

USARAK NCO to receive Soldier’s Medal

USARAK Public Affairs

Last Friday a U.S. Army Alaska noncommissioned officer received the Army’s highest honor a Soldier can receive for an act of valor in a non-combat situation.

Staff Sgt. Joshaua J. Schneiderman of the 4th Infantry Brigade Combat Team (Airborne), 25th Infantry Division was awarded the Soldier’s Medal during ceremonies Friday, Jan. 8, at the Joint Base Elmendorf-Richardson Frontier Theater for his actions in saving a fisherman from drowning in the Copper River in June 2014.

Schneiderman, along with family and coworkers, had traveled to the Copper River on June 14 to dip-net sockeye salmon from the fast-flowing, frigid waters.

While showing his wife the process, he saw another angler being swept down-river. Schneiderman ran to his truck to retrieve a life vest, ran back to the river and tossed it to the man. He then jumped into the river and, with his waders filling with water, managed to fight the current to grab the man and pull him to shore.

The Soldier’s Medal, created by an act of Congress in 1926, is awarded for distinguished heroism not involving conflict with an enemy. The performance must involve personal hazard or danger and the voluntary risk of life. It is the highest honor a Soldier can receive for an act of valor in a non-combat situation.



Staff Sgt. Joshaua Schneiderman, a forward observer with 2nd Battalion, 377th Parachute Field Artillery Regiment, 4th Infantry Brigade Combat Team (Airborne), 25th Infantry Division poses with Maj. Gen. Bryan Owens, commanding general of U.S. Army Alaska, during an awards ceremony at Joint Base Elmendorf-Richardson, Jan. 8. Schneiderman was awarded the Soldier’s Medal for risking his own safety during the rescue of a fellow fisherman from rapid waters in June 2014. (Photo by Staff Sgt. Brian Ragin)

Martin Luther King Holiday Safety Message

Christine T. Altendorf, PhD, P.E.
Director of IMCOM-Pacific

With the Christmas and New Year celebrations behind us, many have found themselves right back in the day-to-day business of our Army, including management of the risks inherent to our individual jobs and collective tasks. On the third week-end of our New Year, we pause to remember the life and service of Reverend Dr. Martin Luther King, Jr. President Reagan signed the bill creating a holiday honoring the memory of Dr. King on Jan. 20, 1986. His memory is one of service to mankind in striving for each of us to measure one another by character, not arbitrary yardsticks such as appearance.

In keeping with the tone of the holiday, it is appropriate that we apply the principles of Risk Management to each of our activities in the days leading up to, during and following this holiday weekend.

We must place the safety of our Soldiers, civilians, and family members at the forefront. We need to remind ourselves to consider the numerous hazards associated with a long holiday weekend. Leaders at all levels must enforce and supervise established risk control measures. Standards should never be ignored, and a safety violation should never go uncorrected. Risk Management is a systematic five-step process consisting of Identifying Hazards, Assessing Risks, Developing Controls and Making Risk Decisions, Implementing Risk Controls, and



See KING on page 4



United Nations Command, U.S. Forces Korea Deputy Commander and U.S. 7th Air Force Commander Lt. Gen. Terrence O’Shaughnessy and Col. Andrew Hansen, 51st Fighter Wing commander, watch a low-level pass from a U.S. Air Force B-52 Stratofortress at Andersen Air Base, Guam, in response to recent provocative action by North Korea over Osan, South Korea, Jan. 10. The B-52 was joined by a Republic of Korea Air Force F-15 Slam Eagle and a U.S. Air Force F-16 Fighting Falcon. In a conventional conflict, the B-52 can perform strategic attack, close-air support, air interdiction, offensive counter-air and maritime operations. (Photo by Senior Airman Kristin High)

ROK/US Alliance aircraft conduct extended deterrence

UNC/CFC/USFK Public Affairs
U.S. Forces Korea

In a demonstration of the steadfast commitment to the Republic of Korea’s defense, a United States Air Force B-52 Stratofortress from Andersen Air Force Base, Guam, conducted a low-level flight, Jan. 10, in the vicinity of Osan, South Korea, in response to recent provocative action by North Korea.

The B-52 was joined by a ROK F-15K Slam Eagle and a U.S. F-16 Fighting Falcon.

“The flight today demonstrates the strength and capabilities of the Alliance,” said Gen. Curtis M. Scaparrotti, United Nations Command, Combined Forces Command, U.S. Forces Korea commander. “The close military cooperation between the United States and the Republic of Korea ensures we are ready to respond at any time to those who would threaten stability and security.”

In a statement to reporters gathered at Osan Air Base prior to the flight, United Nations Command,

U.S. Forces Korea Deputy Commander and U.S. Seventh Air Force Commander Lt. Gen. Terrence O’Shaughnessy highlighted the capabilities and readiness of the ROK - U.S. Alliance.

“B-52 missions reinforce the U.S. commitment to the security of our allies and partners, and demonstrate one of the many alliance capabilities available for the defense of the Republic of Korea,” O’Shaughnessy said.

Upon completion of the flight over South Korea, the B-52 returned to Guam.

Stryker Soldiers foster hope for FBNS children in need

Cpt. Adam Bowen and Sgt. Corey Confer
1SBCT Public Affairs

As we return to our daily lives after the holiday break, we often look fondly back on the memories made with family and friends. But for children who find themselves in foster care throughout Alaska,

the holiday season can be bleak at best. According to the Alaska Resource Family Advisory Board, over 1,200 children in Alaska are in the foster care program in any given month.

Forty percent of Alaskan foster children are under the age of five and 15 percent are under the age of one and as of August 2015, there

were 231 children in foster care in the Fairbanks North Star Borough. These children often can be placed into care with little to no personal belongings save for the literal clothes on their backs.

To help make the harsh transition into foster care a tiny bit

See KODIAK on page 4

How the garrison works for you: Directorate of Emergency Services

Richard V. Metzgar, CPT, MP
DES Operations Officer

Twenty-four hours a day, seven days a week, the Directorate of Emergency Services (DES) has Soldiers and civilians working around the clock assisting, protecting and defending the Soldiers and families of Fort Wainwright.

The Director of DES is LTC Michael Kropushek. Our mission is to facilitate all of Fort Wainwright’s Policing, Firefighting and Physical Security efforts in order to support our Commander’s ability to deploy, fight and win our nation’s wars.



Director of Emergency Services
Lt. Col. Michael R. Kropushek

See GARRISON on page 4

WEEKEND WEATHER

Friday

Mostly cloudy. Highs around 5 above. Light winds. South winds

Saturday

Partly cloudy. Highs around 5 above.

Sunday

Mostly cloudy. Lows around 5 below. Highs 5 to 10 above.

BRIEFS

The 1,000 mile 2016 Yukon Quest international sled dog race from Fairbanks to Whitehorse, Canada begins Feb. 6. This is one of those events that requires a community to make it work. If anyone is interested in volunteering to help out with what might be a once-in-a-lifetime opportunity, visit www.yukonquest.com, send an email to alaskaoperations@yukonquest.com, or call 452-7954. As always, if you have any other questions, call your garrison public affairs shop at 353-6700. See page 6 for more on the Yukon Quest.

For which state IDs no longer grant installation access without additional verification, see page 3.

Exchange Food Courts, Expresses Promote a Healthy New Year

Army & Air Force Exchange Service Public Affairs

The Army & Air Force Exchange Service is making it easier for service members and their families to stick to their health-related New Year's resolutions while dining or grabbing a snack on the installation. Around the world, Exchange food courts and Express locations are stocked with healthy options for smart choices on the go.

“In addition to exercise, proper nutrition plays a major role in maintaining fitness,” said Air Force Chief Master Sgt. Sean Applegate, Exchange senior enlisted advisor. “The Exchange is doing its part to make sure our troops are mission-ready in body, mind and spirit.”

Popeyes Louisiana Kitchen offers a live-well menu with more than 20 items with less than 350 calories.

The blackened chicken entrée salad is exclusive to the Exchange at only 300

calories, while a chicken and sausage jambalaya is just 220 calories.

Popeyes operates more than 75 Exchange locations on Army and Air Force installations.

When dining at one of the Exchange's 200 Charleys Grilled Subs locations, military shoppers will find a variety of items with 150 calories or less, including grilled chicken, steak and garden salads.

Charley uses 100 percent USDA choice steak, 100 percent all-white meat chicken breast and fresh deli meats.

Subway is also taking wellness to heart by offering a Heart Healthy menu that includes meals less than 700 calories with 30 percent or less calories from fat. Subway is the first restaurant to receive the American Heart association Heart Check.

The Exchange operates 206 Subway restaurants.

Besides food court staples such as Subway and Popeyes, the Exchange is enlisting new restaurants

to keep the focus on health.

In 2015, the Exchange added Freshens restaurant to its portfolio. Freshens is known for health-conscious offerings such as crepes, salads, rice bowls, flatbreads, smoothies and yogurt.

Locations and opening dates are still being finalized.

For customers who need to grab a quick bite, Expresses offer good-for-you choices for on-the-go snacking and light meals.

Snack Avenue is a special area inside Express stores specifically geared to customers looking for a quick healthy meal or snack. Expresses have added several new items to Snack Avenue, including Fiji water, bottled smoothies, juices and hard-boiled eggs.

“Good dietary habits greatly enhance our service member's ability to perform at their maximum potential,” Applegate said. “It's about making good choices and the Exchange is providing customers those choices.”

Nutrition corner

Nutrition 101:

Did you know that vitamin D is synthesized in the body from ultraviolet (UV) rays that come from the sun? Since we Alaskans don't get very much of that sun during these dark winter months, it's even more crucial that we are consuming adequate levels of vitamin D from the foods we eat and the drinks we consume.

Vitamin D plays a host of crucial roles in the body, including helping with the absorption of calcium in the stomach, supporting cell growth in all areas of the body, strengthening immune function, reducing inflammation, and acting as a precursor to various hormones in the body.

For more information about vitamin D, health implications, and recommended intakes of this valuable nutrient, check out this article by the Harvard School of Public Health: <http://www.hsph.harvard.edu/nutrition-source/vitamin-d/>

Featured Food:

Salmon

There are many different kinds of salmon, but here in Alaska we get the cream of the crop. The wild salmon we find in our oceans and rivers are typically one of five types: the

King (or Chinook), the Red (or Sockeye), the Silver (or Coho), the Keta (also called Dog Salmon), or the Pink (known as the humpback salmon). These fatty fish are a great natural source of vitamin D, and the vitamin itself is more efficiently utilized in the body when it is absorbed with a dose of healthy fats, like that found in this tasty sea creature. Best of all, Salmon is packed full of flavor and doesn't need a lot of anything to make a very tasty meal!

