

Soldier earns spot on 2016 US Paralympic Swimming Team

Tim Hipps
U.S. Army Installation Management Command

Sgt. Elizabeth Marks earned a Paralympic berth at the 2016 U.S. Paralympic Swimming Team Trials, June 30 through July 2, at the Mecklenburg County Aquatic Center.

Marks, 25, is a native of Prescott Valley, Arizona. She joined the Army at age 17 and is the first Soldier in the U.S. Army World Class Athlete Program to become a Paralympic swimmer.

"I'm just grateful," Marks said. "I'm excited that I get the chance to represent the United States of America's colors in any way that I'm allowed."

Marks opened the three-day meet on the morning of Thursday, June 30, with a victory in the women's 100-meter breaststroke preliminaries with a time of 1 minute, 29.47 seconds. That night she went on to win the final in a personal-best time of

1:28.54 – just 0.01 seconds off the world record of 1:28.53 in her classification. Seventeen-time Paralympic medalist Jessica Long finished second in 1:34.51 – nearly six seconds behind Marks.

After migraines kept Marks awake most of Thursday night, Marks' coach, Nathan Manley, and Jason Barber, Head of Sports Medicine and Strength & Conditioning for the Army World Class Athlete Program, medically scratched her from the 100-meter butterfly on Friday to allow her to recover before competing in two events on Saturday, July 2.

When Marks returned to the pool Saturday, she finished second in the 100-meter backstroke with a personal-best time of 1:21.64. (Long won the race event in 1:19.56.) That same day, Marks finished third in the 200-meter individual medley preliminaries with a time of 2:56.83.

"The Army has taught me resiliency



Sgt. Elizabeth Marks earned a Paralympic berth at the 2016 U.S. Paralympic Swimming Team Trials June 30 through July 2 at Mecklenburg County Aquatic Center in Charlotte, North Carolina (Photo by Tim Hipps, IMCOM Public Affairs)

See MARKS on page 9

Carter announces 560 US troops to deploy to Iraq

Department of Defense Press Operations

Secretary of Defense Ash Carter met with Iraqi Prime Minister Haider al-Abadi and other Iraqi leaders in Baghdad on July 11. He commended them for the recent progress in the fight against the Islamic State of Iraq and the Levant, including the capture of a strategic airfield near the town of Qayyarah that will aid operations to free Mosul.

"With the retaking of Qayyarah West airfield, the Iraqi security forces have once again demonstrated a serious will to fight," Carter said. "I congratulate them on their recent successes and reaffirm that the United States, along with our coalition partners, will continue to do all we can to support Iraq's effort to serve ISIL a lasting defeat."

In his meetings with Iraqi leaders, coalition commanders and U.S. troops, Carter also discussed the next steps in the military campaign. In light of Iraqi security forces recent advances, Carter announced that the United States, in close coordination with the Iraqi government, will deploy an additional 560 troops to Iraq



This photo, taken on August 21, 2014, shows a U.S. fighter jet refueling from an Air Force KC-135 Stratotanker over Iraq. These "air bridges" will serve as critical resources as the fight against the Islamic State of Iraq and the Levant ensue in the near future. (Photo by Staff Sgt. Shawn Nickel)

to build on that momentum.

The additional troops will provide a range of support for Iraqi security forces, including infrastructure and logistical capabilities at the airfield near Qayyarah. As the campaign shifts toward Mosul, more than 250

miles from the Iraqi capital, the airfield will become a vital springboard for the ISF offensive into Mosul. Coalition forces will also continue to provide enabler support to Kurdish

See DEPLOY on page 9

Army announces exercise traffic schedule

U.S. Army Alaska Public Affairs

Travelers along the Richardson Highway corridor between Fairbanks and Delta Junction will see an increase in military convoys and training action later this summer as U.S. Army Alaska hosts exercise Arctic Anvil from July 23 through Aug. 3, but efforts are being made to minimize the traffic impact on the community.

The exercise will involve approximately 8,000 Soldiers and military support personnel in training areas surrounding Fort Wainwright, Delta Junction and Fort Greely. The influx of Soldiers began in June, with high traffic expected on the Richardson Highway from mid-July to early August. U.S. Army Alaska is working closely with the Alaska Department of Transportation and the interior Alaska communities to ensure the hundreds of military vehicles traveling intermittently in manageable convoys along the Richardson Highway between Fort Wainwright and Fort Greely and create as little impact on local and tourist traffic as possible.

U.S. Army Alaska planners for the exercise have scheduled the vast majority of convoys between Fort Wainwright and the Donnelly Training Area to roll at night between 6 p.m. and 4 a.m. to minimize traffic problems. A color-coded calendar is being published to show expected times of heavy, medium and light military traffic so residents can see when military traffic

See EXERCISE on page 9

Corps archeologist leads expedition to recover Vietnam War-era pilot's remains

Randy J. Gon
U.S. Army Corps of Engineers

Dripping sweat and coughing on dusty air, Joe Griffin prepares to make yet another trek up a rocky hillside. Over the course of a month, he will take this short hike hundreds of times. Luckily, the altitude of Laos's mountainous Xiangkhoang Province provides a small measure of relief from the heat and humidity. Each trip up the mountain concludes with Griffin sifting through buckets upon buckets of dirt and soil, searching for a clue -- any clue -- to find the remains of an American pilot who crashed nearly a half century ago.

The determined effort is one of 17

planned month-long expeditions the U.S. Army Corps of Engineers will support this year throughout Southeast Asia to recover remains of lost American military service members and civilians from the Vietnam War era.

"I couldn't pass up this opportunity," says Griffin, an archeologist for the Corps' Sacramento District. "The prospect of bringing closure to a family who's been wondering for decades about their loved ones feels really good."

Griffin will work 28 out of 30 days he spends in the jungle, leading an expeditionary team of 18 active military members and 50 local Hmong villagers in examining more

than a quarter acre of dirt and soil to find what, at times, feels like a needle in a haystack.

This isn't the first search and recovery mission, nor will it be the last. In total, 1,028 missing Americans have been accounted for in Laos, Vietnam, China and Cambodia; however, more than 1,600 military personnel and civilians remain missing.

The Defense POW/MIA Accounting Agency, whose mission is to "provide the fullest possible accounting for our missing personnel to their families and the nation," leads the recovery efforts and assem-



A team from the Defense POW/MIA Accounting Agency work with local Hmong villagers during site excavation in the Xiangkhoang Province, Lao People's Democratic Republic, Mar. 18. Members of the DPAA deployed to the area in hopes of recovering the remains of a pilot unaccounted for since the Vietnam War era. (Photo by Staff Sgt. Jocelyn Ford)

See MIA on page 4

WEEKEND WEATHER



Friday
Partly sunny, with a high near 78.



Saturday
Mostly cloudy, with a high near 76. Low around 51.



Sunday
Rain likely. Cloudy, with a high near 64.

IN BRIEF

Excited about moose hunting season? Turn to page 3 for information about hunting on federal land and associated maps.

Today, July 15, is National Ice Cream Appreciation Day. Stop by the Last Frontier Community Activity Center, building 1044, from 5 to 7 p.m. Free scoops of ice cream to DOD cardholders and their dependents.

Tomorrow, July 16, is the next post-wide yard sale. For more information, turn to page 9.

Nutrition Corner: Glycemic Index

Nutrition 101

The term glycemic index refers to a method of measurement used to evaluate the speed with which various foods impact blood sugar levels as compared to pure glucose or white bread. The scale ranges from 0 to 100 with the higher number meaning the blood sugar rises more quickly and the lower number meaning it rises more slowly. This is not a measure of total carbohydrates or calories per standard serving, it is only measuring the speed of the rise in blood sugar when equal amounts of carbohydrate from the selected food are compared to sugar in its simplest form.

The reason this distinction is important is that a food labeled ‘high’ on the glycemic index may actually be a great low calorie, low carbohydrate choice when eaten in the prop-

er portions. This is the case for a food like beets, which have a GI of 64, however when eaten in the proper portion these root vegetables provide only about 13g of total carbohydrate. After all, beets are a great source of many important nutrients that you don’t want to miss out on without good reason. Furthermore, you would have to eat almost four cups of raw beets in order to consume 50g of carbohydrate, and that’s a lot of beets!

Another measurement called Glycemic Load makes it easier to apply information about GI to your dietary decisions in an accurate and meaningful way.

GL uses the GI in the context of the appropriate amount of total carbohydrate that would be present in a standard serving size to avoid any misconceptions that GI might present. GL is determined by grams of

carbohydrate contained in one standard portion, multiplied by GI, and divided by 100 (for beets this would be 13 x 64 / 100 = 8.3), and typically foods will fall into one of three categories - low GL (0-10), moderate GL (11-20), and high GL (above 20).

