

Arctic Warriors earn Expert Infantryman Badges

1st Lt. Christopher Barber
1-5 Infantry Battalion, 1st Stryker Brigade Combat Team, 25th Infantry Division

On May 25, 2018, the 1st Stryker Brigade hosted an Expert Infantryman Badge (EIB) testing for 436 Soldiers. Of the original 436 Soldiers, 161 earned the highly coveted prestigious EIB. Many Infantrymen will begin preparing for an entire year before the competition and must demonstrate a mastery of tasks critical to their occupational specialty during a grueling week long evaluation before earning their EIB. The physically and mentally demanding evaluation also increased the participating

Arctic Wolves proficiency with America's First Corps' Big 6 training objectives.

See INFANTRY on page 7



An EIB Candidate conducts the EIB Hand Grenade Task. The Hand Grenade task is traditionally one of the more difficult task for candidates as it requires accuracy in addition to Warrior Tasks and Drills proficiency. (Photo by 1st Lt. Christopher Barber, 1-5 Infantry Battalion, 1st Stryker Brigade Combat Team, 25th Infantry Division Unit Public Affairs Representative)

USO Show Troupe visits Bassett



USO Troupe members prepare to sing a lullaby to Aurora Neumann, daughter of 1 Lt. Justus Neumann and wife Aimee in the maternal newborn unit of Bassett Army Community Hospital. Aurora was born at Bassett ACH on June 3. (Photo by Brandy Ostanik, Medical Department Activity – Alaska, Public Affairs)

Staff Repot
Fort Wainwright Public Affairs

On Tuesday, June 5, Basset Army Community Hospital on Fort Wainwright was entertained by a lunchtime show featuring the USO Show Troupe, a traveling group of professional entertainers. After a putting on a short program in the main hospital area; they made their way to the Newborn Unit, to sing lullabies to some of Fort Wainwright' newest arrivals.

The USO Troupe is part of an American tradition that goes back over 75 years to its humble beginnings in the muddy camp shows of the South Pacific. In keeping with this outstanding entertainment legacy, the Troupe delivers best-in-class performances characteristic of the biggest names and productions in the industry.

Key facts on COLA Overseas Cost of Living Allowances

- Overseas COLA is not a fixed amount and may vary for each service member.
- Payments are determined by: Location, rank, years of service and number of dependents.
- Overseas COLA is only based on a service member's income, not a spouse's.
- Overseas COLA fluctuations should be considered in household budgeting; fixed expenses, such as car payments, should be based on what a Service member can afford without Overseas COLA.
- Overseas COLA will fluctuate based on the exchange rate and could go up or down from pay period to pay period.

Find out more, at <http://www.defensetravel.dod.mil/site/cola.cfm>.

Recreational Access Passes Required for military training areas

Chris Maestas
Fort Greely Public Affairs

With the long summer days finally here, it's time to get out and enjoy all that Alaska has to offer, but before venturing out onto Fort Wainwright training areas, guests are required to have a Recreational Access Pass (RAP) and must check-in prior to accessing the location to ensure it is open for recreational use.

Recreational activities are permitted on Fort Wainwright training areas to include; Tanana Flats Training Area, Yukon Training Area, Donnelly Training Area, Gerstle River Training Area, Black Rapids Training Area and Whistler Creek Training Area providing those activities do not conflict with the military mission or training activities.

located at the Fort Wainwright Main Gate Visitors Center, the Fort Greely Main Gate Visitors Center, or the Fort Wainwright Natural Resources Office during regular business hours. A safety liability release must be signed before the RAP is issued. RAPs are valid for two years from the date of issue.

Guest who enter without a pass could receive a citation for violating 18 U.S.C. 1382, unlawfully entering military, naval, or Coast Guard property which has a maximum fine of \$5,000 or imprisonment of not more than six months or both.

Additional restrictions apply on Army lands for woodcutting, hunting, fishing, baiting trapping and off-road recreational vehicle use.