Recipe Spotlight:

Wild Alaskan Salmon

Keep it simple and let this dish speak for itself. Just a little olive oil, salt, pepper and fresh lemon are all you need to make your salmon filet into a gourmet dinner.

YIELD: Serves about 4 (with a medium sized filet).

INGREDIENTS:

1 to 3 pounds skin-on salmon fillets (8 ounces per person)
Olive oil
Salt
Pepper
Lemon wedges, to serve

PREPARATION:

Pre-heat the oven to 425°F with a rack placed in the middle.

Line a roasting pan or baking sheet with foil. Pat the salmon dry with a paper towel. Drizzle some oil over the top of each salmon — just enough to coat the salmon — and rub it over the salmon with your fingers or a pastry brush. Sprinkle the salmon generously with salt and pepper. Place the salmon in a roasting pan, skin-side down and place it in the oven. Roasting time will depend on the thickness of your salmon, as determined by the thickest part of the salmon fillet; for every half-inch of salmon, roast four to six minutes — four minutes will give you salmon that is still a touch rare, six minutes will thoroughly cook it.

You can also check the doneness of your salmon with a fork. When the salmon flakes easily with a fork, it's ready. If you like, you can use an instant read thermometer to check the fish for doneness. The USDA recommends a minimum internal temperature of 145°F, which should be measured at the thickest part of the fillet. Serve immediately and enjoy.

Leftovers will keep refrigerated for about five days, and can be gently reheated in the microwave or consumed cold.

Prevent Cervical Cancer with HPV Vaccine

Brandy Ostanik

MEDDAC-AK Public Affairs

This year over 12,000 women will hear the words, “you have cervical cancer;” approximately 4,000 of them will lose their battle to the disease.

The good news is there is a vaccine that can drastically cut the likelihood of a woman developing cervical cancer.

According to the Centers for Disease Control and Prevention, the development of 90 percent of all cervical cancers can be prevented by being vaccinated against the Human Papillomavirus (HPV), a virus that is transmitted through sexual contact. Most adults have been infected with HPV at some point in their life, but the majority of these infections clear up on their own.

An HPV infection that does not go away can cause cervical cancer in women as well as cancers of the anus and genitals in men.

The CDC recommends the HPV vaccine be given to both boys and girls starting at age 11, but it can be given as young as nine. The vaccine is three doses over a six month period.

Why vaccinate so young? The HPV vaccine works only as a preventative measure, not as a treatment, so it must be administered before a person becomes sexually active and HPV is contracted. According to the National Cancer Institute, HPV exposure can occur with any type of sexual contact; intercourse is not necessary to become infected.

While it may be hard for parents to think about vaccinating a child so young for something that is spread sexually, Whitaker encourages parents to focus on the cancer-fighting benefits.

“The focus is on primary prevention,” says Stefanie Whitaker, population health nurse for Medical Department Activity – Alaska. “Studies have shown that vaccines are more effective given at a younger age as a child's immune system can respond better to it; once a person has been exposed to HPV, it is too late to vaccinate.”

“I truly believe if there was an

immunization for breast or colon cancer, there would be waiting lists of patients wanting to protect themselves,” says Whitaker. “The HPV vaccine is the same but for a different type of cancer.”

According to Whitaker, the side effects for the HPV vaccine are minimal.

“A tetanus shot has the same risk as the HPV vaccine, but most families do not think twice about getting protected against tetanus,” says Whitaker.

The vaccine is also recommended for anyone age 13 through 26 years of age who have not yet been vaccinated or completed the vaccine series.

Whether vaccinated or not, women should know the signs, symptoms and screening tools used to make a cervical cancer diagnosis.

Cervical cancer forms in the cervix and, under most circumstances, is a slow-growing cancer that does not have many symptoms in early stages. Symptoms can include pelvic pain, pain during intercourse, bleeding after menopause, menstrual periods that last longer or heavier than before, bleeding after a pelvic exam or between menstrual periods.

Because symptoms can be so mild, it is important for women to know the risk factors and screening tools used to diagnose cervical cancer.

It is recommended that all women ages 21 to 64 years old have a cervical screening at the following intervals:

Ages 21 to 29: Every three years, if normal (may require more frequent follow-up if result is abnormal).

Ages 30 to 64: Every five years, if HPV testing is done at the same time as the Papanicolaou (Pap) smear. If the HPV testing is not completed at the same time, a cervical cancer screening is recommended in three years.

“It's important for women to get a Pap within the set guidelines because it detects changes in cervical cells early, which can detect development of cervical cancer,” says Whitaker.

Beneficiaries can schedule a Pap by calling the appointment line at 361-4000. Beneficiaries between the ages of nine and 26 can use the walk-in immunizations clinic to receive their HPV vaccine.

MEDDAC Minute

Important Phone Numbers

Emergency: 911

24-Hour Nurse Advice Line:

(800) 874-2273 Opt. 1

Appointment Line: 361-4000

Behavioral Health: 361-6059

Benefits Advisor: 361-5656

Immunizations: 361-5456

Information Desk: 361-5172

Patient Advocate: 361-5291

Pharmacy Refills: 361-5803

Tricare Online:

www.tricareonline.com

United Health Care:

uhcmilitarywest.com,

(877) 988-9378

Performance Triad Tip – Your smart phone can help you with your sleep, nutrition and activity goals. All smart phones have the ability to track the number of steps you are getting each day. Just download a step tracking app and keep you phone on you all the time. There are also apps for tracking sleep and food diaries.

Patient Travel Vouchers – Two weeks turn-around time is the expected timeframe for vouchers to be approved for patients traveling for care outside of Fairbanks. For patients who have vouchers outside of

this two week window, please contact the Patient Administration Department at 361-5001.

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

Immunizations – The immunizations clinic at Bassett ACH is open on a walk-in basis Monday through Friday from 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.

Save a trip to the ER – Not sure if you need to come into the emergency room or make an appointment? Beneficiaries can call 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 (800) Tricare (874-2273).

ALASKA POST

The Interior Military News Connection

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The ALASKA POST – The Interior Military News Connection



From the desk of the Garrison Command Sergeant Major

**Command Sgt. Maj.
Kevin M. King**
Fort Wainwright

With 2016 upon us, the Garrison will continue to focus on building and maintaining a culture of exceptional service for the Soldiers, family members and local community members of Fort Wainwright and the surrounding area.

There are many things going on and events to enjoy as a member of our community this winter, including the USARAK Winter Games, Jan. 25 through 27 (for more information, call 353-4048), the start of the Yukon Quest sled dog race downtown on Feb. 6, and many others; stay in touch with events by following our PAO and MWR websites, Facebook pages and the Command Channel (channel 5 for those on post with GCI).

Continue to stay safe as you are traveling around the installation as warmer temperatures have caused icy roads and intersections, which can change driving conditions rapidly. Also, please stay aware of not parking in unauthorized zones, which include no-parking areas, fire lanes and handicap parking spots, all of which may be covered with snow and ice this time of year.

From the Garrison's CSM Office and the King family, we wish you all the best in 2016.



King Family (Courtesy photo)

Our Garrison's Backbone
Twila Donovan – Senior Budget Analyst, Resource Management Office

Twila is a DA civilian who has a positive attitude and finds a way to get things done for her customers. As an asset to the Resource Management Office for four years, she manages the budgets for internal customers (other garrison offices), including the Directorate of Emergency Services, which includes Fire, Police and Physical Security, and the Directorate of Plans, Training, Mobilization and Security.

She also provides mentorship to junior budget analysts and is a key component in the day-to-day operations of the Budget Office, ensuring fiscal year balances are accurate, researching and correcting anomalies, and addressing issues of concern both at the regional and HQ IMCOM levels. Twila's outstanding support to her customers allows them to better support the Soldiers and families on Fort Wainwright, underscoring USAG Fort Wainwright's mission to enable the readiness of U.S. Army Alaska.

Karen Cruz – Club Operations Assistant,

Nugget Lanes Bowling Center, Directorate of Family and Morale, Welfare and Recreation.

Karen is an Army spouse and garrison team member who embodies the Army Values. Her supervisor, Ian Tassie said, "You simply have to see Karen in action. She understands that no amount of shiny and fancy bowling center can ever substitute genuine customer service and engagement." With her previous private sector management experience, she demonstrates her competence and commitment to her customers and coworkers through regular, detailed communication,

managing personnel requirements, working to maintain the facility, and planning new special events and programs that will exceed the expectations of her customers. All this is done with enthusiasm, flexibility, and professionalism. Karen is described by her customers and her leadership as someone who consistently goes above and beyond, making her an outstanding member of the Fort Wainwright community.

Arctic Education
Access to Fort Wainwright is managed by the Directorate of Emergency Services, Physical

Security Division. To enter the installation, visitors need to obtain a pass at the Fort Wainwright Visitors Control Center on Gaffney Road, located just outside the main entrance. There, visitors present a government-issued identification card and are screened for wants, warrants, and criminal activity. Additionally, if driving, visitors must provide a valid driver's license, current proof of insurance and current registration for the vehicle. If a visitor to Fort Wainwright is escorted by a military or government representative, they don't need to stop at the Visitors Control Center, but if they are over 16, they will need to provide the gate guards with a scanable, government-issued identification card. Each ID is scanned for federal and international wants and warrants, installation-revoked driver's privileges, and persons barred from Fort Wainwright. For contractors and vendors who regularly work on Fort Wainwright, Installation Access Cards are currently being issued. These cards will take the place of the Rapidgate I.D. cards that businesses have been using. For more information or questions, please call the Visitor Control Center at 361-6144 or Physical Security at 361-7560.

Army & Air Force Exchange Named a Top 100 Military Friendly Employer

Army & Air Force Exchange Service Public Affairs

The Army & Air Force Exchange Service has been named a 2016 Top 100 Military Friendly Employer by Victory Media, publisher of G.I. Jobs and Military Spouse magazines.

The 13th annual list

ranks companies based on their long-term commitment to hiring veterans, retention programs for veterans and policies on National Guard and Reserve service.

"The Exchange embraces the experience and perspective that veterans bring to the table," said Exchange Executive

Vice President and Chief Human Resources Officer Leigh Roop. "The Exchange exemplifies family serving family, and our associates who served and sacrificed for our country truly know our customers better than anyone. We are honored to be recognized as a Military

Friendly Employer and remain committed to recruiting and hiring from this qualified pool of candidates."

