition is about getting better, but never forget that, at the end of the day, you play for the same team.

The 1st Battalion, 5th Infantry Regiment can be found on Facebook at facebook.com/1.5infantry.



Lt. Col. Blake Lackey, commander of 1st Battalion, 5th Infantry Regiment, catches the ball as his team pushes for the goal line. (Photo courtesy, 1st Battalion, 5th Infantry Regiment)