Fort Greely Clinic staff members, Sgt. First Class Kelly Molitor, noncommissioned officer in charge (left) and Maj. Cori Wilkerson, physician assistant, enjoy the views atop Donnelly Dome June 2. Guests utilizing Fort Wainwright training areas are required to have a Recreational Access Pass and must check-in prior to accessing the location to ensure it is open for recreational use. (Photo by Chris Maestas, Fort Greely Public Affairs)

The Fort Wainwright U.S. Army Recreational Tracking System (USARTRAK) has been established to facilitate public recreational access to military training areas.

RAPs are available by signing up at <https://usartrak.isportsman.net/> or at one of the kiosks

For more information regarding these activities and others, please refer to the Fort Wainwright Recreation Regulation Supplement at <https://usartrak.isportsman.net/>.

WEEKEND WEATHER MILITARY APPRECIATION NIGHT

Friday

Partly cloudy with a high of 70 and a low of 49.

Saturday

Mostly cloudy with a high of 67 and a low of 50.

Sunday

Overcast with rain high of 61 and a low of 43.

Fort Wainwright Family MWR and Doyon Utilities have partnered together to offer a chance to attend the Alaska Goldpanners vs. San Diego Waves game on June 13, presented by Doyon Utilities, for free. A limited number of complimentary tickets are available to DoD personnel including active duty, retirees, DoD civilians, and family members. Each ticket is good for up to a group of five people. Tickets are available for pick up through Wednesday, June 13, at the following Family and MWR locations: Chena Bend Clubhouse, Last Frontier Community Activity Center, Nugget Lanes Bowling Center and the Physical Fitness Center. For more information, visit <https://www.facebook.com/events/1187474148076823/>.

Nutrition Corner: Vegetables and you

Brandy Ostanik
Medical Department Activity – Alaska, Public Affairs

Vegetables are a crucial component of a nutritious diet. These colorful plants add vitamins, mineral, antioxidants, fiber, and vital macronutrients to our plates. Additionally, when we make more of our plate full of vegetables, we reduce our intake of less healthy foods, and lower the amount of total calories, cholesterol, saturated fat, and sodium that we get from our meals. Thus, better health!

To top it all off vegetables can be a delicious and aesthetically pleasing part of any dish. Research shows that, while higher intakes of vegetables can independently reduce risk of chronic disease, over 85 percent of Americans do not meet basic daily recommendations

for this food group. Now is the perfect time of year to make sure you’re not on the losing side of this statistic; go try some local “Alaska Grown” vegetable options. For more information about vegetables and nutrition, including appropriate portion sizes, and recommended servings per day based on age/activity level visit: www.choosemyplate.gov/ and to find out more about local produce or even start your own vegetable garden that suits the interior Alaska climate check out this guide: <https://www.uaf.edu/files/ces/publications-db/catalog/anr/HGA-00030.pdf>

FEATURED FOOD
Onion! This plant is grown in hundreds of varieties and many different climates around the world. It is versatile,

and an asset in a wide range of cuisines. The edible part of a common onion, also called a bulb onion, is actually a collection of fleshy leaves that fold onto each other in an alternating pattern and create the mature onion. Onions can be harvested and stored over long periods, making them a convenient product in the kitchen. Onions vary in flavor, color, and size. They can have sweetness to them, but typically onions are more pungent and used in savory dishes.

RECIPE SPOTLIGHT:
Vegetable Kabob! The term ‘kabob’ in English typically refers to a variety of meats and/or vegetables cut into cubes, skewered, and cooked on a grill. There are many different styles and cultural adaptations of this cooking method that originated in prehistoric times. The great thing about a ‘kabob’ is that, if you have

a grill and a skewer, really anything goes.

INSTRUCTIONS:
Gather a variety of your favorite flavorful and colorful vegetables from your garden or the market.
Cut them into one inch by one inch cubes.
Put the cubes into a large metal bowl. Drizzle a small amount of olive oil and sprinkle with light seasoning; toss until evenly coated.
Arrange the pieces onto the skewer one by one, balancing the different ingredients equally among the desired number of skewers.
Grill on medium heat until soft. Serve immediately.