Research is inconclusive about whether diets based on these concepts are more or less effective at managing weight or other nutrition related diseases. We do know that a balanced diet with a variety of whole foods from various food groups and with a proper distribution of nutrients often consists of several low GI foods that in the right framework translate to low GL foods. The glycemic index is a complicated concept, but it can be a useful tool for anyone trying to make better food choices if it is simplified and applied

correctly to your plate.

For more information about glycemic index, check out this article by the health professionals at Mayo Clinic: <http://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/glycemic-index-diet/art-20048478>

Featured Food

Peanuts! These little legumes offer a significant amount of energy in a small package. What’s more is that they offer healthy fats and proteins, while maintaining a low glycemic index and a low glycemic load. Oh yeah, and they taste great, too! Peanuts are grown mostly in tropical and subtropical climates. They come in many varieties and are used in array of different culinary applications across the world.

Recipe Spotlight

Homemade peanut butter

- Ingredients:
- 15 ounces roasted peanuts (shelled, skinned, lightly salted)
 - 2 teaspoons kosher salt
 - 1 1/2 teaspoons honey
 - 2 tablespoons peanut oil

Preparation: Place peanuts, salt and honey into food processor. Process for about one to two minutes, breaking intermittently to scrape down sides of the bowl. Slowly drizzle the oil and continue to blend in the processor until the mixture is smooth, about one to two more minutes. Transfer peanut butter to an airtight container and store in the refrigerator. Can be kept for one to two months.

Facts and your health: The danger of marijuana edibles

Marijuana edibles are food items made with marijuana or marijuana oils which can be used as an alternative to smoking or vaporizing marijuana.

Marijuana edibles pose a danger to children from accidental ingestion and adults from contact with family members or acquaintances who may be in possession of harmless looking “candy,” like gummy bears, lollipops and chocolate, baked goods such as brownies, or drinkable infusions.

Side note: Though many of these items are available online, remember that mailing MJ, Cannabis, or THC products over state lines violates federal law.

The problem is that the ingestion of THC produces a slower high or “buzz” than smoking. Uninitiated users, accustomed to a five to 15 minute “buzz” from inhaling, may not experience the same high for 30 minutes to four hours depending on potency and may ingest additional edibles to get the buzz, resulting in acute THC intoxication.

This is sometimes difficult to diagnose in children as the child, parent or caregiver may not know THC was consumed. However, extreme lethargy, hallucinations, panic, paranoia, or acute psychosis have been noted. Adults may suffer similar symptoms but may benefit from knowledge of the source.

Several local commercial licens-



This cookie has 40 milligrams of THC – four times the recommended dose for an adult. Can your child tell the difference between this and another cookie? Can you? (File photo)

ees have stated they intend to pursue sales of edibles. Response to suspected acute intoxication should be the same as suspected poisoning – head to your nearest ER.

Be warned that marijuana edibles and their packages are often brightly colored and grab the attention of kids. Therefore, it is extremely important to keep these products locked up and out of reach of children and pets. And remember, marijuana, in any form, is still illegal on federal grounds as well as for service members and DOD civilians.

MEDDAC Minute

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: www.uhcmilitarywest.com, (877) 988-9378

Performance Triad tip

Awareness is the key to change. Once we are aware of something, it cannot remain the same. Awareness plus small changes in our automatic behaviors can produce large changes over time.

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.

Walk-in Clinic

Beneficiaries can utilize the Walk-in Clinic Nurse option when needing to be seen for strep throat screening, urinary tract infection screening, pregnancy testing, blood pressure monitoring, suture removal, wart removal and sexually transmitted disease checks. The clinic

is open 7:30 to 11:30 a.m. and 1 to 3:30 p.m., Monday through Friday. For more information, call 361-5833.

School is approaching

Be ready for the start of school and skip the last-minute rush by getting school and sport physicals July 26 from 4 to 6 p.m. at Bassett ACH. The event is for youth three to 18. Physicals are good for one full year. Please bring any school forms and shot records if available. Make your appointment today by calling 362-4000.

Save time and travel with secure messaging

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

Army Medicine’s Ambassador Program

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

American Red Cross Dental Assistant Training Program

Staff report
American Red Cross

Training for the American Red Cross Dental Assistant Training Program will start tentatively January 3, 2017 at the Dental Clinics of Fort Wainwright and Eielson Air Force Base.

The DATP is 720 hours of classroom and clinical training, and is held Monday through Friday from 7 a.m. to 4:30 p.m. Acceptance into this program will require a significant commitment on the student’s part and in return, they will receive high quality dental assistant training and once graduated they will have a marketable skill.

To be eligible for the DATP, applicants must be at least 18 years of age or older, a military spouse or dependent, and have completed at least 20 hours of volunteer work with the Red Cross or with any organization with which hours can be verified.

After acceptance into the program, applicants are required to complete an additional 20 hours of volunteer service during the duration of the program; examples of these would be the American Red Cross Holiday gift-wrapping event, ARC fundraising events and other ARC events.

If all volunteer hours have not been completed by the last day of class, then the student will not be eligible to take part in the certificate of completion ceremony or to receive their certificate. Total volunteer hours must equal 40 hours accumulative for graduation eligibility.

Individuals selected for this program must complete a 10 hour shadow at the dental clinic before program start, the Red Cross CPR course for the Professional Rescuers, HIPAA training, ARC background check, Red Cross orien-



tation and Army requirements to be a volunteer such as being up to date on immunizations, passing a 10-year background check, and completing online training.

Timeline for application process and class

- Application due date – Sept. 2
- Interview date – Sept. 6 through 9
- Notification of Acceptance/Non-Acceptance – close of business, Sept. 12
- Gift Wrap Fundraiser (MANDATORY) – Dec. timeframe. Dates TBA.
- First day of class – Jan. 3, 2017
- Graduation Ceremony – TBD 2017.
- *Dates subject to change

Dental Assistant Training Application 2015-2016

Applicants for the Dental Assistant Program must submit: (a) the completed application form; (b) a typed one page narrative of “Why I am the best candidate to be chosen for the Dental Assistant Program.” It must be in the Arial Font size of 12. The essay will be used as part of the application process and as a tie breaker in the event two or more candidates are equally matched in all other areas.

If you would like more information about the DATP, please contact the Red Cross Services to Armed Forces Pro-

gram Coordinator at the address and phone number listed here.

Exie Hutcheson
Red Cross SAF Program Coordinator
3501 Lathrop St, Unit G
Fairbanks, AK 99701

(907) 646-5427

Or

Bassett Hospital
Tues/Thurs
(907) 361-568

Or

Eielson Air Force Base
Wednesday
(907) 377-7339

ALASKA POST

The Interior Military News Connection

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The ALASKA POST – The Interior Military News Connection

Fall 2016 Recreation Maps

How to Gain Recreational Access to Fort Wainwright Training Lands:

1. Obtain a Recreation Access Permit. This can be obtained online or at one of our three kiosk locations: Fort Wainwright Visitor Center, Fort Greeley Visitor Center, and Fort Wainwright Natural Resources Office.
2. Check in by calling the USARTRAK automated phone system or online. This must be done before entering the training lands and you will need your RAP number to access the system. This permit is free, good for two years, and is required by those 16 years of age and older.

USARTRAK Online Check-In System:

<http://usartrak.isportsman.net>

To check-in online, you will need your permit number and pin number. Users can check in the day before or the day of their outing for up to two weeks at a time online or by telephone. They can also check online or listen through our automated phone system for training area closures. This check in system is for public safety.