The Exchange hired 1,208 veterans worldwide in 2015, and 10 percent of the Exchange's 35,500 associates are veterans. To recruit veterans, the Exchange partners with the Employer Support of the Guard and Reserve, Wounded Warrior Project, Operation Warfighter Program,

White House Joining Forces and Feds Hire Vets.

The Exchange, which was ranked No. 40, up from No. 71 in 2015, was featured along with other companies earning the Military Friendly

Employer designation in G.I. Jobs magazine's December edition.

Veterans and others seeking employment with the Exchange can visit www.applymyexchange.com to view job postings.

Certain state IDs no longer grant installation access

Staff Report
Fort Wainwright PAO

To comply with federal law, Fort Wainwright will no longer accept state-issued identification from certain U.S. states for visitor access to the installation.

Effective Monday, Jan. 11, driver licenses and identification cards issued by Illinois, Minnesota, Missouri, New Mexico and Washington, as well as the American Samoa territory will not be accepted as a valid form of identification when requesting visitor access to the installation.

"Fort Wainwright is executing the orders given to us and maintaining compliance with the law and its approved extensions," said Morgan Boatman, chief, Physical Security Division, Directorate of Emergency Services, United States Army Garrison Fort Wainwright. The extension of this was set for Oct. 10, 2015; there was a three month extension approved, which brought the execution date to Jan. 10, 2016.

The REAL ID Act, passed by Congress in 2005, enacted the 9/11 Commission's recommendation that the Federal Government "set standards for the issuance of sources of identification, such as driver's licenses." The Act established minimum security standards for license issuance and production, and prohibits Federal agencies from accepting, for certain purposes, driver's licenses and identification cards from states not meeting the Act's minimum standards. The purposes covered by the Act are: ac-

cessing Federal facilities, entering nuclear power plants, and boarding federally regulated commercial aircraft.

Personnel in possession of a valid Department of Defense issued identification card are not affected by this change.

Those requesting entry with driver licenses or identification cards from the states and territory listed here must provide additional identity proofing documentation for verification and access. Some of the acceptable alternate forms of identification include: a U.S. passport, a permanent resident card/Alien Registration Receipt Card (form I-551), a foreign passport with a temporary I-551 stamp or visa or an employment authorization document that contains a photograph (Form I-766), and the Transportation Worker Identification Card; contact the Fort Wainwright Visitor Control Center at 361-6144 for a complete list.

Government personnel (civilian and military) who have misplaced their ID card and require vetting at the Visitor Control Center will be validated through government databases prior to being allowed access. When verification cannot be accomplished, the sponsoring agency or unit will be required to come to the Visitor Control Center to escort the individual.

For more information, visit www.dhs.gov/real-id-public-faqs, contact the Fort Wainwright Visitor Control Center at 361-6144, or Physical Security Division at 353-7560.



History Snapshot: Ladd Field Permanent Pass, 1941

August “Augie” Hiebert was a radio engineer who operated the broadcast facilities of KFAR, which was located about two miles from what is now the University of Alaska Fairbanks. KFAR, before the war, was a commercial radio station. After the United States entered World War II, KFAR became the Armed Forces Radio Service outlet serving Ladd Field and Alaska’s distant outposts. Through the Armed Forces Radio Service, KFAR received national programming that was previously inaccessible to the Fairbanks audience. Augie Hiebert recalled how the programming was distributed, “We had these big 16-inch transcriptions that were flown up here with NBC’s best programs, Red Skelton, Jack Benny, all that stuff. CBS stuff, Mutual stuff, and ABC stuff. And we had a marvelous program service that, of course, the townspeople enjoyed too. Now these programs didn’t have any commercials in them. All the commercials were deleted because they didn’t want to figure that the government was subsidizing advertising. But it was wonderful programming for both civilians and the military. We did that through the whole war.” (Photo courtesy of August Hiebert)

Kodiak: Soldiers donate money and time

Continued from page 1

easier, Soldiers of the 70th Brigade Engineer Battalion, 1st Stryker Brigade Combat Team have partnered with the Resource Family Advisory Board and the Office of Children’s Services to create “Starter Kits.” Capt. Paul Tolbert, 70th BEB’s chaplain, helped spearhead the effort and created the Kodiak Care Holiday Outreach program. Within this program, Soldiers donated money and time to create kits that contained hygiene items, coloring books, crayons, clothes, blankets and a “Kodiak” teddy bear.

Staff Sgt. Jessica Walker, property book liaison for 1st Stryker Brigade Combat Team and the unit representative in charge of collecting the donations, instantly wanted to help as soon as she found out about the program set up by Tolbert.

“Captain Tolbert took it upon himself to bring it up to his battalion, and I heard about it here. I’m all about helping out and paying it forward.” Walker also mentioned that all donations weren’t money.

tary.

“Some Soldiers couldn’t donate money, so instead they donated their time to help us pack bags,” she said.

The Alaska Center for Resource Families’ statewide goal was for 300 starter kits. The men and women of the 70th BEB donated enough items to fill 414. While few things can truly make foster care an enjoyable experience, the starter kits can help take some of the helplessness out and replace it with a small piece of hope.



Chaplain (Capt.) Paul Tolbert and Sgt. Antonio Bell of the 70th Brigade Engineer Battalion, 1st Stryker Brigade Combat Team, 25th Infantry Division stand in front of over 400 “starter kits” for children who are in need of foster care. Fifteen children in Fairbanks are placed in foster care each month.

Garrison: Taking advantage of services

Continued from page 1

The Physical Security Division (PSD) is the first face that you will see coming onto FWA. Chief Morgan Boatman is in charge of all physical security operations. His division facilitates entry onto the installation through Badger, Trainor, and the Main gates, as well as, being responsible for maintaining the Visitor Control Center (VC). Soldiers work side-by-side with the Department of Army Guards (DAG) in the VC and assist in providing information to new arrivals, process people for passes onto the installation, and register weapons. Last but not least, the PSD monitors and maintains all ICIDS for arms rooms and other controlled areas of the installation.

Chief Ryan Cunningham is the current Chief of Police. The FWA Police Department integrates Soldiers and Military Working Dogs from the 28th MP Detachment with Department of the Army Civilian Peace Officers (DACP) in order to perform law enforcement duties. K-9 handlers are paired up with either an explosive or a narcotics detection dog and routinely patrol and assist with vehicle searches at our gates or support special events on the

installation. While our major focus is safety and security of the post, that is only one of the services we provide. Our conservation offices work hand-in-hand with the Bureau of Land Management, Alaska Fish and Game, and State Troopers to patrol and enforce game laws on the 1.6 million acres of Fort Wainwright’s training lands.

The Fire Department is overseen by Chief Alex Temporado. The Fire Department not only provides fire protection and prevention and Emergency Medical Services (EMS) to Fort Wainwright,

but also provides mutual aid to Fairbanks, North Pole and surrounding North Star Borough. Additionally, the Fire Department oversees the operation of FWA Dispatch for all Fire, EMS, and Police incidents. Dispatch receives and responds to all 911 calls and synchronizes efforts between not only FWA but also with local and state agencies during an emergency. Finally, Firefighters actively support Alaska’s effort to combat wildfires and support search and recovery operations for our 1.6 million acres of training land, as

well as throughout the entire state of Alaska.

All divisions within DES continually support most, if not all, community events in one way or another. The Fire Department hosts annual Fire Prevention Week in October. Every year they visit schools and set up a booth in the PX to teach kids and adults about fire safety and prevention. Another big event for DES is Operation Glow with the Fairbanks Police Department. Soldiers and DACP go out Halloween night and distribute glow sticks and candy


to the trick-or-treaters. If you ever see our police or firefighters out in the community, we highly encourage you to stop and talk to them. Every day, our First Responders look forward to supporting the community and are always looking for ways to involve Soldiers and their families in the success of Fort Wainwright.

King: Reflecting

Continued from page 1

Supervising Operations and Evaluating the risk management controls used. The use of this simple five-step process can make a positive difference in all our holiday celebrations with family and friends.

I encourage everyone to take the opportunity on Monday, Jan. 18, to reflect on the life and service of Dr. King; and I wish each of you and your families a very safe and enjoyable Martin Luther King Jr. holiday weekend. Our goal is for every member of our team to safely return to continue in earnest our important mission of protecting and serving our great nation.



Celebrating Martin Luther King, Jr. Day
“Remember, Celebrate, Act! A Day On, Not a Day Off!”

“Our lives begin to end the day we become silent about things that matter.”


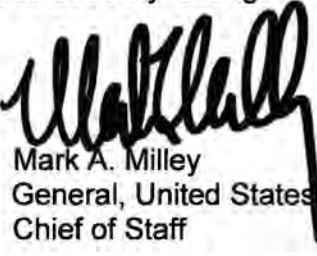
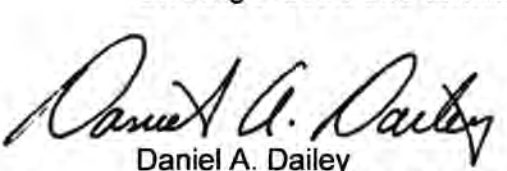
~ Dr. Martin Luther King, Jr.

January 18, 2016

Dr. Martin Luther King, Jr., challenged the Nation to recognize that our individual liberties rely upon our common equality. The passage of time has only served to deepen our understanding of the importance of Dr. King’s words and of his life’s work.

Today, we honor Dr. King, remembering the strength of his leadership, the power of his words, and the inspiration of his call for justice. We celebrate his legacy of freedom and equality for all.

We ask our entire Army Family to use this opportunity to recommit ourselves to achieving Dr. King’s dream: an America where every person is treated with dignity and respect. By living our Army Values, we embody all those ideals advanced by Dr. King’s ideals and continue to be Army Strong!



Daniel A. Dailey
Sergeant Major of the Army

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

Patrick J. Murphy
Acting Secretary of the Army

Tax center to open, serves Fort Wainwright community

Staff Report

Tax Assistance Center

It's that time of year again. The Fort Wainwright Tax Assistance Center officially opens on Jan. 26. The Tax Center stand is ready to serve active-duty and military retirees from all branches and their family members with their 2015 personal income tax returns.

Last year, the Tax Assistance Center saved Soldiers and their fam-

ilies over \$130,000 in tax preparation fees and helped in obtaining refunds totaling nearly \$2 million dollars.

The tax center's staff completes the Volunteer Income Tax Assistance Program training, which is run by the Internal Revenue Serve. They receive the same training and pass the same exams as any commercial tax preparer. This allows the Fort Wainwright Tax Center to serve Soldiers, retirees and families with

efficient and accurate tax preparation.