MEDDAC Minute

Brandy Ostanik
Medical Department Activity – Alaska, Public Affairs

IMPORTANT PHONE NUMBERS
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, 1-844-866-9378

PERFORMANCE TRIAD TIP
Sleep is critical for mental and emotional health. Your ability to perform tasks significantly declines after just a few nights without getting quality sleep. Less than 5% of the population can sustain performance on less than 7 to 8 hours of sleep per 24 hours.

FAMILY FUN RUN
Join us for a family friendly 5K run/walk at 10 a.m. June 16 at Bassett ACH 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 can be done online at <https://runsignup.com/Race/AK/FortWainwright/MensHealth5K>. A Great Place To Work – MEDDAC-AK has job openings for both clinical and non-clinical positions here at Ft. Wainwright. To view job openings go to www.usajobs.gov.

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

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

TOBACCO CESSATION
Ready to quit tobacco? Let our tobacco cessation educators assist you. Classes are offered weekly at Preventive Medicine (Bldg. 4077) for beneficiaries. Upcoming June classes include 23 and 26 from 9 to 11 a.m. and June 14 from 6 to 8 p.m. To register, or for more information on class content and future dates, call 361-4148.

NEED LAB RESULTS?
No need to come into Bassett ACH or call into your provider. You can get lab results, schedule medication refills, schedule appointments and more through TRICARE Online. Go to www.tricare.mil to log in or create an account.

DO YOU KNOW JOE?
We want to hear from you and starting June 20 the Joint Outpatient Evaluation System will be randomly mailed to beneficiaries requesting input on appointment satisfaction. Your responses will assist MEDDAC-AK leadership to improve services and your overall experience. Look for your envelope in the mail.

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

Weekly Financial Tips: Running/Walking

Ryki Carlson
Survivor Outreach Services Support Coordinator

Let’s face it, many of still work out on treadmills or participate in running events which provide us opportunities to get in shape. One of the great things about running/walking is you don’t have to spend an enormous amount of money to enjoy the sport. However, there are still ways to save money on this sport and keep motivated.

ONGOING TRAINING INFORMATION
There are various websites that offer free information about the proper training, nutrition, cadence breathing, gear, motivation and even information for beginners. Check out some of these running websites: RunnersConnect.net, Greatist.com/running, Running.Competitor.com, DailyBurn.com, TheActiveTimes.com, Active.com, and RunnersWorld.com.

LOOK FOR FREE TRAINING GROUPS
Many running stores offer free coached workouts and runs. Although this doesn’t provide one-on-one coaching, you get the benefits of training with other runners and the expert advice. If you want to look for a running group near you visit MeetUp.com or if you just want support and questions answered check out CoolRunning.com.

SHOES AND CLOTHING
Buy old models of your favorite running shoes. The new release date for shoes varies by manufacturer, but purchasing last year’s model can save you plenty. To see when your favorite running shoes will be launched visit RunningWarehouse.com. This site offers various running related tips under “Run Better”.
Purchase gear off-season. At the end of a season, hit the running store sale racks and search online for the sales. Check deals at the outlet stores as well.

Look online. Buying online permits you to find great deals, just be aware of their return policies.

CARING FOR YOUR RUNNING GEAR
Shoes – Running shoes are designed to be replaced every 400 miles, since shoes slowly lose their shock absorption ability and the stability is compromised. To help them last longer, don’t wear them for anything other than running or working out. Keep them in a cool, dry place where they can air out properly.
Clothes – If you run regularly, invest in some technical running clothes made of synthetic fibers that wick moisture away from your skin. These special clothes will help you stay dry and comfortable during your runs. Make sure to wash them in cold water.