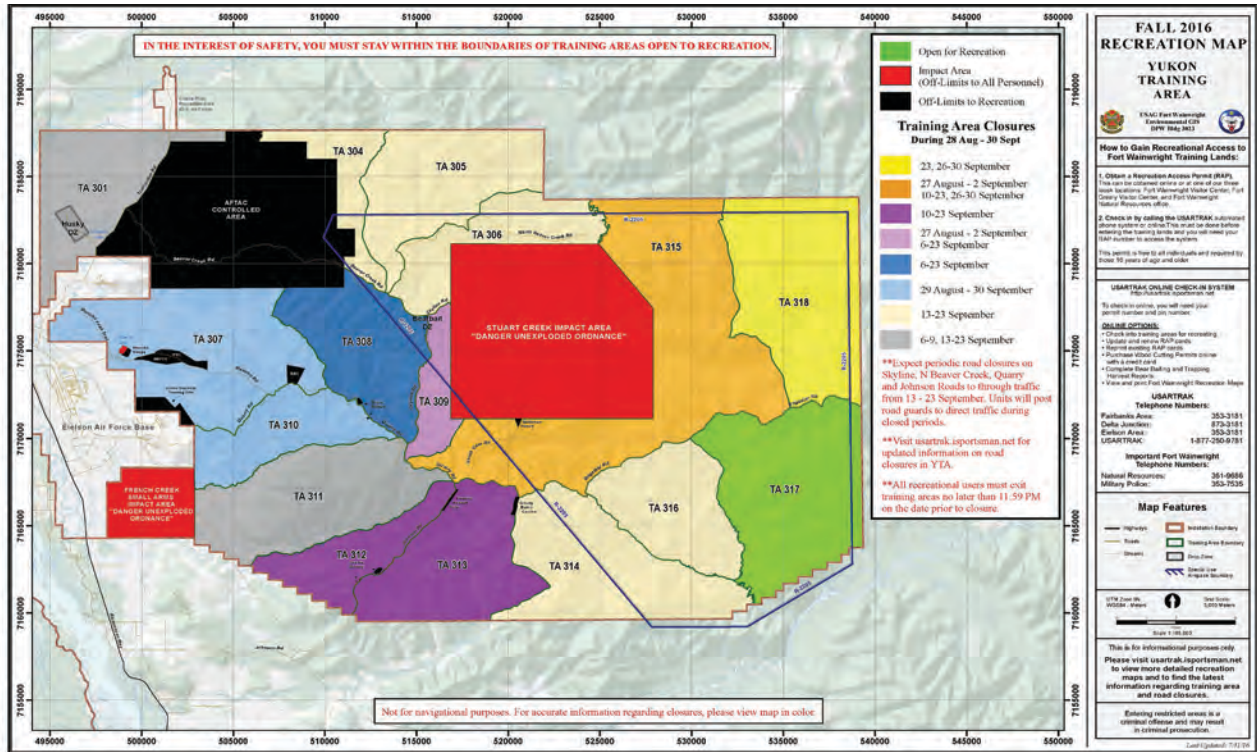
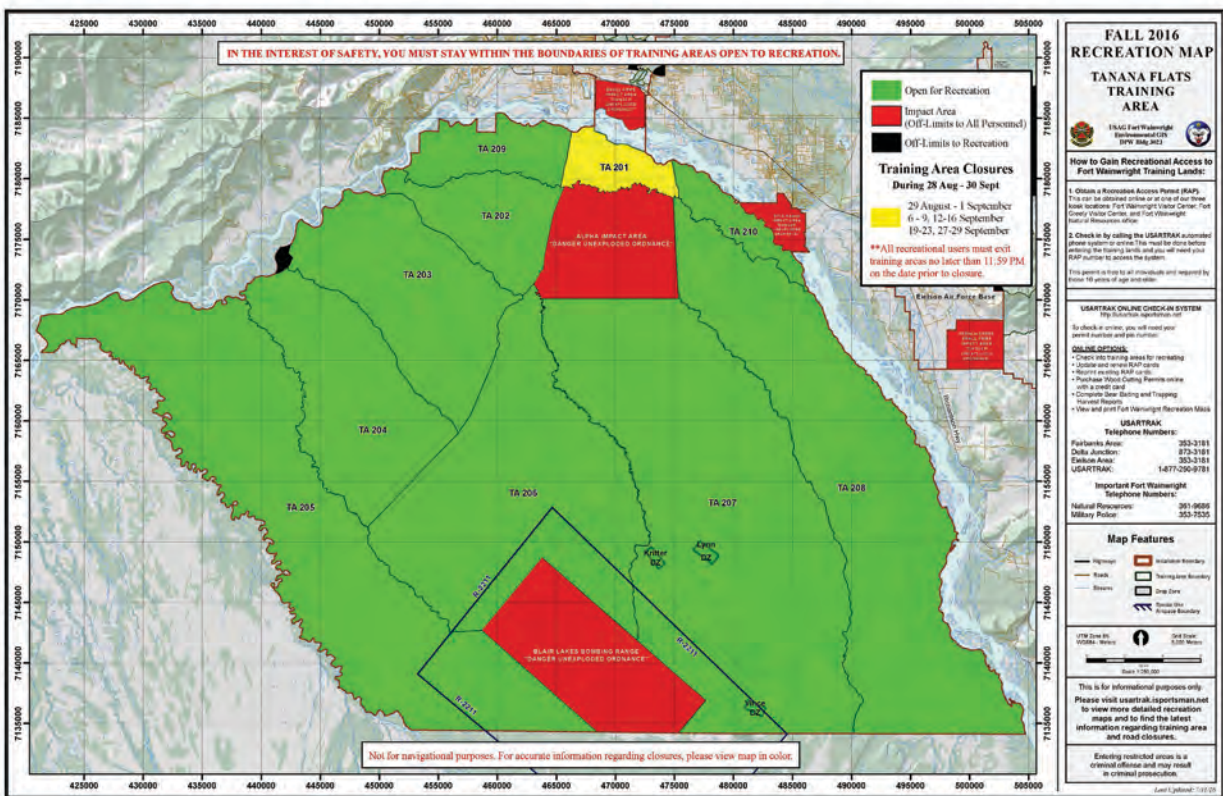
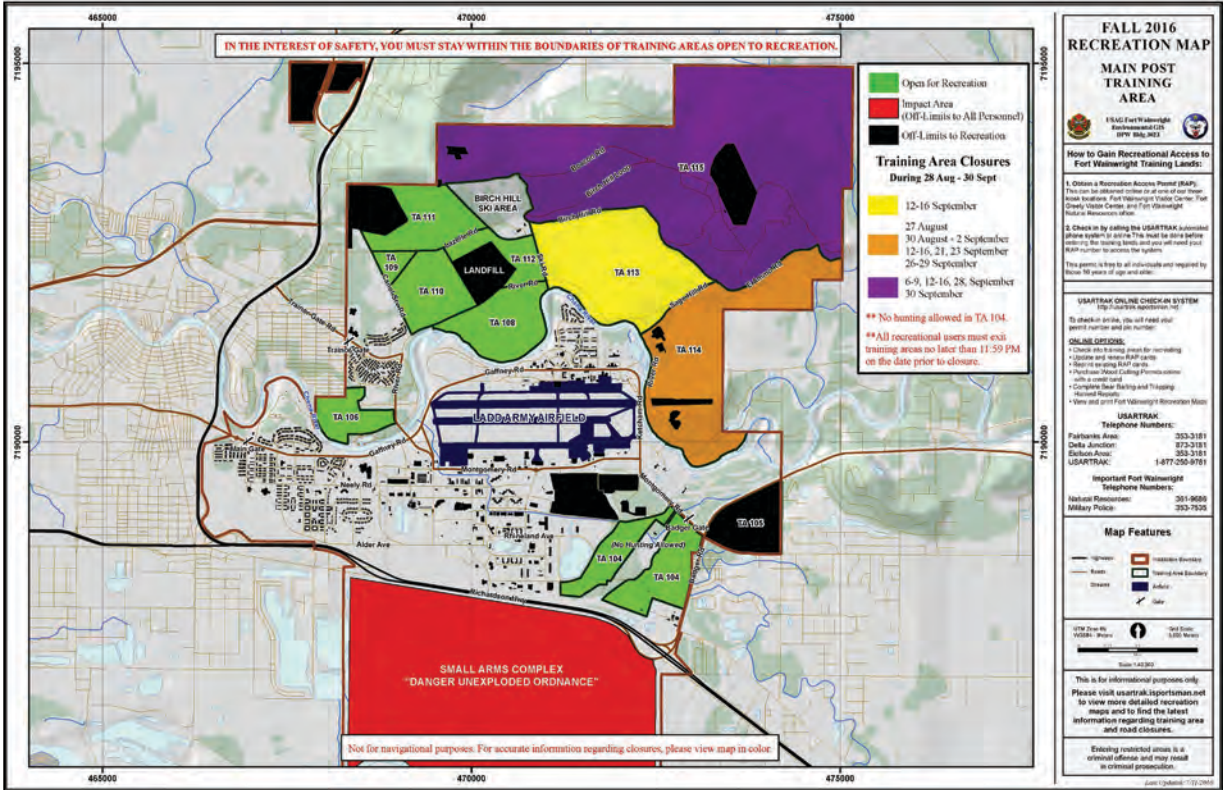
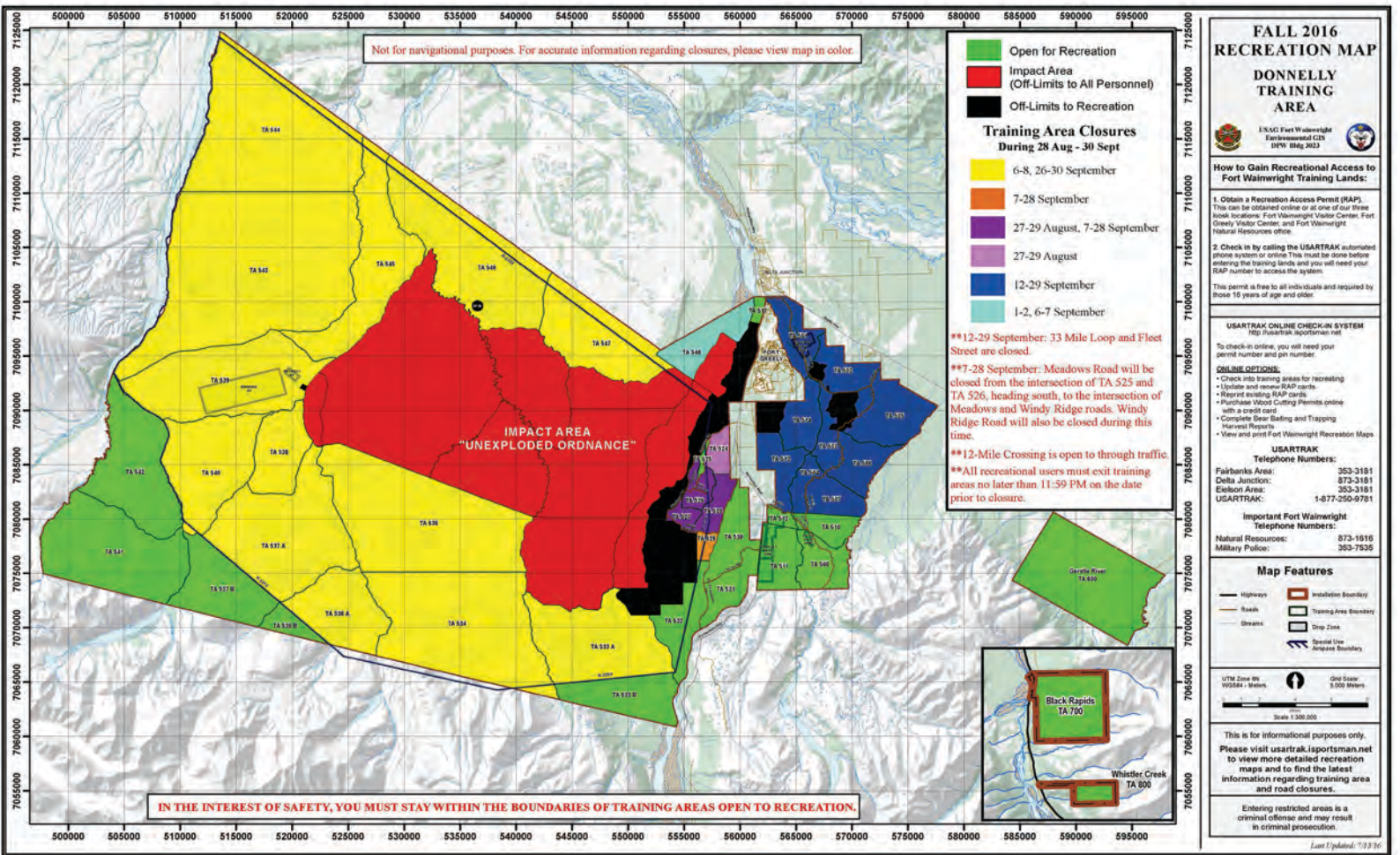
- Online Options:**
- Check into training areas for recreating
 - Update and renew RAP cards
 - Reprint existing RAP cards
 - Purchase Wood Cutting Permits online with a credit card
 - Complete Bear Baiting and Trapping Harvest Reports
 - View and print Fort Wainwright Recreation Maps