Before heading to the Tax Assistance Center, don't forget to bring all necessary tax information for the tax center's representatives to properly complete your return. Here is a list of important documentation papers to bring with you: Social Security Card or Tax ID, military ID, banking information such as routing and account numbers, W2 Forms and all other in-

come records for 2015. Also, if applicable, bring your Alaska Permanent Fund Dividend, APFD \$2,072, 1098/1099 Forms, daycare expenses, college expense records and itemization deduction records.

Returns are filed electronically, whether you are getting a refund or owe taxes. Only taxes prepared by a Fort Wainwright Tax Assistance Center staff member can be electronically filed at the Tax Assis-

tance Center. The center can only process simple tax returns. Those with returns that include Schedule C with losses, complicated and advanced Schedule D (capital gains and losses), Form SS-5 (non-deductible IRA), Form 8606 (minor's investment income) and Form SS-8 (determination of worker status for purposes of federal employment taxes and income tax withholding) are not able to be completed through

the tax center.

The Tax Assistance Center is located in building 1051, suite 9, near the law center on the north side of Fort Wainwright. Walk-in hours of operation will be Monday through Wednesday, 9 a.m. to noon and 1 to 5 p.m.; Thursday, noon to 7 p.m., and Friday, 9 a.m. to noon and 1 to 4 p.m. For more information, call 353-2613.

Predeployment Security Clearances: A Soldier's Point of View

Stacy Seppi

Chief Installation Security and Intelligence Officer, DPTMS

There we were...completely surrounded by the enemy. We were taking heavy enemy fire from three different locations when my Team Leader, Staff Sgt. Beardsley, poked his head in the doorway and yelled "Private Richardson! Put that Xbox controller down, we gotta go over to the Garrison Security office so we can get your security clearance processed before we deploy. We have to get it done now because once we are in theater, we won't be able to get it processed."

I had no idea what to expect, but Staff Sgt. Beardsley explained that Staff Sgt. Spencer, our Security Manager, had screened all our records and discovered that I needed to get a Secret security clearance before we deployed. Since we had several months to go before deployment, Staff Sgt. Spencer told him if we started it now, we would still have enough time to get it done before we left.

So, with paperwork in hand, we headed over to the Garrison Security Office. Once we arrived, my fingerprints were taken and I was told I would be receiving an email from the Army Center of Excellence containing instructions and a web link to access the background check application website called eQip.




Once I received the email from the Army Center of Excellence, I had five days to log in and complete the background check application. There were a lot of questions to answer and I had to list my family members, people I knew and even where I had lived

during the last 10 years. Within a few weeks of submitting the application, I received a phone call from an Office of Personnel Management Investigator who explained she would need to meet with me to conduct an interview for my security clearance. She said she had already spoken with two of my friends from high school and my parents.

The interview went pretty quickly and a month or so later, Staff Sgt. Beardsley told me the background investigation had been completed and had been sent to the Department of Defense Consolidated Adjudication Facility or DoD CAF. They were the ones who would actually review my background investigation and officially grant me my final Secret security clearance.

In order to make sure I could deploy and fully perform my duties, the Garrison Security Office granted me an interim Secret security clearance while we waited for the DoD CAF to officially grant me one. We deployed two weeks later and because I had the interim Secret security clearance, I was able to perform all my duties.

Wouldn't you know it, three months after redeploying, the DoD CAF officially granted me my Secret security clearance. It sure seemed like the process took a long time and involved a lot of people outside the Garrison Security Office. That turned out okay though because my Secret security clearance is good for 10 years from the date the background investigation closed. So, until it's time to be resubmitted, I'll be Army Strong and ready for the next deployment or assignment! HOOAH!



Antiterrorism Vigilance

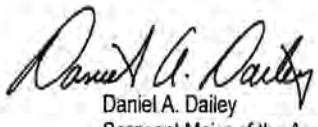
Strengthening the Band of Community Protection

Recent terrorist attacks over the past five weeks, including the bombing of Russian Metrojet flight 9268, the Beirut suicide bombings, the coordinated attacks in Paris, and the San Bernardino active shooters warrant renewed vigilance across all Army installations and standalone facilities. The threat posed by the Islamic State of Iraq and the Levant (ISIL, also known as ISIS) and violent extremists is persistent, constantly evolving, and demands that we focus on actions that reduce risk to our community.

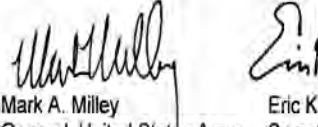
Awareness of the terrorist threat and individual protective measures are critical to sustaining an active antiterrorism posture. Every member of the Army community plays an important role in improving our antiterrorism efforts. The Army Family represents a formidable group that greatly extends the eyes and ears of our law enforcement and security professionals.

We encourage community members not to live in fear, but to remain vigilant, watch for potential threats, and report them when we see them ("See Something, Say Something"). Maintaining vigilance and encouraging situational awareness are guiding principles that will help ensure the safety and security of our Soldiers, Civilians, Families, infrastructure, and information.

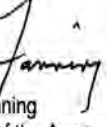
By banding together as an Army community, we present a unified defense and the strength of our Nation. Army Strong!



Daniel A. Dailey
Sergeant Major of the Army



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



Eric K. Fanning
Secretary of the Army
Acting

Cyber threat awareness and tips

Ed Grogan

Defensive Cyber Operations

TurboTax-themed spear phishing email threat

Computer hackers are conducting a spear phishing attack against DoD personnel. These emails are being sent from a spoofed email address that appears as alert@turbotax.intuit[.]com with subject line "Irregular Activity!" The email includes an attachment "IrregularActivityFile.html" that when opened attempts to steal credentials. Nearly 19,000 email addresses have been targeted, including email addresses throughout the PACOM theater. This threat activity is now blocked for .MIL email addresses, although more than 800 emails were delivered. Personal email addresses could also be at risk. Successful attacks can result in a loss or exposure of mission critical data, personal identifiable information (PII), a destruction of IT services, and necessitate costly remediation procedures.

As the tax season approaches, be aware of these types of tax-themed spear phishing emails. Do not take action (e.g. do not click, follow web links, open attachment or provide any personal information in response) on unsolicited, unsigned, or suspicious emails.

If you think you are a target of this spear phishing activity, especially to your personal email address, contact your computer network defense section. Send any information related to you being targeted and forward the offending email to your local Information Management Office.

Don't make it easy for cyber criminals in 2016 – Password tips to implement now

- Lexicalized words, proper names and other combinations are no good when it comes to passwords. That's why one should forget about such variants as 123457, dragon or letmein.
- Don't use a foreign word written in English letters. Hackers have special dictionaries, which contain such combinations, so this method gives no additional security at all.
- It's better to invent and memorize reliable passwords. It's rather hard to remember a mean-

ingless combination, but you can easily learn symbols and figures that mean something personal for you such as S@n D1eg0 Ch@rgers (San Diego Chargers). Remember that a good password should always contain figures and special symbols. More importantly, there should be both upper and lower case letters.

- A good way to remember a password is to type it on a keyboard about a dozen times. As a result, you'll start typing automatically without questioning yourself.
- Never share your password with anybody or the method you used to create it. For example, if criminals find out that you used words from your favorite song, they can examine your social media profile and thus engineer your password.
- If you share a PC, a laptop or a tablet with your family members, never tell them your passwords – it's better to make a separate user account for them. It has nothing to do with distrust – the thing is that your family can be tricked to give your password away or just accidentally leak it.
- You should use unique passwords for your most important accounts, especially for your email, online bank and social networks. One or two reliable passwords that you use everywhere are not enough.
- Apart from traditional passwords, you should enable two-factor authentication on all important accounts. If a criminal hacks or somehow finds out your super-reliable password, this method can protect you.
- Worst 25 Passwords of 2015 (do not use): 123456, password, 12345, 12345678, qwerty,

123456789, 1234, baseball, dragon, football, 1234567, monkey, letmein, abc123, 111111, Mustang, access, shadow, master, Michael, superman, 696969, 123123, batman, trustno1.

Start of the Yukon Quest coming soon to a trail near you

Brian Schlumbohm
Fort Wainwright PAO

One of the benefits of living in Alaska is being able to view, firsthand, some of the most spectacular events in the world. The aurora borealis, salmon runs complete with brown bears, ice sculptures, even the experience of having moose poking around the backyard. These are photo-sharing moments a person may never have the chance to experience anywhere, all within walking distance of home. Coming up Feb. 6 is the start of one such event that is known the world over and happens in our own backyard.

Like the Winter Olympics, this event brings the world's greatest athletes together in a race to test their mental and physical endurance against each other, and nature to find out who will cross the finish line first.

The 33rd running of the Yukon Quest will begin in Fairbanks at 11 a.m. and teams will head down the Chena River through Fort Wainwright. Tagged on its official webpage as the "1,000 mile international sled dog race," this event pits one brave



(File photo)

musher and a team of extremely focused, physically fit and well-trained dogs in a race against time and the elements, traversing over some of the most varied and inhospitable terrain that can be found, and loving every bit of it.

An exciting opportunity for Soldiers and their families is that the mushers are scheduled to start the first leg of their journey passing through Fort Wainwright on the Chena River. This always gives the Fort Wainwright community a great chance to take photos

and cheer on the teams as they pass by.

The Yukon Quest has taken place every February since its first competitive run in 1984. From that first race until now, the race goes on with the only thing changing is its starting place. This year the race goes from Fairbanks to Whitehorse; next year the race will reverse.

The race came about from a discussion between four Fairbanks mushers in 1983; William "Willy" Lipps, Ron Rosser, LeRoy Shank and Roger Williams came up with an idea

to create an international race, challenging mushers to a 1,000 mile course. Historically used by prospectors to reach the Klondike during the 1898 Gold Rush, the race trail meets with the Yukon River on its way to Whitehorse in the Yukon Territory and the name was then given, the Yukon Quest.

The first race in 1984 involved 26 teams and went on for 16 days. In the end, only 20 teams finished with Sonny Lindner becoming the first to win the Yukon Quest by arriving at Whitehorse in 12 days

and five minutes, winning a purse of \$15,000.

Since then, the finish times have gotten shorter and the winnings larger. In 1994, Lavon Barve won with 10 days, 22 hours and 44 minutes; in 2004, Hans Gatt won with 10 days, 17 hours and 54 minutes.

The 2013 winner was Allen Moore with 8 days, 18 hours and 39 minutes and last year Brent Sass finished in 9 days, 12 hours and 49 minutes.