STAY INJURY FREE
Listen to your body. Everything from knowing your gait to eating right can help you stay healthy and fit to run. Having your running form flawed can invite injuries and all but guarantees that the same problem will return after the original injury heals if you fail to correct this flaw. It is important to find an expert in running mechanics and the etiology of running injuries to help identify your stride flaws. To find an expert in your area contact your local MWR, exercise science department of your local university, local physical therapy clinic specializing in sports injury rehabilitation, or do an internet search with key words “runners,” “biomechanical analysis,” and the name of your city and state.
TRACKING TO HELP YOU SUCCEED

Apps for Beginners – Consider Human, Couch-to-5K, and Pacer.
Apps for Advanced – Strava, MapMyRun, Nike+ Run Club, and My Run Plan offers some great choices.
Free tracking – There are lots of great free online tools. For sharing with others to get support check out DailyMile, prefer to keep numbers to yourself then LogYourRun might be better.



Fort Wainwright Police: 353-7535

SADD

SOLDIERS AGAINST DRUNK DRIVING

353-4145

ALASKA POST

The Interior Military News Connection

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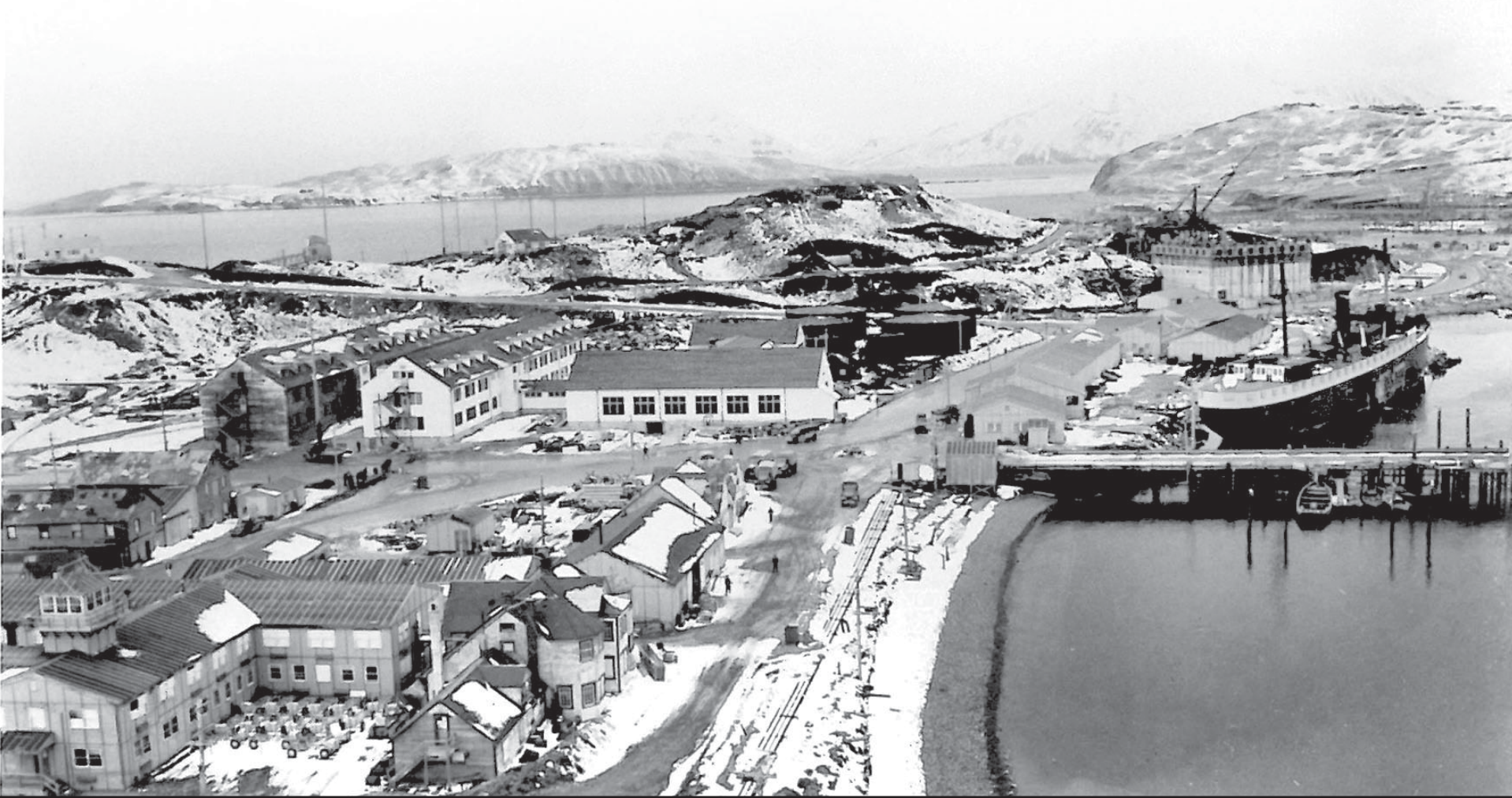
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The ALASKA POST – The Interior Military News Connection