USARTRAK Phone Numbers:
Fairbanks Area: 353-3181
Delta Junction: 873-3181
Eielson Area: 353-3181
USARTRAK: (877) 250-9781

Important Fort Wainwright Phone Numbers:
Natural Resources: 873-1616
Military Police: 353-7535

Please visit usartrak.isportsman.net to view more detailed recreation maps and to find the latest information regarding training area and road closures.

Remember that entering restricted areas is a criminal offense.



Things to remember

- Get your Recreational Access Pass: <http://usartrak.isportsman.net/>
- Read the 2016-2017 Alaska Hunting Regulations and the Fort Wainwright Outdoor Recreation Regulation Supplement; both are available at <https://usartrak.isportsman.net/regulations.aspx> with additional information at <http://www.adfg.alaska.gov/index.cfm?adfg=wildlife-regulations.hunting>. Read thoroughly as you may need to know about Hunter Education Cards, Bow Hunter Certification, etc.
- Follow Alaska State hunting regulations
- Know whose land you are recreating on
- Above all, be safe (proper gear/clothing and communication)
- If you have questions, call DPW Environmental at 361-9686.

Moose season begins Sept. 1. Keep an eye out for an article right here in the Alaska Post about hunting safety, like leaving information with family and friends about your hunting trip, and other precautions hunters should take before heading out.

History Snapshot: Officer Housing

L. Amber Phillippe
Landscape Historian, DPW

In a letter to her family, Phyllis Walseth, wife of Ladd Field's Post Adjutant, gushed about her new apartment, "Nothing I can say can possibly tell you how nice [these apartments] are for Alaska." The Walseths were one of the seven lucky families who were able to move into officer's accommodations within the bounds of Ladd Field shortly after the buildings were completed in the spring of 1941. In her letter home, Mrs. Walseth went on to describe her apartment's beautiful hardwood floors, new electrical appliances, spacious arrangement of rooms and shiny stainless steel kitchen sink. As much as Mrs. Walseth loved her new apartment, her stay in it was very short. Once the United States entered World War II, all military dependents were ordered to leave the Alaska Territory for their own safety. Buildings 1045, 1047, 1049, and 1051 remained officer's quarters during World War II and beyond until the early 1960s by which time new Soldier billeting had been moved away from North Post. (File photo)

Like historic photos? Check out our Pinterest page at www.pinterest.com/fwacultural/.



Chaplain Family Life Counseling Center: A Safe Place to Talk

Chaplain (Lt. Col.) Shawn E. McCammon & Chaplain (Maj.-P) Darrick M. Gutting



(File photo)

The Fort Wainwright Chaplain Family Life Center is staffed by an intentional team of care givers who are trained in both clinical and therapeutic approaches in counseling. Our goal is to provide the best possible pastoral care to the best Service and Family Members in the Army – meaning you! Simply put, we provide help for your journey by focusing our efforts to better enable and empower you to meet your Personal, Spiritual and Professional Goals.

Our desire is to empower you with the self-awareness, knowledge, and skills that you need for your particular journey. Join thousands of others from all ages, ranks, and walks of life who have taken advantage of and have leveraged the services we provide. The CFLC Staff and Army Chaplains are the singular source for religious privilege in communication. This ensures that Soldiers and Family Members' individual privacy is first.

We offer various workshops on an as needed, topical basis in ongoing efforts to support our tenant units, Soldiers & Family members in their individual and organizational pursuit of readiness and resilience.

Many Soldiers and Family members have found support and help by meeting with others in similar circumstances. Families of deployed Soldiers, individuals struggling with anger, or addictions and those who simply feel alone are some examples of those who needlessly suffer in silence. But you do not have to!

Do you want to know of others who share the same burden? A support group can make all the difference in our success when

we struggle with an issue. By coming alongside each other we receive encouragement and support. "Together" is the key word. "Not one of us is as good or as strong as all of us!" Being part of something that is bigger than yourself is often where we find hope and health. Groups tend to fill up fast – call today for more information.

Pastoral counseling is always:

CONFIDENTIAL

All consultations between you and your pastoral counselor, and any records concerning you, are considered privileged communication. You can be certain that the most rigid professional guidelines will prevail in the handling of your case information. Your case information will be safeguarded and will not be released unless directed by you in writing, or if directed by a court of law. Your care and confidentiality are always our highest priority.

SAFE

Our counselors are committed to your emotional and spiritual dignity. Taking sides and placing blame never seem to help much, so we stay focused on counseling

goals and honoring the dignity of each person's experience.

SPIRITUAL

We believe your faith can be a powerful resource. We honor your commitments and always seek to help you grow in faith in the service of gaining hope and love.

Our goal at the Family Life Center is to help you experience the positive interactions that make it safe to tackle any kind of issue or difference.

Combat stress, parenting stress, challenges at work, and challenges at home are all made better by stronger, safer bonds.

Stronger bonds make it possible to trust one another, and to heal breaks in faith, in hope, and in love. You matter to God and we honor you.

To improve your relationships we believe:

- Your dreams and desires matter. Getting clear on what you want is the first step to growing closer.
- Change requires commitment. Sometimes things can seem to "get worse" before they get better. Success involves trusting the process.

• Change plus time equals reality. It can take a while for changes to become believable to one another.