Who knows what this year will bring? The course changes yearly with weather conditions and naturally occurring obstacles like open water in streams and extreme wind or snow.

The trail that the mushers follow will take them from Fairbanks to Whitehorse, Yukon Territory, covering miles of rugged terrain, crossing rivers, valleys, and reaching elevations of more than 3,000 feet.

The physical demands on the dog teams from weather and trail conditions call for frequent checks by veterinarians along the way and there are nine mandatory checkpoints along the way for set rest periods and for regulation checks on mushers and dogs alike.

Presently there are 25 mushers signed up for the race with ages ranging from 19 to 62; 14 of the mushers are veterans and 11 are rookies.

More information on the race, its history and the mushers can be found online at the Yukon Quest's official site, www.yukonquest.com.

As the race covers a 10 to 14-day period, there is also a website to track their progress, at <http://trackleaders.com/yukonquest14>. The online map shows the path of the trail, checkpoints and accurate locations of each musher and team as they travel.

If you do plan to watch on post, make sure to keep your pets home or in your vehicle. Having other pets around as the dog teams go by can create distractions for the dogs and issues for the mushers.

If anyone is interested in volunteering to help out with what might be a once-in-a-lifetime opportunity, visit www.yukonquest.com, send an email to alaskaoperations@yukonquest.com, or call 452-7954.

As always, if you have any other questions, call your garrison Public Affairs shop at 353-6700.

Duty, Honor, Country

Jack Waid

As this nation initially declared its freedoms from tyranny in the late 1700s, it did not include declaring freedom for those in slavery. As war broke out in the Colonies, a call to arms arose from our fledgling government. Approximately 5,000 colored colonist free and captive men were the first to join the Continental Army. Often it was not by choice, as slave owners would willingly sacrifice their captives in place of themselves. Many free blacks joined the Continental Army and served alongside their white counterparts. They froze together with General Washington at Valley Forge and died in each other's arms. Ultimately, black Americans contributed to this nation's independence. With the War of Independence over, many black veterans continued to see the oppression of their brothers. Unfortunately, there was no hope for change on the horizon. Also of note, slaves and free blacks fought for the British Army and there are accounts of black Frenchmen landing with the French in support of the Colonial Army during the War.

As war broke out in 1812, segregation of the U.S. military had not been enacted. Colored Soldiers again fought alongside white Soldiers with valor and distinction against the British. Not until the Korean War would blacks again serve alongside their brothers in arms. With the wars of Independence and 1812 in the past, little changed for blacks in the Colonial States.

The ugly scar of slavery remained as a dark cloud over the nation, unchallenged and overlooked. With Civil War looming, there was still little hope of ending slavery, as President Lincoln commented he, "would rather keep slavery than for this nation to be split apart". However, the plight of the African-American was not buried by the war. In fact, it elevated the potential use of black Soldiers to the scope of the U.S. Military. Initially, throughout Southern territories conquered by the Federal Army, segregated regiments of former slaves were mustered in. These early regiments had little to do with the war effort and were viewed more as a project feebly constructed and executed. This changed as the predominantly educated, free men of the segregated 54th Massachusetts Colored Regiment were mustered in and saw action in the South. The black Soldiers of the north who ran to their nation's call contributed to ending yet another war.

Not to be overlooked is the service of Black Confederates. Confederate Generals, including Gen. Robert E. Lee, lobbied the Confederate Con-

gress to allow slaves and free black southerners to fight for the South. This did not happen in large numbers until late in the war. It is estimated some 65,000 to 90,000 black Confederates served in the Confederate Army by the end of the war. Confederate Gen. Nathan Bedford Forrest, the founder of the KKK, had approx 46 black cavaliers serve under his command. He commented after the war, "These boys stayed with me...and better Confederates did not live". Henry Gooding, author of "On the Altar of Freedom," and member of the 54th Massachusetts, describes in his book capturing Confederate sharpshooters who were clad in full Confederate uniforms. These black Confederates were captured prior to the 54th's assault on Battery Wagner, South Carolina. Fredrick Douglas (who had two sons in the 54th Massachusetts) stated, "there are at the present moment many colored men in the Confederate Army doing duty not only as cooks, servants and laborers, but real Soldiers, having musket on their shoulders, and bullets in their pockets, ready to shoot down any loyal troops and do all that Soldiers may do to destroy the Federal government and build up that of the rebels."

At the closing of the Civil War in April 1865, African-American Soldiers must have begun to wonder what the United States was going to do with the almost 180,000 colored troops in the U.S. military. The Federal government could not ignore the large contributions of black americans in the Civil War. In 1866, Congress agreed to the forming of six colored regiments in a downsizing post war military. The 1866 reorganization of the U.S. Army formed two colored cavalry and four colored infantry regiments. These units were designated the 9th and 10th Cavalry Regiments with the initial four infantry regiments being rolled into the 24th and 25th Infantry Regiments in 1869.

Desired for their abilities and dedication, companies of these regiments, along with their white counterparts, were soon scattered throughout the harshest and undesirable posts in the West. These regiments performed admirably in all assignments, whether fighting Native Americans or guarding wagon trains heading west. Black cavaliers and infantrymen were the overlooked expendable military arm of the U.S. government. Often left to their own devices, they not only chased Billy the Kid and Poncho Villa, they fought against malnutrition, harsh elements, and the boredom of remote stations.

Out of necessity, they grew their hair out and fashioned buffalo hide coats to keep warm in winter months. These harsh conditions are often at-

tributed to white regiments receiving the best foods and supplies. However, this was not necessarily the case as there were several white regiments posted at very undesirable garrisons as well. Both white and black companies dealt with limited supplies and harsh conditions throughout the West. In the mid 1880s, troops from the 10th Cavalry were issued experimental weapons for field use. This was an honor bestowed only upon the best units in the Army. This is an interesting note, as it is commonly thought that black troops were given the worst of everything.

Of course, racism was encountered. Comments such as, "they need to be guided by hand in all they do, they are unable to self-govern themselves, they are cowards in battle, and they are unfit to defend this nation," were commonly shared openly about the African-American throughout their years of service in the U.S. Armed Forces.

Also, during this time Cathay Williams, AKA William Cathay (38th USI, Co A), served in the infantry from 1866 to 1868. She will be remembered as the only African-American woman to be considered one of the original "Buffalo Soldiers."

During the westward expansion in the late 1800s and into the Spanish American War, 24 Medals of Honor were awarded to Buffalo Soldiers. Until recently, exploits of African Americans in the Spanish American War (April 25 to August 12, 1898, most of the fighting occurred in or near the Spanish colonial possessions of Cuba and the Philippines) were unnoticed. The 9th, 10th Cavalries and 24th, 25th Infantry Regiments were involved in several campaigns during the war. Additionally, during the War congress allowed the eight newly formed black volunteer regiments and four recently established regular army regiments to participate in theaters abroad. Elements of the 9th and 10th Cavalry and 24th Infantry Regiments, approximately 1,250 troopers and Soldiers, participated in the famous charge up San Juan and Kettle Hills with Lt. Col. Teddy Roosevelt. These elements quickly became entangled with Roosevelt's Rough Riders and other white regiments participating in the charge. At one point, the color bearer of the 10th Cavalry also carried the flag of the white 3rd Cavalry. This color sergeant is the only Soldier in U.S. military history to carry the colors of two regiments at the same time. Four Medals of Honor were awarded to black Soldiers for their actions. It was later reported that Teddy Roosevelt told members of these black regiments they could, "drink out of our canteens." This comment was quickly forgotten as Teddy Roosevelt was ad-

vised if there was any hope of getting into the White House this would not be a "politically correct" statement. Also, on the same day several miles away, the 25th Infantry Regiment fought with distinction at the battle for El Caney Hill. As a matter of fact, Private Thomas Butler of the 25th Infantry was one the first to reach the top of the Hill. The African-American populace at the time did not discard their sacrifices. They gravitated with pride to the African-American Soldier, honoring them with poems, songs, and art.

African-American Soldiers continued to serve this country in the Mexican Border Wars (1915-1917) and WWI. During WWI, several black regiments fought with the French. Gen "Black Jack" Pershing (the U.S. theater commander in Europe) was asked by the French for support with manpower. General Pershing was willing to lend a hand. He transferred black divisions to the French. Included but not limited to the famous 369th "Harlem Hell Fighters" Regiment. This was actually a great fit as the French treated them very well and with respect.

French officers initially had issue with black officers. However, after fighting alongside them, attitudes changed for the better. We must not forget the African-American women who supported the war effort. Many became nurses and participated in many support functions for African-American Soldiers during the war.

December 7, 1941, "a date which will live in infamy," as President Roosevelt put it, drew the U.S. into another world war. New and unique challenges faced our nation's leaders. Once again, the challenge on how to utilize black military members arose. It is unbelievable that this was still a question. However, need overruled the challenge and African-American troops were quickly being utilized in units around the world. To include being used here in Alaska, building the ALCAN and fighting in the Aleutian Islands.

For the most part, Tuskegee Airmen and their service is well-known. Often forgotten are the several all black units that served with distinction during the war, such as the 555th (black) Airborne Regiment. The 555th did not participate in combat until the Korean War. However, these men were utilized as "fire jumpers." During WWII, the Japanese military sent atmospheric balloons into the jet stream. When these balloons reached the continental United States, an explosives payload was dropped. For the most part, the explosive payload

See HONOR on page 9

January 15, 2016

I’m a Survivor: Tech. Sgt. LaPaul Williams

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

“Death smiles at us all. All a man can do is smile back.” -Maximus

This quotation from the movie *Gladiator* rings powerful and true to Tech. Sgt. LaPaul Williams, who said, “I don’t believe death is to be feared.”

Williams, a 5th Air Support Operations Squadron fighter duty technician stationed at Joint Base Lewis-McChord, Wash., was diagnosed with a rare type of cancer. Dermatofibrosarcoma protuberans affects the lower back and is typically seen in people under the age of 18 and over the age of 45. Williams was 29.

Dermatofibrosarcoma protuberans looks like a bump on your back, then it grows and starts to get taller and pink at the top, Williams explained.

“I thought it was nothing,” he said. “I thought it was just a bump.”

Williams returned from a temporary duty assignment to Hawaii and went to the doctor to check on the growing bump. The doctor informed him there was nothing he could do and sent him to a dermatologist. The dermatologist decided that surgery to remove the bump would be best.