History Snapshot: The Northwestern in March, 1942



L. Amber Phillippe
Fort Wainwright Landscape Historian

Prior to and during World War II the military used the civilian contactor Siems Drake Puget Sound Company to

construct a variety of projects for the Navy across Alaska. At Dutch Harbor, Siems Drake docked their steamship Northwestern close to shore and used it as living quarters for their workers and as a source of power as they began work. On June 4, 1942 the

Northwestern was struck by a Japanese bomb squarely in the forward port deck. The bomb ignited the ship’s fuel supply and fire broke out across the ship. For three days the ship burned before the fires were finally extinguished. Impressively, a week after the

(File photo, Fort Wainwright Environmental Division)

fire, the Northwestern’s boilers were re-fired and she resumed her duties as a power house for the fledgling Naval Operating Base until the base’s own power plant was completed.

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.

Alaska USA Foundation supports ASYMCA’s mission in Alaska



Erik Lind (left), Military Branch Operations Manager, Alaska USA Federal Credit Union; Sarah Riffer, Executive Director of ASYMCA of Alaska; and Dan McCue, Senior Vice President Corporate Administration, Alaska USA Federal Credit Union. (Photo courtesy, Armed Services YMCA of Alaska)

Lita McClain
Marketing Director ASYMCA of Alaska

Alaska USA Foundation was established in 2003 to raise funds for 501(c)(3) charitable organizations that provide needs-based services to children, veterans, and active duty members of the armed services and their families. The Alaska USA Foundation has chosen the Armed Services YMCA of Alaska as their conduit to deliver on their commitment to Alaska’s Military Community with a grant of \$50,000. Since 1941, The Armed Services YMCA of Alaska has served their mission to enhance the lives of military members and their families in spirit, mind, and body through programs relevant to the unique challenges of military life. The Armed Services YMCA of Alaska will continue to serve this mission by growing their programs to combat food insecurity, childcare accessibility, family separation, financial distress, and

addressing the unique stressors of military families. With this generous donation from Alaska USA Foundation, the ASYMCA of Alaska will continue to provide and expand these relevant and critical programs and services throughout Alaska. “The Armed Services YMCA of Alaska is honored to accept the incredibly generous gift from Alaska USA Foundation. It is truly because of their investment in our mission that we can continue to serve military members and their families in the state of Alaska,” said ASYMCA of Alaska’s Executive Director, Sarah Riffer. “We are humbled by their commitment to our Alaskan based military.” To learn more about the Armed Services YMCA of Alaska, please visit, www.asymca.org/alaska-home or call 907-552-9622.

Expert Field Medical Badge awards



Specialist In Kook Cho of Charlie Co, 725th Brigade Support Battalion, is the Distinguished Honor Graduate and is awarded the Army Achievement Medal and the Expert Field Medical Badge for receiving the highest score on the written exam. (Photo by Warrent Officer 1 Kimberly C. Puntillo, 1st Stryker Brigade Combat Team, 25th Infantry Division)

First Lieutenant David Berg of Charlie Co, 725th Brigade Support Battalion, is the Honor Graduate and is awarded the Army Achievement Medal and the Expert Field Medical Badge for completing the 12-mile foot march in the fastest time of 2 hours and 11 minutes. (Photo by Warrent Officer 1 Kimberly C. Puntillo, 1st Stryker Brigade Combat Team, 25th Infantry