WE HAVE MET THE ENEMY

The enemy is not you. It is the negative cycle that makes it unsafe to honestly communicate. The Family Life Center is a safe place to talk. Our focus is not the blame game but to find solutions. This involves honoring one another's deepest needs. This entails learning new ways to interact so your marriage becomes positive enough to survive the stress and hurts that are inevitable in family life.

At the Family Life Center you have a safe place to try new things that make a lasting difference. We believe you were made in the image of God. Your life has purpose and your bonds are sacred. In support of your commitment to change, we'll help mobilize your faith to grow in hope and love. Because deep change is spiritual, we care for your soul. We honor your religious freedom and honor your cultural needs and commitments.

Appointments:

Your scheduled appointment is a time specifically set aside for you. If you are unable to keep an appointment, please call the CFLC at least 24 hours in advance at (907) 353-6112.

Office Visits:

The length of counseling sessions is normally 50 minutes. It is important that the sessions begin and end at the designated times. Sessions cannot be extended, even if you arrive late, since others will be waiting for their scheduled appointment time.

Availability for Emergencies:

If any emergency arises, you may call the CFLC during duty hours at (907) 353-6112. After duty hours, you are urged to call your unit chaplain, or the On-Call Duty Chaplain who can be reached through the Staff Duty Officer at (907) 353-4180. All health problems should be reported directly to your medical or emergency care facility. Professional ethics do not allow us to provide counseling over the telephone, except to assist with emergencies and to schedule your next appointment.

Billing and Fees:

There are no fees for counseling services at the CFLC. Counseling is provided as a benefit to you as a Soldier, family member, or authorized military constituent.

Treatment Methods:

Depending upon your needs, counseling may be done individually, as a couple, with a family, as a part of group seminar, or in any combination of these methods. Chaplain Gutting is trained to offer assistance with trauma victims, addictions, and couples and family communications as well as general counseling strategies. After an initial assessment session, Chaplain Gutting will discuss recommendations with you regarding the most appropriate treatment methods.

Family Life Chaplain
CH (Maj.) Darrick Gutting
(907) 353-6112
darrick.m.gutting.mil@mail.mil

Family Life Center NCO
Pfc. Mercedes Nearing
(907) 353-6112
Mercedes.l.nearing.mil@mail.mil

MIA

Continued from page 1

bles the team of excavators, explosive ordinance technicians, aircraft specialists, translators and a handful of other disciplines.

Varying levels of technical understanding, language barriers, and exhausting days make communication exceptionally challenging, but everyone is motivated by a common goal.

"We kept an information board to record our findings, but it also had a photograph and some details of the aviator," Griffin explains. "Understanding who this person was and seeing their face daily really personalizes the effort."

Serving as the sole archeological professional on a joint-service recovery team is a stark contrast from his day job, where he primarily serves as a legal compliance consultant on Corps civil works projects, but Griffin isn't new to conducting archeological field work.

Upon earning a graduate degree from California State University, Sacramento in 2013, Griffin found himself traveling to places like Peru and Egypt to assist research

projects. And his archeological curiosity dates back even further.

When he was a teenager, Griffin discovered an old-fashioned manual water pump in his backyard. He took it to the local museum with the hopes that it would have some historical significance.

"I got very excited because I could tell it was old," says Griffin. "I felt its age might have given it some positive, intrinsic value."

While the results disappointed Griffin, that passion as well as his global experience and Corps expertise place Griffin among a select group of volunteers with the skill set DPAA needs to fulfill its mission.

Griffin's name comes up regularly when talking about the next generation of experts who are candidates to lead an expedition, says Dr. Michael "Sonny" Trimble, director for the Corps' Mandatory Center of Expertise for the Curation and Management of Archeological Collections.

The center has been sending archeologists on forensic investigations across the globe in support of agencies like DPAA since the early 1990's.

Jane Rinck, chief of the Cultural, Recreation, and Social Analysis Section for the Corps, says losing Griffin for the required training

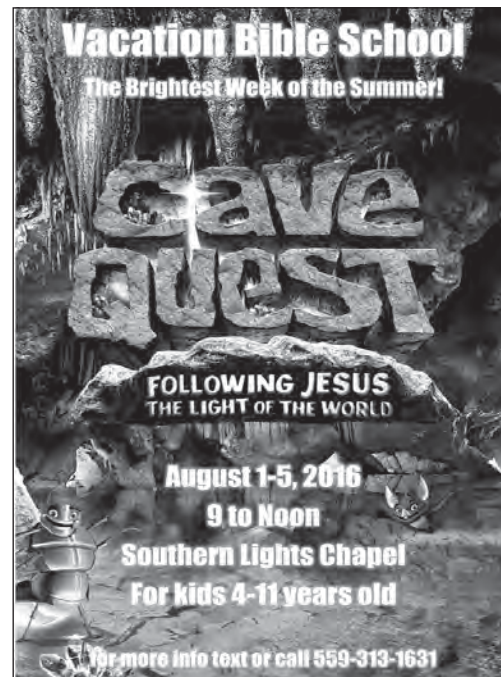
and month-long mission was well worth the value he's brought back home.

"It's a fantastic developmental opportunity for Joe that many archeologists may never get in their lifetime," says Rinck. "Not only do we get to benefit from his newly-acquired archeological experience, but also from him leading a multi-disciplinary team."

The experience provided Griffin with a deep, personal satisfaction that has him looking forward to leading another DPAA mission next year in Laos, Vietnam, or possibly even Cambodia.

Today, the field work Griffin began continues with another Corps archeologist taking over. It may be years before the forensics case is closed, but the team presses on and the mission remains the same -- to recover and repatriate a long lost but never forgotten American.

Author's Note: Portions of Griffin's interview were withheld due to the sensitive nature of the continued investigation. Successful recoveries, however, are publicly available for review on the DPAA Facebook page once service members are returned to the United States.



Cave Quest VBS at Fort Wainwright

Gear up for an over-the-top underground adventure where kids learn to follow Jesus – the light of the world – who leads us through life's dark times. This year's Vacation Bible School runs Aug. 1 through 5 from 9 a.m. to noon at Southern Lights Chapel. It's open to kids ages 4 to 11 on a first-come, first-served basis. Registration is required no later than July 25. For more information, please contact Mr. Northway, FWA Director of Religious Education at (907) 361-4375 or email Garrett.L.Northway.civ@mail.mil.

Stomp Out Boredom 5K



Photos by Teresa White, Fort Wainwright PAO



Hands-on education. John Timmins of the Fort Wainwright Army Substance Abuse Program explains the exercise to his participant that consists of navigating through people (the cones) and then doing it again with goggles on that simulate the eyesight of someone who is “under the influence” (left).

The Fort Wainwright Youth Center hosted its annual Stomp Out Boredom 5K Run/Walk event, July 9. Participants enjoyed several activities with their peers and members of the community, including basketball, archery, knocker ball and much more. Community partners such as the Fort Wainwright Fire Department and the Army Substance Abuse Program were in attendance to provide hands-on education to the youths as well. Dedicated to enhancing the lives of Soldier, retiree and DOD civilian dependents grades 6 through 12, the center is focused on social, fitness, recreational and educational opportunities. Registration to enjoy the facility and its programs can be completed at Parent Central Services, building 1049 suite 2, or at the Youth Center, building 4109 on Neely Road.



ASYMCA Golf Tournament



The Armed Services YMCA 12th Annual Golf Tournament, July 8, was held on a beautiful, sunny, Alaskan day. Twenty one teams played 18 holes, then feasted on a barbecue lunch while prizes were awarded to the winning teams and players. Underwriter Alaska USA, gold sponsor North Haven, and many other donors helped make the tournament a success. (Photos by Makara Sernett)

- 1st Place Team - Team Captain Timothy Herrell, Isaac Lampe, Savannah Lampe, Wade Claussen
- 2nd Place Team - Team Captain John Lafleur, Randy Weaber. Jeremy Weaber, Toby Dougherty
- 3rd Place Team - Denali State Bank, Team Captain Aaron Pletnikoff, Kerry Hafele, Dirk Menard, Jim Bundschn
- Worst Team - Team Captain Robert Lerner, Joseph Whittaker, William O'Donnell, Trenton Coyle

- Women's Longest Drive - Teri Tyree
- Men's Longest Drive - Zack Andrews
- Closest to the pin - Sam Nicholas

Fort Wainwright Family & MWR

Weekly Events July 15 to 22

17 Weekly Active-Duty Military Golf Lessons

Sunday, July 17
Noon to 1 p.m.

Interested in learning how to golf? Want to improve your swing? Join an instructor every Sunday for an hour-long group style lesson. Each lesson is \$10 per person.

Chena Bend Clubhouse, building 2090
Call 353-6223

18 Monday Movie Marathon

Monday, July 18
5 to 11 p.m.