On Oct. 17, 2014, Williams headed in for surgery. His wife, Chineka, was with him the entire time. Everything was going as planned. He was making light of the situation, joking with the intern who was learning how to cut peoples backs



U.S. Air Force Tech. Sgt. LaPaul Williams, a 5th Air Support Operations Squadron fighter duty technician from Joint Base Lewis-McChord, Wash., stands with his friends and fellow Airmen behind him. These are the Airmen who were there for Williams during his treatment and surgeries while battling a rare cancer, dermatofibrosarcoma protuberans. (Photo by Tech. Sgt. Timothy Chacon)

open, commenting on the giant needle they used to numb his back.

Williams said once they cut most of it out, the doctor stopped and made a statement that there was something wrong.

“It’s tumors,” the doctor said. “I don’t know what kind, but there are tumors deeper in your back.”

They had to have the tumors x-rayed and looked at, so they sewed Williams up and went from there.

Once they confirmed the dermatofibrosarcoma protuberans, Williams told his family.

“The afternoon I told my parents, as most mothers would be, she was freaked out,” Williams said. “We’re a very close knit Christian family. They asked if I was alright, if I needed them here.”

Williams’ wife was there supporting him every step of the way.

“I don’t sit down,” Williams said. “She would tell me to rest, but I was a pain in the butt.”

Williams wasn’t scared with his diagnosis. He was a little shocked, but he wanted to know what he did to cause it and how he could fix it. The doctor told Williams there was nothing he could have done to prevent it. Williams was extremely hopeful during the entire ordeal.

In November, Williams said they needed to remove more of the tumors. They cut a di-

amond shape out of his back to remove them.

For six weeks, he had a tube from his back to his chest as his back was healing from the fluid that was being drained. He healed quicker than normal.

Because of the nature of William’s job, he was immediately moved off duty and sent to see if he was allowed to stay in the Air Force. But Williams said he had an extremely supportive Air Force family.

His supervisor, peers and commander were all hopeful for him, offering their support through it all. They let him know if there was anything he needed, he just had to ask.

“They didn’t bother me or limit me,” Wil-

iams said of his chain of command. “They watched my back and let me take care of myself.”

During his diagnosis, Williams said his family helped him most. They never looked at Williams with sad eyes, or blamed anything or anyone for what happened. They told him they would help him get through it, if he needed anything to call and they would stop and make time for him.

“There are a lot of things you can buy and replace,” Williams said. “But time spent with a person is something you can’t. When people decide to use some of their time for you, it’s humbling.”

Williams also said a positive attitude was key

to facing this type of diagnosis.

“Positive thoughts have absolute results when it comes to healing,” Williams said. “Those who are hopeful and have positive thoughts regardless of the situation, they turn out the best.”

In December, Williams was in remission.

He said there is always a chance for the cancer to come back, and if it does, it will be worse and more aggressive. He still goes to the doctor every six months to make sure it hasn’t returned, and that will continue for the rest of his life.

“I understand I am playing on borrowed time,” Williams said. “I’m still able to serve, and I’m thankful for that. I’m still ranking up and making friends. Anything that’s worth it is worth the effort.”

Williams’ advice to those who are still battling is to do whatever it takes to get positive because it can change your reality.

“I have your back,” he said. “If you need to call me, call me. We’ll talk about life. Even if that means talking at one, two or three in the morning, I’ll be up. I’ll make some tea and we’ll sit down and talk about it.”

Williams said to those who are supporting someone fighting this battle, encourage them. Encouragement will make the difference.

“The most important thing is it’s not about the condition, it’s about the people around you,” he said.

Williams is a survivor.

Iceman in Action: Airman 1st Class Christopher Reynolds Jr.

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

Rank and Name: Airman 1st Class Christopher L. Reynolds Jr.

Duty Title: Non-destructive Inspection Journeyman, 354th Maintenance Squadron

Hometown: Merrill, Wisconsin

Why is serving in the Air Force important to you? Serving in the Air Force for me is one of the ways I can honor my family members who are no longer with us and to get a chance to be that much closer to them from shared life experiences. My wife is also a big part of it. For me, I see serving as a chance to make her proud, as well as the experience and educational benefits the Air Force provides me so I can better our life as a

family.

What moment or accomplishment as a member of the Ice-man Team are you most proud of and why? My proudest moment is getting the honor of being coined by General Russel Handy, the 11th Air Force commander, for being a top five percent Superior Performer during Northern Edge 2015.

What is your favorite part of your job? My favorite parts of my job are the amazing things I get to do every day for the Air Force. There is no end to the new methods that come out to teach us new ways to inspect and find crucial defects that could save an aircraft and lives. Each new method just makes you, as an Airman, want to find out the science behind the theories and put them to use.

Who inspires you and why? I would have to say everyone I have the privilege of working with inspires me. If I really had to pick just one, I would have to pick Tech. Sgt. James Todd. His amount of knowledge in our career field is amazing. My goal is to acquire as much knowledge as him because he sets the standard that every Airman should want to rise to in their respective fields of specialty.

What’s your favorite part about being in Alaska? This might sound cheesy (Wisconsin joke), but the amazing part about Alaska for me is being able to see the Northern Lights hidden behind the towering mountains, the breathtaking night sky with all the stars that, as a child, I never got to see while living in a large city.



U.S. Air Force Airman 1st Class Christopher Reynolds Jr., a 354th Maintenance Squadron nondestructive inspection journeyman, takes a short break, Jan. 6, at Eielson Air Force Base. Reynolds took initiative to draw the emblem of his career field on their shop wall and is in the process of completing the painting. (Photo by Airman 1st Class Cassandra Whitman)

‘Salad Wednesdays’ at Eielson Exchange are good for the body and the wallet

**Army & Air Force
Exchange Service
Public Affairs**

Airmen wanting to eat right and save money can turn to restaurants at the Eielson Exchange for “Salad Wednesday.”

Every Wednesday, Eielson Exchange diners can take \$2 off any salad priced \$4 or more at participating Exchange direct-operated restaurants. “Salad Wednesday” is part of the Eielson Exchange

Exchange’s BE FIT initiative, designed to promote healthy lifestyles for Airmen, retirees and military families.

“The ‘Salad Wednesday’ discount helps military diners put some green on their plate and keep some green in their wallet,” said Eielson Exchange Store Manager Mike Durbin. “The Exchange works to ensure Airmen and families have access to meals that taste good and are

good for them, too.”

In addition to “Salad Wednesday” savings, diners who use their Military Star card will receive an additional 10 percent discount at Eielson Exchange restaurants.

Exchange restaurants are open to anyone, whether military, civil service, contractor or visitor, per Army Regulation 215-8 and Air Force Instruction 34-211 (I).

Fort Wainwright

Friday – 15th
MOMMY AND ME MONTH, 10 a.m. to 1 p.m., Nugget Lanes Bowling Center, building 3702. Call 353-2654.

DID YOU KNOW...INFORMATION FAIR, 11 a.m. to 1 p.m., The Exchange (AAFES). Call 353-4227.

INTERVAL CONDITIONING, 11:30 a.m. to 12:30 p.m., Melaven Fitness Center, building 3452. Call 353-1994.

AFTERNOON FUN WITH HEAD-PIN BOWLING, 2 to 5 p.m., Nugget Lanes Bowling Center, building 3702. Call 353-2654.

AFTER SCHOOL STORY AND CRAFT, 4 to 5 p.m., post library, building 3700. Call 353-2642.

BASIC STRENGTH AND CONDITIONING, 4:15 to 5:15 p.m., Melaven Fitness Center, building 3452. Call 353-1994.

STRENGTH AND CONDITIONING, 4:15 to 6:15 p.m., Melaven Fitness Center, building 3452. Call 353-1994.

LEAD CLIMBING SKILLS CLINIC, 5:30 to 7:30 pm, Outdoor Recreation, building 4050. Call 361-6349.

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

Saturday – 16th
FAMILY ICE FISHING, 9 a.m. to 4 p.m., Outdoor Recreation, building 4050. Call 361-6349.

VOLLEYBALL FREE CAMP, Ages 5-8 for Registered Participants, 9 a.m. to 10:30 p.m., Youth Sports and Fitness, building 1049 #2. Call 353-7482.

GROUP CYCLING, 10 a.m. to 11 a.m., Physical Fitness Center, building 3709. Call 353-7223.

VOLLEYBALL FREE CAMP, Ages 9-14 for Registered Participants, 10:30 a.m. to Noon. Youth Sports and Fitness, building 1049 #2. Call 353-7482.

OPEN RECREATIONAL ICE SKATING, 1:30 p.m. to 4 p.m., Physical Fitness Center, building 3709. Call 353-7223.

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

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

Sunday – 17th
BOARD GAME NIGHT, Warrior Zone, building 3205. Call 353-1087.

OPEN RECREATIONAL ICE SKATING, 1:30 p.m. to 4 p.m., Physical Fitness Center, building 3709. Call 353-7223.

OPEN RECREATIONAL HOCKEY, 4:15 p.m. to 6 p.m., Physical Fitness Center, building 3709. Call 353-7223.

Monday – 18th
MARTIN LUTHER KING DAY

INTERVAL CONDITIONING, 11:30 a.m. to 12:30 p.m., Melaven Fitness Center, building 3452. Call 353-1994.

LUNCH TIME RECREATIONAL ICE SKATING, 11:30 a.m. to 1 p.m., Physical Fitness Center Ice Rink, building 3709. Call 353-7223.

BASIC STRENGTH AND CONDITIONING, 4:15 to 5:15 p.m., Melaven Fitness Center, building 3452. Call 353-1994.

STRENGTH AND CONDITIONING, 4:15 to 6:15 p.m., Melaven Fitness Center, building 3452. Call 353-1994.

MONDAY MOVIE MARATHON, 5 to 11 p.m., Warrior Zone, building 3205. Call 353-1087.

Tuesday – 19th
GROUP CYCLING, 6:30 to 7:30 a.m. and 9:30 to 10:30 a.m., Physical Fitness Center, building 3709. Call 353-7223.

JOB SEARCH JUMPSTART, 9 to 10:30 a.m., North Haven Community Center (South Post) Multi-Purpose Room. Call 353-4337.

ROMP AND STOMP PLAYGROUP: DANCE WITH ME, 9:30 to 11:30 a.m., Last Frontier Community Activity Center - Playgroup Conference Room, building 1044. Call 353-7755.

VOCATIONAL REHAB AND EDUCATION OVERVIEW, 10 to 11 a.m., Soldier and Family Assistance Center, building 3414. Call 353-7322.

LUNCH TIME RECREATIONAL STICK HOCKEY, 11:30 a.m. to 1 p.m., Physical Fitness Center Ice Rink, building 3709. Call 353-7223.