Summer Concert success

U.S. Army Garrison Alaska, at Forts Wainwright and Greely

Photos by Daniel Nelson, Fort Wainwright Public Affairs; Chris Maestas, Fort Greely Public Affairs; and Megan Trexler, Fort Wainwright, Family and Morale, Welfare and Recreation



Nearly 4,000 music fans from interior Alaska’s military installations and surrounding communities converged on Fort Wainwright the evening of Friday, June 1, to take part in a free, live entertainment evnt featuring rap artist Waka Flocka and country music artist and reality television star Kellie Pickler. A wonderful opportunity for both military and civilian alike to start of the Alaskan summer. Both Kellie Pickler and Waka Flocka provided another outdoor concert the following evening on Fort Greely.



Weekly Events

June 8 – 15

8

Army Ten-Miler USARAK Team Qualifier
June 8
6:15 a.m., Race starts at 6:45 p.m.

Race for your chance to qualify for the 2018 Army Ten-Miler, held annually in October in Washington, DC. This 10-mile race is open to all Active Duty military assigned/attached to Fort Wainwright. Register beforehand at the PFC or the day of the race at the starting line.

Chena Bend Clubhouse, building 2090
Call 353-7223, registration required

9

Youth Sports & Fitness Registration
June 1 through 29

Summer is just getting started, and so is the Youth Sports & Fitness Fall Registration period! The season runs July 30 through September 29, and will include Flag Football, Soccer, Archery, Fat Tire Biking, Cheerleading, and Rock Climbing. The hardest part will be choosing a sport!

Youth Sports & Fitness, building 1045 basement
Call 353-7713

10

Explore Denali National Park
June 10
8 a.m. to 6 p.m.

Explore Denali National Park and Preserve on foot as we hike multiple trails scattered throughout the front-country of the park. Many of these trails are historical and were used during the days of gold exploration in the area. Be prepared to hike 8-10 miles in beautiful country!

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

12

Looking to Score? Credit Finance Class
June 12
1 to 2 p.m.

Learning the basics of credit and how to improve your score. Have no credit? We can share ways to build a strong credit score. Join the Army Community Service Financial Readiness Specialist for a quick class that can help you get back on financial track.

Army Community Service, building 3401
Call 353-3459, registration required

15

Father's Day Celebration
June 15
5 to 7 p.m.

Let Dad know just how awesome a guy he is with laser tag, wood working, and family activities!

Last Frontier Community Activity Center, building 1044
Call 353-7755, registration recommended

LACE UP. LEASH UP.

Doggy Dash

5K FUN RUN

JUNE 30, 2018

A 5k race for you and your 4-legged furry friend with treats and activities along the course.

REGISTER TODAY!

For more information, or to register, contact the PFC or Malaven Fitness Center at (907) 353-7223 or (907) 353-1994
www.wainwright.armymwr.com
@WainwrightMWR #WainwrightFitness





CHENA BEND GOLF COURSE
FORT WAINWRIGHT AK

Golf the greens at Chena Bend Clubhouse and Golf Course!
Learn more at www.wainwright.armymwr.com

PLEASE VISIT WAINWRIGHT.ARMYMWR.COM FOR A COMPLETE EVENT CALENDAR @WainwrightMWR #WainwrightMWR

Military Crisis Line

1-800-273-8255 **PRESS 1**


HEALTHY LIFESTYLE Festival

Event hosted by your Commissary, Exchange & MWR Programs

X EXCHANGE **BE-FIT**

The Fort Wainwright Exchange and commissary are teaming up to promote good nutrition, exercise and well-being with the annual Healthy Lifestyle Festival. Special events include Kiddie cross fit, bike rodeo, and a Be Fit Fashion show. The festival will be held on both Friday, June 15, and Saturday, June 16, from 1 to 3 p.m., at the entrance of the Exchange. For more information, contact the Wainwright Exchange at 907-356-1358.

CLAIM YOUR OFFER BETWEEN JUNE 1 - AUGUST 8, 2018!



PCS TIME?

SHOW YOUR ORDERS AND UNLOCK A SPECIAL **MILITARY STAR CARD OFFER** IN-STORE AND ONLINE!