Sit back and relax while you enjoy a movie marathon at the Warrior Zone. With weekly themes, you can come back every week to enjoy more!

The Warrior Zone, building 3205
Call 353-1085

19 SKIESUnlimited: Sip, Snack, and Paint

Tuesday, July 19
6 to 8 p.m.

Enjoy drinks, snacks, and company while creating a masterpiece! This ongoing class is every 3rd Tuesday of the month.

SKIESUnlimited, Murphy Hall basement, building 1045
Call 353-3220, registration required

20 Boot Camp Fitness Class

Wednesday, July 20
Noon to 1 p.m.

Push yourself to the limit with Boot Camp Fitness Class at the Physical Fitness Center. Trainers will drive you to maximize your workout. Classes are every Wednesday.

Physical Fitness Center, building 3709
Call 353-7271

22 Paintball at the Splatterdome

Friday, July 22
1 to 5 p.m.

Eliminate the competition with a friendly game of paintball in the Spatterdome Arena! Equipment rentals available. Open Fridays through Sundays.

Birch Hill Ski & Snowboard Area, building 1172
Call 353-6223

Please note that Army Community Services is pausing all classes and playgroups during July, and is postponing all activities in July and August except for Newcomers Orientation, LEVY, Anger Management, and Army Family Action Plan.



Summerfest Done Wright with Thompson Square

The multi-platinum selling duo, Thompson Square, are headlining to this year's Fort Wainwright Summerfest Done Wright.

Don't miss out on all of the exciting activities leading up to the concert. Enjoy a full day of fun with outdoor activities including a grilling competition, kids' bouncy houses and face painting, and much more!



Upcoming Events

non-stop fun for everyone

24 Outdoor Recreation: Boater Safety Course

Sunday, July 24
9 a.m. to noon, and 1 to 4 p.m.

Become certified to rent a motorized boat from the Outdoor Recreation Center. This is a hands-on course and will be conducted on the Chena River. In order to participate in the class, an online certificate must be obtained at www.boatus.org/courses.

Outdoor Recreation Center, building 4050
Call 361-6349

28 Bounce House Night

Thursday, July 14
5 to 7 p.m.

Have a blast in the bounce houses at the Last Frontier Community Activity Center! Children 13 and under are welcome to bounce around in the giant, inflated houses. A parent must be present at this free event. And don't forget that there will be more bounce house nights coming up! Visit Family and MWR's website for a complete list of upcoming dates.

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



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



#WainwrightMWR

IN BRIEFS

ICE CREAM APPRECIATION DAY

In celebration of National Ice Cream Appreciation Day, the Last Frontier Community Activity Center, building 1044, will be giving away free ice cream to DOD Cardholders and their dependents. Bring the kids on down for a free scoop of vanilla or chocolate ice cream and a variety of toppings, July 15 from 5 to 7 p.m.

ARCTIC ANVIL

Arctic Anvil is USARAK’s train-up for their rotation at the National Training Center in 2017. The Army is going back to conducting more home station training in order to send units to the training centers more prepared. Soldiers will start arriving mid July for the exercise. There might be increases in traffic at the PX/Commissary and gyms during the Arctic Anvil timeframe of July 16 through August 3.

ROAD CLOSURES

Old Badger/MacArthur Road will be closed from 14-20 July. To alleviate traffic during PT hours, Luzon will be opened (usually closed during PT). Use extra caution when traveling on Luzon because Soldiers will still be conducting PT on that road.

YARD SALE

The next post-wide yard sale is Saturday, July 16. Post residents can sell from their homes and from the resale lot at the corner of Neely and Meridian Roads. Hours are 8 a.m. to 4 p.m. For all military ID cardholders who live off post but wish to sell, there is a \$10 fee to be paid at the lot drop box. The general public is welcome to shop; visitors should be prepared for random vehicle inspections. For more information, call 353-6612.

LOUD BANGS

The Fort Wainwright Small Arms Complex will be active July 17 through 19 until midnight with machinegun and small arms firing. In addition, there will be grenades and loud explosions from 8 a.m. to midnight during the same dates.

TRANSITION SUMMIT

August 17 through 18 is the National Transition Summit that will be held at the Alert Holding Area. It is for Soldiers who have transitioned or are transitioning out of the military to civilian life. There will be over 70 vendors and agencies. For more information, contact Mike Kincaid at *michael.s.kincaide.civ@mail.mil*.

PAINTBALL

Paintball is now offered Friday through Sunday at Birch Hill from 1 to 5 p.m. Equipment is available to rent.

FOOD TRUCK

Please come by for lunch at the Alaskan Kitchen Food Truck located in the rear parking lot of building 1562, Monday through Friday starting at 11 a.m.

CANNON FIRE

The cannon is in for service and will be out of commission until approximately July 20, so there will be no cannon fired in conjunction with reveille or retreat.

FIRE PIT PERMITS

The Fire Prevention Office, building 1049, will issue fire pit permits every Tuesday and Thursday from 1 to 3:30 p.m. If you have any questions, call 353-9140.

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.

JOBS

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

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.

July 2016

July 16 – Post Yard Sale
July 18 through 24 – Golden Days; *http://www.fairbankschamber.org/golden-days*
July 22, starting at 6 p.m. – Comedy Night, Raven Landing Community Center: the “World Famous” Grizzly Alaskan Contests, comedy skits by locals
Jerry Evans & Glen Anderson and the headlining comedian; Golden Days River Regatta
July 23, starting at 10 a.m. – Golden Days Parade/Street Fair

August 2016

August 1 through 5 – Vacation Bible School
August 5 through 13 – Tanana Valley State Fair
August 9 – Back to School Fair

August 16 – National Night Out
August 17 – First Day of School for FNSB
August 17 through 18 – National Transition Summit
August 19 – USARAK Training Holiday
August 19 – Installation (Concert) Summerfest at Birch Hill with musical guest Thompson Square.
Grilling Competition will be held from 1 to 4 p.m. No food will be provided to competitors and everything must be cooked on site. Registration forms are available at the LFCAC and teams can register until August 12.
August 20 – Military Appreciation Day at Pioneer Park
August 26 – Women's Equality Day Observance
August 27 – Post Wide Yard Sale

Deploy

Continued from page 1

Peshmerga as they converge on Mosul from Iraq’s north.

President Obama approved the additional forces on Carter’s recommendation after consulting with Marine Corps Gen. Joseph Dunford, the Joint Chiefs of Staff chairman; Army Gen. Joseph Votel, the U.S. Central Command commander; and Army Lt. Gen. Sean MacFarland, the commander of Operation Inherent Resolve.

“At every step in this campaign, we have generated and seized additional opportunities to hasten ISIL’s lasting defeat,” Carter said. “These additional U.S. forces will bring unique capabilities to the campaign

and provide critical enabler support to Iraqi forces at a key moment in the fight.”

In his meeting with the prime minister, Carter also expressed his condolences for the recent tragic bombing in Baghdad. He said the United States is prepared to bolster its support for Iraqi government efforts to protect Iraqi civilians from ISIL terror attacks. U.S. forces already share intelligence and with their Iraqi counterparts.

Carter said he is directing the Joint Improvised-Threat Defeat Agency, which leads the department’s efforts to counter improvised explosive devices, to provide additional assistance that could enhance security in Baghdad.

Carter’s visit comes as the international coalition has intensified pressure on ISIL in both Iraq and Syria.

In addition to the capture of the air base at Qayyarah, Iraqi forces backed by coalition airpower and other support recently freed the city of Fallujah from ISIL’s control after previous gains in Ramadi, Hit and Rutbah. In Syria, local forces backed by the coalition have surrounded the city of Manbij, a hub for the flow of ISIL foreign fighters. Carter said the U.S. is also prepared to step up its efforts to help vetted Syrian forces willing to take on ISIL.

To ensure ISIL’s defeat is truly lasting, the secretary stressed throughout the visit the need for economic aid and reconstruction efforts to keep pace with progress in the military campaign. He closed his trip to Iraq, his fourth as secretary of defense, by thanking U.S. troops for their dedication, sacrifice and willingness to keep the U.S. safe.

Marks

Continued from page 1

and I didn’t think twice about waking up and coming and trying to give it my all that third day – came too far to not swim as much as possible,” Marks said. “But the second day it was a smart, strategic move to medical out. I wanted to push through it, and I would’ve, but I was extremely ill.”

Marks, who has a loss of sensation in her limbs, reduced lung capacity and impaired vision while swimming, remembers little about each of her races in Charlotte, North Carolina.

“It was all a blur. I don’t remember; I really don’t,” said Marks, who also experiences hearing difficulties immediately after racing. “When I swim, I swim so hard that I don’t even know what my time is. I can’t see it. I don’t know if I finished first or last. I have no idea.”