BASIC STRENGTH AND CONDITIONING, 4:15 to 5:15 p.m., Melaven Fitness Center, building 3452. Call 353-1994.

GROUP CYCLING, 5 to 6 p.m., Physical Fitness Center, building 3709. Call 353-7223.

YOUTH SPORT INDOOR SOCCER AND VOLLEYBALL BEGINS, 5 to 8 p.m., Youth Sports and Fitness, building 1049 #2. Call 353-7482.

FAMILY WINTER SKILLS SERIES: SNOWSHOE AND GEOCACHE, 5:30 to 7:30 p.m., Outdoor Recreation, building 4050. Call 361-6349.

VMIS FOR FRGS, 6 to 7:30 p.m., Army Community Service, building 3401. Call 353-4227.

STRENGTH AND CONDITIONING ORIENTATION, 6:15 to 7:15 p.m., Melaven Fitness Center, building 3452. Call 353-1994.

TRIVIA TUESDAY, 7 p.m., Warrior Zone, building 3205. Call 353-1087.

Wednesday – 20th
MOMMY AND ME MONTH, 10 a.m. to 1 p.m., Nugget Lanes Bowling Center, building 3702. Call 353-2654.

BUDDY CLIMB, 11 a.m. to 7 p.m., Outdoor Recreation, building 4050. Call 361-6349.

INTERVAL CONDITIONING, 11:30 a.m. to 12:30 p.m., Melaven Fitness Center, building 3452. Call 353-1994.

LUNCH TIME RECREATIONAL ICE SKATING, 11:30 a.m. to 1 p.m., Physical Fitness Center Ice Rink, building 3709. Call 353-7223.

KEY CALLER TRAINING, Noon to 2 p.m., North Haven Community Center (South Post) Multi-Purpose Room. Call 353-4332.

ANGER MANAGEMENT, "LETTING FLO DRIVE: 1:30 to 2:30 p.m., Soldier and Family Assistance Center, building 3414. Call 353-7322.

AFTERNOON FUN WITH HEAD-PIN BOWLING, 2 to 5 p.m., Nugget Lanes Bowling Center, building 3702. Call 353-2654.

BASIC PERSONAL AND FAMILY FINANCIAL READINESS, 2 to 4:30 p.m., Army Community Service Welcome Center, building 3401. Call 353-4227.

BASIC STRENGTH AND CONDITIONING, 4:15 to 5:15 p.m., Melaven Fitness Center, building 3452. Call 353-1994.

STRENGTH AND CONDITIONING, 4:15 to 6:15 p.m., Melaven Fitness Center, building 3452. Call 353-1994.

Thursday – 21st
AUTO SKILLS CENTER ORIENTATION CLASS, Two classes offered at Noon and 6 p.m., Auto Skills, building 3730. Call 353-7436.

GROUP CYCLING, 6:30 to 7:30 a.m. and 9:30 to 10:30 a.m., Physical Fitness Center, building 3709. Call 353-7223.

ROMP AND STOMP PLAYGROUP: SILLY SALLY, 9:30 a.m. to 11:30 a.m., Last Frontier Community Activity Center - Playgroup Conference Room, building 1044. Call 353-7755.

MOMMY AND ME MONTH, 10 a.m. to 1 p.m., Nugget Lanes Bowling Center, building 3702. Call 353-2654.

LUNCH TIME RECREATIONAL STICK HOCKEY, 11:30 a.m. to 1 p.m., Physical Fitness Center Ice Rink, building 3709. Call 353-7223.

STRENGTH AND CONDITIONING ORIENTATION, noon to 1 p.m., Melaven Fitness Center, building 3452. Call 353-1994.

AFTERNOON FUN WITH HEAD-PIN BOWLING, 2 to 5 p.m., Nugget Lanes Bowling Center, building 3702. Call 353-2654.

I AM THE "I" IN IEP WINTER WORKSHOP, 3:30 to 4:30 p.m., Arctic Light Elementary School. Call 353-4243.

WHAT IS AN IEP? 3:30 to 4:30 p.m. Arctic Light Elementary School. Call 353-4243.

BASIC STRENGTH AND CONDITIONING, 4:15 to 5:15 p.m., Melaven Fitness Center, building 3452. Call 353-1994.

GROUP CYCLING, 5 to 6 p.m., Physical Fitness Center, building 3709. Call

353-7223.

INTRO TO BELAY, 5:30 pm to 7 p.m. Outdoor Recreation, building 4050. Call 361-6349.

Friday – 22nd
REGISTRATION ENDS FOR INTRODUCTIONS TO WRESTLING, 8 a.m. to 5 p.m., Youth Sports and Fitness, building 1049 #2. Call 353-7482.

MOMMY AND ME MONTH, 10 a.m. to 1 p.m., Nugget Lanes Bowling Center, building 3702. Call 353-2654.

INTERVAL CONDITIONING, 11:30 a.m. to 12:30 p.m., Melaven Fitness Center, building 3452. Call 353-1994.

CAREER EXPLORATION, 1 to 2:30 p.m., North Haven Community Center (South Post) Multi-Purpose Room. Call 353-4337.

AFTERNOON FUN WITH HEAD-PIN BOWLING, 2 to 5 p.m., Nugget Lanes Bowling Center, building 3702. Call 353-2654.

AFTER SCHOOL STORY AND CRAFT, 4 to 5 p.m., post library, building 3700. Call 353-2642.

BASIC STRENGTH AND CONDITIONING, 4:15 to 5:15 p.m., Melaven Fitness Center, building 3452. Call 353-1994.

STRENGTH AND CONDITIONING, 4:15 to 6:15 p.m., Melaven Fitness Center, building 3452. Call 353-1994.

FAMILY NIGHT ICE CLIMB, 5:30 to 8 p.m., Outdoor Recreation, building 4050. Call 361-6349.

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

Saturday – 23rd
WHITE MOUNTAINS SNOWMACHINE RUN, Outdoor Recreation, building 4050. Call 361-6349.

GROUP CYCLING, 10 a.m. to 11 a.m., Physical Fitness Center, building 3709. Call 353-7223.

OPEN RECREATIONAL ICE SKATING, 1:30 p.m. to 4 p.m., Physical Fitness Center, building 3709. Call 353-7223.

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

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

Sunday – 24th
BOARD GAME NIGHT, Warrior Zone, building 3205. Call 353-1087.

OPEN RECREATIONAL ICE SKATING, 1:30 p.m. to 4 p.m., Physical Fitness Center, building 3709. Call 353-7223.

OPEN RECREATIONAL HOCKEY, 4:15 p.m. to 6 p.m., Physical Fitness Center, building 3709. Call 353-7223.

IN BRIEF

LOUD NOISE
There will be demolition training Jan. 21 and 28 from 8 a.m. to 5 p.m. at the small arms complex on Fort Wainwright; loud explosions are expected.

ANTITERRORISM AWARENESS SURVEY
The Office of Provost Marshal General (OPMG), Antiterrorism Branch, has released an anonymous and voluntary micro survey. The intent of the survey is to broadly measure anti-terrorism awareness across the Army. The target audience for the survey are all members of the Army community (Soldiers, DoD civilians, Family members, retired Soldiers and Army contractors). This online survey should take most respondents less than two minutes to access and complete. Find the survey at <http://AntiterrorismAwarenessSurveys.ANSER.org>. For more information, call 384-2142.

EMERGENCY INFORMATION
The security environment in which we live, work and play today is complex and significantly different than it was a decade ago. Civil and military authorities rely on members of their communities to provide a safe environment by reporting suspicious activities. It is also important to understand that everyone has a personal responsibility for their own safety

and security as well as that of their families. Be a responsible community member by being vigilant, being a sensor, reporting suspicious activities and remaining safe. Report emergency information to 911 and report non-emergency information to 353-7710.

COLA UPDATE
The Military Advisory Panel (MAP) approved results for Alaska's COLA. Please note that all increases were effective Dec. 16 and are available in the Jan. 1 LES. Decreases will take place in increments starting at 6 points on Feb. 1 and the remaining points on March 1. The approximate value of a COLA point is \$31 per month for the typical Service member. More information can be found at www.jber.af.mil/alcom/cola.asp, or call (907) 552-4841.

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

EXCHANGE EXTENDED REFUND POLICY
To give military shoppers peace of mind this holiday season, the Army & Air Force Exchange Service has extended its return policy for items purchased between Nov. 1 and Dec. 24. The Exchange's standard policy allows returns anywhere from up to

15 to 90 days of purchase with a sales receipt. The holiday return/exchange policy extends these terms through Jan. 31. Shoppers can also return items purchased through *shopmy-exchange.com* at their nearest brick-and-mortar Exchange. For more information about the extended refund policy, shoppers can visit customer service at their nearest Exchange.

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

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

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

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

Smokin Deals
2301 S. Cushman Street
Fairbanks, AK 99701

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

The Smoke Shop
334 Old Steese Highway
Fairbanks, AK 99701

The Scentz
1600 Block S. Cushman
Fairbanks, AK 99701

49er Club
4625 Old Airport Way
Fairbanks, AK 99709

Club Show Girls
4625 Old Airport Way
Fairbanks, AK 99709

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

Eielson Air Force Base

Friday – 15th
EVENING AT CHENA HOT SPRINGS, 5 p.m. to 12 a.m., Eielson City Center, building 3310 Eielson AFB, Call 377-2642.

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

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

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

Saturday – 16th
FREE BOUNCE, 10 a.m. to 7 p.m., Eielson City Center, building 3310 Eielson AFB, Call 377-2642.

SNOW MACHINE TRIP, 1 to 4:30 p.m., Outdoor Recreation, building 76392 Eielson AFB, Call 377-1232

FUN SHOOT, 3 to 8 p.m., Outdoor Recreation, building 76392 Eielson AFB, Call 377-1232

THE LAST WHICH HUNTER (PG-13), 7 p.m., Ernie Walker Theater, building

3309 Eielson AFB, Call 377-2269.

Sunday – 17th
FREE BOUNCE, 10 a.m. to 7 p.m., Eielson City Center, building 3310 Eielson AFB, Call 377-2642.

SNOW MACHINING AT BEAR LAKE, 1 to 5 p.m., Outdoor Recreation, building 76392 Eielson AFB, Call 377-1232.

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

GOOSEBUMPS (PG), 2 p.m., Ernie Walker Theater, building 3309 Eielson AFB, Call 377-2269.

Monday – 18th
L.I.N.K.S., 2:30 to 4:30 p.m., Mental Health Conference Room, building 3349 Eielson AFB, Call 377-4727.