VISIT CUSTOMER SERVICE AT THE MAIN STORE FOR MORE DETAILS.

\$10 OFF YOUR PURCHASE OF \$100 OR MORE

YOUR OPERATION PCS BENEFIT CARD IS VALID FOR 90 DAYS!

OFFER FOR MILITARY PCS TIME

From June 1, through Aug. 8, Eielson Air Force Airmen and Fort Wainwright Army Soldiers who are PCS'ing can save \$10 off each \$100 purchase with their MILITARY STAR card at any Army & Air Force Exchange Service store and online, at ShopMyExchange.com. The discount is valid for 90 days.

Spotlight on Senior Airman Darren Hopkins

Senior Airman Isaac Johnson
354th Fighter Wing Public Affairs

Senior Airman Darren Hopkins Duty Title:
354th Maintenance Squadron Air Force Repair Enhancement Program technician

Hometown:
Washington D.C.

Why is serving in the Air Force important to you?
Serving in the Air Force is important to me because it not only allows me to serve my country, but also offers me many opportunities for personal and professional growth.

What moment or accomplishment as a member of the Icemen Team are you most proud of and why?
The accomplishment I am most proud of is earning the 2M MTR (Navy Miniature/Microminature Electronic Repair and Module Test and Repair) certification as a Senior Airman and becoming the only AFREP technician on Eielson. I am proud of this accomplishment because it enables me to see an entirely new field of the maintenance world that I might not have been able to see otherwise.

What is your favorite part of your job?
The part of my job that I enjoy most is learning the ins and outs of various aircraft parts and equipment, in order to make repairs to them.



Senior Airman Darren Hopkins, a 354th Maintenance Squadron Air Force Repair Enhancement technician poses for a photo May 29, 2018, at Eielson Air Force Base, Alaska. Hopkins earned the 2M MTR (Navy Maintenance/ Microminature Electronic Repair Module Test and Repair) certification making him the only AFREP technician on the installation. (Photo by Senior Airman Isaac Johnson, 354th Fighter Wing Public Affairs)



Who inspires you and why?
My parents inspire me. Both my mother and father support me no matter what the circumstances are and that gives me the strength and inspiration to continually challenge myself.

What’s your favorite part about being in Alaska?
The thing I enjoy most about being in Alaska is taking in all of the fantastic views and all of the fishing opportunities.

Senior Airman Darren Hopkins, a 354th Maintenance Squadron Air Force Repair Enhancement technician works on an aircraft circuit card May 29, 2018, at Eielson Air Force Base, Alaska. Hopkins is responsible for fixing and maintaining complex parts for many different aircraft. (Photo by Senior Airman Isaac Johnson, 354th Fighter Wing Public Affairs)

IN BRIEF

FINANCE TIP
Did you know that if you take leave during a TDY you need to have your leave authorized in LeaveWeb?

NUTRITIONAL TIP
Be a healthy role model. Show by example; let your child see that you like to munch on raw vegetables.

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 ages 5 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

We are a



Blue Star Museum

arts.gov/bluestarmuseums

Blue Star Museums offer

free admission to active

duty military families all

summer long, from

Memorial Day weekend

until Labor Day weekend!

The Fairbanks Children's Museum is

open Tuesdays-Saturdays 10-5 and

Sundays 11-5.



FAIRBANKS CHILDREN'S museum

fairbankschildrensmuseum.com

Located in Downtown Fairbanks at 302 Cushman Street

close to the MAC transit center

907-374-6873





INFANTRY

Continued from page 1

Originally created in 1943 by the War Department, the Expert Infantryman Badge, along with the EIB testing, has gone through many changes and iterations. The current test, conducted last month at Fort Wainwright, challenges the candidates to flawlessly execute their infantry tasks at a wide variety of stations ranging from the Army Physical Fitness Test to a 12-mile foot march to be completed within three hours.