On the Fourth of July weekend, she swam fast enough to earn a spot on Team USA. Marks officially was named to the 2016 U.S. Paralympic Team during a celebration ceremony Sunday, July 3, at Romare Bearden Park in uptown Charlotte.

“I don’t view this as me making the team,” Marks said. “I view this as a group effort making the team. These people that I’ve been so lucky to have in my life, like all of my Invictus brothers and sisters, I feel like we made this team. Every step along the way has been unexpected and sometimes hard and sometimes beautiful,

and I’m just grateful for all of it.”

Marks was determined to make Team USA to show her fellow wounded warriors that they too can return to living a productive life.

She sustained bilateral hip injuries in 2010 while serving as a combat medic in Afghanistan and nearly died in London in 2014 from a respiratory infection that led to a medically induced coma that lasted nearly two months.

“There’s too many people that get stuck after they get hurt, whether it’s mentally, physically or emotionally hurt, and I think the most tragic thing that can happen is for one of our brothers or sisters to get left behind,” said Marks, who also wears an Ideo, a prosthetic for her non-sensation left leg.

“I think that it’s our responsibility to continue lifting our brothers and sisters up until not one person is left behind, until the statistic of suicide is reduced, until everyone knows that there’s a family once you become ill, sick or injured -- mentally or physically.”

Marks boosted her campaign for U.S. Paralympic Team selection with a sterling performance at the 2016 Invictus Games. She won four gold medals at Walt Disney World’s ESPN Wide World of Sports and gave one of them to Invictus Games founder Prince Harry to deliver to members of the Papworth Hospital staff who saved her life after she traveled to London to compete in the inaugural Invictus Games in the fall of 2014.

“If I just had one medal I would have given it to that hospital,” Marks said. “I was meant to die in Lon-

don. I went from the Royal London (Hospital) to Papworth to Landstuhl (Army Medical Center in Germany) to Brooke Army Medical Center or SAMMC (in San Antonio), and then I was finally released from the hospital on Oct. 20. I was admitted at London Royal with a fever of over 103 and that was the last thing I remember (until coming out of the coma in Germany).”

“When I found out that I would have a chance to compete at Invictus again, that meant so much to me because I wanted to go and stand with my teammates that supported me – get to hug and shake the hands of all the strangers that loved and supported me without even knowing me,” Marks said.

“Of course, Prince Harry’s country, the UK, saved my life, and saving my life meant a great deal to me. I’ve known Prince Harry since the Warrior Games in 2013, but I wanted to be able to shake his hand and thank him for all his country had done for me.”

Prince Harry delivered on his promise and presented Marks’ gold medal to staffers at Papworth Hospital at the Royal Palace in London.

“I had a very hard recovery and a pretty difficult past year, physically and emotionally,” Marks said. “To watch that chapter close in such a beautiful way that brought publicity to the hospital that they so deserved and to help outline and shine on what a wonderful human being Prince Harry is and how much he genuinely cares about Soldiers – just the entire situation felt like the most beautiful, most unimaginable ending to that chapter of my life.”

Exercise

Continued from page 1

will be heaviest and plan accordingly.

Military vehicles may be on the road at other times as needed to accomplish the military mission. The final convoys should be rolling no later than 6 a.m., Aug. 8, as units and equipment return to Fort Wainwright.

To keep an eye on the exercise, residents can turn to Arctic Anvil social media accounts at *https://twitter.com/ArcticAnvil* and *www.face-book.com/ArcticAnvil/*. Questions or concerns may be directed to the U.S. Army Alaska Public Affairs Office at (907) 353-0498 or 384-2072.

Arctic Anvil will test and validate

USARAK’s ability to receive and redeploy large numbers of personnel from outside Alaska. This reinforces Alaska as a power projection platform as it exercises its ability to efficiently exercise Reception, Staging, Onward Movement and Integration.

With mature fort-to-port secure rail systems, deep water ports and two high-capacity Air Force bases, Alaska is strategically equipped to be a power projection platform into the Pacific and the Arctic.

The exercise also showcases the vast and diverse training area of the Joint Pacific Alaska Range Complex, providing unmatched opportunities for present and future service, joint, interagency and multinational training. JPARC consists of approximately 65,000 square miles of available airspace, 2,490 square miles of land

space with 1.5 million acres of maneuver land which includes high altitude and mountainous regions, and 42,000 square miles of sea and airspace in the Gulf of Alaska.

Arctic Anvil is an integrated combined, joint and coalition training event will include the participation of U.S. Army Alaska, Alaska National Guard, Iowa National Guard, U.S. Air Force, 196th Infantry Brigade and the Canadian military. Large combined operations exercises like this provide vital training opportunities for active duty and National Guard units to integrate and work together as we do in combat environments.

As part of U.S. Army Alaska’s involved relationship with the Canadian Army, 1 Canadian Mounted Brigade Group is expected to send a unit of Soldiers to participate in the exercise.

O’Shaughnessy assumes command of PACAF

Headquarters Pacific Air Forces Public Affairs

Gen. Terrence J. O’Shaughnessy assumed command of Pacific Air Forces July 12 during a ceremony here. Presiding over the ceremony, Air Force Chief of Staff Gen. David L. Goldfein expressed confidence in O’Shaughnessy as the new commander of PACAF.

“General TJ O’Shaughnessy is part of an elite group of the finest Airmen and joint warfighters our service has ever produced,” Goldfein said. “He brings the perfect blend of vast operational expertise, relevant Pacific experience, and proven combat leadership necessary to take PACAF to even greater heights.”

Upon receiving the PACAF flag from Goldfein, O’Shaughnessy received his first salute as the new PACAF commander and conveyed his thanks before the gathered crowd.

“Thank you for your trust and confidence and the opportunity to lead the 46,000 Airmen and their families who call PACAF their home,” O’Shaughnessy said. “Our nation’s senior leaders have said the Indo-Asia-Pacific region is the ‘single most consequential region’ for American’s future, and I’m excited to continue our nation’s rebalance to the Pacific.”

During the ceremony, O’Shaughnessy addressed the U.S. Pacific Command commander, Adm. Harry B. Harris Jr., and fellow component commanders, highlighting the vital relationship between airpower and the joint mission.

“I’m honored to have a seat at the table with my fellow component commanders. Each of our components bring a unique capability to Adm. Harris as our joint commander, but the syn-



Gen. Terrence J. O’Shaughnessy receives the Pacific Air Forces banner from Gen. David L. Goldfein, U.S. Air Force Chief of Staff, during an assumption-of-command ceremony at Joint Base Pearl Harbor-Hickam, Hawaii, July 12. O’Shaughnessy was promoted to general prior to the ceremony, attended by Goldfein, and Adm. Harry B. Harris, Jr., U.S. Pacific Command commander. (Photo by Staff Sgt. Kamaile Chan)



Gen. David L. Goldfein, U.S. Air Force Chief of Staff, Adm. Harry B. Harris, Jr., U.S. Pacific Command commander, and Gen. Terrence J. O’Shaughnessy prepare to arrive at an assumption-of-command ceremony at Joint Base Pearl Harbor-Hickam, Hawaii, Tuesday, July 12. During the ceremony, O’Shaughnessy, assumed command of Pacific Air Forces. (Photo by Staff Sgt. Kamaile Chan)

ergistic effect of the joint force only comes fully to bear when we seamlessly integrate our ca-

pabilities to face our enemies or respond to contingencies. I look forward to working closely with

each component to maximize the application of our combat power,” said O’Shaughnessy.

Harris said O’Shaughnessy’s record of leadership in a joint setting and service on the Korean Peninsula and in the Indo-Asia-Pacific region brings to PACAF the right level of experience and awareness of the unique challenges the command faces as it provides USPACOM with air power options.

“His experiences have prepared him well for this assignment,” Harris said. “I have no doubt that he’s up to the challenge of component command in one of the most challenging and dynamic areas of the world.”

Lastly, O’Shaughnessy pledged his commitment to support PACAF Airmen and their families as they continue to exe-

cute the command’s mission. “I want to say thank you to the PACAF Airmen and your families – you are the reason PACAF is strong. You are the innovative fuel that makes the U.S. Air Force the strongest Airpower machine in the world. No matter the obstacles we face, you are the reason we will always prevail as we fly, fight and win in the Pacific.”

Prior to his assumption of PACAF, O’Shaughnessy played a pivotal role in the partnership between the U.S. and Republic of Korea as the Deputy Commander, United Nations Command Korea; Deputy Commander, U.S. Forces Korea; Commander, Air Component Command, Republic of Korea/U.S. Combined Forces Command; and Commander, 7th Air Force at Osan Air Base, ROK.