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

FOOTBALL FRENZY, 4:30 p.m., 354 Sportsbar, building 2225 Eielson AFB, Call 377-2736.

Tuesday – 19th
REINTEGRATION BRIEFINGS, 9:30 a.m., Airman and Family Readiness Center, building 3125 Eielson AFB, Call 377-2178.

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

SHOOT SKEET AND TRAP, 5 to 9 p.m., Outdoor Recreation, building 76392 Eielson AFB, Call 377-1232.

Wednesday – 20th
ANGER MANAGEMENT, 10 a.m. to noon, Mental Health Conference Room, building 3349 Eielson AFB, Call 377-4727.

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

Thursday – 21st
THUNDER ALLEY, 7 to 11 p.m., Arctic Nite Lanes, building 3301 Eielson AFB, Call 377-1129.

Friday – 22nd
EVENING AT CHENA HOT SPRINGS,

5 p.m. to 12 a.m., Eielson City Center, building 3310 Eielson AFB, Call 377-2642.

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

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

Saturday – 23rd
CHENA HOT SPRINGS TRIP, Eielson City Center, building 3310 Eielson AFB, Call 377-2642.

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

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

Sunday – 24th
FREE BOUNCE, 10 a.m. to 7 p.m., Eielson City Center, building 3310 Eielson AFB, Call 377-2642.

IN BRIEF

FINANCE TIP
Did you know dependent COLA can only be paid for up to five dependents?

NUTRITIONAL TIP
Eat protein-rich foods, but keep in mind that variety is the key. Think small when it comes to meat portions: 3 oz per serving or the size of your palm is perfect.

ICEMAN BIGGEST LOSER MELTDOWN
Do you want to shed some holiday weight? Then participate in our Ice-man Biggest Loser Melt Down starting Jan. 1 till February 26. A prize will be awarded to the first place winner. Call 377-1925, for full event details.

THE GREAT ALASKAN CHALLENGE
Need an Alaskan Sized Challenge? Compete in one of our six challenges to earn a t-shirt and bragging rights

by figuratively swimming the Yukon, walking the pipeline, lifting an F-16 and more. Log your progress in our book located in the Fitness & Sports Center. For more information, please call 377-1925.

24-HOUR GYM ACCESS
Baker Field House will now allow 24-Hour Fitness Access to DoD CAC card holders, dependents over 18 years old and military retirees. All those who wish to utilize the designated area in the facility after hours will be required to register their CAC/Fitness Access Card and sign a Statement of Understanding/Assumption of Risk Form. Dependents and retirees will be required to obtain a Fitness Access Card from the Baker Field House in order to gain access through the designated entrance. For more information, please contact the Baker Field House at 377-1925.

EIELSON PHARMACY RECEIVES MEDSAFE
The 354th Medical Group pharmacy has a new way to dispose of expired

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

NOW PLAYING AT THE ERNIE WALKER THEATER
The Ernie Walker Theater is now open and playing movies every Friday, Saturday and Sunday. Movies are free to all DoD ID holders. So stop by, grab some popcorn and enjoy a night at the movies, courtesy of the Eielson Force Support Squadron. For more infor-

mation, call 377-2269.

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

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

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

Honor: a history of the African-American Soldier

was released over the forests of Washington and Oregon States. Forest fires caused by the explosives had to be extinguished. The call went out and in flew the “Triple Nickel,” our nation’s first black fire jumpers.

On Jun. 6 1944, the invasion of northern France was underway. A supply line and a means to transport troops had to be created. A series of roads and highways were designated as the “Red Ball Express.” Drivers from all black quartermaster and transportation units were utilized to help make Red Ball Express a success.

During the war, along “Express,” a supply convoy was held up by a German machine gun crew. A black NCO, tiring of watching white troops try to knock out the German gun emplacement, exited his truck. He instructed a white private, taking cover in a ditch, to surrender his Thompson sub machine gun and two grenades. The NCO quickly charged the machine gun crew. Utilizing the two hand grenades and Thompson, he destroyed the gun emplacement. Returning the gun to the white private he exclaimed, “Now that’s how you get the job done,

let’s move out.” Without the efforts of these black drivers, the allied advance through Europe would have slowed to a halt.

Nearing the end of World War II, little had changed for African-Americans in the States. Even after the war, Tuskegee Airman Officers, having served with distinction, had to give up their seats on trains, buses and planes to Ex-German POWs.

Finally, after WWII and prior to the Korean War, President Truman signed executive order 9981, in 1948; the executive order established a Committee on Equality of Treatment and Opportunity in the Armed Services. After 150 years of service, the African American serving in the Armed Forces helped change the “status quo.”

In 1950, when the U.S. entered combat in Korea, black troops filled the ranks of traditionally all white units. Of the original four 1869 “Buffalo Soldier” Regiments, the 24th Infantry was the last and only all black regiment still serving. Still plagued with white senior leadership, this Regiment fought with distinction during the Korean War. The 24th gained quick

fame and praise as the following news article exclaimed. “Oldest Negro Regiment Winning Fame in Korea. The Army’s oldest and maybe its last Negro infantry regiment added Korean battle honors to those it won against the Comanche Indians 70 years prior. The 24th infantry blasted the Red Koreans out of Yechon while spearheading the U.S. 25th division’s drive to halt enemy pressure on the East Korean front. The 24th regiment was formed in 1869 at Baton Rouge, LA., by the merger of two Negro units that had been organized three years earlier at Jefferson Barrack, Mo. It may be the last Negro regiment because the Army is well on the way toward ending racial segregation down to the battalion level. The 24th regiment’s enlisted men and non commissioned officers are all Negroes. About half of its commissioned officers are of the same race.” In 1996, the 24th Infantry Regiment was honored for their accomplishments during the Korean War with the Presidential Citation Award.

By Sep. 30, 1954, the Department of Defense announced colored units no longer existed in the U.S. Armed Forces.

es. African-American military members now held leadership positions over white military members with all UCMJ authority. Though growing pains were still being encountered in 1964, minority troops entered Vietnam in completely desegregate military units. A new chapter had begun for the African-Americans serving their country and their efforts continued to help change the racial ignorance of society.

Over 25 years would pass before another major hurdle would be overcome. On Oct.1 1989, President George Bush showed the nation and the world how far the United States of America had come with race relations. He appointed General Colin Powell as the Chairman of the Joint Chiefs of Staff, our nation’s first African-American to hold this position.

Black men and women of duty, honor and country have brought us to where we are today. The sacrifices of the African-American military member have fulfilled their one true desire – to be considered an equal with their white brothers in arms.

Tutor.com offers no-cost, interactive webinar for Military Families

Michael Campbell
School Liaison Officer
Fort Wainwright

Join the Tutor.com Military Support team for a no-cost, interactive webinar for Military Families, Jan. 20 or 21.

Funded by the Department of Defense and Coast Guard Mutual Assistance, eligible students in Active Duty, Reserves, National Guard Army, Navy, Air Force, USMC, and Coast Guard Families can access live academic support from Tutor.com at no cost via www.tutor.com/military.

During this interactive webinar, families will learn:

- What Tutor.com is and how it works
- How using Tutor.com can help reduce stress at home during

homework time

- What makes Tutor.com different from traditional tutoring
- How students use Tutor.com to get or keep great grades
- How students can use Tutor.com to get help with homework and checking work
- How to prepare for tests (even standardized tests), writing, and projects
- About the safety and security of the online classroom
- About current program eligibility and where to go online for the most
- Up-to-date program eligibility information
- How to create an account and login to connect to a tutor
- About Mobile apps and new

features added recently: diagnostic quizzes, foreign language tutoring, asynchronous writing help, and scheduled sessions

The Tutor.com Military Support team will present the webinar and will be available to answer questions. The webinar is free to attend. Families can attend using a telephone and internet connected computer. A domestic and an international phone number will be provided, and webinars are offered at different times and different days to accommodate as many schedules and time zones as possible. We hope to “see” you there!

There are four opportunities. To register for the webinar, enter the URL that follows the date and time for the session you’d like to attend.

Wednesday, Jan. 20 at 1 p.m. EST

<https://attendee.gotowebinar.com/register/570765653370304770>

Wednesday, Jan. 20 at 9 p.m. EST
<https://attendee.gotowebinar.com/register/280228501824930561>

Thursday, Jan. 21 at 2 p.m. EST
<https://attendee.gotowebinar.com/register/2668317179819542785>

Thursday, Jan. 21 at 7 p.m. EST
<https://attendee.gotowebinar.com/register/2419077685012036609>

You don’t have to wait until the webinar to get academic help. Visit www.tutor.com/military to create an account and connect with a live tutor 24/7.

MFLC
Military & Family Life Consultants
388-2553
**Confidential Assistance for short time
problem resolution:**
marriage/relationship stress, anxiety,
depression, grief, and other daily life issues.

Army Emergency Relief now accepting scholarship applications

Army Emergency Relief

Army Emergency Relief, or AER, has announced the opening of its scholarship application period. Applications will be accepted until May 1.

AER supports both the Spouse Scholarship Program, as well as the Maj. Gen. James Ursano Scholarship Program for dependent children. Scholarship specifics and applications are available on AER's website.

The Spouse Scholarship can be used for full- or part-time students while the Ursano Scholarship is only for full-time students.

Last year AER awarded 4,245 scholarships, totaling more than \$9 million for spouses and children of Soldiers.

"The entire scholarship process is online," said Tammy LaCroix, manager for AER's scholarship programs. "Applicants are able to create their own profile, submit their documentation online, and check their status, which is a huge time saver for both the applicants and the scholarship staff."

"This is a valuable opportunity for the children and spouses of Soldiers," LaCroix said. "We saw an increase in the number of applica-

tions last year and hope this trend continues this year."

The entire application package for the 2016-2017 school year must be submitted online by May 1. This includes the application as well as the supporting documents.

Most applicants will need to provide transcripts (through the fall semester), according to LaCroix, along with a Student Aid Report, or SAR, from the Free Application

for Federal Student Aid, known as FAFSA. The sponsoring Soldier's Leave and Earnings Statement, or LES, should also be submitted for active-duty Soldiers.

AER awards are "needs-based" scholarships based on the FAFSA and transcripts, LaCroix said. The amount of the award varies based on the number of qualified applicants and scholarship funds available, she said. Last year, the award amounts

ranged from \$500 to \$3,300.

AER is a private nonprofit organization dedicated to providing financial assistance to active-duty and retired Soldiers, and their Families. Since its incorporation in 1942, AER has provided more than \$1.6 billion to more than 3.6 million Soldiers, Families and retirees.



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