The first event was the Army Physical Fitness Test, beginning in the early hours of Monday morning. Candidates who earned the minimum score of 80 points in each event continued to the rest of the EIB testing. The Warrior Tasks and Drills evaluation, also one of America’s Big 6, was divided into several lanes: red, white, and blue lanes. The Red lane was focused on medical training and tested the candidates’ proficiency in evaluating and treating casualties. The White lane is designed to test their mastery of warrior tasks and drills, such as radio operation, protective mask wear, and map reading. The Blue lane was dedicated to weapons, as the Soldiers were required to disassemble, reassemble, and put into use a variety of weapon systems, ranging from the M4 carbine to the .50 caliber machine gun. The Arctic Wolves that successfully mastered the three Warrior Tasks and Drills Lanes, moved on to conduct the land navigation course. The land navigation consisted of both a day and a night iteration. In order to receive a passing score in this task, the candidates were required to locate three out of four points within three hours. Following the land navigation evaluation, the number of EIB candidates had reduced drastically from the physically demanding



The EIB Candidates receive training on EIB Medical Task “Stop the Bleeding” from previous EIB recipients. EIB Candidates receive EIB specific training weeks prior to actually competing for their EIB. (Photo by 1st Lt. Christopher Barber, 1-5 Infantry Battalion, 1st Stryker Brigade Combat Team, 25th Infantry Division Unit Public Affairs Representative)

requirements of the evaluation week. On the final day of testing, the candidates were tasked with completing a 12 mile foot march. Dressed in full combat kit and equipped with their ruck sacks, the Soldiers were accompanied by many of their Commanders and Non-Commissioned Officers, who have traditionally joined the remaining candidates for this penultimate event. With the march complete, one final task stood between the candidates and their badges: Objective Bull. This required a casualty to be evaluated, treated, and evacuated in twenty minutes or less, a task made incredibly difficult following the forced march. Following completion of the testing, the candidates were formally awarded their Expert Infantryman Badges in a ceremony attended by fellow Soldiers, family, and friends. The 161 EIB recipients will be worn and displayed with pride for the rest of their lives. They will also join the previously awarded EIB recipients in mentoring and training future Arctic

Wolves for their opportunity to earn the coveted badge. The following week, the entire 1st Stryker Brigade utilized the EIB testing and evaluation lanes to conduct an Arctic Stakes training event to increase the Brigade’s proficiency in the EIB and America’s Big 6 requirements. Building upon the foundational knowledge of the Brigade’s original and newest EIB awardees, the Brigade expanded their Warrior Tasks and Drills and Medical Training capabilities.



U.S. Army Garrison Alaska safety note

Staff Report
Installation Safety Office

Riding an ATV or Side-by-Side here in Alaska is a great way to get out and explore the back country. Whether you are out hunting or riding with the family it’s important that you and your passengers wear your safety gear at all times. Do not ride beyond your skill levels, you may find yourself in a situation which might cause you to roll or crash your machine. If you are uncomfortable with a trail or stream crossing you encounter; do not put yourself in harm’s way, and find another route. ATV Safety tips; before you head out for that adventure:

- Know the machine and how to handle it in all situations, take a class.
- Watch your speed.
- Wear your safety gear; goggles, helmet, gloves.

- Check on weather reports for the area you will be riding in before you head out.
- Never ride alone and always tell someone where you are going and when you plan to be back.
- When crossing rivers or streams check before crossing; areas could be too deep and could cause your vehicle to stall. Also check for any large obstructions, such as large rocks that could cause ATVs to tip over.
- Carry emergency gear at all times, in case you find need to shelter should you have to spend the night.
- Do not drink and ride, EVER!

For more information, contact Installation Safety at 353-7087/7083.



Many Happy Returns Mari Gorash displays the sign she made for the reunion with her husband, Staff Sgt. Artiom Gorash. Family and friends of nearly 400 paratroopers from the 4th Infantry Brigade Combat Team (Airborne), 25th Infantry Division gathered at Joint Base Elmendorf-Richardson’s Hangar 1 on June 2, to welcome their Soldiers home from a nine-month deployment to Afghanistan in support of Operation Freedom’s Sentinel. (Photo by John Pennell, U.S. Army Alaska Public Affairs)