As PACAF commander, he now leads Airmen throughout an area of responsibility that covers more than 100 million square miles and extends from the west coast of the United States to the east coast of Africa and from the Arctic to the Antarctic.

Gen. Lori J. Robinson relinquished command of PACAF May 11 before becoming the commander of North American Aerospace Defense Command and United States Northern Command in Colorado. Following Robinson’s departure, Lt. Gen. Russell J. Handy was appointed to command PACAF until Gen. O’Shaughnessy was confirmed by the Senate and assumed command. Handy resumes his previous duties as commander of Alaskan North American Aerospace Defense Region, Alaskan Command, and Eleventh Air Force, at Joint Base Elmendorf-Richardson, Alaska.

PAINTBALL
SPLATTERDOME

JOIN IN ON THE SUMMER ACTION!
Thursdays – Sundays, 1–5 p.m.
at the Birch Hill Ski Area
Open to everyone, ages 14 and older, \$15–\$25 day pass
Equipment available for rent, \$15–\$25
Contact (907) 353-6223 or 571-4443 for more information
www.wainwright-laramie.com
Wainwright MWR

The Military Art Appreciation Event will be hosting the 2nd Annual Military Art Appreciation Event October 11 through 14. Any artists (with a military and/or DOD ID card and dependents) that would like to display some artwork during this four-day event may do so by registering.

The registration period for the MAAE is June 1 through September 30. Registration is free.

There are two ways to register for the MAAE:

1) There is/will be an MAAE Registration Table set up at the Eielson BX where forms can be filled out and/or dropped off. Also, questions about the event can be answered.

2) Contact the MAAE registration POCs, Sadie Lambert (primary) at 377-1123 or Malik Mayfield at 377-3721; they both can be reached by email at MAAE@US.AF.MIL and

2nd Annual
MAAE
Military Art Appreciation Event

HOSTED BY:
MAAE COMMITTEE
DATES OPEN:
11-14 Oct 2016

LOCATION:
Aurora Center, Eielson AFB

ARTIST'S REGISTRATION PERIOD:
1 Jun – 30 Sep 2016

For more information, please contact Malik Mayfield at DSN 317 377-3721, Cell 907 371-3599, or Email MAAE@us.af.mil, Malik.Mayfield@us.af.mil or MAAE.Working@gmail.com or Like us on Facebook: Facebook.com/maae.148

MAAE.Working@gmail.com

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Blood Bank of Alaska
Helping Alaska patients in need

MOMENTS MADE POSSIBLE BY BLOOD DONORS



Fort Wainwright Blood Drive

Last Frontier Community Activity Center
building 1044

July 21 & 22

8 a.m. to 4 p.m. (Both Days)

Donate with a Friend in the BBA LIFEmobile

Make your Appointments Today with the [Link Below for July 21st](https://donate.bloodbankofalaska.org/donor/schedules/drive_schedule/35084)

https://donate.bloodbankofalaska.org/donor/schedules/drive_schedule/35084

Make your Appointments Today with the [Link Below for July 22nd](https://donate.bloodbankofalaska.org/donor/schedules/drive_schedule/35085)

https://donate.bloodbankofalaska.org/donor/schedules/drive_schedule/35085

Or contact: Candice Janke @

353 - 7755 or candice.m.janke.naf@mail.mil

Or contact: 1st Lt. Mathew Davis @

1 - 916 - 834 - 4886 or mathew.r.davis6.mil@mail.mil

Questions about donating – Please call
Blood Bank of Alaska Fairbanks Center @ 456-5645

Please Remember:

Eat Well the Day of the Blood Drive, Stay Hydrated & Bring your Photo ID



Outdoor Recreation's July Trips



QUARTZ CREEK ATV TRIP

July 2 8 a.m.
Location: Quartz Creek
Price: \$80

GULKANA GLACIER HIKE

July 23 7a.m. to 7p.m.
Location: Gulkana Glacier
Price: \$45

ARCTIC CIRCLE EXPLORATION

July 2 - 4 8 a.m.
Location: Arctic Circle, Brooks Range
Price: \$200 Registration deadline June 24!

VOLUNTEER DEVELOPMENT DAY PACK RAFTING

July 24 8a.m. to 6p.m.
Location: TBD
Price: Free to all ODR volunteers
with 3 or more hours.

DELTA CLEARWATER FLYFISHING

July 3 and 23 8 a.m.
Location: ODR
Price: \$80
Alaska State Fishing License is required!

BOATER SAFETY COURSE

July 24 9a.m. - noon, 1p.m. - 4p.m.
Location: ODR Price: \$15

TALKEETNA RIVER REDS

July 8-10 8 a.m.
Location: Talkeetna River
Price: \$225 Alaska State
Fishing License is required!

DALL RIVER PIKE HUNT

Jul 29-31 8a.m.
Location: ODR
Price: \$225 Alaska State
Fishing License is required!

FRIDAY FAMILY CANOE NIGHT

July 15 5:30 to 7:30p.m.
Location: Chena River
Price: \$10 Adults \$10 children

FRIDAY FAMILY NIGHT: KAYAKING

July 29 5:30p.m.-7:30p.m.
Location: Chena River
Price: \$10

DENALI HIKE AND BEGINNERS PACK RAFTING

July 16 8a.m. to 6p.m.
Location: Triple Lakes
Price: \$70

WOMEN IN THE WILDERNESS:

MT. BIKE TO URS
MAJOR DISTILLERY
July 30 1 to 6p.m.
Location: UAF Trails,
Goldhill, Ursa Major
Price: \$20

STAND UP PADDLE BOARD TO BRUNCH

July 17 9a.m.-3p.m.
Location: Chena River/
Chena Pump House
Price: \$60 Brunch included

OUTDOOR ROCK CLIMBING

July 31 9a.m. to 6p.m.
Location: Grapefruit or Angel Rocks
Price: \$45

GO EXPLORE

For Complete Trip Details and to Reserve Your Spot,
Call us at 361-6349 or stop by the Outdoor Recreation Center, Bldg. 4050.



TRANSITION SUMMIT

ALASKA TRANSITION SUMMIT

Personal Branding • Hiring Fair • Transition Education • Industry Workshop

Date and Time

August 17-18, 2016

Location:

Fort Wainwright, Alaska

August 17

2 p.m.: Industry Overviews for
Job Seekers and Military
Spouses

2 p.m.: Interactive Forums &
Panel Discussions for
Employers and Senior Leaders

5:30 p.m.: Networking
Reception for Employers,
Senior Leaders, Job Seekers,
and Military Spouses

August 18

8 a.m.: Workshops,
Interactive Forums & Panel
for Job Seekers and Military
Spouses

1 p.m.: Hiring Fair

Join us for a free hiring fair and transition summit for service members, veterans, and military spouses. This event features key federal & state agencies, influential military leaders, innovators in the business and employer community, and local community leaders.

The two-day Transition Summit will feature informative and interactive panel events, recruiter training, and facilitated discussions focused on improving competitive employment for service members, veterans, and spouses in addition to a networking reception for employers, senior leaders, and job seekers.

Employers and Military Job Seekers
register at
HiringOurHeroes.org



Transition 360 Alliance™



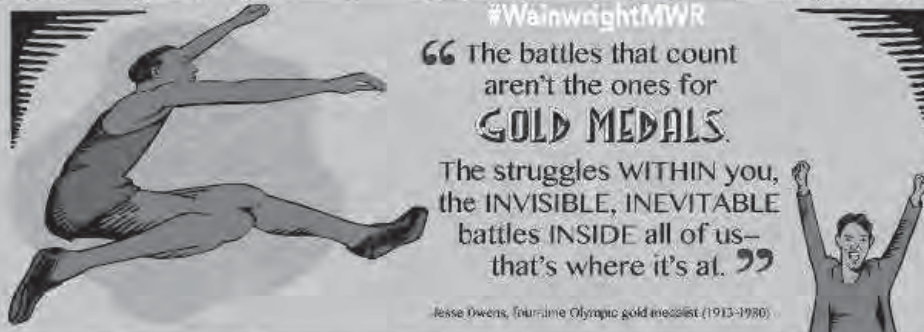
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Our Partners



READ - FOR THE WIN!



Summer Reading Sports Trivia Night

Friday's 5 p.m.

Warrior Zone
18 yrs old and up



8 July - Indoor Sports Trivia

15 July - Outdoor Sports Trivia

22 July - Olympic Sports Trivia

29 July - Sports Trivia Night & Finale

Come out to the Warrior Zone and test your sports knowledge. Light refreshments will be provided. Don't forget to log your reading minutes on-line!



Bldg 3700, Santiago Ave 907-353-2642
Website Registration: <http://USARMYevanced.info/fortwainwright/sr/homepage.asp>



www.wainwright.armymwr.com
www.facebook.com/WainwrightVWR



It's lunch time and you're on
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